

ACTION REACTION SPEED TEACH TYPES

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Abstract: Comfortable of situations appear to be own on time answer give get, opponent's active attack or against attack to his actions answer to give to many known was difficulty it is considered, him eliminate reach for while in the struggle the most of high sportsmanship techniques and tactics development with done is increased. In the struggle occurring of reactions three main types available: simple reactions, choice reactions and observation reactions.

Key words: Sport, struggle, strength, dynamics, agility, the basis of agility.

A wrestler speed is its minimum time during whole technical, tactical actions perform is the ability. Speed manifestation to be complicated and elementary to the forms it breaks. Elementary of reactions time, one of action time, frequency or of speed, actions own into takes Speed complexity wrestler's individual technique to his actions it depends.

Of speed quality sportsman and in wrestlers appear to be to himself special to activities organic it depends.

" Good the concept of "reaction ". what kind of sport to athletes to belong lot different the meaning means. That's why for, of the wrestler speed about speaking If I find it, I am a wrestler the most short reaction on time have to be necessary, quickly holding posture, technique perform order, protection and against attacks done increase perfect fulfillment I want However in the struggle of speed some of types disadvantages another of forms superiority with cover can. This is a fight of individual characteristics of skill from the views is one

Comfortable of situations appear to be own on time answer give get , opponent's active attack or against attack to his actions answer to give to many known was difficulty it is considered , him eliminate reach for while in the struggle the most of high sportsmanship techniques and tactics development with done is increased . In the struggle occurring of reactions three main types available : simple reactions , choice reactions and observation reactions .

In the struggle simple the reactions of the wrestler technique against the beginning as well of the attack actions to the beginning of their clearly direction . without marking relationship when stating come comes out In the struggle simple reactions even important role . plays because . they are orca wrestler of the opponent behavior about initial information that's it elementary reactions orca takes . Karshi attack and protection actions organize to come , first in line , simple reaction orca done is increased . Average . qualified of wrestlers simple reaction time 220-260 m / sec the organize is enough

Simple reactions in teaching in advance set burnt to the signal in advance prepared actions perform efficient the result gives (applause playing through or whistle playing known one the pose take , action start , pose change , stop , direction of movement change , and others .). That's it even not to forget athletes , of course command submit the time they don't expect need .

Choice reactions in the struggle his own two or from him even more alarm options according to wrestler his own prepared to the movement suitable coming when you find out or two prepared of action wrestler only one only when using manifestation will be

Average . qualified of wrestlers selection reaction time 280-320 m / sec .

Choice reaction training . battle during good develops , if to a partner , for example , two different to catch orca threat do , both direction with holding stand up and etc if submitted and of a wrestler the most Dangerous movement to choose and him reflection to continue need . Choice reactions special in simulators is used (details information for " Scientific research to the " methods " section see).

Tracking reactions in the struggle of a wrestler action in action opponent known one in case from the start after manifestation will be

Observer in reaction , if the wrestler actions necessary per minute before if it starts , positive the result is achieved if delay orcal action was taken if , negative as a result take coming can . That's why because it is zero equal to to be can .

Required in wrestling observation the answers the most good partner orca or simulator orca is used .

It is known one kind of of reactions improvement for special training . with reach can . But this . fight efficiency significant effect show . ca n't A wrestler to action readiness level all forms mastery important importance occupation is enough A wrestler " how much is the sporting significance of the movement fast if so , that's it "good " principle orca is determined , necessary technique own on time apply much is valuable . To this wrestler need was . of speed to himself special form .

So as a wrestler agility development means the first next , the wrestler different kind of to actions ready to be education wide . . in scope study training is understood . This is readiness while his for technique efficient to perform basis that 's it through the enemy necessary to the defense can't make it . To action readiness many p in terms of different different reactions time orca is determined . of the enemy of their actions during continuous monitoring reflection is enough That's why because of in the struggle pure of reactions sometimes one . . types rarely only in cases appear will be

uniform movement speed to be taught . Speed manifestation to be of degrees one of individual action perform speed is counted . Actions speed in raising the most reasonable from technique use , suitable coming muscle groups necessary level development and repeated repetition through action in execution the most good to coordination reach need .

The speed in development of muscles enough level elasticity of joints . mobility is required . Wrestlers muscles own . on time how by doing to loosen up they know need . Complicated reactions speed increase conditions of complication method . The speed efficient increase orca competitive to the circumstances possibility as long as near was . complicated conditions organized (e.g up weight category , high qualified partner with exercise etc. ,).

Same as well as desirable muscle groups development known one at speed done of actions clearly structure repetitive of exercises weights is used .

Simplification method . Complicated circumstances with one in line light weighty conditions also apply (light . apparatus , movement imitation , resistance . does not show partner , lighter weight category partner and others).

A wrestler at speed known one main sequence , own . in time , big speed orca execution must has been clearly technical in actions reflection that 's why . . tactical task requires . . Speed efficiency increase feature this only partner with in cooperation is created . To fight special the

speed development for wrestlers technique , defense , counter technique and their combinations exercise they do

Of struggle all elements maximum at speed can't be done . On the switch hand . catch the opponent Dangerous in the situation pressing , stretched rolling over , painful and suffocating techniques such as actions from the wrestler own on time and another structure with requires clear action . . .

Suddenly . given commands according to exercises speed of execution educate good method is considered

A wrestler speed development for good basis many p edged physical is preparation . Short to the distance to run and various sports games . the speed development great is a tool . For this reason exercise . preparation during periods sportsman his own speed-power preparations development for very many activities done is increased .

That's it not to forget of activity . nature according to the wrestlers many exercises , activities speed-power organize reach necessary .

I'm from Smyrna during of wrestlers loading , mainly speed . qualities and strength qualities coordination development from exercises organize found .

All cases weekly training . cycle so speed is made up development for exercises from active recreation after or small or medium the load from doing after is used.

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