



Some comments on technical and tactical skills of wrestlers

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Annotation

The article discusses the importance of wrestling techniques in sports. The best way to use the tactical and tactical actions of the wrestler and the wrestling process is described. The words used in the competition have been abandoned

Keywords

Wrestling, wrestling, technical and tactical movements, opponents, skill, sports

The fight is not just sport. The importance of the movement technique in sports is great. One of the major scientists in the field of training of sports equipment is prof. V.M. Dvyachkov described the athlete's technical skills as "a big gate", which leads to the preparation for the whole sport field.

There is a close interconnection between the physical skills of the wrestlers and the trustworthiness of their technical and tactical behavior.

The basis of achievement of high sport results is the development of skills and skill on a wrestler's wide range of physical, and, first of all, specialized skills. In the practice of sport, in particular on types of wrestling, scientific-methodical literature is focused on general and special physical training of fighters. It is assumed that many muscles are involved in combat at the time of the battle. It is not accidental that many authors assert that the high level of physical training, the perfect formation of the wrestling skill and the high level of technical action are guaranteed.



In order to carry out the aggressive action, a wrestler tries to remove his rival from a stable position and pulls it to the carpet, while the second wing attempts to save his opponent from the equilibrium position. The degree of stability at the time of recovery depends on the angle of stability. The bigger the angle, the greater the stability in this direction.

The technical and tactical actions of the wrestler are based on the general methodology used by the fighters and focuses them on the number and quality of the most appropriate methods for the wrestler.

Polvon chooses the best way for him to create the opponent's defense tool:

frustration, squeezing out of the balance:

- Tools that create an environmentally-friendly situation that is influenced by the opponent;
- Methods used by the wrestler to draw attention to the fact that the opponent is not paying attention or not paying attention to it;
- Repetitive attack, reverse brawl, two successive cheating efforts.

Accomplishing the situation and the position of the opponent, accelerating the process of capturing and evaluating the existing phenomena, tracking the skills of improving the technical and tactical action.

In preparing for the mainstreaming, the preparation efforts are considerably larger. Therefore, it is necessary to improve them in a cohesive way. The main difficulty in improving is the transition from one movement to another. The higher the level of skill, the less difficult it will be.



Rapidly changing capability is to increase the level of stability and select the base area to move the center of attention to the angle as far as possible, and show strong resistance to the actions of the opponent. This is the basis for keeping balance in the fight. The use of the opponent to lose control of the situation and increase the attacking force is the basis of the high level of technical effort.

There is always a clear objective to tactics of technical action. The reason is that, on the one hand, there is a lack of education instruction, on the other hand, the lack of confidence in the capability of trainers and mentors to focus on a clear-cut tactic.

If wrestlers have the same and repeated allegations, the winner will be given the first prize.

- Competitions will be held without a fight on the Olympic system;

In the battle, the method begins with the carpet, when it is finished outside the carpet, it is evaluated.