EVALUATION OF THE PERFORMANCES OF JUDOISTS (CADETS) OF ONE WEIGHT CATEGORY AT COMPETITIONS OF DIFFERENT LEVELS FOR FIVE YEARS

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Summary. The results of performances in competitions of different ranks of judokas in the weight category up to 55 kg for five years were analyzed. The analysis of competition protocols was carried out in order to determine the scope and effectiveness of competitive activities, to determine the all-Ukrainian and world ranking of athletes, to determine the strongest athletes in judo, sports results. The protocols of: Ukrainian championships were analyzed; Cups of Ukraine; European Championships; World Championships; European Cups and Grand Slam Helmet for 2017-2021 years.

The results of the performances of 51 athletes who competed since 2017 (CHU-18) in the weight category of 55 kg and took part in 65 competitions, including 22 competitions of championships and Cups of Ukraine and 43 competitions of international championships and European Cups during his sports career. According to the results of the performances, the following indicators of judokas were analyzed according to their performances at competitions: results of judokas' performances at competitions of different ranks in Ukraine; results of judokas' performances at competitions abroad; the number of judokas who continued their careers in cadet, junior, youth, and adulthood separately; transition of judokas to other weight categories; increase the sports title over the years. In 5 years, more than half of judokas (70.6%) have completed their sports careers.
To date, 15 out of 51 judokas continue to perform in competitions of various ranks. The ratio of judokas who took part in competitions and judokas who became prize-winners and winners tends to improve over the years. For 5 years 14 judokas competed abroad in various competitions, in 2017 - 8 athletes (1 prize-winner - 12.5%), in 2018 - 13 judokas (2 prize-winners - 15.4%), in 2019 - 7 athletes from them (2 prize-winners - 28.6%), in 2020 - 1 judoka and (1 prize-winner - 100%), 2021 - 4 judokas of them (1 prize-winner - 25%).

**Keywords:** results of performances at competitions, judokas, Championships of Ukraine, Cup of Ukraine, European Championships, World Championships.

*Introduction.* The problem of studying the features of competitive activity in modern sports is one of the most pressing. Currently, the principle of the study of competitive activity has gained general recognition in the theory of sport [1, 3].

In the process of competitive activity there is a constant comparison of current results with the desired ones, actions are specified, rebuilt, transformed. This balancing, matching desires and opportunities occurs both when improving and reducing the real results compared to the forecast. Successful and effective management of sports training is impossible without sound forecasting, adequate to modern scientific knowledge. Forecasting creates the necessary prerequisites for making the right management decisions by athletes, coaches, administration [4, 8, 10].

Achieving high sports results and the development of judo depends on the level of training of specialists in this field [13]. The study of judo performance allows us to trace the future careers of young talented judokas; to find out how important early sports achievements are for high results in adult careers [12, 15, 16].

Many authors have dealt with the analysis of the results of athletes' performances at different stages of training in wrestling. Thus, the sports careers of the Olympic champions in Greco-Roman wrestling were studied [6], the Analysis of the performances of athletes at international cadet and junior wrestling competitions was studied [5]; the effectiveness of the performances of Greco-Roman wrestlers of the national teams of Ukraine of different age groups at leading international competitions was studied [Palatny, 2018]; also the results of performances of Ukrainian athletes in freestyle and women's wrestling at prestigious international competitions for a long time [8], etc. In judo, the analysis of judoists' performance at the Olympic Games was conducted and the organizational and pedagogical perspectives of judo development in the following Olympic cycles were considered [2, 7].

Analyzing the above, we can conclude that the chosen field of study is quite relevant in judo.

The purpose of research is to analyze the results of performances in competitions of different ranks of judokas weighing up to 55 kg over five years.

**Materials and methods of research.** During the analysis of the study of this area of research the following methods were used: theoretical analysis and generalization of scientific and methodological literature, surveys, analysis of protocols of competitive activities. The analysis of competition protocols is carried out in order to determine the scope and effectiveness of competitive activities, to determine the all-Ukrainian and world rating of the athlete, to determine the strongest judokas in judo,
sports results. The protocols of: Ukrainian championships were analyzed; Cups of Ukraine; European Championships; European Open Championships; Youth Olympic Games (YOG); world championships; European Cups and Judo Grand Slam for 2017-2021.

