

ORGANIZING LESSONS OF WRESTLING IN SCHOOLS

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ABSTRACT

This article discusses how to organize wrestling lessons in schools today, the types of lessons, their tasks, and the stages of lesson organization. In addition, it discusses the features a teacher should pay attention to when organizing wrestling lessons, and ways to achieve more effective results no matter how the lessons are organized.

Keywords: lesson, wrestling, style, physical training, strength, agility, balance, flexibility, technical movement, mixed lesson, introductory lesson.

Any lesson is modeled according to the program developed on the basis of the state educational standard, without conflicting with the work plan, and each of them has its own characteristics. There are different types of lessons in the practical work of the school:

1. Introductory lessons.
2. A lesson to get acquainted with new educational material.
3. Activities to improve the past lesson takeaways.
4. Mixed classes.
5. Control lessons.

Introductory classes are held at the beginning of the academic year, at the beginning of each quarter, as well as before starting new sections of the program. Such at the beginning of the introductory lesson it's gone. In it, the teacher introduces the students to the content of the lessons, the tasks of the teacher and students, the curriculum and the requirements for them. In this lesson, the teacher draws children's attention to active movement, accurate performance of tasks, and the need for the entire class team to work together.

Introductory classes were followed by familiarization classes with new educational material. Such lessons are rare. After the introductory lesson, there is only one introductory lesson with new material.

The feature of these lessons is that each part of them should contain new material for children. This gives the teacher the task of providing interesting materials that children can easily learn in the lesson. The main task in improvement classes is to further strengthen the performance of previously learned exercises. These classes focus on exercise technique, skill development, and use exercises and games that improve movement skills and abilities.

In mixed classes, the tasks of introducing new material and improving the performance of the previous ones are carried out together. In the main part of these lessons, it is necessary to give new material specific to one type of exercises and devote more time to it. The rest of the materials of the lessons are prepared to achieve a good performance of the exercises.

It is known that the new educational material requires a lot of attention from the children, it is given in the first half of the lesson, and then the lessons are repeated. New material is given after repeating the exercises of the previous lesson. In this case, the new educational material can be passed in the middle of the main part of the lesson, taking into account the increased load.

, work is completed, students' knowledge and skills are checked and evaluated. Such classes are held at the end of the quarter, but they can be held in the middle of the quarter or during the second half of the year. This program is related to dividing the sections into quarters. Control lessons are planned in advance, students should be aware of this and regularly prepare for it.

Physical training of school-age students in wrestling includes the development of physical qualities necessary for the formation of correct stature, movement skills, all-round physical improvement, and acquisition of technical movements in wrestling.

At the age of 12-14, it is desirable to develop quickness and agility and flexibility. At the age of 15-16, adolescents begin to develop strength and demonstrate the ability to perform quick-strength exercises. At the age of 16-18, exercises that require strength and speed are easier to master, conditions are created for the development of endurance. It is very important to take these into account in the training of teenage wrestlers.

At the age of 12-15, strength development should be carried out mainly with the help of exercises with weights, stuffed balls, dumbbells, gymnastic sticks and various gymnastic sports equipment.

16-18, strong developmental exercises are complicated by increasing the weight of the sport, changing the initial position, extending the time of the exercise, and reducing the rest time between the exercises. It is necessary to be careful in the development of the endurance of young teenagers (moderate loads, exercises consisting of training-training competitions with a small norm or break for rest) in standing loads in 2+2 fights (alternating attacks and defenses) 3 the minute break is gradually reduced to 1 minute. In parterre 2+2 with a 1-minute break, the training time is extended to 3+3. Later, the pace of the fight can be increased.

To develop endurance, wrestling is carried out in a limited place with one-sided resistance, rising from the parterre or standing. These exercises teach you to find a way out of difficult situations.

Professor VFFilin's research shows that at the age of 13, joint mobility increases again, and at the age of 15, it has the largest volume. At the age of 16-17, mobility indicators decrease. Therefore, flexibility and joint mobility exercises are mandatory during adolescence.

