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FEATURES AND METHODS OF SELECTION OF CANDIDATES FOR THE TEAM OF KHNUVS IN SAMBO WRESTLING

Key words: *physical readiness, athletes of the highest ranks, martial arts.*

**Лозовий Є. А., Кулик В. І. ОСОБЛИВОСТІ ВІДБОРУ КАНДИДАТІВ ДО ЗБІРНОЇ
КОМАНДИ ХНУВС ІЗ БОРОТЬБИ САМБО**

Ключові слова: *фізична готовність, спортсмени високої кваліфікації, бойові
мистецтва.*

Introduction. Numerous victories of Ukrainian wrestlers in high-ranking competitions in Olympic and non-Olympic sports raise the image of the state in the international arena. This, in turn, stimulates representatives of various groups, including students of higher education institutions to physical self-development, which, given the popularity of the above athletes, motivates them to regular classes in the chosen type of martial arts.

Today, the vast majority of higher education institutions have numerous martial arts sections (Sambo, judo, karate, freestyle wrestling, Greco-Roman wrestling, etc.). It is also worth noting that in higher education institutions with specific training conditions - martial arts are the basic subjects that ensure the formation of key professional competencies of future officers of the relevant institution of the security and defense sector of Ukraine.

The development of relations between higher education institutions with specific learning conditions (hereinafter – HEISLC) involves the organization of "interuniversity competitions" (cadet games, competitions, etc.), which stimulates the leadership of specialized departments (leadership HEISLC), as well as teachers-trainers (staff trainers). in the system of long-term training of cadets who specialize in martial arts (and other sports) of modern methods, programs, and also Pedagogical technologies which provide achievement by the athlete of the maximum sports result at competitions of various ranks.

Given the above, today it is important to develop methods for selecting candidates for HEISLC teams in martial arts (other sports) using modern technical training tools that will promote quality sports selection and achieve future members of HEISLC teams maximum results in competitions of various ranks.

Conclusions from monitoring (analysis) of recent Research and publications.

Taking into account the results of the analysis of scientific-methodical, reference and special literature [1-10] it is established that the organization of sports selection to HEISLC teams in martial arts is insufficient number of scientific-methodical works, which requires further scientific research and emphasizes the relevance and practicality of the selected direction of research.

The Purpose of Scientific Research – development of methods of selection of candidates for national teams of higher education institutions in martial arts (on the example of Sambo wrestling) with the use of modern technical means of education.



Methods: idealizations, formalizations, axiomatic, historical and logical, ascent from the concrete, etc. In addition, HEISLC's own experience in organizing a system of optional martial arts classes was used.

Results. The theoretical study is organized in two stages (December 2020 - November 2021). In the process of research and analytical work during the first stage of the study (December 2020 - January 2021) a research group was created, as well as an analysis of scientific and methodological, reference and special literature. We have established that the issue of preparation of the student sports reserve covers a wide range of issues of organizational, methodological and scientific areas. In addition, it is closely related to the management of long-term training of athletes in various sports, including martial arts and provides: continuous modernization of tasks, tools, forms, methods and scientific tools (technical teaching aids) necessary for comprehensive support of long-term training of athletes; dynamic growth of general and special physical training (functional training) of athletes; use of permitted pharmacological agents at various stages of long-term training of athletes (organization of doping control taking into account the recommendations of the competent regulatory authorities); balanced and scientifically substantiated increase, as well as increase in the intensity of educational and training tasks; strict adherence to the principle of gradual increase of training and competitive loads.

It should be emphasized that the system of sports selection is based on knowledge and patterns of quality, as well as the relevant model characteristics, which have the strongest athletes in a particular sport. The problem of sports selection is complicated by the fact that the coach needs to know not only about the final model of the winner (champion), but also about how the sports ideal is formed, what characteristics it has at the appropriate stage of long-term training.

It is also worth noting that each organism of the individual (student, etc.) in accordance with the laws of heredity, as well as under the influence of the external environment develops individually. Therefore, sports selection is conditional. It is quite difficult for a higher education applicant in the first year of study to recognize a future champion (winner of competitions of various ranks).

Given the above, in these circumstances the leading role is played by an experienced coach who, guided by specific knowledge about the age of the individual, as well as the laws of sports improvement (taking into account individual typological features) forms key competencies in athletes, providing high and stable competitive performance.

In the dynamics of the second stage of the study (February - March 2021), in accordance with the results obtained during the previous stage, as well as taking into account the results of a number of previous studies conducted by leading scientists and practitioners [2-9]. modern scientific tools (technical means of urgent information). In addition, it is also advisable to use (combine) traditional means of sports selection with appropriate scientific tools, which requires the development of appropriate applied (comprehensive) methods.

In accordance with the above, members of the RG are invited to use in the system of sports selection of candidates for the HEISLC team in martial arts:

1) video computer program for analysis of biomechanical actions "Katsumoto" (hereinafter VKS "Katsumoto") [10];

2) a universal methodological approach for evaluating the video material used in the training of wrestlers [12].

It should be noted that VKS "Katsumoto" [10] (authors of the system: V. Bizin, S. Stervoedov, O. Khatsaiuk) can be used in various fields: physical education of various groups, sports of higher achievements, pedagogy, physical rehabilitation, applied animation, medicine, military affairs, etc. The above system of biomechanical analysis provides a comparative analysis and correction of technical actions performed by athletes in various



sports, including martial arts. In addition, VKS "Katsumoto" [10] can calculate the direction, speed and trajectory of the object in three-dimensional (two-dimensional) space in accordance with the results of storyboarding of the studied technical action (combination of technical actions).

The final block of the second stage of the theoretical study involved the development of methods for selecting candidates for the national teams of HEISLC in martial arts (on the example of Sambo) using modern technical training tools (results are given in [4]).

Conclusion. As a result of the theoretical research, the members of the research group developed a method of selecting candidates for the national teams of HEISLC in martial arts (on the example of Sambo) using modern technical training tools.

The complex technique developed by us consists of 5 test blocks: 1) medical control; 2) testing of psychological stability; 3) testing the level of formation of basic physical qualities; 4) checking the level of formation of special physical (functional) preparedness; 5) diagnostic and instrumental unit. In addition, we expect that our proposed methodology will contribute to the quality selection of candidates for the national teams of higher education institutions in Olympic and non-Olympic martial arts. This in turn will intensify the timeframe for teammates (students) to achieve maximum sports results.

The members of the research group are recommended to implement the obtained results in the system of sports selection of candidates for the national teams of higher education institutions in martial arts from among the graduates of higher education. Prospects for further research in the chosen field of scientific research include testing the method of selection of candidates for national teams of higher education institutions with specific training conditions in Sambo with the use of VKS "Katsumoto".

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