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TECHNOLOGY FOR INCREASING THE STRENGTH QUALITY INDICATOR LEVELS OF CADETS

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Abstract: In this scientific article, the research conducted on the growth parameters of the physical fitness level of cadets is considered. The general difference between the groups and the dynamics of changes in the strength quality indicator were observed.

Key words: physical training, technical training, tactical training, methodology, training process.

INTRODUCTION

The cadets of our country have been winning important victories on world sports fields. However, in order to preserve the achieved high positions and to further develop it in the future, it is necessary to continue research aimed at improving the training process, and it requires increasing the effectiveness of the methods of training cadets. The above-mentioned points are also related to solving the problem of optimizing the physical fitness of cadets and rational planning and control of training loads. The need to increase the effectiveness of the physical training of the members of the national army sports team requires scientific planning and control of training loads. It is in this respect that it is important to solve the issue of optimization of loads at different stages of the annual physical training cycle in the structures of the training process.

The special physical training of cadets is mainly conducted on the wrestling mat and is aimed at developing the most important movement qualities in movement skills. That's why competition exercises involving various possible complications are used as the main means of special physical training. Such complex exercises increase the impact on the Cadet's body. For example, throwing a partner of a heavier weight category, training competitions are performed by changing partners, etc. All these exercises serve to develop one or another mechanism of energy supply, as well as have a comprehensive effect on the cadet's engagement and at the same time increase his physical and technical-tactical readiness.

All these types of physical training are inextricably linked. Inadequate assessment of any types of physical training during training will ultimately prevent the improvement of sports skills. Therefore, it is very important to observe the optimal ratio of the types of physical training shown during training. Its numerical expression is not considered a constant value, but changes depending on the qualifications of the cadets, their special characteristics, the period of the training process and the current state of the organism.

The principle of the unit of general and special training in relation to the training of cadets implies the interdependence of general and special training. General training takes the leading place in the first stage of long-term sports training. General training creates a certain foundation of the body's capabilities and a stock of movement skills and abilities. For example, cadets who have mastered acrobatic exercises at the initial stage of training will successfully master complex technical and tactical movements of wrestling in the future.

The purpose of the study. Optimization of the performance of special physical training exercises in the training processes of cadets.

The following types of strength are distinguished: general and special, absolute and relative, quick and explosive, strength endurance.

General strength is the strength displayed by an athlete without reference to specific movements of the wrestler.

Special strength is shown by the athlete in special movements corresponding to the movements of the competition.

Absolute strength is characterized by the power potential of the athlete, which is manifested in the movements of a very large characteristic. In wrestling, it is important for getting one-on-ones with power.

Relative strength, that is, the strength corresponding to 1 kg of the athlete's weight, is an indicator of the ability of the wrestler to overcome his personal weight. It is important to perform these methods quickly.

Quick strength is reflected in the ability of muscles to quickly perform actions associated with overcoming relatively small external resistance.

Explosive power describes the ability to show large voltages in a short period of time.

Endurance is the athlete's ability to exert muscle tension for a relatively long time. The following techniques are used to develop the strength capabilities of a wrestler: repeated tensions; short-term maximum voltages; escalating weights, cumulative, combined effects; variability; methods of isometric efforts.

The method of isometric muscle tension involves the static maximum tension of various muscle groups lasting 4-6 seconds. The value of isometric exercises is that they are not very large, do not take much time, and are much easier to perform. In addition, with their help, it is possible to selectively affect certain muscle groups in necessary situations or at the appropriate joint angles of bending or writing body parts.

Table 1

The dynamics of the development of strength and quality indicators of the test-cadets of the control group

statistical	111 a - group	112 - group	121 a - group	122 a - group	123 - group	132 - group	134 - group

	n=25	n=27	n=26	n=20	n=18	n=23	n=27
$\overline{X}$	10,64	10,44	11,43	11,76	9,62	11,21	10,42
σ	1,89	1,71	2,09	1,93	1,76	1,97	1,73
V, %	17,76	16,38	18,29	16,41	18,30	17,57	16,42

The results at the beginning of the study of strength quality indicators of the control group of test-cadets are as follows:

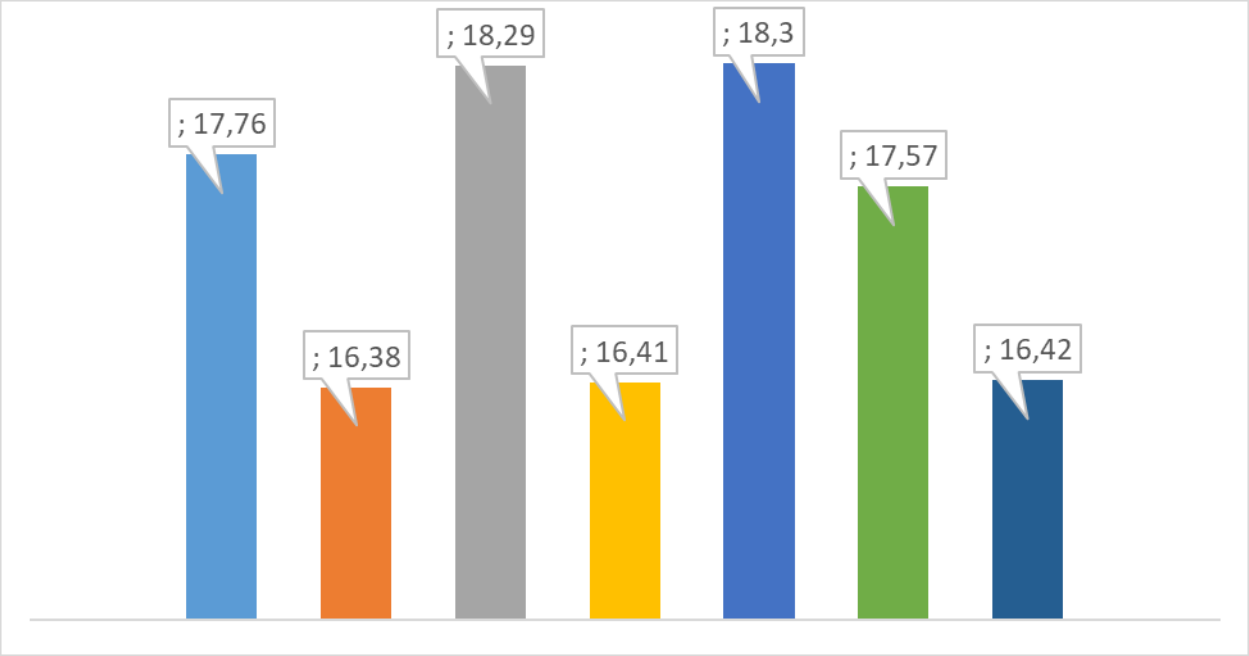

Diagram 1. The difference between the development levels of strength quality indicators of cadets in the control group

We can see the difference between the physical quality indicators of trainees in diagram 1. We can see a group of cadets (112) whose levels of strength quality indicators are improving under the influence of loads in the training process. We can observe that the indicators of the trainees of the (123) group, who pay different attention to the development of the quality of strength in training, are at the lower level.

Table 2

The dynamics of the development of strength and quality indicators of the test-cadets of the experimental group

statistical indicator	111 b - group	113 b - group	121 b - group	122 b - group	131 - group	133 - group
	n=25	n=26	n=25	n=21	n=19	n=26
$\overline{X}$	10,41	10,15	11,67	11,41	9,93	10,89
σ	1,87	1,68	2,17	1,91	1,86	1,95
V, %	17,93	16,56	18,57	16,71	18,73	17,89

The results at the beginning of the study of strength and quality indicators of the experimental group of test-cadets are as follows:

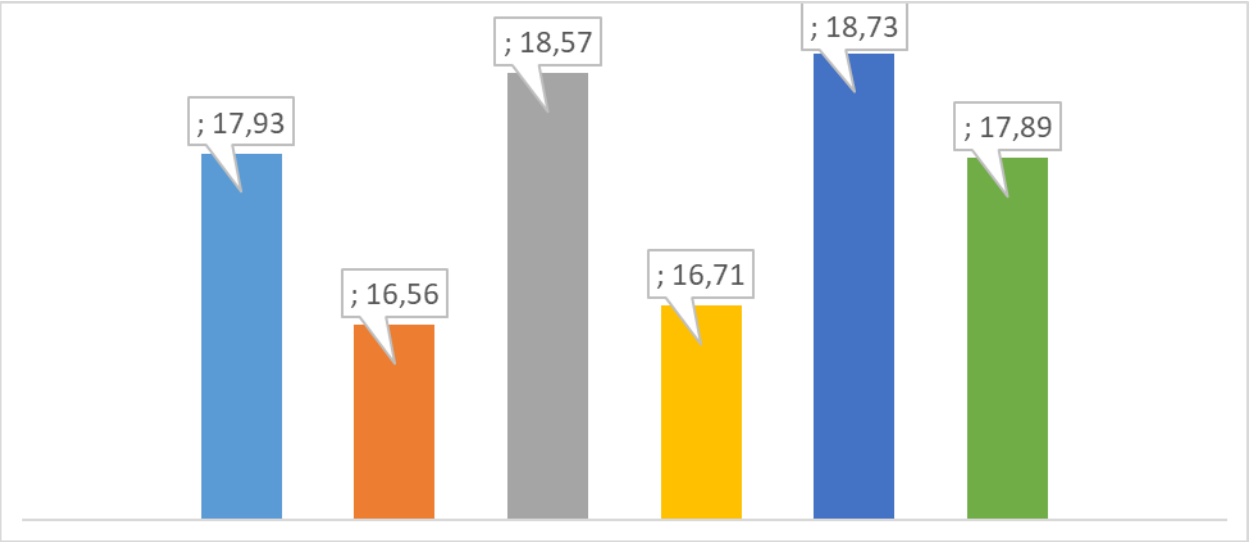

Diagram 2. The difference between the development levels of strength quality indicators of cadets in the experimental group

We can see the difference between the physical quality indicators of trainees in the 2nd diagram. We can see a group of cadets (113b) whose levels of development of strength quality indicators are improving under the influence of loads in training processes. We can observe that the indicators of the trainees of the (131) group, who pay different attention to the development of the quality of strength in training, are at the lower level.

Conclusions. The analysis of scientific and methodical literature showed that in recent years, great attention has been paid to research aimed at optimizing the physical fitness of qualified cadets. In particular, the following rules and methods were determined regarding the optimization of general and special physical fitness of cadets, improvement of training size and direction systems of physical training stages, development and efficiency of special physical qualities, rational exchange of training in microcycles. In the training of cadets, the rational replacement of exercises according to the size and direction of the loads, the microcycles created in accordance with the program of the direction selected in practice on the basis of the indicators of the experimental results ensured the special work capacity of athletes and a serious increase in sports results.

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