

METHODS OF PLANNING MULTI-YEAR PREPARATION PHASES OF ATHLETES (In the case of wrestling)

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<i>A B S T R A C T</i>	<i>KEYWORDS</i>
In recent years, special attention has been paid to the revival of the national sport of Kurash, the historical heritage of the Uzbek people, which has been revered for centuries as a symbol of courage, tolerance, nobility and honesty. Improving the system of training students in wrestling requires the search for new methodological approaches to the organization and content of the educational process, the choice of special training tools in accordance with the traditions of competition development.	Wrestling, sports, physical training, special physical training, training.

Introduction

In recent years, special attention has been paid to the restoration of the national sport "Kurash", a historical heritage of the Uzbek people, which has been revered for centuries as a symbol of courage, tolerance, nobility and honesty.

As a result of the direct support of our state, wrestling was widely recognized as an international sport, and terms such as "wrestling", "honest", "bowing", "stop" and "side" are in the vocabulary of international sports. took a strong place in its composition.

Founded on September 6, 1998, the International Wrestling Association unites 129 national federations on five continents.

In 2010, the International Wrestling Association received the recognition of the World Anti-Doping Agency, which is considered an important requirement for ordering inclusion in the program of the Olympic Games.

At the 36th General Assembly of the Olympic Council of Asia held in Ashgabat on September 20, 2017, the national sport "Wrestling" was officially included in the program of the XVIII Summer Asian Games for the first time in history.

The International Wrestling Association and the Republic of Uzbekistan are taking active measures to include wrestling in the programs of international sports competitions and tournaments, and in the future also in the program of the Olympic Games.

At the same time, some existing shortcomings prevent further development of the struggle, in particular:

- The work being done to popularize the national sport of "wrestling", especially among minors and young people, in order to strengthen the sense of national pride and patriotism of the growing generation, does not meet the requirements of the times;
- a comprehensive system of clubs and sections that allows identifying and selecting capable wrestlers in this sport and their training, as well as introducing effective mechanisms for training coaches and referees, has not been formed;
- an effective system of encouraging the winners and prize-winners of international competitions aimed at attracting young people to engage in this type of sport has not been introduced;
- the lack of necessary material and technical base and sports infrastructure, the lack of development of sports equipment prevents the organization of sportsmen's training at the level of demand and the holding of international wrestling competitions.

Further development and popularization of the national sport "wrestling" among the population, especially minors and young people, strengthening the sense of national pride and patriotism in the growing generation, as well as promoting a healthy lifestyle in society and world in order to ensure high results on the sports field: - The Decision of the President of the Republic of Uzbekistan on measures to further develop the national sport of "Wrestling" was signed and September 6 was designated as the day of the national sport of "Wrestling".

The improvement of the training system of students engaged in wrestling requires finding new methodological approaches to the organization and content of the training process, the selection of special training tools compatible with the traditions of the development of competition activities.

According to many experts, the distinctive feature of modern wrestling is to give the competition process an active, dynamic, offensive character, to increase the number of complex and unexpected situations in wrestling. During the essence of rational technique and economy of actions, their variability has increased to a great extent, the set of technical-tactical actions has become more complicated, and at the same time, their informativeness for the opponent has decreased. Winning in the fight became possible with the accurate and correct execution of the fighting methods, the increase in accuracy and stability, and the universalization of the wrestling competition.

One of the important tools of the training process is preparatory exercises, which are widely used in most types of sports and at all stages of preparation for competition, and form the main content of independent activities of wrestlers. Leading specialists focused on the function of structural elements to create new movement tasks during the need to quickly solve new technical and tactical tasks. These exercises are of particular importance for preventing injuries, increasing cumulative efficiency in adverse living conditions, and preventing the effects of other negative factors. However, the use of preparatory exercises in the structure of preparation of highly qualified wrestlers for competitive activities has not been sufficiently studied until now and is rarely shown in special literature.

Analyzing the data in the available literature and the development of modern wrestling, we can see that if in the structure of the training process, depending on the stage of training of qualified wrestlers, from 50 to 67% contact preparatory exercises are used, the movement of athletes and their physical

training will be improved to a greater extent, their ability to quickly process relevant combat information and apply adequate combat actions will increase, which together will increase the results of their competitive activities..

The main methods of wrestling techniques have been considered by many authors in many literatures. Based on these developed fundamentals of technique, we looked for exercises and methods of performing them that required a minimum of equipment or expensive projectiles, that could be performed effectively in the gym, outdoors, and in all climates and seasons. please

Exercise methods and tools, so trainers can modify certain exercises for specific athletes. In our opinion, in addition to what we suggest in our methodology, the number of exercises can be increased depending on the level of training and qualification of the athletes.

