

THE METHODOLOGY OF PREPARATION AND SUCCESSFUL PERFORMANCE OF JUDOISTS IN RESPONSIBLE COMPETITIONS

ass. prof. A.K. Namazov *, N.B. Majidov **, T.A. Gasanov ***, K.A. Namazov *

* Peter the Great Polytechnic University of St. Petersburg, St. Petersburg,

** Azerbaijan State Academy of Physical Education and Sport

*** Sports club Kanokan TT

nazim.majidov@sport.edu.az

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Annotation. Increased competition at world-class competitions places special requirements on the process of improving and training system of the best athletes. These improvements based on knowledge of tendencies of every kind of sport, they allow us to set specific tasks for athletes, and to identify reserves for improving their skill level that contribute to the successful solution of these tasks. It's really necessary and important for every athlete to be confidence in their abilities, not only while taking part in competitions, but while training too. If an athlete "gives up", it is necessary to correct the psychology and restore the athlete's self-confidence. To correct the psychology of athletes, the coach of athletes can also act as a psychologist.

Keywords: *judo, psychological training, tactic training, motivation, training process, competitive activity.*

Improving the system of preparing athletes for responsible competitions requires further optimization of the scientific management process, one of the main tasks of which is the effective regulation of training loads at the stage of direct pre-competitive training [1].

A number of authors recommend taking into account the nature of competitive activity, the main parameters of which should be modeled in the training process at the stage of pre-competitive preparation [2].

However, the application of this approach in the practice of training judoists is difficult due to the insufficient study of the features of the functioning of energy supply systems in conditions near the maximum vol-

tage, the dynamics of the main parameters of competitive activity and special performance, the indicators that informatively characterize the current state are not differentiated.

Thus, there is an urgent need to develop a methodology for managing high-intensity loads, based on comprehensive monitoring of the current state of the body.

The methodological basis of the technology of training judoists at the pre-competition stage are the following provisions:

- modeling of high-intensity competitive loads in the training process, taking into account functional readiness;
- improvement of the training system, based on the principle of subordination of such phenomena as competitive activity (the root cause), and training as a category derived from competitive activity;
- improvement of the training process management system and load correction, taking into account comprehensive information about the current state of the body.

High-intensity training loads that simulate the conditions of real competitions can be created using the following tools and methodological techniques:

- fighting according to the scheme: a five-ten-second attack and maneuvering for 20-25 seconds. with the transition to a repeated attack according to this scheme (3-4 attacks per minute);
- fight at the maximum pace with a gradual increase in the duration of the fight, taking into account the functional readiness of the body;
- fighting on the edge of the carpet with forcing the opponent to go beyond the carpet line;

- fighting with the mandatory execution of specific tasks of the following nature: first to make a throw, performing a reception in the last seconds of the fight, setting to win the fight with a painful or suffocating reception;
- conducting a fight with a tough defense, tentative judging;
- fighting according to the scheme: a false attack with forcing the opponent to go into defense, followed by his punishment for passivity.

When organizing the training process of judoists at the stage of direct pre-competitive preparation, it is advisable to model the features of upcoming competitions and it is necessary to use training loads with differentiation of its main components.

The use of a 10-throw test of special performance as a training task allows you to quickly control the level of technical and tactical readiness.

The use of a video recording system allows for video recording and simultaneous analysis of competitive activities.

The use of the method of complex control of special performance in the training of judoists allows you to adjust the main parameters of the training load and optimize the process of training management in each microcycle of the pre-competition stage.

At the same time, the most important task facing the wrestlers (judoists) of our country is to constantly improve the effectiveness of attacking actions in duels. However, as long-term observations of judoists have shown, high tactical, technical and physical fitness cannot serve as a guarantee of achieving high sports results in responsible international competitions. There are many examples when athletes who have proven themselves well at competitions within the country were not able to withstand the nervous tension that arose at the European, World and Olympic Championships. The effectiveness of these wrestlers' techniques sharply worsened, the manner and style of wrestling changed, the tactical and technical arsenal was reduced and

the activity in duels sharply decreased. Therefore, the main requirements imposed by modern sports for a judoka will be the ability to show the maximum of their capabilities in conditions of acute competition, which is possible only when creating a regulated level of emotional excitement. Currently, the question of the relationship of the level of emotional arousal with the results of sports activity in different sports is almost not studied and requires special research [9].

Familiarization with the educational and methodological and scientific literature on wrestling indicates that the question of the influence of pre-start emotional excitement of wrestlers on the result of their performance in competitions is not sufficiently studied.

