

Content and Structure of Competitive Activity of Female Judoists at the Stage of Specialized Basic Training

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Introduction. Judo is a kind of sport, where the result is greatly predetermined by effective performance of technique activity [1].

Development of technique skills is one of the main goals of training activities in wrestling. This topic is covered in numerous specialists' works. An important aspect of good technique conditions of a wrestler is the ability to combine successively used attacking and defending activities in a well-balanced unity of physical actions that determines reaching the final results with consideration for the manner of a competitor's behavior [5].

The analysis of professional literature showed that the majority of books about judo have been written by the example of males, despite the world growing interest in female judo and acceptance of the need to investigate different stages of long-term training of female judoists [1]. At the moment the following topics are considered to be researched: the peculiarities of pedagogical control over the training level of female judoists; specific features of training process of female judoists with account of their passage through ovarian menstrual periods [3]; the system of preparing women for wrestling; physical abilities of female judoists; development of special speed and strength training of female judoists; modeling tactical actions while performing throws and mastering them by female judoists aged 14–17 [1]; increasing the effectiveness of technique abilities of highly skilled female judoists taking into account the demands of competitive activity [2]; the methodology of training female judoists of different qualification [3], etc. As the result of the analysis of professional literature we discovered that the investigation of technique training of female judoists is of fragmentary kind. We also determined that in technique training of female judoists there is a spontaneous transference of the methodology of training male judoists that very often leads to the faults in training process, competitive activity and to health problems. Having analyzed competitive activity, it is seen with half an eye that some throws, often and successfully performed by men, are rarely used, considered inefficient and injury-risky among women. We can assume that this is caused by the difference between physical abilities of male and female bodies. For example, for some throws it is necessary to use much of muscle strength, which is not developed enough among women. We suppose that there must be other methods to develop some throws, which will allow to perform specific throws efficiently by means of supportive lead-up actions. The analysis of competitive activity showed that among female judoists the number of tries to perform rarely used throws has increased, but the effectiveness – has not. The improvement of technique skills of qualified female judoists requires further thorough investigation [1, 4]. Special attention should be paid to the throws as they are the main technique actions in competitive activity; efficient performance of them contributes to the success in the wrestle.

In this context the matter of improving technique abilities of female judoists at the stage of specialized basic training is considered highly topical. In future it will allow to improve training process with regard to development of often used, but inefficient technique actions in competitive activity.

Operational hypothesis. The analysis of professional literature and the experience of leading coaches and athletes makes it possible to suggest that supportive lead-up exercises, considering the abilities of a female body and competitive activity in contemporary judo must be taken as a basis of more efficient methodology of improving physical skills of female judoists.

The aim of the investigation: to study the content and structure of technique component of qualified female judoists' competitive activity.

The Research techniques: analysis of specialist literature; observation of the experience of leading coaches and athletes; pedagogical observation; instrumental method: video filming; pedagogical experiment; methods of mathematical statistics.

The results of the research and their discussion. The content of technique actions in judo is determined mainly by two factors: physical abilities of athletes and contest rules. These factors impose specific limitations on technique system of this difficult kind of sport. However, despite these limitations,

judo has considerable, but not properly investigated technique potential, the content and structure of which is greatly diversified.

In the course of investigation we determined the competition volume and content of technique activity. To conduct a comprehensive analysis of the athletes' competitive activity we filled in the data sheet of technique and tactic actions, where we recorded all the tries to perform attacking tactic actions, both successful and not.

As a result of the analysis of female judoists' competitive activity we discovered the following characteristics: female judoists performed 187 technique actions, 26 of them were effective (Table 1).

Table 1

Name of physical action	Female			
	number of tries	number of effective actions	effectiveness coefficient, %	% total number of tries
1	2	3	4	5
Shoulder drop	28	3	10,7	15
Large Outer Wheel	23	3	17,4	12,3
Floating Hip	16	3	18,7	8,6
Advancing Foot Sweep	15	1	6,7	8
Circle Throw	13	2	15,4	7
Side Wheel	12	1	8,3	6,4
Large Outer Drop	11	2	18,2	5,9
Two Arm Shoulder Throw	9	1	11,1	4,8
Large Outer Reaping	8	1	12,5	4,3
Large Inner Reversal	8	1	12,5	4,3
Small Inner Reversal	6	1	16,7	3,2
Small Outside Hook	5	1	20	2,7

