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## TO THE QUESTION OF MODELING PROFESSIONAL ACTIVITIES OF A TRAINER IN FREESTYLE WRESTLING

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**Annotation.** *The article analyzes the model and functions of the professional activity of a wrestling coach on free-style wrestling and modeling of educational process in higher school. Among the types of work, used in the practice of training a specialist in higher school and providing the development of the student's subjective position of the student, use the preparation of conceptual messages, fulfillment of information-analytical briefs, etc.*

**Keywords:** *model, professional activity, coach, freestyle wrestling.*

The role of the coach in modern sport is extremely important and multifaceted. The coach influences not only on the entire system of training athletes, but also on their psychological state, motivation and personal development. The coach's personality becomes a key factor in achieving high results, since their professional, psychological and other professional, psychological and other important qualities determine the success of the of the athlete depends on his professional, psychological and other important qualities [1].

Considering the professional activity of a wrestling coach [2, 3, 4], it is necessary to single out the following blocks: organizational, training (educational), methodical, propagandistic, health-improving and public.

*The block of organizational activities* of a coach includes the solution of many issues: from the financing of training activities up to the construction of halls, sports bases, material and technical support. It is also important to create a system of sports schools, clubs, the system of general and fakhovogo education (school – college – university – master's degree – postgraduate – doctoral studies), the organization of competitions (including international). All this contributes to the creation of optimal conditions for the effective solution of problems of training highly qualified wrestlers [5].

*The block of educational activity* of the coach includes the training of athletes, coaches and referees in wrestling.

*The block of methodical work* of the coach is aimed at the development of moral, intellectual, aesthetic, volitional, technical, strategic-tactical training of wrestlers.

*The block of propaganda activity* of the coach is connected with the organization and holding of competitions, demonstration performances, master classes, as well as the organization and holding of press conferences in the media.

*The block of health-improving activity* of a coach is aimed at health promotion, formation of physique, improvement of conditioning qualities of pupils (endurance, flexibility, power, etc.).

*The block of socio-political activity* of the coach is participation in the work of regional federations and public organizations, performance of separate assignments of the federation management.

All these blocks, forming a model of professional activity of the coach, form the basis of the content of educational disciplines and training programs for training and retraining of coaching staff.

When creating the model of a coach, 21 functions that make up his/her work were identified.

1. *Management of technical and tactical training.* Technical and tactical training of athletes is carried out over the course of many years of training. During the whole time the coach consistently makes individual programs (or programs for groups of trainees), using units of technique, strategy and tactics, the process of learning and improving the skill of fighting [2, 3]. For this purpose, the following methods are used:

- stenography, or sign recording, of training and competitive bouts with the subsequent calculation of various criteria characterizing specific aspects of technical and tactical mastery;
- control over the quality of performance of attacking, counterattacking and defensive actions;
- measurement and evaluation of various temporal, spatial, power and rhythmic characteristics of individual technical-tactical actions and their combinations.

2. *Improvement of personal professional and cultural level.* This function of coaching activity is closely connected with the definition of such concepts as “education”, “cultural level”, “self-education”, “self-development”, “development”, “self-development” and others. Constantly engaged in self-education, accumulating knowledge, the coach gradually begins to realize himself in a new capacity – not only as a trainer-practitioner, but also as a trainer-innovator, trainer-experimenter, which allows to diversify training, to increase the interest of students to classes.

3. *Organization of educational work in the team.* It consists in solving educational tasks of moral, intellectual and aesthetic training of athletes. This function of coaching activity is considered to be one of the most difficult, as it is aimed at the formation of students' outlook, curiosity, industriousness, patriotism, internationalism, sense of camaraderie, civic responsibility.

4. *Planning the process of training wrestlers.* On the basis of the forecast planning is developed for quadrennial, annual, macro-, meso- and micro-cycles. The most important is the plan of the training year. Its development is associated with the calendar of sports and mass events, many related factors and conditions of sports activity [4].

The main point of the annual training plan is to accurately calculate the athlete's best training performance (e.g. for the main competitions of the year).

5. *Management of wrestlers' volitional preparation.* The wrestler's volitional preparedness can be defined as an ideological superstructure of his technical, tactical and physical preparedness. Therefore, in the process of long-term training, following the growth of physical capabilities, the level of mastery of technique and tactics, the level of development of wrestler's volitional qualities increases significantly. The most important direction in the development of volitional training is the education of the athlete's confidence in success, victory, trust in the coach, faith in training programs.

6. *Control over sports activity and the state of athletes' training.* The results of control allow to compare planned and actual loads (their magnitude, orientation, dynamics), as well as the state of training of wrestlers. Based on the obtained data, the coach makes adjustments to training programs and individual tasks.

7. *Management of physical training of wrestlers.* This function of the coach's activity requires from him deep knowledge in the field of medical and biological bases of wrestling. Since the coach has to deal with the promotion of health of athletes, forming their physique and improving the conditioning components of sportsmanship (speed and strength qualities, endurance, flexibility, etc.), he needs to understand many issues related to sports medicine, to have an idea of the dynamics of various diseases, possible diseases, causes of injuries and much more.