It is proven that stenic emotions provide in some cases the achievement of a very high level of performance results.

Considering emotions as a means of self-regulation of the body and maintaining its vital functions at an optimal level, academician P. K. Anokhin notes their biological necessity and close relationship with the needs of the body and activities aimed at satisfying them [3].

Academician N.M. Amosov calls emotions backup, emergency programs, the biological meaning of which is that they are activated when the body falls into emergency conditions and the usual regulatory norms become insufficient [4]. At the same time, there is a hyperfunction of various body systems, primarily the endocrine, accompanied by an additional release of adrenaline into the blood, which is necessary in conditions that require huge energy costs of the body.

Thus, we offer the following practical recommendations:

- Due to the fact that a great emotional excitement increases the effectiveness of attacking actions, it is advisable to simulate conditions during training sessions that contribute to increasing the level of emotional excitement among judoists and improve the

structure of the reception against this background;

- Taking into account the positive impact of significant emotional arousal of judoists before the fight on the result of the performance, it is necessary to set difficult but feasible tasks for athletes in the conditions of training sessions, the solution of which requires "combat" readiness and contributes to the acquisition of the ability to self-regulate the level of emotional arousal;
- Apply the method of tremography, which will allow the coach to obtain quantitative characteristics of the degree of readiness of the wrestler for the upcoming fight and comparing the data obtained with the strength of the opponent and the significance of the upcoming fight, apply means of influence, thereby increasing the level of his readiness;
- Taking into account that as the start day of the competition approaches, at the time of the draw and after the announcement of its results, judoists experience significant emotional excitement, the coaches of the national team need to use means of regulation aimed at preserving the nervous energy of athletes;
- In order to best prepare judoists for responsible competitions, it is necessary to dose the impact on the mental state of judoists, taking into account their individual characteristics and condition during a specific training period, using an appropriate combination of various training tools for this;
- Determining the lower limits of the range of the level of emotional arousal of judoists, the transition of which reduces the activity and effectiveness of athletes in a duel, allows the coach to "remove" athletes from the "danger zone", using appropriate means and methods of regulation;
- The experimental data obtained indicate the expediency of holding a warm-up session 30-35 minutes before going to the carpet, which helps to increase the level of functional capabilities of the athlete's body, and only 15-20 minutes – the psychological mood for the upcoming fight.

Studies that compared successful and less successful athletes in terms of psychological stability, it was found that the former are characterized by higher levels of concentration and self-confidence, as well as lower levels of anxiety. Successful athletes were also characterized by more positive thoughts and used positive ideomotor acts to a greater extent in order to visualize success. In addition, they are more determined and more binding than their less successful comrades [8].

If the psychological stability is stable, then it is necessary to check it in a situation close to reality. Psychological stability should be given 10-15 minutes of training, 3-5 times a week. It is best to work on this for the first or last 10-15 minutes of a training session. Then psychological stability must be combined with the training of physical qualities. After that, you should try to apply all this in a simulated competitive activity before using it in real competition conditions. Some tasks can be given to athletes at home, but it is advisable to control most psychological training. In the interval between classes on psychological training, it is advisable to conduct training sessions on physical training. In this case, we provide feedback. The main thing is to determine the weaknesses and strengths of each athlete from the point of view of psychological stability and, based on this, develop a program taking into account individual characteristics [5].

This program will include ideomotor acts, in example it is the creation or recreation of any actions. This process involves extracting fragments of information accumulated from experience from memory and turning them into expressive images. Representations are a form of imitation, it can be used to improve both physical and psychological skills: developing confidence; controlling emotional reactions; training strategies; pain relief; treating injuries.

Also in the psychological rehabilitation program for the correction of increased anxiety is used: autogenic training, breathing exercises, physical exercises, active rest.

The means and methods of psychological and pedagogical influences should be included in all stages and periods of year-round training, constantly repeated and improved. Some of them are of primary importance at one or another stage of training and training of annual cycles, especially in connection with preparation for competitions, participation in them and recovery after significant training and competitive loads.

At the stage of classes of training groups, the emphasis is on the development of sports intelligence, the ability to self-regulation, the normalization of strong-willed character traits, improving interactions in a sports team, the development of operational thinking and memory, specialized perceptions, creating a general mental readiness for competitions. At the stage of classes of sports improvement groups and higher sports skills, the main attention in training is paid to improving volitional character traits, specialized perceptions, complex sensorimotor reactions and operational thinking, the ability to self-regulation, rationing of special pre-competitive and mobilization readiness, the ability to neuropsychiatric recovery. In the year-round training cycle, the following emphasis should be placed on the distribution of objects of psychological and pedagogical influences. In the preparatory period, the means and methods of psychological and pedagogical influences are allocated related to the moral and psychological education of athletes, the development of their sports intelligence, the explanation of the goals and objectives of participation in competitions, the content of general psychological preparation for competitions, the development of volitional qualities and specialized perceptions, the optimization of interpersonal relations and sensorimotor improvement of general psychological readiness [6].

