

IMPROVEMENT OF TECHNICAL AND TACTICAL ACTIONS OF YOUNG WRESTLERS

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A B S T R A C T	K E Y W O R D S
This article discusses the improvement of wrestling technical skills, participation of wrestlers in competitions, mastering of wrestling methods, technical-tactical and preparation. Also, during the competitions, the use of wrestling methods, the physical and mental preparation of wrestlers, the application of anti-aging methods to the opponent's actions, the most and perfectly performed methods, and the physiological capabilities of wrestlers were scientifically researched.	Wrestling, wrestling methods, physical education and sports, organism, physical exercise, skill, popularization, dexterity, agility, stability, strength, physical training.

Introduction

In the introduction of the article , physical exercises, competitions, various national sports created by different peoples over the centuries are listed as unique means of physical education at any time. Such tools include Uzbek national struggle. Folk games and sports competitions have taken a certain place in the physical training of the people. National holidays and traditions have been chosen by peoples, preserved and passed down from generation to generation.

Currently, even in the period of rapid development of sports in the world, competitions in national individual wrestling are being held at an unprecedented level in Uzbekistan. Wrestling competitions are an integral part of many national holidays. Therefore, one of the main tasks of attracting the population to engage in physical education and sports on a regular basis is the development of national sports. National wrestling is one of the favorite sports of Uzbekistan's youth .

The relevance of the topic is the decision (PQ-3306 of October 2, 2017) on measures to further develop the national sport of "wrestling", the fact that September 6 is designated as the day of the national sport of "wrestling" and the Olympic Council of Asia held on September 20, 2017 in Ashgabat. For the first time in the history of the 36th General Assembly, wrestling was included in the program of the XVIII Summer Asian Games, further development and popularization of wrestling among the population, especially among minors and young people, strengthening the feelings of national pride and patriotism in the growing generation, as well as promoting a healthy lifestyle in society and world sports. to ensure high results on the fields, we can know that "Kurash" national sport is included in the program of "Umid Nihollar", "Barkamol Avlod" and "Universiade" sports games.

Analysis of Literature on the Topic

However, the analysis of special literature shows that currently the method of initial teaching of attack and defense movements in wrestling is not reflected in scientific and methodical works. Existing information is often based on established traditions, requires the generalization of experiences gathered in other types of individual struggles and the use of modern technologies.

Many scientific and methodological works are devoted to the problem of teaching techniques in wrestling sports. We can see the concept of formation of driving skills in individual fights in the works created by V.V. Nelyubin, A.A. Karelin [5, 9]. Currently, the problem of the sequence of preliminary training of movements in wrestling techniques has not lost its relevance, because the biomechanics and structure that create conditions for the effective formation of technical movements and skills in individual fights are not always interconnected.

The main motivation of a young wrestler is to get satisfaction from playing his favorite sport. However, such a motive will have a different and complex structure.

The founder of the science of physical education P.F. Lesgaft described the wrestling exercises as follows: "Wrestling is an exercise of increasing enthusiasm, which consists in demonstrating the power shown by another person, knowing how to firmly strengthen the body's violation on a certain support and watch the opponent's movements vigilantly, eliminating them as much as possible." This definition reveals the essence of wrestling not only as a physical exercise, but also as a type of sport

Research Methodology

The following research methods were used to fulfill the tasks: 1. Analysis of scientific and methodical literature, generalization of advanced and own experience. 2. Pedagogical observations of wrestlers' competitive activities 3. Analysis of video recordings of wrestlers' competitive activities. 4. Testing the physical and functional fitness of students engaged in wrestling. 5. Pedagogical experiment. 6. Methods of mathematical and statistical development.

Any form of activity is inextricably linked with learning that takes place through the adaptation of a person to the social environment. Human learning activity includes three components: 1) accumulation of knowledge; 2) formation of skills, that is, mastering the methods and processes underlying the activity; 3) formation of skills.

P. Ya. Galperin put forward the concept of step-by-step formation of mental actions by establishing the basis of targeting of activities. The goal-setting basis of activity is a system of conditions on which a person fully relies when performing a task. Thanks to it, a person takes aim in the conditions of activity, programs his actions and makes a rational choice of one of many possible executions. Such targeting occurs not only before the implementation activity, but also during the implementation process itself. It occurs due to the need to establish compatibility between the activity program and its execution.

V.L. Dementev divided the training of young people into five stages [4].

The first step is to create a general understanding of the driving force. By narrating and demonstrating the exercise being studied, the trainer builds understanding of specific situations and how to perform it. In the second stage, the coach shows technical movements. In this, the main points of action are distinguished. The use of different methods in teaching elements allows to improve the process of learning technical movements. In this case, the basis for targeting control skills is directly performing technical actions, and the formation of technical skills takes place.

In the third stage, a very important mindset is formed in the fighter, the future image is created. Perspective images are created in the process of pedagogy and sports in order to understand holistic phenomena and things. It is at this stage that the athlete's technical actions are evaluated at the level of empirical thinking with objective description. At the end of this phase - the situation is not defined in the fighter, but immediately understood, the execution of the method is triggered and executed automatically, and the control is performed by "feeling" that follows the dynamic mold flow. Thus, the practicing athlete knows how to do, what to do quickly and when.

