

сформувати співробітника поліції, який володіє критичним мисленням, здатного орієнтуватися в різних галузях права та підходити до проблеми об'єктивно і з різних сторін, щоб успішно її вирішити. Аналізується, що тепер вимога про вищу юридичну освіту пред'являється тільки слідчому, а по ряду спеціальностей наявна вимога тільки про наявність вищої освіти або повної середньої освіти в цілому. З урахуванням змін у кримінально-процесуальному законодавстві, в рамках яких відповідно до своїх функціональних обов'язків представники окремих підрозділів поліції наділені повноваженнями проводити досудове розслідування кримінальних проступків, необхідність розширення переліку посад співробітників поліції, які потребують підвищеної зазначалося юридичну освіту. Автори також аналізують переваги ЗВО зі специфічними умовами навчання перед цивільними університетами з точки зору підготовки кадрів для поліції.

Відзначається, що кращі умови для формування юридичних знань в поєднанні з практичними навичками, які необхідні співробітникам поліції для виконання своїх обов'язків, створені в ЗВО зі специфічними умовами навчання.

**Ключові слова:** вища юридична освіта, слідчий, дізнавач, поліцейський, ЗВО зі специфічними умовами навчання, навчання поліцейських, освіта поліцейських, поліція.

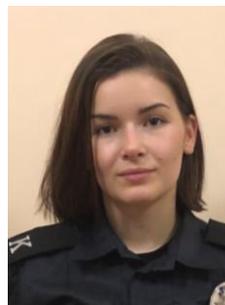
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### SPECIAL PHYSICAL TRAINING IN JUDOKA TRAINING

**Abstract.** Special physical training (SFP) is a process of development of physical qualities, which provides the predominant development of motor skills necessary for a particular sport (sport). In addition, special physical training is designed to develop these motor skills to the maximum extent possible. With the growth of sportsmanship, the amount of OFP funds decreases, and SFP – increases. Special physical training of a judoka is aimed at the development of physical qualities that a wrestler exhibits when performing specific judo actions. It is an integral part of the entire training process at all stages, including competitive. Special training tools include exercises in performing fragments of the struggle. These exercises help to increase the opportunities involved in the performance of certain special actions of the wrestler. The article presents generalized information on the organizational and legal foundations of firepower and physical training. The authors analyze the departmental normative legal acts regulating the training of personnel in the internal affairs bodies, including official and legal.

The issues of compulsory study not only by students, but also by employees of internal affairs bodies of both practical and theoretical parts of firepower training, and in the framework of physical training - compulsory study of injury prevention are considered. The authors conduct a comparative analysis on the organization of fire and physical training in the territorial bodies of internal affairs and in the educational organizations of the Ministry of Internal Affairs of Ukraine. Despite the fact that the normative regulation of physical and fire training classes is quite complete, there are certain issues in the organization of this process that do not contribute to the proper physical and fire training of employees.

As a result of the work done, the theoretical prerequisites for the relevance of the problem under study were revealed.

**Keywords:** judoka, rugby, training, special physical training, wrestler, exercise.

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**Relevance of study.** The use of game methods allows more successfully achieving the goal and forming a reliable skill, is systematically used in competitive combat, improves the quality of training of wrestlers in various techniques, increases the effectiveness of competitive actions of athletes, provides a coherent influence on the formation of technical and tactical actions. For use in special physical training of judo wrestlers, experts are trying to select such games that would have a positive impact on both the development of physical qualities and the development of motor skills. One such game is rugby. However, there is no data on how appropriate the use of rugby is for judokas, as this is the attitude of judo coaches, which determines the relevance of our study.

**Recent publication review.** Actual problems of special physical training were researched by such scientists, as: V. Yudin, A. Karelin, V. Tsandikov, A. Alekseev, K. Ananchenko, N. Boychenko, V. Perebeinos, S. Yermakov, Yu. Tropin, N. Latishev, B. Korolev, Ye. Lyashenko, R. Stasyuk and others [1-10].

**The article's objective** is to investigate features of special physical training in process of judoka training.

**Discussion.** The basis of special physical training in judo traditionally consists of such exercises in the performance of techniques, fragments of struggle, which aimed at increasing the opportunities involved in carrying out selected technical actions. Analysis of research on the development of physical qualities in judo shows that recently the attention of experts is focused on the study and selection of the most effective means and methods of physical training search for new and original approaches that place increased demands on the functional systems of the athlete, which determine success in competitive activities.

Among other means of training, games have a special place in the training of wrestlers. Specialized games with elements of martial arts (for example, "Tear the opponent off the carpet and take him out of the circle", "Pull the opponent behind his line" and others) are offered before mastering the section "Wrestling" in physical education classes at school.

There is also an opinion that the inclusion of various games in the classroom provides a rapid motor adaptation of students to new motor actions for them and a more successful mastery of the technique of wrestling. Games are also used for warm-up, in order to restore the body and active recreation after intense training of wrestlers, to develop the mental characteristics of athletes and solve many other problems.