In the competitive period of preparation, the emphasis is placed on improving emotional stability, the properties of attention, achieving special mental readiness for performance and mobilization readiness for competitions. In the transition period, mainly means and methods

of neuropsychiatric recovery of athletes are used.

Psychological preparation for competitions consists of two sections: general mental preparation for competitions, which is carried out throughout the year and special mental preparation for performing in specific competitions. In the course of general mental preparation for competitions, a high level of competitive motivation, competitive character traits, pre-competitive and competitive emotional stability, ability and self-control and self-regulation in a competitive environment are normalized [7]. In the course of mental preparation for specific competitions, a special (pre-competitive) mental combat readiness of an athlete before a performance is normalized, characterized by self-confidence, striving for success, an optimal level of emotional excitement, resistance to the influence of internal and external interference, the ability to control his actions, emotions and behavior, the ability to immediately and effectively perform actions necessary for success during a performance.

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CUDOÇULARIN HAZIRLIQ METODİKASI VƏ MÖTƏBƏR YARIŞLARDA YÜKSƏK SƏVİYYƏLİ ÇIXIŞLARI

dos. A.K. Namazov *, prof. N.B. Məcidov **, T.A. Həsənovnov ***, K.A. Namazov *

* Sankt -Peterburqun Böyük Pyotr adına Politeknik Universiteti,

** Azərbaycan Dövlət Bədən Tərbiyəsi və İdman Akademiyası

*** Kanokan TT İdman klubu

nazim.majidov@sport.edu.az

Annotasiya. Dünya miqyaslı yarışlarda artan rəqabət yüksək dərəcəli idmançı hazırlığının təkmilləşməsi prosesi sisteminə xüsusi tələblər irəli sürür. Bu təkmilləşmə hər bir idman növünün bilik tendensiyasına əsaslanıb, idmançı qarşısında konkret vəzifələr qoyur və onların ehtiyat qüvvəsini müəyyən edib ustalıq səviyyəsinin təkmilləşdirilməsilə məsələlərin müvəffəqiyyətlə həllinə yönəldilir. Hər bir idmançının həm məşqlərdə və həm də yarışlar-

da öz qüvvəsinə əmin olması lazımdır və vacibdir. Əgər idmançı ruhdan düşürsə onda psixoloji hazırlığı korreksiya edib özünə inam yaratmaq lazımdır. İdmançının psixoloji vəziyyətinin korreksiya edilməsində məşqçi özü də psixoloq rolunda ola bilər.

Açar sözlər: *cudo, psixoloji hazırlıq, taktiki hazırlıq, motivasiya, məşq prosesi, yarış fəaliyyəti.*

МЕТОДИКА ПОДГОТОВКИ И УСПЕШНОГО ВЫСТУПЛЕНИЯ ДЗЮДОИСТОВ В ОТВЕТСТВЕННЫХ СОРЕВНОВАНИЯХ

доц. А.К. Намазов *, проф. Н.Б. Маджидов **, Т.А. Гасанов ***, К.А. Намазрв *

* Санкт-Петербургский политехнический университет Петра Великого, Санкт-Петербург,

** Азербайджанской Государственной Академии Физической Культуры и Спорта

*** Спортивный клуб Канокан ТТ

nazim.majidov@sport.edu.az

Аннотация. Возросшая конкуренция на мировых спортивных состязаниях предъявляет особые требования к процессу совершенствования системы подготовки лучших спортсменов. Это совершенствование базируется на знании тенденций каждого

вида спорта, позволяющих поставить перед спортсменами конкретные задачи, и на выявлении резервов повышения уровня их мастерства, способствующих успешному решению этих задач. Каждому спортсмену нужно и важно быть уверенным в своих

силах, не только во время соревнований, но и во время тренировок. Если спортсмен «опускает руки», нужно провести коррекцию психологии и восстановить веру в себя у спортсмена. Для коррекции психологии спортсменов в роли психолога может выс-

тупить и тренер спортсменов.

Ключевые слова: дзюдо, психологическая подготовка, тактическая подготовка, мотивация, тренировочный процесс, соревновательная деятельность.