

NATIONAL STRUGGLE BY MEANS OF YOUR STUDENTS PHYSICAL AND TECHNICAL TRAINING DEVELOPMENT METHODOLOGY IMPROVEMENT

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National struggle by means of students physical and technical training development methodology improvement in this sport students effective to the results in achieving important to the point have In this, the main attention students physical , technical and psychophysiological to the factors directed to be need Methodology main directions the following to be possible :

1. Physical preparation

Physical preparation national wrestler for basis is , every one wrestler's organism to strengthen help gives This is in preparation main goal - fighter physical in terms of strong , powerful and durable to be need . Physical preparation following in directions developed :

- General physical preparation : walking , running , climbing stairs to move , to move and various exercises through your body general strength increase
- Strong strength preparation : special increase exercises , special exercise machines and strength increase for maneuvers .
- Endurance training : wrestling spend energy during optimization and far term during good indicators save

2. Technical preparation

National technical training in wrestling complicated and effective to be need In this direction wrestler various methods , techniques and strategies deep learns .

- Technical elements study : falls , resistances to overcome , belts , jirishish and positions .
- Tactical methods : this from technology correct use , that is various in situations what movement to do necessary to know
- The movements to determine : the technique in the process of mastering applicable additional preparation , for example , speed increase for special exercises .

3. Tactical preparation

National wrestler for , every one in battle , only technical manuals of knowledge himself enough not . They what in time , what in the situation It is very important to use it . for wrestler tactics both to study need :

- Tactical decisions : during combat decision reception to do ability , quick movement to do and strategy change

- In the competition preparation : fight understanding of the opponent every one movement analysis to do and in battle psychological situation .

4. Psychological preparation

Wrestling success many in cases wrestler's spiritual from the situation both It depends . for , psychological Preparation is very important :

- Motivation : wrestler himself what feeling to do , success and to defeat what in relation to be need .

- To stress continue verb : compound in situations patient to be and in battle to stress despite decision reception to do ability .

- Spiritual power : love , defeat reception to play , to play before and next situations .

Every one student's physical and technical capabilities , psychology different . That's why for , trainer every one individual approach to the student installation need :

- Physical the situation assessment : any one student's physical preparation inspection and to them suitable exercises preparation

- Technical methods choice : student's to their strengths and to their weaknesses depending on the techniques current to do

- Psychological help : spiritual preparation reinforcement and student's trust increase

Training process and the results assessment

This preparation efficiency assessment for regularly inspections and analyses take goes to :

- In competitions participation : exercises and training results in competitions from the test transfer

- Updated strategies : to results depending on the training methodology correction and new methods current to do

This methodology is for students physical and technical training to develop and their national in the fight high to the results to achieve help gives .

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