

Relationships Between Skills, Tactics and Physical Fitness in Judo Training

Zhiyang Han

Railway Police College, Zhengzhou, 450000, China

Abstract: Judo is an important type of athletic competition and a form of sport loved by many people. To achieve a high level of judo display, it is necessary to pay attention to judo training. The training is a comprehensive one which involves many fields and needs to strengthen areas of connectivity, and more effectively handle the relationships between various areas. The process of judo training is the process of system development and use. Judo's comprehensive level manifests the overall value of judo exercise and with Judo training to achieve the related goals of judo exercise. Therefore, the relationships between judo training, tactics improvement and physical fitness are analyzed to explore the significance of judo training.

Keywords: Judo; Tactics; Physical Fitness; Relationships

1. Introduction

Judo training is a comprehensive systemic engineering, which involves many fields, including technology, tactics, physical fitness, psychology, intelligence and so on. They complement each other, promote each other and play an important role. The essence of system development and use is the training process. Effective training, high performance of judo skills, more experiences in the sport, more possible to greatly enhance the motor skills to the highest, reflecting the overall value of judo sports, which is the value of judo sports in all kind of sports.

Coaches play a decisive role in judo sports. Without the proper training of trainers, athletes can hardly achieve beneficial results, sports ability and level are also severely restricted, and obviously it is difficult to compete in competitive games. Coaches should first consider enhancing their own skills, including the promotion of overall skills level and intellectual level of athletes. The coaching staff have to make it clear that the role of the various relationships and how to deal with relevance between each other. Make clear the various elements of the constraints and influences between related factors, and then trainings can be carried out relatively in order and purposeful, skills and techniques for all aspects of athletes can be developed, and the fundamental effect of teaching improvement and training can be achieved. The embodiment and performance of skills in training is the technical action of wrestling. However, in the detailed teaching plan, it is necessary to analyze the specific differences between wrestling, judo and taekwondo. It is necessary to both pay attention to the differences in principles and emphasis on technical similarity. Therefore, efforts should be made to comprehensively analyze and explore all aspects of judo techniques, seek the best channels for development, explore the superiority of judo

techniques, so as to achieve the essence of judo technology improvement and application upgrade that is combat expansion.

For coach duties, it is necessary to attach importance to the quality of athletes in order to better grasp the intensity and pace of training. At the same time, specific procedures of training should also be demonstrated and clarified, and the focus of teaching and the core of technology should be realized in athletes' study and training. Coaches should be the main deduction of the actual strength of judo and should strengthen the combination of combat and competitive capability to create a coherent training model. For judo technical means, it is necessary to pay attention to reasonable training methods, including the rules must be implemented within the system. The technical action applied to the technical staff is a combination of technical skills, subdue and fall the opponent, show the features of judo are the main purpose.

Coaches should use scientific organizational behavior, relatively refined language to explain, correct interpretation and guidance of training content and methods and through patient demonstration to achieve scientific training. In addition, the training steps must be very clear and follow the logical training program to achieve the main purpose of training and the true effect. Coaches correct mistakes or inaccurate actions to achieve reasonable resource control and problem solving. Besides, in the judo training process, it will contribute to the gradual progress of the training program according to the training logic from easy to difficult, from slow to fast, from individual to group and from cooperate to resistant, the athletes' acceptance is also consistent with the characteristics of cognition so as to better absorb the content of knowledge and strengthen the training level and application ability related to judo technology. In teaching and training,

gradually improve the relevant systems so that athletes may gradually realize hundreds of reasonable methods and techniques. Technology is the most crucial element of judo. Take single ability growth as the basic method and gradually realize series connection and integrated of the overall strength and skills to achieve a stronger competitive level. Gradually form professionalism of professional and technical level, especially in some important actions, to achieve the core strength of competitive level.

2. Strategic and Tactical Improvement

The comprehensive reflection of strategy and tactics should pay attention to individual differences, and strategic and tactical arrangements should be made for different individuals. Judo athletes' strategy and tactics may improve their actual combat ability. If judo athletes have strategic and tactical thinking, there will be of great help for technical mastery and proficiency. In athletics, to a large extent athletes can defeat the opponent with good application of strategic tactics, of course, skills and ideas should be perfectly combined. While skillfully using technology, if athletes know each other very well, they will achieve a high level of comprehensive skill. While familiar with each other's routines, the essence of the judo exercise can be demonstrated. In addition, the reflection of thinking in sports skills and tactical skills should be expressed in flexible tactics. Strengthen the training rules in actual training; come to a better training method in practice, use training methods that can attract trainees can only get better results. As the trainees learning the true training performance, the real purpose of training can be achieved. In the development of specific tactics, pertinence must be reflected; tactical thinking and the actual level should be reflected in competitions. In addition to comprehensive training, athletes should be actively guided to achieve a comprehensive study, through which constantly enhance their skills level, combat ability and horizontal integration. It is necessary to combine technology and skills into teaching so as to achieve a comprehensive training of trainers and to put integrated technologies in the most important position. The use of integrated technologies depends on excellence in all aspects of skills. Therefore, training and strengthening of physical fitness should not be underestimated.

3. Relevance of Tactics and Physical Fitness

Physical fitness generally refers to the ability, strength, speed, endurance, flexibility, dexterity and other aspects of demonstration; it has a relationship of complement each other and inspires each other with tactics. Physical fitness guarantees the motivation of athletes, and can reach a certain height, making the tactics achieve a better display. To achieve a high degree of physical fitness development can promote athletes with flexible tactical level, but also have greater strength, can resist opponents

faster and with better endurance level with the support of comprehensive technology. On the contrary, athletes will not have greater ability to resist opponents, and there is no resistance for opponents and tactical implementation intention. Therefore, the tactical skills and athletes' physical training are closely related.

4. Relevance of Tactics and Technical Training

The combination of tactics and physical fitness largely reflects the concentration effect in training. The combination of training technology and tactics complement each other and will help tactics development. But also it plays a role of promotion in technical training to stimulate athletes' core skills, which realize the essence of judo sports in output. Technical training should pay attention to the action learning and training. Coaches should teach the technical essentials and key methods in a personal way in training. Whether opponents or body, steps, routes and even forces and other angle and content of teaching, they need to be highlighted at the right time. The importance of timing requires that trainers clear the physical condition and qualities of athletes in advance, try their best to train tactical awareness automatically, and strengthen training depth to create interoperability and make tactics consciousness more structured. It is necessary to strengthen the reversibility of tactical training and pay more attention to the further strengthening of tactical awareness so as to form a network of tactical awareness and provide conditions for the cultivation of tactical awareness in daily training. It is necessary for coaches to study the practical use of each technical action and to analyze the composition of its reversibility. It is necessary to pay attention to the degree of connection of related technologies and their connection, grasp the connection reality, and improve and guide the athletes to finish the tactics more quickly to achieve the efficient return of tactical thinking and form tactical network status. This process is undoubtedly infiltration process from the awareness into tactical knowledge.

5. Relevance of Tactics and Physical Training

The comprehensiveness of judo athletes' skills is mainly reflected in the relatively high level of proficiency in technical actions. Tactical awareness can be combined with network training to enrich tactical knowledge, enhance practical experience and enhance comprehensive combat capability. Judo is a kind of confrontational competitions or sports, its main task is to fall and subdued opponents, therefore, athletes must overcome each other's various tactical intentions and actions on the way. It can be seen that the application of tactics can not do without physical fitness. Implementation of any intention of the

tactics can not be done without overcoming resistance. Coaches should focus on the training of sequence, strength, speed and flexibility, as well as dexterity and endurance in training to achieve the necessary level of tactics to provide conditions for tactics. Otherwise the tactical intent is only empty talk and can not have any performance and display opportunity. Tactical advance booking is to a great extent to achieve the enhancement of competitiveness and to provide adequate support for physical fitness. Tactical thinking is reflected in accordance with the form of network. The advantage lies in the implementation of the tactical implementation security, solving a variety of obstacles, and solving the purpose of converting network into the real tactical and combat capabilities.

6. The Core of Tactical Arrangement Intention

In the condition of the same training intensity and similar competitive levels, the key to determining the game is whether the athlete can play to the best, as well as the level of mental quality and so on. A good athlete has excellent tactical thinking and technical level, and has his own characteristics, skills, and strength, speed and endurance levels. To be able to exert their strengths to the greatest extent, a simple defense is clearly a failure. It is necessary to give play to their strengths at a particular time, so that they can try their best to restrain each other. While safeguarding their specialty, understand each other's weaknesses, battle in an effective way.

To a certain extent, a clear understanding of each other's condition is of great significance to the progress of the competition, such as the size, height, flexibility, physical fitness, speed, endurance, frame and so on. On the basis of this, it is necessary to formulate features that promote advantages and avoid weaknesses, and to achieve effective attacks and strategic intentions. Athletes should not focus on prevention but should devote more energy to enhancing their own ability to achieve greater attack ability. The reserve of strength and skill needs to be done right from the very beginning. The function of basic skills is crucial. The relations between them should be handled well and to achieve accumulation of basic skills.

