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## **ANALYSIS OF INDICATORS OF SPEED READINESS FREESTYLE WRESTLERS**

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*Abstract. The article was of scientific and practical interest in identifying positive shifts in the training process and optimizing the cumulative training effect in terms of speed readiness of freestyle wrestlers for the period of one macrocycle.*

*Key words: hypokinesia, hyperthermia, physical development, motor fitness, cumulative effect.*

Was of scientific and practical interest in identifying positive shifts in the training process and optimizing the cumulative training effect in terms of speed readiness of freestyle wrestlers for the period of one macrocycle.

In the course of the main pedagogical experiment, which had a comparative character, the dynamics of indicators of speed readiness of freestyle wrestlers was determined. In the compositions of the control and experimental groups, wrestlers of educational-training groups of the 1st year of study at college № - took part. At the beginning of the experiment and at its end, the values of the following indicators of speed readiness were determined: time at distances of 30 m and 100 m; long jump from a place and from a run(1,2,3,4,5).

The pedagogical experiment lasted 7 months, which corresponded to the macro cycle of preparation for the competition.

The structure of the macro cycle consisted of the following periods: preparatory, competitive and transitional.

After the competitive period, a restorative nonspecific load was applied during 3-week microcycles. This was done in order to evaluate the training effect on athletes who are fully recovered.

The sequence of loads in the training process of the experimental group wrestlers was based on the fact that the previous loads should create a favorable background for the subsequent ones. This allows you to get positive shifts in the training process and optimize the cumulative training effect.

The mechanism of sequential cumulation is organized in such a way that the training effect of the previous work acquires a relatively stable character.

So, for example: in the preparatory period, at the stage of general training, power loads were carried out against the background of the implementation of the training effect of general aerobic loads. High-speed work was carried out against the background of the cumulative training effect of aerobic loads.

At the stage of special training, a high-speed specific load was carried out, first of an anaerobic-alactate, and then anaerobic-glycolytic orientation.

In the competitive period, the specialized loads of high intensity were carried out against the background of the cumulative training effect of the loads of the general training stage(11,12,13).

The average values of indicators of speed training, standard deviations and coefficients of variation of freestyle wrestlers of the 1st year of training, identified at the beginning of the experiment, are presented in Table 2.

Indicators		Control group			Experimental group		
		X	$\sigma$	V%	X	$\sigma$	V%
1.	Running 30 m/s	4,32	0,20	4,5	4,43	0,26	5,8
2.	Running 100 m/s	14,3	0,26	1,8	14,42	0,40	2,7
3.	Long jump from a place, cm	219,5	13,5	5,99	220,6	12,13	5,3
4.	Long jump from a run, cm	428	19,9	4,6	432	22	5,1
5.	Flexion and extension of the arms in the lying position for 15 s, number of times	16,8	2,8	15,1	16,3	3,0	16,8

Indicators of speed readiness among the wrestlers of the control and experimental groups at the beginning of the pedagogical experiment are at the same level, the root-mean-square values and indicators of the coefficients of variations testify to the homogeneity of the experimental indicators of young freestyle wrestlers.

Table 3 shows the indicators of speed training for the wrestlers of the educational-training groups of the 1st year of training, determined at the end of the experiment, where the result in running 30 meters significantly improved. If at the beginning of the experiment they fulfilled the standard in 4.43 seconds, then at the end of the experiment their result was 3.95 seconds, which is 0.48 seconds better. An unreliable positive dynamics was revealed in the control group in the 100 m sprint, where the preliminary

result was 14.3 sec, followed by its improvement by 0.03 sec, with an average value of 14.27 sec(6,7,8,9).

**Table 3**

**Indicators of speed readiness of freestyle wrestlers of training groups of the 1st year of study inend of the experiment.**

№	Indicators	Control group			Experimental group		
		X	$\sigma$		X	$\sigma$	
1.	Running 30 m/s	4,37	0,2	4,6	3,95	0,18	4,6
2.	Running 100 m/s	14,2 7	0,33	2,3	13,8	0,33	2,3
3.	Long jump from a place, cm	236	12,3	5,2	254	11,8	4,7
4.	Long jump from a run, cm	443	20,0	4,5	456	18,7	4,1
5.	Flexion and extension of the arms in the lying position for 15 s, number of times	19,2	3,5	18,2	22,7	2,97	13,1

Comparative analysis shows that at the end of the experiment the development of speed readiness indices among the experimental group wrestlers exceeds the values of the control group wrestlers (Table 4).

Peers in the experimental group, on the other hand, improved the result by 0.62 sec, having fulfilled the standard of 14.42 and 13.8, respectively. A slight progression in indicators is observed as a result of a complex education of quality.

**Table 4**

**Comparative values of speed readiness indices for wrestlers of educational-training groups of the 1st year of training according to the results**

№	The name of indicators	Control group			Experimental group		
		Before	After	improvement	Before	After	improvement
1.	Running time for 30 m.	4,32	4,37	-0,05	4,43	3,95	0,48
2.	Running time for 100 meters	14,3	14,27	0,03	14,42	13,8	0,62
3.	Long jump from the spot	219,5	236	-16,5	220,6	254	-33,4
4.	Long jump with a run	428	443	-15	432	456	-24
5.	Flexion of the arms for 15 s in support lying on the floor	16,8	19,2	-2,4	16,3	22,7	-6,4

Significant changes were achieved by the control group wrestlers in the test of speed-strength readiness as a "long jump from a spot". Despite the almost identical initial result in this test, the wrestlers of the experimental group showed the best dynamics in the results. According to the research data, it can be seen that the wrestlers of the control group improved their result over the experimental period by 16.5 cm, while the students from the experimental group who showed an initial average result of 220.6 cm improved it by 33.4 cm(10).

The effectiveness of the experimental methodology, introduced into the training process of freestyle wrestlers, showed positive dynamics in the test as well, long jump from the run. So, the students of the control group, practicing according to the generally accepted program, showed a result in this test equal to 428 cm at the beginning of the experiment and 443 cm, and at the end of the test, having improved the result by 15 cm. Whereas, the students of the experimental group improved the average indicator by 24 cm.

At the beginning and at the end of the experiment, the level of values of the indicators

of the ERP, the coefficients of attacking and defensive actions was analyzed and the dynamics of their development was estimated. If at the beginning of the experiment the level of indicators of the ERP and the coefficients of attacking and defensive actions among the wrestlers of the control and experimental groups was approximately at the same level, then at the end the improvement of indicators was much more preferable for the wrestlers of the experimental groups. The wrestlers of the experimental groups have significantly more reliably distinguishable indicators than the wrestlers of the control groups.

Summarizing the above, we can formulate a conclusion that the proposed method of building training loads in the macrocycle of training young freestyle wrestlers in training groups with elements of speed-power load contributes to a more effective and purposeful increase in the level of SSP of young wrestlers in training groups and the effectiveness of attackers and protective actions.

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