At the age of 12-18, flexibility and mobility in the joints are developed through exercises with the characteristic of active inertia, which are performed without joints and with small weights (gymnastics, dumbbell exercises, exercise balls). Also, height-building exercises are often used for adults. Thus, comprehensive physical training of teenagers is carried out with the help of many means. Their goal is to organize wrestling training, to form the correct stature, discipline, and to educate the order of interaction. Line exercises are performed in the introductory preparation and closing part of the lesson to organize, line up and re-line up groups to perform the exercises, as well as to relieve tension after loading.

It is desirable to use more game style in the training sessions, the training sessions are conducted with variety and passion.

It is planned to transfer wrestling lessons from the subject of physical education to the basic curriculum of general education schools starting from the 5th grade.

Teaching methods in wrestling classes . Purposeful teaching of actions requires the teacher to know the characteristics of teaching methods. All styles are conventionally divided into three main groups: styles of using words (words), styles of visual reception (visual) and practical styles. In turn, each of the three groups consists of several styles. The methods of using the word used by the teacher activate the entire learning process, help to form more complete and clear ideas about the movements. With the help of these methods, the teacher analyzes and evaluates the learning of the learning material.

Visual perception methods ensure that the studied actions are perceived by sight and hearing. Visual perception helps to acquire actions faster, deeper and stronger, arouses interest in the studied actions.

Practical methods are based on the active movement of the participants. They are conditionally divided into two groups: strictly and partially ordered exercise styles, forms of movement, load sizes, its growth, alternating with rest, and many repetitions of movements with strict ordering of others characterized by As a result of this, it is possible to gradually form the necessary movements and selectively master individual movements.

The method of learning in parts involves first learning individual parts of the movement, and then combining them into a whole as needed.

A holistic approach to learning involves learning what action looks like, depending on the ultimate goal of learning.

Partially ordered exercise method allows students to choose actions relatively freely to solve the tasks set before them.

The style of the game is characterized by a strict ordering of actions, the absence of possible conditions for their execution; creates ample opportunities for independent manifestation of creative abilities, ensures that training takes place in an upbeat spirit.

Competition style refers to specially organized competition activities. Such activity in this case participates as a method of increasing the effectiveness of training sessions.

Thus, in the training sessions, all the listed methods are used in various combinations, not in standard forms, but in modified forms, taking into account the specific requirements of sports training. When choosing styles, it is necessary to pay attention to the fact that they must be strictly consistent with the tasks, general didactic principles, as well as special principles of sports training, age characteristics of the participants, their qualifications and level of training.

Stages of training in the wrestling class . The process of movement training is carried out for a certain period of time. Such a period of time is conditionally divided into three stages: initial learning, partial learning, consolidation and further improvement .

The first stage of learning in the wrestling class . At the initial learning stage, the most important task is to create the imagination necessary for students to correctly perform the learned action of wrestling. Features of this stage are:

insufficient clarity of actions in time and space;

uncertainty of muscle tension; the presence of excess movements;

violation of the integrity of the phases when performing technical fighting actions.

Practitioners use a lot of extra effort and perform the techniques by straining many of the body's muscles. Quick exhaustion and lack of work capacity, especially in young wrestlers, are due to this.

Therefore , at this stage, a number of special tasks should be solved:

- To form a holistic view of the studied technical movement and provide information to participants about their use in competitions;
- Enriching the reserve of movement skills of practitioners with the elements necessary for mastering a new method of struggle;
- Achieve the full implementation of simple methods;
- Unnecessary movements, excess muscle
- Eliminate tensions.

The stage of teaching in parts in a wrestling lesson . The main task of the stage of learning in parts is the formation of movement skills and its improvement until it becomes a skill. At this stage, time, space and strength characteristics of individual fighting methods are determined. If the necessary conditions for the formation of movement skills have been created in the previous stage, its formation will occur in the second stage. To achieve the goal, the following tasks are solved:

- mastering the technique of the studied method and identifying its parts;
- deepening the understanding of the laws of the studied actions;
- perform the action being studied by telling in detail the sequence of actions that need to be performed;
- to achieve accurate, free and complete execution of the studied methods in training competitions.

The stage of strengthening and further improvement in fighting . At the stage of strengthening and further improvement of students' technical-tactical actions, the main task of training, that is, the task of forming the skill of movement and the ability to use the acquired fighting methods in competitions, should be solved . For this, it is necessary to perform the following specific tasks of this stage:

- training students to perform acquired technical actions in various conditions with methods;
- training the wrestler to perform the learned movement with opponents of different training (physical, technical, tactical, etc.);
- enriching the learned technical movements with new elements (tactical preparation methods, catches, final phases) in accordance with the specific characteristics of the participants and taking into account the increase in their physical fitness;

- ensuring sufficient stability and variability, reliability and economy of the technical movement learned in competitions.