In the theory and practice of training wrestlers, use both moving and well-known sports games. In addition, the literature criticizes the traditional approach to the development of technical and tactical actions of young wrestlers, which based only on the study of certain techniques and their subsequent inclusion in the struggle. The criticism are explained by the fact that some coaches miss at the initial stage of training young wrestlers to study the basic elements of wrestling: capture the opponent, rack, movement, release from hobbies and others. Many people believe that the basic elements of wrestling will be formed in a natural way in the ability to systematically conduct training, training fights with young athletes, but experience shows that this practice becomes ineffective. It is necessary, on the one hand, to consistently and methodically all the basic elements before the training sessions and the first competitions begin, on the other hand, it is necessary to provide a wide range of motor abilities for beginners, based on the formation of athletes with a variety of motor skills and competence. The content of wrestlers' training should be more saturated with new means, as the qualification of wrestlers grows, their sports training should become integral [1].

Sports and moving games contribute to the solution of these problems, because the game plot itself allows in the game to create a great variety of motor actions, requires versatility in the response of each player to the situation and its rapid change [9]. Constant stress, concentration during the game require great physical and mental performance, which is also required in the fight. There is evidence that the use of game methods in the content of training has a positive effect on the performance of judo wrestlers, indicators of physical development and physical fitness of wrestlers of the classical style.

As for the game of rugby as a means of special physical training of judo wrestlers, it should be noted that it attracts the attention of wrestling experts, because it has movements similar to wrestling (for example, capture the opponent, repulsion, deceptive movements). In addition, this game develops the physical qualities needed in combat (strength, endurance, agility, general endurance, speed and strength). At the same time, the game is useful because it includes motor actions that are almost absent in wrestling (running, jumping, throwing), and therefore the active work includes muscle groups that do not participate in wrestling [2]. Thus,

playing rugby, young judokas can expand their motor abilities, develop adaptive reactions of the body and increase both the level of general and special physical fitness.

On this basis, the game of rugby is interesting as a new means of improving the special physical training of judo wrestlers, but currently there is virtually no scientific justification for the methodology of such training.

Analysis of the content of special physical training of judokas shows that at present there is a certain contradiction. On the one hand, the practice of physical training of judokas requires new approaches, means and methods of developing special physical qualities, based on the use of rugby and providing a high level of fitness in relation to rivals. On the other hand, the method of developing these qualities in judokas based on the use of rugby elements is insufficiently developed.

The study included interviews with trainers and pedagogical observation. At all, 45 coaches were interviewed. Among them are outstanding coaches and athletes, wrestling specialists, such as N. Solodukhin – Olympic champion, world champions among judo veterans I. Glivuk, N. Demkin and Honored Coach M. Creak. There were only eight questions in the questionnaire. The information was recorded by answers. The conversation clarified the opinion of coaches about what physical qualities are most important for judo, the need to improve the physical training of judokas, the means of physical culture for physical training of wrestlers, the feasibility of using sports games, their importance, including the feasibility of using rugby in training judokas.

Pedagogical observation was used to study the traditional methods of physical training of judokas. The object of observation was the educational and training process of judokas aged 16-17. The subject of observation were the means and methods of general and special physical training of judokas. Pedagogical observation was open and conducted in the natural conditions of the educational and training process. At total, 43 pedagogical observations were conducted because of the sports complex "Dynamo", OGOU DOD "Regional Specialized Children's and Youth School of the Olympic Reserve", "Children's and Youth Sports School named after M. Solodukhin", "Children's and Youth Sports School of Zheleznogorskaya". Interviews and observations were conducted during 2010-2011 [3].

Because of the survey, it was found that the most important physical qualities for judokas are strength, speed of reaction, strength endurance, agility, flexibility. However, 73% of respondents believe that the most important qualities of a judoka are speed of reaction, agility, endurance. More than 50% believe that the most important thing is the overall endurance, physical and mental performance of the athlete-wrestler. About 32% consider the most important quality of the fighter's coordination abilities. All respondents clearly stated the need for continuous improvement of physical training of judokas. At the same time, many respondents pointed out that in the current development of judo, new technologies, intensification of sports competition between athletes from different countries, the problem of improving the training of judokas will become more relevant.

About 43 % of respondents named traditional means of sports training the most necessary for athletes. The next one 25.9% indicated the need to include more strength training in the training of athletes, especially those performed on modern simulators. Other 30 % believe that it is necessary to use more means of physical culture in other sports, including various sports [4]. More than half of the respondents (56 %) are absolutely convinced that in sports training of judokas it is necessary to use not only sports games, but also other games - mobile, folk, didactic. They believe that the games have great potential for the physical training of judokas, but first you need to analyze each sports game, and then apply it in the training process.