In the fourth stage, the formation of movements through speech takes place, which is important in the technical preparation of the athlete. Therefore, technical actions in practice depend on the knowledge, skills and technical actions formed in the previous stages, understanding speech and actions.

In the fifth stage, the wrestler begins to use conscious technical movements, which means that the movements of the athlete's speech form move to the mental plan of their recognition.

The formation of movement knowledge and skills is mainly carried out due to the stimulus signals that come continuously from the movement, vision, hearing, and sense vestibular receptors when performing exercises. These feelings are formed from a set of interrelated analyzers.

When studying technical movements that are simple in the structure of martial arts, it is generally considered accepted to perform the technique after being instructed by the trainer. In this case: 1. In the preparatory part of the training, the structure is similar to the technical movements, gradually increasing from simple to complex, and using various preparations and exercises. 2. Focusing on the important phase of the method. 3. Creating simplified conditions when performing the first methods (the opponent stands on one leg, the movement moves in a certain direction or opens the place of attack). 4. Providing direct support during the initial execution of the method by showing actions that lead to possible errors [7, 8].

The method is used in complex technical movements when learning parts, especially in the first years of training. The main phases of technical actions, each of which is performed separately, are distinguished. For example, pulling hands, returning, throwing the opponent. For each phase, several cheat exercises are performed. Conducting competitions on task, with dosed resistance, through one-sided resistance, improves the performance of fighting under conditions of mutual resistance.

Analysis and Results

In the improvement of technical skills in wrestling sports, it was assumed that the results of wrestling competitions would be taken into account.

In order to study the competitive performance of young wrestlers, 10 competitions of winning and losing wrestlers were analyzed.

The results were based on the results of the studies of the evaluated methods in wrestling, the number of points obtained by the minutes of competitions. In this case, the method of raising the neck, bending forward, bending to the side, bending forward, and chil was taken into account. For example, the highest quality score had to be bent more. The highest number is recorded in the bending throw and it is 87 points (54.20%) of the total [7,8].

The total number of evaluated squats is 51 points in the first minute, 54 points in the second minute, 63 points in the third minute, and 19 points in the fourth minute. In wrestling, we can see that using the rest of the methods in terms of minutes of competition, the highest scores are obtained in uppercuts.

Therefore, in order to increase the effectiveness of the teaching method, it is necessary to pay a lot of attention to bending.

It is evidenced that the reliability of throws in all minutes of the competition in the winning wrestlers is higher than that of the losing wrestlers. For example, the reliability of execution of tilts is 1.55 points for wrestlers who won in the first minute, and 1.18 points for wrestlers who lost in the competition [7,8]. Differences are statistically significant ($R < 0.003$) at all time points.

Also, the reliability of the completed throws is higher in the winners than in the losers, and for all four minutes of the competition, the losers have 1.25 ± 0.04 points, and the winners have 1.59 ± 0.04 points. The differences are statistically significant ($R < 0.005$) [7,8].

The number of different throws evaluated by the winners and losers was 53, and the number of the losers was 31. Also, the figure shows that the number of all evaluated throws in the winners was higher than that of the losers. For example, the number of sideways throws was 27 in the winning wrestlers, and 5 in the losing wrestlers [7,8].

It shows that the reliability of the wrestlers who won all four minutes of the competition to take all the throws is higher than that of the losers. The differences were statistically significant ($r < 0.001$). The reliability of throws made by wrestlers who won their competitions is 1.29 points in the first minute, 1.38 points in the second minute, 1.41 points in the third minute, and decreases to 1.37 points in the fourth minute [7,8].

It was observed that the highest activity of specific attacks in the winning and losing wrestlers was in the first minute, the lowest in the second minute, and the lowest in the third and fourth minutes. In the wrestlers who lost in the competition, high activity of specific attacks was recorded relatively in the first minute, and more in the second minute. After that, while the wrestlers who won the matches had the same activity of specific attacks in the first and second minutes, the level of activity of the losers decreased from the third to the fourth minute.

Conclusions and Suggestions

No significant differences were found in terms of indicators of competitive activity, the activity of attacking movements and the use of counter-attacking movements.

It is clearly visible that the activity of attacking actions, this indicator depends on the level of physical and functional training of the participants. Since it was the same in both winning and losing wrestlers, true data were not determined, but quantitative values for these indicators increased compared to baseline [7,8].

The absence of differences in the use of counter-attack movements is probably due to the fact that the effect of specific training did not affect this indicator of technical training. Studying this pointer was about the same.

The use of a special method of learning technical movements was observed with a significant increase in the main indicators of the national wrestling technique compared to the losers of the winning wrestlers.

The real differences in competition activity and sports result indicators in competitions indicate that the method of initial training of wrestling technical movements is more effective when the level of physical and functional preparation is the same and can be used in practical work.

The implementation of this method in other teams of wrestlers engaged in national wrestling is a confirmation of the proposed method.

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