

the sambo fighters' selection procedure at the instruction and training stage by applying appropriate methodologies to determine the qualities required in their sporting activity.

The aim of the research is to improve the sambo fighter selection methodology at the instruction and training stage in order to optimize the instruction and training process of athletes.

The analysis of specialized scientific-methodical literature, the practical experience in the selection of young sambo fighters and the results of our own researches has shown that the existing system of sports selection of the sambo fighters at the instruction and training stage is not sufficiently effective. It does not meet the requirements of objectivity and is not complex, but is based on the empirical experience of coaches. This implies the imperative need for the modernization and scientific argumentation of the complex assessment of the essential characteristics of the level of training at this important stage of multi-annual training.

SPECIAL-PREPARATORY MEANS OF FORCE DIRECTION IN THE TRAINING OF THE ROWERS AT THE GENERAL PREPARATION STAGE AT DEVELOPMENT OF SPECIAL ENDURANCE

*Berzan Sergei, PhD student,
Poburnii Pavel, PhD, university professor,
State University of Physical Education and Sport, Chisinau*

Keywords: power and speed-power abilities, local muscular stamina, conjugation, the intensity of blood circulation, economization.

The possibility of power and speed means with the structural similarity to canoeing with the development of local muscular stamina (LMS) at the general preparatory stage of the preparatory period of annual cycle of training had been methodically developed and scientifically substantiated.

Actuality of the research - the current level of development of world rowing requires from athletes to develop a high degree of basic physical, special, technical and tactical, mental qualities and their ability to integrate effectively in competitive activities.

The competitive activity of rowers is carried out in rather rigid space-time and dynamic conditions with a high level of programmed as the structure of separate cycles of stroke, and their connection in integral motor acts with stable strong-willed tension for preservation of the optimum developed efforts to oar blades in the conditions of the increasing exhaustion at conditional body contact.

Purpose of the study: scientific and methodically to prove possibility of application of special and preparatory means of power orientation at development of special endurance in rowers at all-preparatory stage of training.

Methods of the research: in the conditions of the natural forming pedagogical experiment we made pedagogical observations and complex testing of physical and functional preparedness of

organism of oarsmen with high qualification for canoe (12 people), with application of a set of research methods widely used in physical education and sport.

Analysis of scientific and methodological materials and own data showed that at the present stage the development of special endurance in rowing sports experts see the main reserves of increasing the efficiency of training and further growth of sports results in increasing the power and speed-strength abilities of athletes.

Increasing the strength component of special endurance associated with the growth of the contractile properties of the muscular apparatus, which leads to an increase in the power of the working force, the formation of a rational stroke structure, to the optimum ratio of the length of the boat rental and the rate of rowing. Therefore, to increase the average distance speed of the boat.

THEORETICAL AND METHODOLOGICAL ASPECTS OF THE DIFFICULT PHYSICAL ACTIVITIES IN THE TRAINING PROCESS OF THE GYMNASTS' MOTOR BEHAVIOUR

*Buftea Victor, PhD, associate professor,
State University of Physical Education and Sport, Chisinau*

Keywords: artistic gymnastics; difficult physical activities; instructional programs; specific motor behavior.

The modern artistic gymnastics requires the synthesizing of the most efficient theoretical and methodological approaches concerning the process of learning the technique of the elements with a high level of difficulty that are provided in the actual competition program. One of the most constant problems of this sport is to create an efficient motor behavior that would contain diverse difficult physical actions, with a high level of spectacularity during the gymnast's performance at each of the competition's events.

In order to efficiently instruct the difficult actions, in this study is approached the problem of the algorithmic decoding of all the phases contained in a technical move, by exemplifying on the landing through flight from the fixed high bar. In the study there are highlighted all the phases of this element and there are created four specific working programs. The content of each program, as well as some remedies that identify the most optimal, rational and efficient method of training of this element is also described in the article.

This kind of programs can be elaborated for all the elements with high level of difficulty that are included in the process of training of the elite gymnasts. Depending on the cinematic structure of the moves, the programs can offer very useful information about all the instructive segments of an action, as well as about the connection between them. Thereby, the algorithmic form of the