Wrestling lessons methodology. It is important to have a good understanding of the structure of the lesson, the task and the content of the lesson parts, as well as the three tasks of its implementation - the tasks of preparing the lesson, conducting it and completing it, as the main form of training in the methodology of conducting the lesson .

Structure of the lesson. The structure of the lesson is based on the appropriate use of time, taking into account the contingent of students and their ability to work.

The structure of the lesson means the interconnected parts of the lesson, which are placed in a certain order, in a more appropriate sequence. The structure of the lesson describes and reveals the consistency and interdependence of the actions of the teacher-coach, as well as all the activities performed by the participants.

The successful solution of lesson tasks depends on the correct interaction between the teacher and students in the lesson. depending on the placement.

A three-part structure of the lesson is used to solve educational and educational tasks. This ensures that the body of the trainees can start working normally, perform the main loads and relax relatively. Thus, the structure of the lesson consists of the following 3 parts: preparation, main and final parts.

The lesson plan is based on a structured plan or graphic plan for each lesson. The task and content of the lesson is structured depending on the contingent of participants, their number, conditions, period of preparation and applied methods.

The preparatory part of the lesson takes 8-12 minutes. At this time, necessary conditions are created for the main part of the lesson.

Duties:

1. Initial organizational work, gaining the attention of the participants, introducing them to the lesson tasks and giving a positive direction to the activity.
2. of the movement apparatus and all systems of the body for gradually increased loads, warming up the body and preparation for the main work.
3. Creating a comfortable emotional state .

Means: easy exercises that are mastered by those who practice the technique of execution or quickly mastered: signal, different spending and regrouping according to signs. A variety of walking, running, general training and gymnastic exercises of a special nature. Strength, flexibility, stretching and muscle relaxation exercises, movements exercises on purity, gradually increasing the load, the simplest jumps, jumping exercises, as well as exercises with easy movement games and one-on-one elements.

The main part of the lesson lasts 25-30 minutes. During this time, general and special tasks in the field of education, health care, and combat are solved.

1. Comprehensive development of the movement apparatus and all systems of the body and training of physical qualities necessary for work and sports activities.
2. of fighting techniques and tactics in addition to increasing the level of physical

development and functional training of the participants.

3. vital practical skills and competencies related to the "Alpomish" and "Barchinoy" tests, knowledge in the field of movement activity, wrestling .

Basic tools. General developing, preparatory and special exercises performed without objects and with objects, balls, sticks, dumbbells, expanders, etc. The main exercises are tactical and technical actions in wrestling, using elements of Greco-Roman and freestyle wrestling, sambo judo wrestling. Athletics, gymnastics, swimming, sports, etc.

the wrestling classes, as well as in other parts of it, along with the performance of special tasks related to sports training, the tasks of psychological preparation, moral and aesthetic education are also solved.

3-5 minutes are allocated to the final part of the lesson , and the lesson ends with bringing the body to a relatively calm state .

Duties:

1. Calming the activity of the body and reducing the excessive tension of working muscles.
2. Regulation of the emotional state, brief analysis and evaluation of the completion of training, homework, etc.

The first phase is preparation for the lesson, making a well-thought-out plan-summary of the training in accordance with the conditions, preparing the hall, the field, equipment, etc., taking into account the number of participants, training, weight categories, etc.

The second phase - at the expense of conducting the lesson - starting the lesson on time and clearly organizing the participants, briefly describing the topic of the lesson, explaining the private tasks and assignments for the children's independent activities. All this is combined with the assessment of behavior, telling how to give general and personal methodological instructions and how to eliminate shortcomings. This helps the lesson to be successful, and such a lesson increases the creative independence of students.

The third phase - concluding the lesson - in the final part of the lesson, the teacher concludes both for himself and for the students. Analyzes the presented topic and determines future activities. To do this, it is necessary to determine how the subject was mastered in the lesson plan, how the load affected the students, what new methods or methods were used, in education, independent work, homework, etc. notes what to pay attention to.

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