

Proceedings of International Educators Conference

Hosted online from Rome, Italy.

Date: 25th November, 2022

ISSN: XXXX-XXXX

Website: econferenceseries.com

FORMATION OF VOLITIONAL QUALITIES IN HAND FIGHT ATHLETES

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Annotation

Hand-to-hand combat as a type of martial art makes many specific requirements for the psyche of the hand-to-hand combatant, the presence of certain strong-willed qualities in him.

Keywords: hand-to-hand combat, strong-willed qualities, confidence, self-control, purposefulness, perseverance and perseverance, courage and determination, initiative and independence.

Introduction

The development of volitional qualities should be based on the self-confidence of hand-to-hand fighters in their abilities, their understanding of the reality of the implementation of the set technical-tactical or moral-volitional tasks, the awareness of the goals and means of achieving them [1, 2]. Hand-to-hand fighters must know the characteristic features of their fighting style, its strengths and weaknesses, the balance of power with opponents, the positive or negative effects of possible fighting situations on the psyche of opponents, remember typical cases from their own combat practice, draw knowledge from the experience of masters. Methods for the development of volitional qualities can be:

- organization of special training sessions;
- conducting joint classes of weaker trained hand-to-hand fighters with stronger ones, which allows you to use the power of example;
- setting specific training tasks that force you to overcome certain difficulties;
- setting goals for the manifestation of maximum effort [3, 4, 5].

The best means of strong-willed training of hand-to-hand fighters are training fights, since the fight itself makes exceptionally broad demands on the psyche of hand-to-hand fighters and forces them to display maximum volitional efforts. The organization of training fights in the form of team wrestling, as it is accompanied by a high emotional background, the desire of participants to help out the team or consolidate a certain success, serves to accelerate the process of formation of fighting qualities among hand-to-hand fighters to the greatest extent. All this facilitates the manifestation of strong-willed efforts, the acquisition of confidence in one's strengths and capabilities [6, 7].

Confidence building is done by:



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- conducting special conversations with hand-to-hand fighters, in which clear goals are set for the periods of training, the results of the competition are analyzed and evaluated, ways and methods for eliminating shortcomings are determined, special tasks for independent work;

- continuous improvement of the technique of performing basic techniques and confirmation of their effectiveness in various exercises with a partner, training and free-style fights, participation in available competitions;

- accumulation of experience in fights in important competitions and constant work on sportsmanship [8, 9, 10].

Cultivating self-control. Hand-to-hand fighters who do not have sufficient endurance and self-control easily lose the feeling of combat, lose the ability to sharply observe the actions of the enemy and, under the influence of emerging negative emotions, excessive excitement or depression, give an advantage, despite equality, and sometimes even stronger sports preparedness.

Hand-to-hand fighters who do not have self-control can, even with an advantage in battle, come to a state of confusion under the influence of the wrong decision of the judge in the competition that seemed to them.

Self-control develops and improves in the process of systematic, conscious and well-organized training and competitions, in which educational tasks are correctly solved [11, 12, 13].

To develop self-control, we can recommend:

- persistent exactingness in the exact fulfillment of tasks for training in the technique and tactics of hand-to-hand combat;

- analysis of fights with demonstration of examples of the influence of good and bad self-control;

- Systematic participation in various competitions (training and official);

- conducting fights with the fulfillment of tasks to change the battle plan and activity in different parts of the battle (for example, to fight the first half of the battle with maximum activity, the second - mainly in a defensive manner;

- the first half to lead at half strength, the second half to sharply intensify and try to win with an advantage).

Purposefulness education. The purposefulness of a hand-to-hand fighter is brought up in solving correctly set tasks common for a long period of many years of training [14, 15].

Purposefulness in fulfilling the tasks of improvement allows hand-to-hand fighters to objectively evaluate the successes and failures of each period of training work and draw the right conclusions for further training [16, 17].

To educate purposefulness, you can use:

- setting specific goals to achieve certain results;



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- setting goals for training and achieving a certain success in any actions, for the elimination of errors, for the development of one or another physical quality;
- analysis of the results of the competition, taking into account their positive and negative data, and setting goals for the subsequent training session;
- drawing up personal training plans for annual improvement and for separate periods;
- setting tasks to achieve certain indicators in other sports (swimming, long-term running).

Cultivating the will to win. The will to win brings together all the capabilities of a hand-to-hand combatant to achieve success in a given battle or in the whole competition [18]. The will to win is expressed in the ability to show maximum strength in the most important competitions, despite the difficult conditions of battles, failures that may occur along the way to victory, fatigue and all sorts of other difficulties.

The successful manifestation of the will to win is determined by good sportsmanship, excellent physical fitness and a good mental state of the hand-to-hand combatant. Every big competition gives a lot examples that testify to the paramount importance of the will to win in sports activities.

To educate the will, the following can be recommended:

- systematic intensive training work, subject to strict labor discipline and sports regimen;
- a large number of exercises in training and competitive battles with special tasks to seize the initiative, impose your tactics, to a large number of initiative actions, to suppress the will of the enemy;
- systematic participation in competitions with different scoring systems (elimination after one loss, handicap competitions, team competitions).

Conclusions. The direction of hand-to-hand combat is a harmonious, although not quite well-established system, with its methodological base, technique and tactics of combat, with its philosophy, traditions of moral and volitional education of hand-to-hand combatants, increasing their physical fitness. The sports direction of hand-to-hand combat is a harmonious, although not quite well-established system, with its own methodological base, technique and tactics of combat, with its own philosophy, traditions of moral and volitional education of hand-to-hand combatants.

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