Research results and their discussion. The results of the performance of 51 athletes who competed since 2017 (CHU-18) in the weight category up to 55 kg and took part in 65 competitions, including 22 championships and cups of Ukraine and 43 competitions of international championships and European Cups for time of his sports career. All data are taken from the official website of the Judo Federation of Ukraine and the International Judo Federation [17].

According to the results of the performances, the following indicators of judokas were analyzed:

- results of performances of judokas at competitions of various ranks in Ukraine;
- results of judo performances at competitions abroad;
- the number of judokas who continued their careers in cadet, junior, youth and adulthood separately;
- transition of judokas to other weight categories;
- increase sports rank over the years.

![Fig.1. The ratio of the total number of judokas-participants and winners of the championships of Ukraine in the weight category up to 55 kg for 5 years (number of athletes)](image)

Figure 1 shows the total number of judokas who participated and won prizes in competitions of various ranks; the number of judokas who continued their careers and achieved results in junior, youth and adulthood. As we can see, out of 51 athletes in 2017, 18 judokas stopped competing; 7 athletes who performed 1 time, 4 more judokas performed 2 times.
In 5 years, more than half of judokas (70.6%) have completed their sports careers. To date, 15 out of 51 judokas continue to perform in competitions of various ranks. The ratio of judokas who took part in competitions and judokas who became prize-winners and winners, there is a trend of improvement over the years, namely:
- 2017 - 11.7% of all judokas who participated in competitions during the year (51 athletes - 6 winners);
- 2018 - 11.1% of all judokas who participated in competitions during the year (27 athletes - 3 winners);
- 2019 - 15% of all judokas who participated in competitions during the year (20 athletes - 3 winners);
- 2020 - 29.4% of all judokas who participated in competitions during the year (17 athletes - 5 winners);
- 2021 - 40% of all judokas who participated in competitions during the year (25 athletes - 6 winners).

Analysis of the performance of judokas at competitions of various levels abroad is presented in Figure 2.

Analysis of the results of Figure 2 shows that for 5 years 14 judokas competed abroad in competitions of various ranks, of which in 2017 - 8 athletes (1 winner - 12, 5%), in 2018 - 13 judokas (2 winners - 15, 4%), 2019 - 7 athletes (2 winners - 28.6%), 2020 - 1 judoka (1 winner - 100%), 2021 - 4 athletes (1 winner - 25%).

Also, the increase of the sports title for the period of 5 years was analyzed (Table 1, Fig. 3).

Table 1

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<th>Discharges</th>
<th>2017 p</th>
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<td>1 youth</td>
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<td>I adult</td>
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In 2017, judokas weighing up to 55 kg had the following categories: 1st youth - 7 athletes; III adult - 1 judoka; II adult - 9 judokas, I adult - 23 judokas; KMS - 11 athletes. In 2021 in 5 years we have: I adult - 21 judokas; KMS - 16 athletes; MS - 4 judokas and MSMK - 1 athlete. It is established that for 5 years judoists have differences in weight categories (Table 2). In 2017, out of 51 athletes, 10 moved to another weight category. In 2018, 27 judokas of this age group performed, of which only 5 remained in the weight category up to 55 kg, others passed the higher weight categories. In 2019, out of 51 athletes, 20 judokas competed, of which 9 moved to the weight category up to 60 kg, 5 athletes up to 66 kg, 5 judokas up to 73 kg and 1 athlete up to 81 kg. In 2020, out of 51 athletes, 17 of them competed in the weight category up to 60 kg, 8 - up to 66 kg, 4 - up to 73 kg and 1 - up to 81 kg. In 2021, out of 51 athletes, 15 of them competed in the weight category up to 60 kg, 5 - up to 66 kg, 5 - up to 73 kg and 1 - up to 81 kg.
Conclusions. Thus, for 5 years of judo performance, starting with the cadets, there is a tendency to reduce the number of participants, but there is a better performance of judokas who remained at competitions in Ukraine. In foreign competitions, there is also a tendency to increase the quality of judo performance, this is due to the acquisition of competitive experience. In judokas, who are rapidly moving to another weight category, the result may be manifested in adulthood. Judoists who slightly switch to other weight categories have a more stable result.

References: