

Training of referees in wrestling

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Purpose: the analysis of problems in the training of referees in wrestling.

Material & Methods: theoretical analysis and generalization of literary sources, pedagogical observation.

Results: the analysis and generalization of the opinions of experts shows that the success of the complex of judicial activities caused by the judges' experience, knowledge of the techniques and tactics of wrestling and a high level of development of professionally important psycho-physiological functions.

Conclusions: given the lack of professional officiating freestyle and Greco-Roman wrestling, the preference shall be given independent forms of training short-term precompetitive workshops not only for training, but and for testing of individual capabilities of individual judges.

Keywords: wrestling, international judging activities.

Introduction

Sports science is deeply developed and implemented training methods for athletes and coaches in sports, many teams are equipped with modern video equipment, a variety of teaching AIDS, sports teams are continuously integrated monitoring the preparedness of athletes. However, in the field of refereeing of similar research and development, advanced methods of selection and training were not affected. A weak reflection of the issues of refereeing in scientific-methodical literature, no method of selection and training this activity led to a noticeable lag of skill of the arbitrators on the level of development of this prestigious sport [5].

The current stage of development of the struggle defines the action of the judicial personnel in the context of a significant increase of physical and mental stress referee modes, steady, orderly progress of performance skills of participants, improve their speed-power qualities. The judging in the fight is of particular importance due to the fact that is a result of subjective evaluations of different match situations arising in different parts of the carpet that involves a significant amount of displacement. Practice shows that not all athletes and coaches (and of them mostly completed and the judiciary at the present time) to quickly and successfully master this specialty[8].

Many of those who in one way or another was for many years connected with struggle, it is not possible, however, to become qualified arbitrators or moral reasons, or because of insufficient knowledge of methods of judging, either because of low level of physical preparedness, or in its restricted psychomotor capability, impeding the achievement of knowledge and skills in acute and short-term competitive situations[14].

Unfortunately, there are currently no scientific data, and among professionals there are contradictory ideas about the structure and leading factors of judicial craftsmanship, informative and reliable about the gauges, suitable for diagnostics and control in the selection and training of judges, about the organizational-methodical bases of selection and effective

training and education of judges of high qualification[6].

The connection of the research with scientific programs, plans, themes

Work performed under the research plan of the National technical University «Kharkiv Polytechnic Institute».

The purpose of the study

The analysis of problems of training of referees in wrestling.

Material & Methods

To solve the target bili sleduyushie used methods: 1) analysis and generalization of data of scientific-methodic literature data and the Internet; 2) analysis and synthesis of best practices; 3) teacher's observations.

Results and discussion

As in any activity, refereeing can distinguish the objective and subjective difficulties. W. Jones sees the difficulties of refereeing in the first place in the special position of the arbitrators as representatives of the sports laws. Judges expect absolutely bespristrastno and error-free solutions, however, fair to say that refereeing errors, like in any other activity[2;7].

However, no matter how competent the referees were not, you cannot expect complete satisfaction from all stakeholders. most of the known authors notes that losers are subjective, as a rule, incorrect assessment of the officiating. On the other hand, the winners, with rare exceptions, characterized the refereeing in the competitions ended, in the highest degree positive. Subjective in substance and perception of judging journalists and commentators, but most importantly, unfortunately, and officials that directly affects the credibility of the referee, further judicial actions[3;11].

Among the factors that negatively affect the judging of the wrestling matches are highlighted specific features of the

organization of competitions, namely, to their long-term nature, frequent trips, an arbitrary alternation of competitions of different age groups and categories, with the result that the activity of the arbitrators is not subject to the condition of the gradual increase in the degree of difficulty, systematic development of state of fitness, which leads to changes in the level of refereeing and officiating of referee form[1].

Some authors are of the opinion that is in itself a special emotional background of wrestling matches thoroughly complicates judicial activity.

High emotional stress in major competitions largely created by the presence of a large number of viewers located indoors in a special proximity to the carpet. The ardent support of his team, the violent reaction of the fans on a separate decision of judges is called in some cases such a noise that I do not hear the whistles of arbitrators[9].

In the process of competition referees have to engage with participants in a kind of interpersonal relationship. Unfortunately, as recognized by many authors, are the direct psychological *vozdleistvuya* on judges, as in the combat, and, before, and after[2].

The activity of the judge against exceptionally intellectually saturated. Of particular importance is the strict and proper compliance with various articles of the rules, guidelines, regulations, official documents[2].

Adversely affect the activities of the arbitrators and long breaks in publishing of methodological literature. In particular, over the last ten years have not released any manuals for refereeing of competitions in wrestling. Among the «factors» of judging can also be inadequate or too bright lighting, poor state of training facilities to officiate and rest of the judges, the poor quality of the Secretariat's work[13].

Unfortunately, the task of staffing the judiciary with many highly qualified arbitrators is very difficult due to the scarce amount of information and slow penetration into this area of research.

In some known works attempted to treat the issues of judging from the standpoint of sports science, however, the most important aspect of the problem is not sufficiently developed.

So, almost completely bypassed the authors question about the selection and integrated control training of arbitrators, there are virtually no data on experimental verification of the effectiveness of the proposed training programmes, not developed quantitative estimates of the number of critical factors, preparedness and the quality of refereeing[10].

Existing work on the issues at hand are rather a prerequisite for research, as *predstavljajut* only a partial pedagogical recommendations.

In the sports literature rightly emphasizes the connection with the success of the activities conducted with pre-selection for her[10;6].

The authors are Yu. p. Zamyatin, and others, convinced of the need for purposeful selection with regard to the prediction of various aspects and among a large number of different persons[7;9].

Recorded evidence that high level athletes differ from less skilled level of development of physical qualities and a number of physiological and morphological characteristics[4].

G. S. Tumanyan and E. G. Martirosov[9] showed that there are dependencies between the anthropometric characteristics of athletes of different specializations and achievements in sport activities. Anthropometric characteristics have a significant impact on the level of development and manifestation of speed, endurance, strength, adaptation to different environmental conditions. In our case, it is clear that the characteristics or discrepancy with the Constitution cannot be an obstacle to practice judging, and stipulate only the use of certain elements of their personal training.

The skill of the arbitrators has its own very specific age boundaries, and other than the players. In some works provided evidence that the age of the judges on team sports for the most responsible competitions of approximately forty years. It is considered that the decisive factor existing, in fact, natural selection is the accumulated practical experience of refereeing of arbitrators[11]. In sports games, international and national federations established age limits to attract judges to the competitions, however, such solutions have no scientific basis and fair criticism[10].

It is obvious that at the present stage of development of wrestling, the selection for judicial profession needs to academic positions to act as a complex pedagogical process that requires a certain form and content. Centralized training wrestling arbitrators provided for in the children's sports facilities, but it is already at the first stage is very difficult[3].

The correctness of bringing to the judicial activity of the young men confirmed by the statements of many experts, so as to become the judge of high qualification, you need at least 5-7 years.

However, existing proposals differ in any known contradictory or not specific enough, because today the training of judges is a distinct individual characteristic the basis of knowledge gained through personal experience[6].

Apply self-studies, supported by participation in workshops or short-term judicial training camp[8].

In the sports literature reflected the idea of the integrated training of arbiters according to the method of judging, but also in other important disciplines: pedagogy, psychology, and physical training[5].

Despite the fact that the issue of integrated control of theoretical, physical and psychological fitness of referees has received some coverage, fundamental studies on the relationship between the controlled parameters with the quality of refereeing in the works is not detected[4].

Following the complexes benchmarks do not have a common methodological structure, levels of requirements in certain types of fighting are significantly different, and the tests themselves are often replaced unnecessarily and do not respond adequately to modern requirements. Despite the importance of regulatory requirements for arbitrators, reflecting the degree of their physical fitness, theoretical knowledge, the level of development of psycho-physiological characteristics, as

the basic criterion of qualification and training of judges, advocates a direct analysis of the quality of practical refereeing. It is conducted by various means: on the observation results of the screening commissions and judges - inspectors and judges-commissioners, using videozapisu contractions[13].

Conclusions

1). In analysing the activities of the judges during the judging of fights had been identified 4 groups of signs of subjectivity (bias) of the judging:

1 group - delay (increase) - time assessment of the situation;

Group 2 - correction and evaluation of the standard provisions (POS) (contact and verbal action);

Group 3 - designing and evaluation of dynamic situations (contact and verbal action);

Group 4 - stop the fight at the beginning of the reception (advance, attack breakdown), inadequate assessment of the situation.

2) Analysis and synthesis of the opinions of experts shows that the success of the complex of judicial activities caused by the judges' experience, knowledge of the techniques and tactics of wrestling and a high level of development of professionally important psycho-physiological functions.

3) It is established that judges of the higher qualifications of judges differ from low-skilled to higher-level indicators of balance of nervous processes, emotional resilience to stressful situations, good sensitivity of the visual analyzer of data and the best decisions judicial situations over time and the correctness of the decision.

4) On the basis of indicators of level of development of professionally important functions of the judges of the different skills developed by the system of normative requirements to the body of arbitrators and the method of their evaluation. Its component indicators have predictive value and reliability and can be applied for the selection of judges of the wrestling competitions of any rank. Training of judges should include means and methods aimed at the improvement of psycho-physiological functions, ensuring instant, appropriate response to situations of fighting, to reduce emotional tension. Given the lack of professional officiating freestyle and Greco-Roman wrestling, preference shall be given independent forms of training short-term precompetitive workshops for not only training but testing of individual capabilities of individual judges.

The prospects for further research

In this direction is of the poll and poll the judges of the international categories to identify the problems of subjectivity of refereeing in wrestling; development of a program for the preparation of independent arbitrators.

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