

## THEORETICAL BASES OF INDIVIDUALIZATION OF TRAINING IN WRESTLING

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**Annotation.** Theoretical bases of individualization of training in wrestling are developed. They include the structure of organization of research, positions of conception, system of individualization of training. The system of individualization of training is designed as an aggregate of elements and subsystems, which guided mutually assist an exposure, forming, development and perfection of own style of opposing. It is marked that in the system of training activity substantially more attention is spared development of the special endurance and attended directed qualities. In the system of after training and after a competition activity an accent was displaced toward the search of facilities of more effective renewal and stimulation of the special capacity, search of new optimum rations of feed and new food additions, search of new methods of decline of weight of fighters. Tactic of conduct of duels changed in the system of competition activity, which foresees yet more rational and economy expense of energy in a fight and in a competition on the whole.

**Keywords:** fight, theory, individualization, style, system, element.

### Introduction.

The whole group of contradictions lies in the basis of theoretical and methodological provision problem of freestyle wrestling training individualization:

- incomplete compliance of training methodologies with the trends of freestyle wrestling development and, in particular, lagging of freestyle wrestlers' training methodologies from quickly changing requirements of competitions' regulations and modern competition activity;

-absence of single wrestlers' training individualization system (TIS);

-insufficient readiness of systemic approach's application in sports researches and etc.

The most important task of the mentioned problem is to develop theoretical foundations of training individualization, which shall be pointed, mainly, at individual wrestling style (WS). This aspect of problem lies not only in improving of a wrestler's preparedness at the stage of preparation to higher achievements, but also in creating of appropriate conditions at earlier stages, when the most favorable qualification and age conditions for revealing and formation of individual style appear [1, 2, 5, 7].

The difficulties of training individualization development are of multi-aspect character [1, 2, 5, 11]. It is impossible to develop an ideal model of wrestler because every high level wrestler has, to some extent, his own style, which has its model characteristics and qualities; they can essentially differ from characteristics and capabilities of other wrestler of the same level [2 – 4, 12]. Up to the present time WS in modern freestyle wrestling has not been described quite definitely [2, 3]. Besides, for purposeful stage-by-stage training it is necessary to know not only the meaning of champions' styles model characteristics, but the meaning of these characteristics (abilities, indicators) at early stages of training, and, first of all, means and methods of their achievement [1 - 5, 7, 8]. These circumstances and many other demand systemically planned researches within the frames of the set problem and the first, what necessary thing is the development of theoretical foundations of training individualization [5, 6, 8].

The research has been carried out as per combined plan of scientific and research work in the sphere of physical culture and sports of Ukraine for 2011-2015, subject 2.9. "Individualization of training process of high level wrestlers" state registration number No. 0111U001723.

### Purpose, tasks of the work, material and methods.

*The purpose of the research:* to develop theoretical foundations of training individualization in freestyle wrestling.

*Methods and organization of the researches.* Methods of system analysis and generalization of literature and own experience data were used in the work.

### Results of researches.

One of the systemic approach's functions lies in transformation of the complicated things into simple; transformation of complex problem into clear and mutually casual sequence of aims and tasks of the work, for which: either solution exists or the tasks can be solved by the known methods; or it is necessary to develop special methods of solution. The method of aims "tree" permits to rationalize the organization of researches by hierarchical approach. Such approach also promotes the systematization of the obtained information. In diagram form the structure of research organization can be plotted as a diagram of logical interconnection of different levels' aims and then of the researches results (the graph of logical structure). So, the purpose of our research (to develop theoretical foundations of wrestlers' training individualization) will be achieved, if the following general aims are realized (the first level):

– to create the structure of the research's structure;

- to develop theoretical concepts of training individualization in freestyle wrestling;

- to formulate definition of training individualization system (TIS), study its structure and interconnection with environment.

Further, in the same way substructures of general aims shall be built (the second level) and so on, up to the aims of the lowest level. It includes revelation of freestyle wrestling trends and, in particular, changing of competitions' regulations, demands of modern competition activity and possibilities of sports sciences and advanced practice. It should be underlined that the aims "tree" is to be built on the base of deductive logic with the help of heuristic methods and is closely connected with targeting.

A certain fundamental or guiding assumption, which generalizes the established notions of sports sciences and own experience, lies in the base of every concept's idea.

The successfulness of a high level wrestler is determined by his ability to realize his own style of fighting and, if the wrestler is able to impose his style in fighting, he wins. WS is a characteristic for the given group of wrestlers steady system of skills, methods, techniques, methods and means, which are purposefully chosen and formed by wrestlers and coaches on the base of the wrestlers' genotypic features and characteristics; further they are developed, improved and used in competitions for successful solution of competition tasks in fighting. Integrally, wrestling style manifests in specific fighting behavior of the wrestlers of the given group [1 - 3, 9, 10].

