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SPORT WRESTLING IN THE TRAINING OF FUTURE PHYSICAL EDUCATION TEACHERS

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Annotation. *The publication explores the issue of improving physical education of secondary school students on the basis of wrestling elements. The authors have developed a programme of physical education with elements of wrestling. In accordance with the developed programme of physical education with elements of wrestling, it is recommended to introduce the educational component "wrestling" in the training of future physical education teachers.*

Keywords: *wrestling, module, physical fitness, physical education lesson, senior pupils.*

Анотація. *У публікації досліджується питання удосконалення фізичного виховання учнів середньої загальноосвітньої школи на основі елементів боротьби. Авторами розроблено програму з фізичної культури з елементами спортивної боротьби. Рекомендується відповідно до розробленої програми фізичної культури з елементами спортивної боротьби введення освітнього компоненту «спортивна боротьба» у підготовку майбутніх учителів фізичної культури.*

Ключові слова: *спортивна боротьба, модуль, фізична підготовленість, урок фізичної культури, учні старших класів.*

Relevance of the research topic. *Currently, the problem of physical development and physical fitness of schoolchildren is quite relevant [2, 4]. Introduction of*

wrestling elements into physical education programme in the variable part makes it possible to use physical education programme at school creatively [1, 7]. Wrestling is a complex of physical exercises that combine general physical and special training in interaction with psychological principles, which involve the implementation of higher values, both physical and spiritual self-improvement through the system of physical culture [3, 5, 6, 8, 9, 10].

The analysis of theoretical and practical aspects of school physical culture reveals a number of difficulties and problems when applying exercises with elements of wrestling in educational institutions [7, 8]. It was established that martial arts have great potential for improvement for any type of activity, which led us to choose the topic of the study.

Wrestling is considered by many experts [3, 5, 6, 8, 9, 10] as one of the most effective means of physical training of the younger generation and, accordingly, is of great practical importance. Different types of wrestling are widely practised in educational institutions. Many years of experience in the development of wrestling sports in our country and abroad allows us to say that the section of wrestling in the curricula of educational institutions should permeate the entire process of physical education, starting from the 1st grade.

As we have already noted, the broad educational, health and recreational value of wrestling served as the basis for its introduction into the curricula of educational institutions in many countries. From a technical point of view, wrestling is a rather diverse type of motor activity. Wrestling in the stand and on the floor with different grips has many techniques of attack, defence, power movements, etc. In various wrestling techniques, grabs and throws, you have to overcome the weight of the opponent's body and his/her opposition. This requires speed and agility and, of course, considerable strength. Special endurance is also required to withstand a great physiological load during a fight. Thus, wrestling has a very diverse impact on the development of the body.

The body adapts to training as a result of changes in all systems: central nervous, cardiovascular, neuromuscular, respiratory, and hormonal. In wrestling, students can

compensate for the insufficiently high level of some qualities by enhancing the development of others. In particular, the lack of maximum strength is compensated by the development of special endurance, and a relatively low level of speed is compensated by increasing power endurance. The multifaceted effect of wrestling training makes it an important means of physical education.

Based on the above, we developed a physical education programme with elements of sport wrestling. According to the programme, classes are held as part of the 3rd physical education lesson, are compulsory for all students and are included in the holistic educational process. At the same time, the teacher has the opportunity to creatively use this educational material of the programme (Table 1) in different parts of the lesson with appropriate dosage and intensity.

Table 1.
Content of the programme "Elements of sport wrestling"

№ of the topic	Programme section	Content
1. Theoretical section		
1.1.	Acquaintance with the rules of behaviour and safety precautions (SP) in sport wrestling	Rules of conduct and safety during sport wrestling classes. Prohibited actions in wrestling
1.2.	Introduction to the world of sport wrestling	Development of sport wrestling in Ukraine. Types of sport wrestling, common features and differences. Successes of Ukrainian wrestlers in the international arena. Rules of the competition. Specialised equipment and inventory. Referee teams during matches
2. Practical section		
2.1.	Movement and manoeuvring techniques	Basic positions of the wrestler: stance, floor. Movement of a wrestler in a stance and on the floor. Application of manoeuvring techniques in different game situations

2.2.	Grips and releasing them	Basic grips and rules for their execution. Performing takedowns and countering them in different conditions of confrontation
2.3.	Self-insurance and self-control in case of falls	Mastering falls with self-insurance
2.4.	Disruption of the balance	The main ways to get out of balance and their implementation in game interactions
2.5.	Exercises performed on the wrestling bridge	Standing up on the bridge from the supine position. Special exercises on the bridge. Running on the bridge. Standing on the bridge with a forward roll
2.6.	Games for the development of pupils' psychomotor skills	Games with a ball, with a rope, with a choice of action or no action. Games of pulling a partner or a player of the other team. Games to push a partner (player of the other team) out of a certain area. Games for the formation of skills of pressure and opposition to it with mutual captures. Games for the formation of skills of pressure and opposition to it in blocking tackles
2.7.	Basic positions in the ground and actions performed from them	Grabs and flips. Moving games on the floor. Wrestling on the knees according to lightweight rules

We recommend, in accordance with the developed programme of physical culture with elements of wrestling, the introduction of the educational component "sport wrestling" that will allow students to master motor skills in this sport; motor skills in the basic sport at the level of mass categories; improve the motor arsenal by forming motor skills in other sports.

Conclusions. The use of sport wrestling elements and methodically correctly selected techniques dramatically reduce injuries in the classroom and significantly increase the effectiveness of participation in wrestling competitions and extracurricular activities. Application of the developed programme with elements of sport wrestling allows to carry out differentiated approach in planning of educational process, dosage of physical loads, increase of motor density

and intensity of classes taking into account individual morphological features and level of physical fitness of pupils.

1. The experimental data obtained in our previous studies [11] indicate that wrestling elements training in physical culture lessons has the most intensive effect on absolute strength, power endurance, speed and power fitness and agility of pupils. The above mentioned allows to create and use a physical education programme with wrestling elements in physical education lessons for secondary school students in the educational process. To effectively apply at physical education lessons outdoor games with elements of martial arts and outdoor games that consolidate the technique of performing techniques and use control competitions: in the first quarter: "wrestling triathlon", "go up from the prone position", "mini wrestling", on knees - to put in a dangerous position or go behind the back, "cockfight", etc.; in the second quarter - wrestling in a stand, but allowed only after the correct position and entering a safe grip; in the 3rd and 4th quarters in wrestling in a stand, a throw with a rotation, "mill", again only after taking a grip, is connected. Control fights, as a result of complex efforts of technical, tactical and physical, should be carried out in the presence of a doctor.

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