

APPROACH OF THE SYSTEMS TO PROBLEM OF INDIVIDUALIZATION OF TRAINING OF FIGHTERS

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Annotation. Purpose of work - to develop the system of individualization of the stage-by-stage training in a free fight. The system is directed on an exposure, forming, development and perfection of own style of opposing. The synthesized system includes managing (trainer) and guided (sportsman) subsystems. For the system is certain external environment from two blocks: rules of competitions and scientific knowledge. These 2 blocks suffice full determine the conduct of the system. Set and described intercommunication between managing and guided subsystems; between an external environment and all of system of individualization of the stage-by-stage training. It is show that a trainer sets the managing affecting sportsman to on to three to directions: block of training activity; block of competition activity; block of extra training and extra competitive activity. It is marked that the last updates of rules of competitions produced new, more hard requirements to the level of development of the special endurance.

Keywords: fight, systems approach, individualization, style of wrestling.

Introduction

One of main directions of perfection of sportsmen's training system is maximal orientation on individual bents and abilities of everyone, when choosing sport specialization, with development of whole system of many years training, with determination of competition activity's rational structure [8, 9].

Well known specialists in wrestling think [2, 3, 8, 11, 13], that one of necessary conditions of successful competition activity on mat is such manner of duel, which maximally complies with individual physical, psychological and technical-tactic skills/abilities of a wrestler. That is why the process of wrestler's training shall be built in individualized way on the base of general regularities of sportsmen's training in Olympic sports. [3, 9, 12, 14,15]. If all these conditions re fulfilled, then by the stage of preparation to highest achievements, experienced sportsman already must have effective individual style of wrestling. And only in case, if a sportsman conducts duels in "own style", achievement of high international results is possible [2. 5 – 9. 16].

The problem of individualization of training was a subject of many researches. However, the works, devoted to free-style wrestling touched, mainly, highly qualified sportsmen and were of fragmentary character, often did not consider specificities of many years training's conditions on its different stages. With it, the level and content of the researches, as a rule, corresponded to competition activity of that time.

Absence of single system of knowledge, uniting known regulations of individualization of wrestler's training, substantially reduces possibilities of further researches, especially in problems of sport selection and management. That is why the problem of individualization of wrestlers' training should be raised and solved on systemic level.

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Purpose, tasks of the work, material and methods

The purpose of the research: is development of system of individualization of stage-by-stage free style wrestling training, oriented on revelation, formation, development and perfection of own fighting style.

Results of the researches

For building of many years training system of wrestlers it is necessary to know model characteristics of a champion's skills/abilities. However, as results of researches, fulfilled by advanced wrestling specialists, show, champions can have substantially different combinations of their preparedness' features, with it, these combinations are rather stable [5 - 7]. We know numerous groups of wrestlers, which have approximately similar combinations of such characteristics. These specific combinations, ensuring successful activity of such group of wrestlers determine fighting style.

In previous works, which were fulfilled on the base of results of competition activity's analysis and method of expert evaluations of specialists we stated that every high class sportsman (wrestlers, who took first five places at Olympic Games) can be related to one of seven marked out by us styles of fighting; by terminology of coaches and sportsmen they are: "paced in hold", "paced at distance", "player", "binder", "strongman", "highly reliable, full-developed" [6, 7

On the base of the same approaches model characteristics of every wrestlers' group, relating to certain fighting style, were determined [7]. The obtained results permitted to pass to development of individualization system of stage-by-stage wrestling training, oriented on revelation, formation, development and perfection of own fighting style. Development of such system in a necessary condition of optimal management of sportsman's training in Olympic sport [3, 9, 10, 11, 13].

Systemic approach in the research implies studying of object as a system. In gnoseological aspect – it is

construction (analysis-synthesis) of system, on the studied object [4, 10]. In our case the studied object – is stage-by-stage high class wrestler’s training in free style wrestling, while integrating (system-formation) parameter of this system is individualization of training.

Conception “system” takes the highest place in hierarchy of systemic approach methodology’s conceptions that is why the next step of analysis requires choosing and specifying of conception “system” in compliance with the researched problem [4, 10]. From numerous definitions of this conception formulation of P.K. Anokhin is the closest to our direction of researches: System is such complex of selectively involved components, whose interaction and interrelation acquire character of inter-assistance of components for obtaining of focused useful result” [1]. Further, considering main principle of systemology [4, 10]) we can provide the following definition of system of stage-by stage training in free style wrestling of in abbreviated form – individualization system of stage-by-stage training (ISSBST).

ISSBST is a combination of components (elements and subsystems) and their interaction in training of high class wrestlers, which are controlled and mutually facilitate the purpose of the system - revelation, formation, development and perfection of own fighting style in dynamics of stage-by stage wrestler’s training.

According to general theory of sportsmen’s training in Olympic sport [3, 8, 10, 11] system shall stipulate required and effective comprehensive development of a wrestler on the base of optimization of training’s management. Thus, ISSBST is a system of management and consists of managing subsystem (subject of management) and managed subsystem (object of management).

Every sub-system (managed and managing) shall include those substantial elements, sub-systems and their interactions, which form certain unity of actions and activity in the whole. In our case the marked out sub-systems and elements purposefully solve the tasks of individualization of sportsman’s training in the process of mutual assistance. Combination of marked out sub-systems, elements and interactions shall be as minimal as possible (but sufficiently full in the frames of present research) [4,10]).

It would be purposeful to present ISSBST in the form of diagram, shown in fig. 1. External factors can be represented by two the most significant (for present research) blocks, which mainly determine ISSBST functioning:

- block of rules and conditions of competitions (BRC);
- block of scientific knowledge, generalized experience of advanced practice of sport activity in free style wrestling (BSK).

