

FLEXIBILITY BRING UP METHODS AND ACTIONS

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Abstract: The quality of elasticity is divided into two types: the first is called active elasticity and the second is passive elasticity. Active flexibility manifests itself in its movements due to the directed contraction of muscles and in changing the position of body parts under the influence of external forces. In battle flexibility both type is also complete manifestation will be Techniques during striker active, to attack encountered while passive flexibility the shows.

Flexibility this — of the joints maximum movement in observation manifestation done abilities, this while big amplitude done action done increase orca manifestation will be

Flexibility physical quality joints, articular surfaces wrapping standing soft of tissues physiological and anatomical, biochemical features, that's it with together, muscle tone in order put central nerve system functional status orca the work performs.

Flexibility quality two type divided: of these the first is active flexibility, the second passive flexibility is counted. Active flexibility of muscles directed reduction because of own in his actions and external forces under the influence of the body parts situation in the change passive flexibility himself manifestation does _ In battle flexibility both type is also complete manifestation will be Techniques during striker active, to attack encountered while passive flexibility the shows.

Flexibility to himself characteristic individuality is counted. In a wrestler all in joints mobility high degree even our fight can.

- well- developed elasticity is manifested only in certain movement points.

Thus , the degree of development of flexibility is measured by the final position of the parts of the body in relation to certain joints or joints. In such cases, the limit of flexion, extension or rotation is determined by the subjective feeling of the athlete himself.

Flexibility training method. During childhood and adolescence, there is great flexibility in all joints and great mobility of the joints. Therefore , one of the main sports-pedagogical tasks of the trainer-coach is a lot of systematic work on the development of flexibility skills in the students of the first year.

If the quality of flexibility is well developed, it helps to perform the technical movements correctly, fully and precisely, and it is of great importance in the development of the flexibility of systematic exercises in the implementation of the technique.

We use methodical methods and special exercises to develop flexibility :

1. Gradually with increased going amplitude without equipment exercises ;
2. Karama- karshi exercises ; repeated in holly springy movements (to the side bending, forward , backward bending over and different different stretch exercises and others).
3. Struggle imitated his methods if possible _ until amplitude exercises bundle _

4. Active and passive flexibility of types using done exercises (apparatus with , partner using with and others orcal).

Flexibility quality development for special exercises , har how struggle of the lesson preparation parts for , morning exercises and of wrestlers another training sessions for even we laugh

O. V. Kolodia and of others think in athletes _ of strength manifestation to be level of muscles physiological in diameter and physiological and features nervous system centers arousal to levels and known of the muscle to the reduction frequency , it is known of tissues chemical activity and another different to processes depends is calculated and this state is in action perform technique . _ H. Unter muscles strength to show that it is possible believe me _

1. His Longitudinal position without changing (static , isometric mode).
2. Long gi 's reduction with (overcome molar , myometric _ mode) is determined .
3. When stretching (bottom, plyometric mode).

According to VMAndreyev, the strength of wrestlers depends on two important factors: the first; the physiological diameter of the muscles, and the second is surrounded by the properties of the nervous processes.

According to VPFilin, the level of manifestation of muscle strength depends on the level of strength development and the concentration of the nerve process that regulates the activity of the muscle apparatus. An important role is played by the regulation of autonomic functions, muscle contractility and their physiological diameter. Muscles can exert force without changing their length (isometric mode or static), without reducing their length (myometric mode or overcoming). Matveyev and AD Novikov showed muscle strength as follows:

1. His the length without changing (static , isometric mode) implementation ;
2. When it goes down (myometric mode , overcome ,) implementation ;
3. When it is extended (plyometric mode , sub ,) implementation .

Strength physical of quality development efficient methods different scientists differently expressed . Literary sources analysis that's it shows the power _ in development literature of the authors most of them one different of methods to use we died as witnesses . So OV Kolodia _ and ing others strength development for different types As an example of using methods, we can take the maximum action method . This is training execution as follows with described during training engaged in this in class himself able has been strength maximum level helps me . An example for , barbell with exercise in doing b track heavy weight raise m iz need _ 90-95% of the maximum organize does _

Such 8-10 approaches to heavy weights do it and them one 1-3 times per attempt lift up Usually one 2-4 exercises per session is entered . Attempts between - rest for 3 minutes . Maximum movement methods value muscles between and intermuscular coordination in improvement done soup will be cooked . [63]

Repetitive of actions the effect of the method unsatisfied repeated heavy loads (40-80 % of the maximum) . raising s orca and muscles motor in contractions units being tired because of

little by little to work attraction do it . _ It should be mentioned last in repetitions tool apparatus of activity structure _ maximum weight raise considered necessary .

This is the method of strength the most big development en the effect shows VM Andreyev is strong in development two main method determines: of these the first one dynamic exercises and the second while static exercises .

Dynamic exercises to a person influence of forces (gravity the power of your partner overcome resistance , inertia _ actions to perform will help . Dynamic of exercises nature different to be possible , for example the following :

- a) relative to small at loads (fatigue appear until _ repetition orkali) is observed ;
- b) big (limiting and to limitation 1-3 times during loads , fatigue appears _ _ _ until it happens will be done . From a short rest and right _ _ exercises again repeat nib is continued ;
- c) cargo in the change first of all , exercise light upload starting with and then average and after the downloads are finally done maximum upload with done is increased . Physical of exercises maximum loading (1-2 times repeat ni sh) from , then while less upload _ with , but more repetition orca be done from the start then grudge another sequence to be can _

Static do the exercises known throughout one at the time each how to the forces resistance Show a job _ will help . They are each how condition dag i to be able to fulfill the requirements (support , hanging , corner) . and him known time during holding to stand or the weight own within the possibilities higher from place to place from the desire to move (lift) . occurs . Heavy men different to the nature of the muscles suitable coming contractions to the situation karab will be chosen .

And power in Vershin 's thoughts development physical exercises in the process appear we can see that the work is reflected . But muscles strength special development for special methods and in tools is used .

In this case, we can see 3 main methods. For example: the first is the "maximum effort" method, and the second is the "failure" method accordingly. Third, we can get isometric movement methods.

In the method of maximum movements, the basis is the use of the development of the ability to show great muscle power through the improvement of special nervous system processes and training of the will. This method consists in the emergence of large and maximal strength during short periods of rest and with the help of repeated and specially selected exercises. Such exercises are usually characterized by maintaining the integrity of the coordinated structure of sports or their elements. In this case, they show maximum strength and want to learn.

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