Of particular interest was the question of the appropriateness of the use of rugby in the training of judokas. About 68% of respondents approved the possibility of using the game of rugby for the physical training of judokas. Half of the respondents decided that rugby could be useful for switching motor activity to a new type of movement, unusual in structure and activity (45%). They would use such a game during the recovery period or during the period of intensive training to change activities under heavy load. About 37 % of respondents indicated the need to use rugby during the period of general physical training at the beginning of the preparatory period of the annual training cycle. The others found another way to use the game - to practice elements of judo technique, which could be done directly while playing rugby [5]. In this case, in their opinion, the technique of movements should be mixed and it should contain elements of rugby in combination with elements (techniques) of judo [8].

As you can see from the results of the survey, coaches do not yet know exactly how best to use rugby in training judokas. Some of them even sometimes used this game in their training, but such examples were episodic, more spontaneous than well thought out and logically constructed. During the polls, it was noticed that coaches are not yet sufficiently aware of the importance of this game in training judokas. They are not ready to determine categorically, for example, whether to use this game in the competition period, what load can be given to young athletes during the game, how to combine the use of rugby and other means in training, what elements of judo can be practiced during the game. Others suggested the use of rugby for the purposeful development of such physical qualities as agility, strength endurance, speed and strength. In addition, a small number of respondents (only 12 % of the total number of respondents) saw rugby as an opportunity to train the tactical thinking of athletes when choosing options for the game and the nature of actions in the process of confrontation. During the observation, it was found that in the training group of judokas aged 16-17 approximately 45-50 % of all training work in the preparatory period is devoted to general physical training. The rest of the time is spent on special training of athletes.

Approximately 65 % of technical and tactical actions and exercises are devoted to mastering protective actions. The rest of the time is spent on action in the attack, on the ground and the development of physical qualities [6].

According to pedagogical observation, the main methods of training are repeated, circular, game, competitive, interval. As for the game method, it is used more as an additional method. To do this, most often use sports games: football, basketball under the simplified rules or according to the rules that are currently accepted in these games [7].

Some mobile games are used much less often. It is very rare to include rugby in the preparatory period of a year of training. Other training games do not include. Thus, of a preliminary study, it was found that the physical training of judokas needs to improve, aimed at the most important physical qualities for judokas – agility, speed of reaction, general and strength endurance.

**Conclusions.** Traditional means and methods of building special physical training of judokas among specialists are beginning to be reasonably criticized primarily because there is an urgent need for new tools and training methods that could significantly increase the adaptive capacity of the athlete, his physical and psychological readiness to fight, functionally motor versatility. At the same time, the existing positive experience of using different games in the training of wrestlers and in general in various types of martial arts requires close attention and study as a promising direction in finding new tools, methods and approaches to sports improvement of wrestlers in competition, intensifying international sports arena.

The study found that one of the potential means of special physical training of judokas coaches consider rugby, which is similar in nature to judo, but the game is more diverse in terms of movement, universal in terms of physical qualities and generally important for many sports issues training of judo fighters. At the same time, coaches in practice still rarely use the game of rugby in the physical training of judokas and their opinions differ on how and with what direction this sport should be used in the training of young wrestlers [10].

Pedagogical observation has shown that the content of training judokas aged 16-17 remains traditional. The game method is used only as an additional component, as games are often used only football, basketball, moving games, which in the structure of motor actions are quite far from the structure of martial arts. Experts say that the use of rugby is appropriate in the training of young judokas, but requires thorough scientific development and the creation of special techniques, which is a prerequisite for further study of the use of rugby in the training of judokas.

#### *Conflict of Interest and other Ethics Statements*

The authors declare no conflict of interest.

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**СПЕЦІАЛЬНА ФІЗИЧНА ПІДГОТОВКА В ТРЕНУВАННІ ДЗЮДОЇСТІВ**

**Анотація.** Спеціальна фізична підготовка (СФП) – це процес розвитку фізичних якостей, який забезпечує переважний розвиток рухових здібностей, необхідних для конкретної спортивної дисципліни (виду спорту). Крім того, спеціальна фізична підготовка покликана розвивати ці рухові здібності до максимально можливої міри. Із зростанням спортивної майстерності обсяг коштів ОФП зменшується, а СФП – збільшується. Спеціальна фізична підготовка дзюдоїста спрямована на розвиток фізичних якостей, які борець проявляє при виконанні специфічних для боротьби дзюдо дій. Вона є складовою частиною всього навчально-тренувального процесу на всіх його етапах, включаючи змагальний.

До засобів спеціальної підготовки відносять вправи у виконанні фрагментів боротьби. Ці вправи допомагають підвищити можливості займаються у виконанні окремих спеціальних дій борця. У статті на основі проведеного опитування тренерів та виявлено доцільність застосування гри в регбі як перспективного засобу фізичної підготовки дзюдоїстів, визначено її значення для розвитку фізичних якостей і формування рухових навичок борців.

**Ключові слова:** дзюдоїсти; регбі; тренування; спеціальна фізична підготовка; борець; вправ.