SYSTEM OF INDIVIDUALIZATION OF STAGE-BY STAGE TRAINING

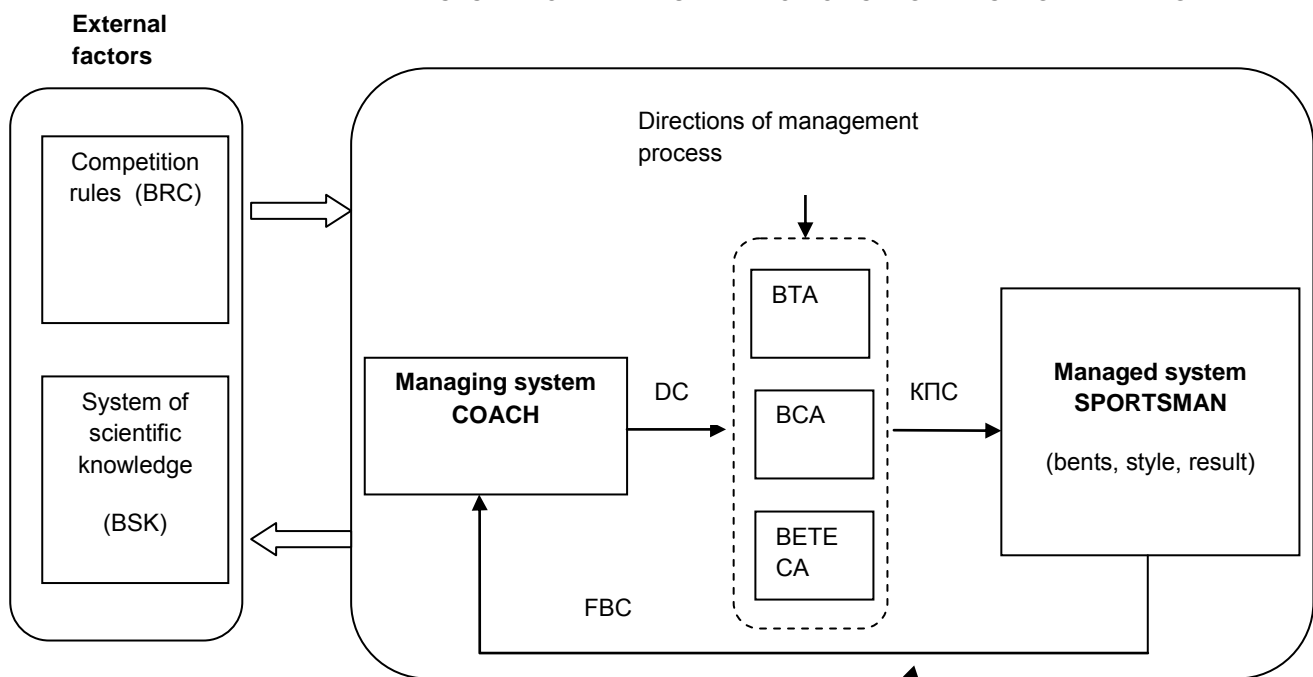


Fig.1. Structural-logical diagram of system of individualization of stage-by-stage training in free style wrestling

ISSBST itself consists of managing sub-system (subject of management)- coach and managed sub-system (object of management) – sportsman.

Coach, basing on rules of competitions, scientific knowledge and own experience set managing influence by channel of direct communication (DC) on sportsman by three directions, which are presented by three blocks:

- block of training activity (BTA);
- block of competition activity (BCA);
- block of extra-training, extra-competition activity (BETECA).

By feedback channel (FBC) coach receives information about sportsman: his bents and abilities, results of cycle or stage training, level of fighting style’s formation and development, results of participation in competitions and so on.

On the base of processing (analysis, synthesis, comparison) of all information decisions are worked out and appropriate corrections are introduced by all directions of management process (programs, methodic and means of training activity, competition activity, extra-training and extra-competition activity are corrected).

External factors and ISSBST intensively and rather hard interacts in dynamics of stage-by-stage training (see fig.1). For example, recent changes of competition rules set new, more strict requirements to level of special endurance. In particular, competitions in one weight category before are carried out 4-5 hours before final; during this time a sportsman conducts 4-5 duels, with rest interval between third and fourth, fourth and fifth fights can be only 15-20 minutes. Now, energy supply of competition activity is characterized by domination to larger extent of anaerobic, glycolytic component. Besides, oxygen debt significantly increases in the process of one, competition duel.

Such changes resulted in correction of management process by all directions. For example in BTA they started to pay more attention to development of special endurance and associated qualities, programs and methodic of training also changed. In BETECA accent shifted to searching of means of more effective special workability's recreation and its stimulation, searching of new optimal diets and food adds, new methodic of reduction of wrestlers' weight and etc. In BCA duel tactics changed, which stipulates still more rational and saving energy consumption both in dynamics of fight and in competition in general.

In its turn ISSBST influences on external factors, in particular, analyzing rating and show character of competitions, wrestlers' activity, techniques and tactic of competition activity.

In its turn, block of scientific knowledge (external factors) determines and sets all organization and structure of training, competition, extra-training and extra-competition activity, but its also is replenished with new knowledge, obtained from sportsman's training practice in competition activity.

Conclusions:

We have developed system of individualization of stage-by-stage training in free style wrestling, which include managing (coach) and managed (sportsman) sub-systems. For this system external factors have been determined, which consists of two blocks: rules of competitions and scientific knowledge, which determine behavior of system sufficiently completely. We have marked out main directions of management influences: training activity; competition activity; extra-training and extra-competition activities. Interactions both between managing and managed sub-systems and between external factors and all system of individualization of stage-by-stage training have also been stated.

The prospects of further researches imply development of programs of individualization of wrestlers' training for every fighting style.

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