

Proceedings of International Educators Conference

Hosted online from Rome, Italy.

Date: 25th December, 2022

ISSN: XXXX-XXXX

Website: econferenceseries.com

APPLICATION OF GAMES IN TRAINING AND EDUCATION OF YOUNG SAMBO FIGHTERS

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Annotation

Outdoor games in sambo allow assessing the initiative and perseverance of the pupil, his ability to fight to the end for victory, creativity of thinking, courage and determination. During the game, the attitude of participants to partners and rivals, to their own mistakes is revealed. Unexpected situations that arise in the game teach children to use the acquired motor skills appropriately.

Key words: young sambists, sambo, outdoor games, self-insurance technique, physical qualities.

Introduction

The choice of means and methods in the preparation of various general developmental sambo programs for children seeking to engage in martial arts is characterized by the pedagogical task, the level of preparedness of students, as well as the conditions created for this [1, 2]. However, pedagogical tasks do not always coincide with the created conditions. This trend is due to the fact that competitive experience, as well as the interests of practice, do not coincide with the methods and forms of training used by athletes [3].

In this regard, modern wrestling has taken the path of improving old methods by editing already known means and methods of training and searching for a completely new and unknown in the training process [4, 5]. One of the most popular and effective methods, especially at the initial stage of training, is game training. The game can be attributed to one of the most productive means of the formation of the personality of an athlete, his moral and volitional qualities [6, 7, 8].

Studies conducted to study the impact of the game teaching method and game tools on the formation of motor skills and the development of physical qualities in various sports (Y. M. Abdullaev, D. Y. Turdimuradov, H. A. Menglikulov) show that the skills acquired game, are especially strong and durable [9, 10, 11].



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A characteristic feature of the game is the complexity of the impact on the body and on all aspects of the child's personality: physical, mental, moral, aesthetic and labor education is simultaneously carried out in the game [12, 13]. To date, outdoor games have become very popular as one of the main means and methods of conducting physical education classes. The advantage of outdoor games is that they do not require specialized physical fitness from children and create all the conditions for the growth, development and strengthening of the bone and ligament apparatus, cardiovascular and respiratory systems, as well as the formation of correct posture, movement coordination [14, 15, 16].

In order to prove the foregoing, and also in order to make sure that time thresholds, modern trends in the development of the education system, requirements for scientific and methodological aspects, modern principles for the development of sports, as well as the requirements of society, could not destroy the significance of outdoor games and the game method in In general, for the development of children and future athletes, we conducted a questionnaire survey among current sambo wrestling coaches. As a result of the questionnaire survey, all respondents unanimously (100%) noted that outdoor games are an integral part of the educational and training process in sambo wrestling.

The inclusion of outdoor games in sambo sports training helps in solving not only special problems, but also helps to revitalize the educational and training process, acts as a means of physical and technical training, as a method that solves educational problems, including those associated with activating attention and increasing emotional the state of the trainees, increases the interest in sambo training processes [17, 18].

However, despite the fact that all teachers agreed that the SAMBO training process without outdoor games makes it less emotional, less interesting, 15% of respondents do not use outdoor games in their coaching activities [19, 20]. This position is due, first of all, to the age characteristics and level of training of athletes, as well as the tasks facing sambists.

A student who first plunged into the world of sports strives, despite age-related difficulties, to show himself through movement and action. The age feature of younger schoolchildren is rapid fatigue, which is compensated by rapid recovery. Therefore, outdoor games, characterized by the ability to cope with the goals as quickly as possible, save athletes from monotonous exercises and give them the opportunity to carry out their tasks with full mobilization of motor abilities. At an



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older age, adolescence, many teachers and coaches removed the game from the training process as an interfering and distracting element of the lesson.

An analysis of special scientific and methodological literature, as well as our own practical experience of working with young sambo wrestlers, allows us to state that honing the technical and psychological training of young sambo wrestlers will be most effective if conditions for competitive bouts are created for this purpose - training bouts. Therefore, elementary wrestling techniques, grips and movements, combined with the development of specific techniques in a competitive game environment, should gradually be introduced into the arsenal of technical and tactical actions widely used in all martial arts classes.

For the psychological preparation of athletes in the training process, games with elements of confrontation between the two sides are used. Such games allow children to cultivate a healthy interest in victory, develop moral and strong-willed qualities, a sense of camaraderie and justice.

Conclusions. The analysis of the study made it possible to formulate a number of recommendations for the effective use of outdoor games in the educational and training process in sambo wrestling:

- a coach for his wards should become an example of an objective and fair judge, a strong-willed person, since the correct assessment of the game and compliance with its rules allows educating athletes from the very beginning to be conscious and deliberate in their actions and actions;
- any game includes such elements as a goal, tasks, content and rules. Therefore, when using outdoor games in your classes, you must carefully select games, taking into account all the individual characteristics of the spotters, including the goals and objectives of the lesson itself;
- the introduction of outdoor games into the sambo training process should be started with simple games, more complex games are used with simplified rules, gradually complicating them;
- when organizing and conducting outdoor games, it is important to divide athletes into equal teams: by weight categories, age, physical fitness.
- taking into account the specifics of the sport and in order to avoid unnecessary injuries, if the exercise can be performed in both directions, then when the game is repeated, the task is performed in the other direction;



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- it is necessary to correctly calculate the dosage of the game in order to prevent premature fatigue of athletes, this is especially important if the game is held at the warm-up stage, which prevents the assimilation of new motor qualities;
- an outdoor game should be emotional and dynamic, with clear rules, all movements and actions should be performed clearly, otherwise it may contribute to the incorrect assimilation of elements of technology and tactics;
- during the training session it is not effective to use more than two games, as this greatly tires the guys and deprives them of the mood to learn new material;
- the most prepared and capable students are involved in the management of individual games, this teaches young martial artists to be independent;
- when choosing the winners and completing the game activity, it is very important to pay attention to the clarity and correctness of the exercises that reflect the technical and tactical training of young athletes;
- if during the game the guys do not follow the rules and make a lot of mistakes, it is advisable to stop it and once again give all the necessary instructions for a high-quality and productive result of the game.

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