Every research becomes real when it is put into practice. We believe that every trainer, working in this direction and using one or another exercise in our methodology, can make progress in this area and bring any innovation to improve the training of his wrestlers and the overall development of their technical and tactical skills. can create.

Based on normal sportsmanship and the amount of regular scheduled training hours for children's sports schools,

- annual volume of experimental group - 1520 academic hours (1140 astronomical hours);
- 32 academic hours per week (24 astronomical hours);
- completed daily volume - 4 academic hours.

Most of the training work was directed towards increasing the time for performing preparatory exercises, so that up to 20 minutes of time was taken from physical training exercises in each evening session, because the preparatory exercises of a light nature are a natural extension of the warm-up exercise. Another 20 minutes were taken from the main part of the training, and the time of working in pairs was increased by this amount. In total, 40 minutes per month were devoted to preparatory exercises in evening classes.

In the stage of special physical training, preparation and special exercises were used, which would allow for the accumulation of speedy sports form and increase the level of adaptation of the cardiovascular system in the conditions of the anaerobic regime. At the special training stage, different types of technical and tactical actions were used in working with projectiles, in the conditions of mastering individual technical and tactical actions with a partner. All preparatory exercises are distributed according to model lessons, which, in turn, are distributed according to the weekly cycle. Weekly cycles were divided into preparatory stages depending on the calendar of annual cycle competitions, during which the experiment was carried out.

Pedagogical experiment was conducted with the participation of a group of highly qualified wrestlers (n=12 wrestlers), including 2 master of sports (SU), 7 candidates for master of sports (SUN) and 3 first-class wrestlers.

The experimental group performed 1520 hours in the annual volume, 32 hours in the weekly volume, and 4 hours in the daily volume.

Without changing the overall volume of work during the annual cycle, we changed the emphasis of daily training activities to increasing the amount of preparatory exercises in each training session. All preparatory exercises were carried out in aerobic mode. During the year's experience, we did not deviate from the given scheme of load distribution. Its size neither decreased nor increased.

At the beginning of the school year (September) and at the end of it (May), control measurements showing general physical development were carried out. In the course of the experiment, new exercises were introduced, which make it possible to carry out the training process in a more qualitative and productive way. The wrestlers of the experimental group were very interested in performing the exercises we included in the training process. After a few months, according to the majority of wrestlers in the experimental group, they felt that their bodies were more agile, and that they began to perform many technical elements more easily and comfortably during the execution of techniques. After a year of such experimental work, the group reached a new, much higher level of technical skill, all wrestlers became more mobile, more natural and coordinated in their movements, the rate of falling into methods in mutual competitions and official competitions decreased. .

Preparatory exercises were divided into preparatory stages. For the stage of MJT, a group of preparatory exercises was used, which made it possible to quickly and effectively master and improve the individual technical arsenal of each member of this experimental group, and at the same time, increase the level of UJT.

1. Based on the experience of specialists and the results of our personal research, it is advisable to apply exercises in cycles and stages of preparation in order to develop the technical and tactical skills, physical and special training of wrestlers in a way that the previous stages of the training process let the stage have a positive effect on the next one.

2. The preparation was made taking into account the methodology of exercises, stages of preparation for competitions, general physical training, special physical training, special training. The number of training hours was assumed to be the same as that of the high-performance groups.

The redistribution of training tools proposed by us, as a result of the experiment, made it possible to perform up to 67% of the total volume of training work by means of the training exercise system. The annual plan of the first and second year experiments was carried out in full, and the following organizational and methodological conditions were taken into account during the preparation of the training sessions:

- rational selection of training tools;
- number and nature of exercises;
- nature of rest breaks and recovery of test takers;
- pace of exercise;
- method of performing exercises;
- aerobic mode of performing most exercises;
- possibility of previous and subsequent exercises together;
- the total amount of time allocated to training exercises.

3. A set of exercises used in the MJT stage, aimed at improving technical-tactical skills and performed in an aerobic-anaerobic mode, allows to increase the work ability and special physical qualities of a wrestler, which are necessary in modern wrestling competitions.

The set of exercises used in the MT stage, focused on rapid execution of the methods, allows you to maintain a high pace and a heart rate close to the competition mode, 200 beats per minute.

It is based on the need to replace the traditional means of training in formative experiences with non-contact training exercises developed for different stages and stages of the training process. Applying 67% of training exercises in the annual cycle resulted in:

- to a reliable increase in the results of wrestlers in UJT, MJT and MT indicators ($R < 0.05-0.001$).

Significantly increased sports results: during the experiment, 7 out of 12 experimenters in the experimental group achieved the degree of master of sports, all the experimenters won prizes in national and international competitions.

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