The common dominating factor of WS formation consists in individual bents, faculties, possibilities and abilities of a sportsman. That is why the problem of individualization is developed considering interaction of two principal conditions: domination of inborn individual (genotypic) features of a sportsman on the one hand, and on the other hand – the trends of freestyle wrestling development, in particular, changes of competition regulations, requirements of modern competition activity and opportunities of sports sciences and practice.

Thus, **the first concept** can be formulated as follows: individualization of a wrestler's training is based on dialectic unity of sportsman's inborn features dominant and the trends of freestyle wrestling development. In the context of the studied problem, this concept has important practical consequences and requires explanation. In particular, the principle of individualization affirms that vital creativeness and self-actualization of a man can be successful only if his individual features (inborn and acquired) are adequate to the chosen kinds and conditions of activity. The process of individualization results in the development of individual style of activity (IS) [1 – 5, 7, 12].

IS of a wrestler's sport activity shall correspond to the requirements of modern sport activity. Thus, one of the main conditions of a wrestler's successfulness is well-timed revelation, formation and perfection of individual style of sport activity, chiefly, style of fighting, which would adequately satisfy the requirements of exactly modern sport activity.

**The second concept** – is system character of the subject of the research. The subject of this research ("Individualization of freestyle wrestling training pointed at revelation, formation, development and perfection of a wrestler's own style") is regarded as a system, which includes successive sequence of the specified qualification and age individualization stages. The system of training individualization is studied as complex, stochastic, dynamic, open, purposeful, integral system [1, 2, 6, 7, 11].

The main system creating TIS's feature is individualization of training as activity with its aim: to reveal, to form, to develop and improve an individual fighting style. One of the TIS's peculiar features is that it is studied as a single structure of promoting each other sub-systems and components, which together make efficient, integral system.

The systemic character of the subject of the research also assumes the need in analysis of TIS's super systems. The nearest TIS's super system is "System of freestyle training", and subsystem is "System of control action".

Here, we provide brief analysis of TIS. Among numerous definitions of this system the wording by P.K. Anokhin (1975) is the closest to our approach of researches. Considering the main principles of theory of systems [6] and sportsmen training in Olympic sports [5, 9, 12], the following definition of training individualization system can be formulated: "TIS is an aggregate of components (elements and sub-systems) and their interactions, which, being controlled, mutually promote the achieving of the systems purpose – revelation, formation, development and perfection of fighting individual style in dynamics of successive sequence of qualification and age stages of a wrestler's training individualization.

One of the main peculiarities of a wrestler's TIS is that it is studied as a single structure of several mutually promoting sub-systems and components, which make efficient, integral (self-settled) system of control. The other specific feature is that the individualization stages' sequence and successiveness are strictly oriented to final practical result, i.e. to individualized programs of training and provision of efficient (personal, capable for self-improvement) fighting style.

The controlled component of TIS is a sportsman with his individual bents, abilities, possibilities. The controlling component is a coach, who provides the system of control actions (organization of training and competition activity, out-of-training and restorative/health improving maintenance and etc.). By feedback means coach receives information about the results of control. Interaction of TIS components is ensured by control actions system (CAS) and feedback system (FBS).

Every sub-system (controlled and controlling) shall include those essential sub-systems, elements and their interactions, which create a certain unity of a group of actions and actions in the whole. The aggregate of the mentioned sub-systems, elements and interactions is chosen by, minimal but sufficiently complete within the frames of this work, opportunity.

Environmental factor is represented by to, most important for the given research, super systems, which, mainly, condition and determine the characteristics of TIS functioning: the system of regulations and conditions of competitions, and the system of scientific knowledge, generalized advance experience of freestyle wrestling activity.

Environment and TIS interacts intensively and rather strictly, influencing on dynamics and content of qualification and age stages of a wrestler's training individualization. For example, the last changes of competition regulations present new, more severe requirements to the level of special endurance development. Particularly, competitions in one weight class take 4-5 hours up to final. During this period of time a sportsman conducts 4-5 fights and the rest interval between the third and the fourth fights, between the fourth and the fifth fights can be only 15- 20 minutes. Energy supply of a sportsman's competition activity is ensured by, mostly, anaerobic, glycolytic component. Besides, oxygen debt significantly increases in the process of a separate competition fight.

Such changes resulted in correction of control process by all directions. For instance, much more attention is required to be paid to the development of special endurance and conjugate features in training activity; programs and methods of training, including the stages of basic preparation, changed. In the system of out-of-training and out-of-competition activity the accent shifted to the searching of more effective restorative means and means of special efficiency stimulation, searching of new, more optimal diets and new food additives, new methods of wrestlers' weight saving and etc. In SA system fighting tactics changed, which now envisages still more rational and saving energy consumption both in separate fight and in competition in the whole. TIS analysis becomes deeper up to the elements of all sub-systems; with this control actions of every sub-system and elements, promoting the achievement of sub-systems' aim, are established.

#### **Summary.**

Theoretical foundations of freestyle wrestling training individualization have been developed. These foundations include the choice of research organization's structure, principles of the concept, simulation of system of training individualization.

Further, on the base of the presented theory, the program of wrestlers' training individualization will be developed and experimentally tested.

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