

IMPROVING SPEED TRAINING OF JUDOISTS WITH THE HELP OF CIRCULAR TRAINING METHOD

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ABSTRACT

The article describes special exercises that are involved in technical exercises to perform exercises in a circular manner. A new program of complex exercises has been created that adapts judokas to the conditions of the competition.

Keywords: Speed training, qualified judoist, circular training, technical and tactical skills, wrestling, competitive activity, dismember, sustainable progress, simulate, restoration, flexion, extension, experiment, indicators, squats, throws.

INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

The importance of speed training for qualified judoists is not in doubt as the further development of technical and tactical skills are based on the high potential of their physical fitness. Studies of various authors (3,4,6) indicate that developing the level of general and special speed training of sportsmen comes at the expense of wrestling that is to say using a large number of different training tasks in the process of technical and tactical training. But using only these training means makes it impossible to develop exactly those physical qualities purposefully which allows the judoist to accelerate the process of mastering technical actions. In this case if the concentrated in-depth training is not used for speed direction then there will not be a significant increase of speed training qualities in the process of improving the technical and tactical skills of the sportsmen. (2) Purposeful use of speed training means, taking into account specifics of the sportsman's competitive activity is one of the necessary conditions for forming training process of qualified judoists. Lack of science-based recommendations for targeted improvement of judoist skills determines the relevance of this study.

Purpose of the work is to improve the means and methods of speed training of qualified judoists with the help of circular training method.

One of the rational form of organizing sports training is circular training. It enables the nature of the activity in performing preparatory exercises for mode inherent competitive thereby creating favourable conditions for transfer training. (1,5,7)

While characterizing circular training which is used at the base training it should be noted that direction of used exercises were identical to competitive activities. It is known that the effect of the training will be more if the intensity and duration is higher. It follows that in developing speed training it is necessary to increase the load to the maximum while increasing duration of its impact, focusing on the conditions of competitive activity. In this regard only eight stages (exercises) were used in a circular training. The duration of work at each stage was almost one minute. Forty seconds were allotted for the exercise and the remained time was used to rest and move on to other exercise by the sportsman. Accordingly the working time at eight exercises was the same as the total judo fight time. The principle of compliance of training conditions with competitive was followed. This principle is of the great importance for speed training sports and first of all in the process of training qualified sportsmen.

It has been experimentally proved that prolonged repetition of the studied techniques in the wrestling leads to the persistent consolidation of relatively slow motions, marginal effort in competitive conditions. In this regard it is rational to dismember complex exercises into relatively simple parts and to improve these techniques at maximum speed and effort. Based on the idea of the structural nature of actions it must be recognized that the integrity of the motion system cannot develop without differentiation of its parts. Therefore at the level of the highest sportsmanship of the development of the integrity the development of details is ensured simultaneously where methods of selective choice of means of speed training plays the leading role.

When choosing exercises only such were chosen with the help of which it would be possible to influence the structure of the element (in this regard the competitive action is preferable to all exercises) and those mechanisms which provide sustainable progress of technical and speed training of judoist.

As an example here we can say weight training exercises which were used in circular training. First of all, climbing a rope (without leg help), jumping into the “depth” from a height of 50-60 sm, if possible with the further rotation to 180 C and 360 C, bench press, bending extension of the body lying face down on the gym table, legs are fixed, from starting position, grabbing one end of the bar neck with both hands, mix it left and right, raising and lowering the torso while lying on a bench with a turn to 90 C (legs are fixed, the bench is at the angle of 45 C), from starting position lying on the bench with face down pull barbell to breast, mannequin throw deflection (2/3 weight of the sportsman).

Although all these exercises simulate competitiveness, they to some extent develop those basic muscles that are involved in most technical actions of wrestling in judo. With the help of these complex exercises of circular training we can bring the sportsman to a new motor regime close to the conditions of competition activity.

Circular training was carried out once a day and always only after warm-ups. This construction of training process took place in the day training, in the evening provided for only the improvement of technical and tactical actions. Therefore, using circular training in the first half of the day purposefully improved speed training qualities of the judoist, and while training in the evening they tried to improve technical and tactical preparedness against exhaustion. This will be explained by that motor skills of qualified judoists in basic technical actions have already persistently formed stereotype which against exhaustion should not undergo “changes in the structure of technical action”. And the time allotted to restoration within 5-6 hours allowed at some extent to evening training with good functional preparedness to have a supply of strength.

Passing four circles of eight stages in each, the judoist spent 32 minutes on it and with the time of warm-up it took on average forty five minutes for training session. Therefore, conducting one such training in a day, four times in a week judoists performed a volume of work specialized in speed training up to 128 minutes.

Dynamics of indicators of speed training abilities of judoists after using exercises according to the method of circular training

№	Tests	Before experiment	After experiment	Growth in %
1	Time of 10 pull-ups	12,5	11,7	6,4
2	Time of 10 squats	12,2	11,4	6,6
3	Time of 10 jumping	7,4	7,1	4,1
4	Time of 10 torso raises from lying position	13,3	12,4	6,8
5	Time of 8 throws	14,6	13,1	10,3
6	Time of 15 throws	34,6	32,4	6,4
7	Long jump from a place	240	262	9,2

In order to reflect the quantitative results recorded at each station for various weights more accurately, it is necessary to indicate two quantities that significantly affect the final results. First of all it is the amount of weight: at each stage within 40 seconds it did not exceed 60-80% of the maximum. And the second is the speed of doing exercises at each stage. The pace of the work was great. All this provided different direction of training process of the speed training nature. At forty-second work sportsman regardless of weight categories performed: the first 25-30 jumps, the second 15-20 lifts of the bar, the third no more than 24-26 extension of the body, the fourth 25-30 movements of the bar, the fifth no more than 20-26 flexion-extension of the body, the sixth 15-20 lifts of the bar and the seventh working with the mannequin, no more than 10-12 throws.

This mode of organizing speed training sessions on basic stages of preparedness allowed to increase the level of special and physical fitness of qualified judoists for competitive period. This is evidenced by the results of controlling exercises of pedagogical experiment.

The limited number of parameters were used during the study. This is due to the fact that in the process of preparing high qualified judoist there is no sense to use a large testing programme, since it takes too much training time and gives a lot of information which is not important at this stage of preparedness. That's why at the process of study we limited the selected test, as they are linked mathematically with number of indicators.

To assess the level of speed-training of wrestlers at the beginning and at the end of the pedagogical experiment we used the indicators given in the table.

In addition many sportsmen claimed that all recommended eight “stages” develop the speed training potential of all basic muscle groups.

From this point of view the methodological direction can be used at junior age which is the foundation for further sport achievements. This methodological principle may be different to highly qualified judoists in which exercises correspond to the individual arsenal of technical and tactical activities.

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