7. Tactical Use in Training

The correct tactics should be used from the beginning of training, must not wait till the fighting began. Therefore, the usual tactical use and training conditions should be paid attention to ensure that trainers get more ability improvement in daily training. Besides, the tactical use should be in line with personal characteristics to form a personal style. Training is not only to highlight and reflect the improvement of individual level, to form a strong competitive ability, but also to achieve the training results. While completing the training tasks, the training

results should be ensured, and the restricted training programs should be implemented. The actual combat property of judo skills is strong, a highly targeted training content should be carried out according to the training, and tactical training should be on the priority position. Good physical fitness can better support tactics, which means that physical fitness training should be strengthened, in particular to achieve the effective level of physical fitness.

8. The Application of Comprehensive Content and Technique in Judo Training

The athleticism of judo is strong, which has great risk and challenge in competition. The ever-changing technical requirements pose greater challenges to athletes and require athletes to respond faster. Therefore, it is more important for athletes not only to be technologically important but also to be physically fit. Only with good physical fitness, can it support the technology.

A qualified coaching staff should pay full attention to all elements in training, including statistics, kinematics, psychology, health and sports medicine and other content. On the basis of strengthening and enriching the content, a comprehensive exercise should be carried out to achieve the scientific of training and to achieve the main goal of training so as to improve the main content of judo training. With the main knowledge of judo exercise, make reasonable arrangements for training content, take an effective and persistent training, and avoid a long period of anaerobic training, excessive competition, single time and other issues. With exercise physiology, biochemistry and other physiological indicators, effectively monitor the physical condition and fitness of athletes, achieve good functioning of the body function, and avoid the appearance of physical fatigue. Such as sports analyzer can test the content of blood lactate; urine of athletes after exercise, and urinary creatinine analysis; take muscle puncture method for red and white muscle fiber measurement; according to the method of exercise health law, reasonably arrange athletes' diet to ensure that athletes are nutritionally balanced, reserve for sports, strengthen the control of weight-loss athletes of all kinds of nutritional supplements, to achieve the athletes' various functional strengths.

With all kinds of knowledge of the athletes, well prepare program in judo-related games before, during and after the game to strengthen athletes' psychological protection level and psychological training, increase training content, strengthen the training, and put forward each training session for athletes to achieve them a strong heart as well as compression capabilities. In addition, the training of athletes' self-confidence should be priority. In psychological training, it is necessary to pay attention to the detailed exercises in all aspects of the competition, including the athletes' physical adjustment and level tests before competition, physical and psychological adjustments

and so on. Coaches should support, understand and respect athletes' physical condition and their current level. Only with accurate cognition can training targets be established for coaches in a better direction, and athletes develop relatively easier for a long-term and effective behavior. A good exercise habit can help athletes get quickly into the state of exercise and reflect the motor function, to a large extent, have an effective role in the cycle of exercise, which can promote athletes freely, scientifically and effectively play their actual level in the playground. Only a reasonable control of athletes' own strength, can they better play their actual level. Video of the competition process can provide athletes with some video recourse. Athletes can learn more skills and methods, competition skills and rich experience in the competition through the video information. At the same time, they can find their lack of ability and thus amend to give the athletes a more skillful level, complete and targeted judo competition experience.

9. Conclusion

Judo is one of the important forms of sports, and it has strong confrontation and skills. In order to defeat the opponents and win the competition, precise and flexible

training objectives, rich, systematic and comprehensive theoretical knowledge should be developed. Besides, the training intensity should be strengthened. With the extension and display of training practices, accumulate richer training experience; correct the wrong training methods and skills actions, so as to achieve the scientific training effect. Through daily competitions, more thinking and summaries should be carried out to strive to obtain continuous improvement. In addition, enhance the training of athletes' psychological quality and improve athletes' awareness of sports, so they can get better psychological quality in the competition, implement effective confrontation, increase the chance of winning, improve the overall level of judo, and highlight its charm.

References

- [1] Zhao Haiqing. Correlation between Technical Tactics and Physical Ability in Judo Training [J]. *Junior sports training*, 2005, 05.
- [2] Yang Binsheng. The Characteristics and Developing Trend of the Men's Judo Competition in Modern Olympic Games [J]. *Beijing Sport University*, 2003, 10, 21.
- [3] Sun Qihong. Factors influencing Judo players' performances [J]. *JOURNAL OF SPORTS ADULT EDUCATION*, 2003, 09, 19, (03).