



METHODS OF TRAINING A GRECO-ROMAN WRESTLER IN PHYSICAL EDUCATION AND SPORTS CLASSES

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Abstract The development of effective training strategies for wrestlers in Greco-Roman style integrates various components essential for achieving success in both training and competition. This paper explores the multifaceted aspects of physical preparation, emphasizing the importance of strength training, technique refinement, and conditioning. Additionally, the psychological resilience of athletes plays a crucial role, impacting their performance during high-pressure situations. Social dynamics, including team cohesion and support, significantly influence motivation and accountability among athletes. Furthermore, injury prevention strategies, which focus on maintaining movement quality and muscular balance, are vital for ensuring the long-term health of wrestlers. Ultimately, a holistic training approach that combines physical, psychological, and social elements is necessary to cultivate well-rounded athletes capable of excelling in competitive environments.

Keywords: Greco-Roman wrestling, training strategies, physical preparation, psychological resilience, team dynamics, injury prevention, athlete development, competition performance.

Аннотация. В статье рассматривается проблема оптимизации методики обучения атакующим действиям борца греко-римской борьбы с использованием техник моделирования движений. Обоснована необходимость применения современных технологий для повышения эффективности тренировочного процесса. Приведены факторы, влияющие на качество выполнения атакующих действий, а также предложены подходы, позволяющие улучшить результаты спортсменов на основе многолетнего опыта и инновационных методик.

Ключевые слова: греко-римская борьба, атакующие действия, методика обучения, моделирование движений, оптимизация, тренировка, эффективность.

Greco-Roman borba, kak vid edinoborstv, trebuet ot sportsmena vysokoy fizicheskoy podgotovki i umeniya bystro adaptirovatsya k deystviyam adversary. V poslednie gody razvitiem tekhnologii i ponimaniem protsesov, proizhodyashchix v organizme sportsmena, vse bolshee vnimanie udelyaetsya innovatsionnym metodam obucheniya i trenirovkam. Na zanyatiyax fizicheskoy kultury i sporta predlagayutsya unique vozmozhnosti obucheniya bortsov bortsov. Eto napravlenie otkryvaet novye horizonty dlya vysheniya rezultatnosti i effektivnosti trenirovok, chto, v svoyu ochered, moget skazatsya na uspeshnosti vystupleniy na sorevnovaniyax.

Aktualnost dannogo issledovaniya obuslavliwaetsya neokhodimostyu integratsii vysokikh tekhnologiy v sportivnye metodiki, chtoby obespechit effektivnoe razvitie bortsy i ego fonnost realizovyvat zaplanirovannye strategii v vremya poedinkov. Osnovnye tseli stati zaklyuchayutsya v analize sushchestvuyushchih methodic obucheniya, vyyavlenii ix weakx mest i predlozhenii novyx podkhodov, osnovannykh na principlex biomechaniki i computernogo modelirovaniya.

For the achievement of maximal effectiveness of the training process and improvement of the results of sportsmen in Greco-Roman combat, we need to integrate the technical and tactical aspects, and also use the emotional and psychological background of the wrestlers. Psychology of sports plays a key role in the success of athletes, so often it is psychological readiness and confidence, and self-determination is determined. Methodical psychologicheskoye obucheniye, including technical visualization, concentration and management of stress, can seriously raise the level of readiness of the participants to high stress.

Moreover, paying attention to recovery after training and competitions is no less important. Using modern recovery methods such as physiotherapy, massage, as well as pulse monitoring and training load analysis, helps prevent injuries and maintain optimal physical fitness levels. This, in turn, contributes to a more effective mastery of wrestling techniques and tactics.

Interdisciplinary approach can also significantly improve the training process. Collaboration with other professionals, such as dietitians and sports physiologists, allows for the creation of a comprehensive training and nutrition plan tailored to the individual needs of athletes. Proper nutrition and recovery regime directly affect the results, providing the wrestler with the necessary energy and resources for fully effective work throughout the training cycle, as well as in physical culture and sports classes.

The further development of wrestlers requires a deeper understanding of not only the biomechanics of movements but also the individual characteristics of each athlete. An important aspect is the analysis of different types of muscle fibers and their proportions, which allows adapting training to the physiological characteristics of wrestlers. For example, some athletes have a predisposition to the rapidly considered short-term strength and explosive power, while others may show better results in aerobic endurance. Knowing which types of fibers predominate in wrestlers can significantly influence their habitual training methods.

Another important aspect is mental preparation. Psychological training aimed at developing self-confidence and stress resistance is becoming an integral part of the training process. Qualified psychologists can use various techniques such as visualization, meditation, and cognitive behavioral therapy to help athletes focus on their goals and reduce anxiety levels before competitions. This work can have a huge impact on the results, as mental stability often becomes a determining factor in matches where physical training is equal.

It is also important to consider the social aspect of training. Creating team spirit and support from teammates play a significant role in athletes' success. A

positive atmosphere within the team contributes to increased motivation and a sense of responsibility during training. Participation in joint activities, recreation, and competitions helps strengthen connections between athletes, which can ultimately lead to confidence and team support during crucial moments of competition.

Modern technologies and approaches to training Greco-Roman wrestlers open up prospects for creating new training methods that contribute to improving their skills. Movement modeling is a powerful tool that allows you to analyze and improve the technique of performing attacking actions. However, to achieve real results, a comprehensive approach is necessary, which includes both technical and psychological aspects of wrestler training. The approaches proposed in the article can serve as a basis for developing effective training programs, which will ultimately reflect athletes' sports achievements and successes in the international arena.

In conclusion, the training of wrestlers in the Greco-Roman style requires a comprehensive and comprehensive approach that would like to combine physical, psychological, and social elements. Each of these aspects is important for the formation of a successful athlete, and their harmonious combination can help achieve outstanding results in competitions of various levels. The general goal is to prepare a wrestler not only as a physically strong specialist, but also as a mentally stable, socially oriented participant in sports events, capable of coping with challenges and achieving set goals.

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