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THEORETICAL AND METHODOLOGICAL FOUNDATIONS OF PURPOSEFULNESS OF WRESTLERS FROM RAPID STRENGTH TRAINING USING A CIRCULAR TRAINING TECHNIQUE

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ANNOTATION: In the arm-wrestling technique, the main element is the attack phase, which aims to achieve a quick superiority over the enemy. Researchers Zhivora and Usanov classified four main attack methods: top attack, hook attack, push attack, and side attack. During a side attack, a great deal of stress is placed on the flexors of the hand. In connection with this, four strength exercises were selected as test indicators: flexion of the fingers, stretch with a hammer, hook and bending of the hand. These exercises were chosen to determine the level of strength readiness of highly qualified armwrestlers.

Key words: wrestling, coordination means, coordination complexity, relative intensity.

Introduction: Wrestling belongs to a group of sports with high complexity of movements and the variability of conditions of their ap - plication. During a fight a wide range of grappling techniques performed in various ways can be observed. The precision of movements performed depends on the coordination levels of a competitor. Therefore, it is one of the most significant and indispensable elements in the training process of wrestlers. An adequate emphasis on coordination training, including the development of the predominant CMAs, is an absolute must at all stages of wrestlers' training [1-10]. Coordination complexity is an essential criterion of classifying training means when assessing the volume of loads in combat sports [7,11,12]. In wrestling it is noticeable when means at various levels of difficulty are applied. These include exercises where different muscle groups are engaged. Such exercises are performed in non-standard conditions, sometimes with various accessories or pieces of apparatus as well as during a non-standard fight. The following factors influence the coordination complexity of exercises in wrestling: levels of activity and the number of participants, time limit, size of the exercise surface, difficulty of a motor task including acelements, a fight against a stronger opponent or several op - po nents as well as wrestling games and plays with elements of team games. Despite its theoretical and practical importance, the classification of coordination training loads has not been sufficiently investigated as yet [7,11,13]. It is borne out by the fact that there are no precise rules of classifying training means in terms of volume, intensity and coordination complexity [7,11, 12]. The lack of the classification of coordination training loads may result in an incorrect planning of a training cycle and ineffective training of an athlete [11].

It was observed that coordination training took up 27% of overall training time. It was more than other authors had not - ed in their research. In their opinion, this type of training in sports involving complex movements should take up 15-20% of training time [7,11,12,15]. In all probability, it is connected with the fact that the distribution of coordination training loads in wrestling may be relative. The same training means applied at different intensity levels, different intervals between exercises and different numbers of repetitions may be used to develop both special fitness (technical and tactical skills) and conditioning and coordination abilities. Special and related coordination means took up the lar - gest amount of time. It is undoubtedly connected with the level of wrestlers and the period of a training cycle. Special means were dominant particularly in the in-season period. The most amount of time was spent improving movement rhythm, movement adaptability and movement coupling, while the least amount of time was devoted to kinesthetic differentiation, quick reaction and spatio-temporal orientation. De - spite the differences between researchers who deal with the issue of classifying predominant CMAs in wrestling, such abilities as kinesthetic differentiation, quick reaction and spatial orientation are considered to be the most significant [9,16-19]. Our research revealed that the volume of training devoted to developing these abilities was the

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smallest. It is not in line with the guidelines of coordination training, which state that more attention ought to be paid to improving predominant CMAs of a given sport [7,11,15]. Coordination complexity of the means applied in wrestling depended on a training period. The largest volume was ob - serv ed in exercises of the highest coordination complexity that were used in the in-season period. A similar situation was observed in the case of relative intensity, as in the in-season period the means of the highest intensity took up the largest amount of time. It stems from the fact that bigger volume of different variants of the fight was introduced into the training, thus increasing the complexity and intensity of training means.

The data obtained are in accordance with methodological guidelines of other researchers, who indicate that together with an increase in the sports level of wrestlers as well as in the intensity and the direction of impact of the training means, their complexity, specificity and relative intensity also increase [7,11,12,15]. Relative intensity of the studied exercises increased toge - ther with an increase in their coordination complexity both during the pre- and the in-season period. It also depended on the direction of impact of the means applied. In some exercises it is higher than relative intensity typical of a fight. Its purpose is to prepare a wrestler better to fight during sports competitions.

The dominance of the high intensity and complexity of coordination means results from the fact that in the training process of the best wrestlers we can observe training means (e.g. aimed at improving technique) that are repeatedly ap - plied in non-standard conditions and with time limit in order to create competition-like conditions. In the training process of wrestlers particular attention should be paid to coordination training that involves developing predominant CMAs with intensity and complexity that would be proper for this sport. Further research ought to focus on verifying and classifying training loads applied in wrestling in terms of coordination motor abilities.

Conclusions

1. Coordination training took up 27% of overall training time during a 6-month training cycle. The largest amount of time was devoted to special and related coordination means.

2. The most amount of time was spent improving movement rhythm, movement adaptability and movement coupling, while the least amount of time was devoted to kinesthetic differentiation, quick reaction and spatio-temporal orientation.

3. Coordination complexity of training means used in wrest - ling depended on a training period. The highest complexity of coordination means was observed in the in-season period.

4. Relative intensity increased together with an increase in the level of coordination complexity of exercises and it also depended on the direction of impact of the means applied.

5. In the training of wrestlers exercises of the highest coordination complexity took up the largest amount of time.

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