Of the table

1	2	3	4	5
Body Drop	5	1	20	2,7
Lifting Pulling Ankle Block	5	0	0	2,7
Side Drop	4	1	25	2,1
Floating Drop	4	1	25	2,1
Floating Technique	4	1	25	2,1
Corner Reversal	3	0	0	1,6
Small Inner Reap	3	0	0	1,6
Inner Thigh Throw	2	1	50	1,1
Rear Throw	1	0	0	0,5
Belt Drop	1	0	0	0,5
Outer Wrap Around	1	0	0	0,5
Swallow's Flight Reversal	0	0	0	0
Two Hand Reaping	0	0	0	0
Rice Bale Reversal	0	0	0	0
Shoulder wheel	0	0	0	0
TOTAL NUMBER	187	26	13,9	100

Having analyzed the main technique actions, we can make a judgment on the necessity to change the methods of improving special technique training of female judoists.

Conclusions. The analysis of contemporary professional literature showed that the majority of books, dealing with the matters of improving the level of technique competence of judoists have been written by the example of males, and only a few – by the example of females. As a result, nowadays a number of components of training female judoists are not properly investigated. This fact can be explained, on the one hand, by the high level of coordination complexity of judo technique; and on the other hand – by absence of appropriate methodology which allows to develop rational training programs of improving the most effective technique actions in judo with account of the peculiarities of female body.

The prospects of further investigation consist in developing efficient training programs of improving the most effective technique actions in female judo with account of the physiological peculiarities of female body. This will contribute to improvement of training process.

List of the used Literature

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Annotation

The paper deals with the composition and structure of competitive activity judokas during specialization basic training. At the present stage of development of the technical arsenal of judo is quite rich and diverse and only limited motor abilities of athletes and competition rules. These factors contribute to certain restrictions in this complex art of the sport. However, despite these limitations, Judo has a very significant and not yet fully explored the potential techniques, composition and structure of which is so diverse. Author to determine the most effective and frequently used techniques were performed pedagogical monitoring of competitive activities. The observations were made at the event national championship rank of the city to the national championship.

Key words: judo, analysis of competitive activity, technique, judoists.

Юрій Юхно, Ольга Гнатенко. Состав и структура соревновательной деятельности дзюдоисток на этапе специализированной базовой подготовки. В работе рассматривается состав и структура соревновательной деятельности дзюдоисток на этапе специализированной базовой подготовки. На современном этапе развития технический арсенал дзюдо достаточно богат и разнообразен и ограничен только двигательными возможностями спортсменов и правилами соревнований. Эти факторы вносят определенные ограничения в технический арсенал этого сложного вида спорта. Однако, несмотря на такие ограничения, дзюдо обладает весьма значительным и пока до конца не изученным потенциалом техники, состав и структура которого столь многообразна. Автором для определения наиболее эффективных и часто применяемых приемов были выполнены педагогические наблюдения за соревновательной деятельностью. Наблюдения проводились на соревнованиях национального ранга от чемпионата города до чемпионата страны.

Ключевые слова: дзюдо, анализ соревновательной деятельности, техника, дзюдоистки.

Юрій Юхно, Ольга Гнатенко. Склад і структура змагальної діяльності дзюдоїсток на етапі спеціалізованої базової підготовки. У роботі розглянуто склад і структуру змагальної діяльності дзюдоїсток на етапі спеціалізованої базової підготовки. На сучасному етапі розвитку технічний арсенал дзюдо досить багатий та різноманітний та обмежений тільки руховими можливостями спортсменів і правилами змагань. Ці фактори вносять певні обмеження в технічний арсенал цього складного виду спорту. Однак, незважаючи на такі обмеження, дзюдо має досить значний і поки до кінця не вивчений потенціал техніки, склад та структура якого дуже різноманітні. Автор для визначення найбільш ефективних і часто виконуваних прийомів виконав педагогічні спостереження за змагальною діяльністю. Спостереження проводили на змаганнях національного рангу від чемпіонату міста до чемпіонату країни.

Ключові слова: дзюдо, аналіз змагальної діяльності, техніка, дзюдоїстки.