8. *Management of competitive activity of wrestlers.* It consists in assisting athletes in the pre-competition period and in the process of competition. The main concern of the coach is to control the state of training of the athlete, his weight regime, sleep, nutrition, to develop issues of strategy and tactics of the athlete in the process of competition, to monitor the recovery of the athlete's

performance, to take care of the organization and conduct of training sessions, to assist in the development of tactical plans for each bout, to help warm up, to tune up for the fight, to monitor its progress, to analyze the results, to view the bouts of opponents, to analyze the results of the fight, to analyze the results of the fight, to analyze the results of the fight, to analyze the results of the fight.

9. *Managing the work of the commercial group.* With the development of new conditions of market economy the financing of athletes' training has decreased, so coaches are forced to create commercial structures and attract sponsors for training camps, travel to competitions, competitions themselves, as well as to pay for the work of coaches.

10. *Conducting sports selection.* When selection is properly conducted, the likelihood of attracting gifted and developing outstanding athletes is increased. This function of coaching activity is divided into three interdependent, but also relatively independent parts: 1) determination of sports orientation of children, or initial selection; 2) selection of candidates for national teams; 3) completion of national teams. The coach, while selecting participants and completing the teams, takes into account the tasks and abilities of those selected, motivation, or the desire to engage in this type of sports wrestling, etc. 11.

11. *Increasing and restoring the efficiency of athletes.* In this case psycho-regulating, mechanical, temperature, electrical, medicament and other procedures that restore and increase efficiency are very useful. The coach must know and be able to apply tonic means, which contribute to a more effective improvement of aerobic and anaerobic processes of energy supply and to a greater extent help to restore performance after training sessions with different orientation.

12. *Management of theoretical training of wrestlers.* A theoretically literate athlete becomes a like-minded coach, which determines the achievement of high training goals. The coach should in every possible way support and develop the curiosity of his students, select special literature, conduct conversations in practical classes and periodically hold special theoretical classes.

13. *Organization of training camps.* From time to time before important competitions the coach has to organize and conduct training camps. Participants of such training camps are usually candidates for the national team, trained under a single program, taking into account the group and individual characteristics. By the end of the training camp the national team is finally completed for participation in the upcoming competitions.

14. *Solving organizational issues.* The list of duties of the coach includes: solving the issues of target material and technical supply; scientific support; organization of the work of the permanent seminar for coaches, etc. In the process of long-term training of pupils there is a need for their employment, higher education, etc.

15. *Provision of first aid.* Occupations in wrestling sometimes lead to deviations from the norm in the state of health: to shock at overloads, unconsciousness at choking techniques, cramps of separate muscle groups, bleeding, to receiving various injuries (bruises, sprains, concussions, etc.). The trainer must be able to provide first aid in unforeseen situations.

16. *Organization of competitions.* Competitions are a powerful educational event. They summarize the educational and training process, serve as its continuation. Coaches provide for all the nuances necessary for the competitions.

17. *Control over the improvement of the general educational level of pupils.* One of the main duties of the coach is to control the progress and attendance of classes, which significantly affects the education of athletes, increases their general educational level, contributes to the improvement of all sports activities.

18. *Fixing of sports achievements of wrestlers.* Accounting and evaluation of sports achievements disciplines the coach's labor and allows to make the right decision at any moment. The data of long-term observations of sports achievements of a wrestler are periodically recorded in the sports passport.

19. *Participation in scientific and methodological work.* The coach-professional participates as much as possible in scientific and methodological work and periodically takes advanced training courses, is engaged in research work, writes articles, methodological and training manuals, etc.

20. *Organization of competition judging.* Many coaches combine their coaching work with the work of competition refereeing. Such a combination contributes to the professional development of the coach, allows to be involved in changes in the rules of competitions.

21. *Training of public coaches and judges.* This work is carried out with public coaches during training sessions, as well as at specially organized seminars. This function in the professional activity of a coach is categorized as less important, but due to the orientation of the physical education movement towards mass participation, especially among school-age children, it becomes very significant.

**Conclusions.** 1. The model of a specialist is a generalized image of a person, representing a set of his/her job duties, social, professional, business qualities and socio-psychological features. The model of a specialist can include a set of such qualities of a person as type of sensory organization, set points, temperament, intellect, interests, needs, knowledge, beliefs, level of culture, world outlook, etc. Such characterization of a specialist requires a painstaking study of the opinions of numerous experts. The procedure of model development is not limited to the definition of such a set of qualities.

2. When creating a model of a trainer it is necessary to obtain, in particular:

- average indicators of moral and volitional qualities of the athlete;
- an idea of professional qualities, i.e. sportsmanship, pedagogical maturity;
- an idea of the peculiarities of relationships with pupils, colleagues, administration, sports judges and other persons involved in the sphere of sports activity, etc.

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## **FEATURES OF PHYSICAL TRAINING OF POWERLIFTERS AT THE STAGE OF INITIAL TRAINING**

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**Annotation.** Every year, more and more young people are involved in powerlifting. The Powerlifting Federation of Ukraine holds championships of Ukraine, where young people demonstrate excellent training and high sports results. These circumstances draw the attention of specialists to the development and scientific-methodical substantiation of the theory and methodology of training athletes. The article, based on the analysis of literary sources, characterizes the process