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METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**WAYS TO DEVELOP COORDINATION SKILLS IN KURASH****Umid Alimov***Professor, PhD**Tashkent Institute of Economics and Pedagogy**Tashkent, Uzbekistan***Qudratjon Zohirov***PhD, Associate Professor of the Department of Computer Systems**Karshi Branch of TATU**Karshi, Uzbekistan***Golib Berdiyev***PhD, Head of the Department of Computer Systems**Karshi Branch of TATU**Karshi, Uzbekistan*

ABOUT ARTICLE

Key words: kurash specialists, coordination abilities, questionnaire survey, balance maintenance, technical methods.

Abstract: This article analyzes the results of a questionnaire survey conducted on the basis of the development of coordination abilities of judoists.

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INTRODUCTION

We will mobilize all the forces and opportunities of our state and society so that our young people can become independent thinkers, have high intellectual and spiritual potential, and are not inferior to their peers in any field in the world, and become happy [1].

Since the day our country gained independence, attention has been paid to the development and improvement of physical education and sports. A number of decisions and decrees of the President of the Republic of Uzbekistan Sh.M. Mirziyoyev on the development of physical education and sports are of great importance in improving the activities of the young generation in the field of physical education and sports in our country.

In the state policy of the Republic of Uzbekistan, further development of physical education and sports in the country, raising a healthy generation has become a priority.

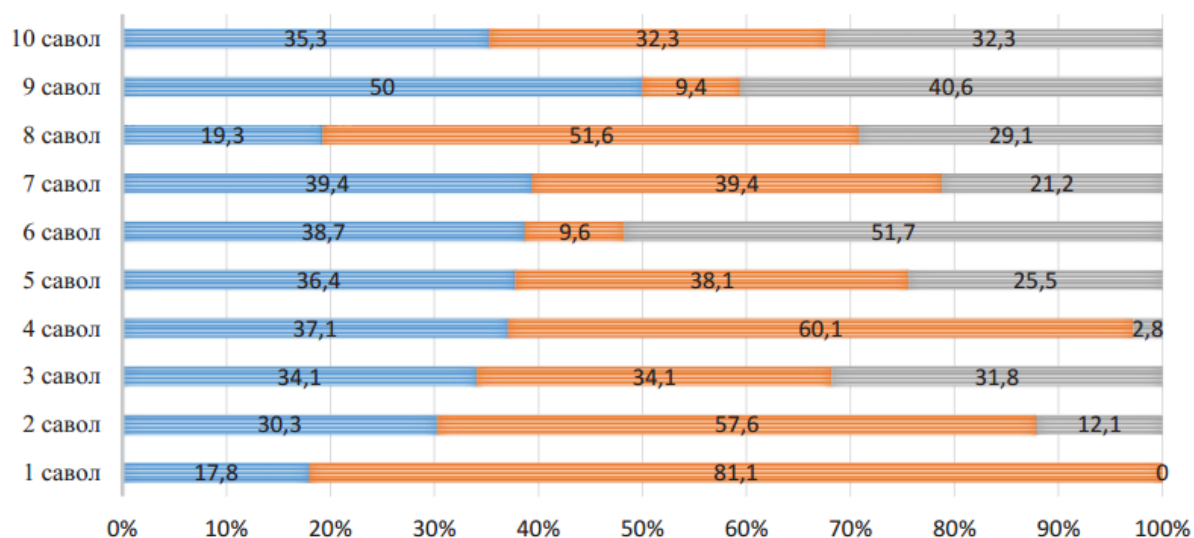
Purpose of work. Studying the opinions of wrestling experts and planning future research. Research results and their discussion.

The scientific significance of the research is that, based on the results of the conducted pedagogical experience, new tools and a targeted improvement program of training sessions of wrestlers were developed, and the scientific essence of their effectiveness was revealed.

In the course of research, the correlation between the physical training of qualified wrestlers and the improvement of its efficiency has been proven in practice. This information allows to enrich and expand theoretical knowledge in the field of theory and methodology of sports wrestling. Taking into account the changes in the competition rules in wrestling, the technology for developing coordination skills and increasing the efficiency of technical and tactical actions was developed, and by improving physical qualities, it was possible to increase the efficiency of their competition activities. These developed principles create a basis for use by specialists in sports educational institutions specializing in other types of wrestling and during the training of wrestlers of the national team of Uzbekistan. Pedagogical observation and questionnaires were conducted among experienced experts and athletes in order to eliminate the factors hindering the development of coordination abilities and technical-tactical training encountered in the training of qualified athletes in wrestling, and answers to questions were received.

The result of the analysis of the available sources showed that the scientifically based organization of training aimed at the development of coordination abilities during the training of athletes is not carried out in practice today at the level of demand. Therefore, based on the results of research conducted in other sports, it is appropriate to introduce new methods based on scientific methodology into the training process. The results of the study of the qualified best practices in sports practice showed that the issue of using exercises with a complex effect was considered by wrestling experts in the direction of training planning, and it was determined that the initial tasks are solved unilaterally and the composition of the tasks to be solved is gradually expanding.

The results of the questionnaire conducted among 35 coaches during the study were as follows (see Figure 1).



1-расм. Анкета сўрновмаси натижалари (%).

■ -биринчи жавоб ■ -иккинчи жавоб ■ -учинчи жавоб

To the question, how important do you think coordination skills are in wrestling (question 1)?, 17.8% of coaches said it was "not very important", 82.1% of coaches said it was "very important", and the rest of the coaches answered this question "sometimes it's necessary, sometimes it's not". The experts answered this question that coordination skills play an important role in martial arts and whether the skills are innate or can be developed, and coordination skills and maintaining balance are important in performing technical techniques. Based on the opinion of experts, we came to the conclusion that coordination ability is important in wrestling. In response to the question, which age period do you think is the most favorable period for developing coordination skills of wrestlers (question 2)?, 30.3% of coaches are 10-12 years old, 57.6% of coaches are 12-14 years old, 12.1% of coaches are and they answered that they are 13-16 years old. To this question, some trainers expressed their opinion that "gymnastics and swimming can be developed at the age of 5-9 years, and giving exercises for the development of coordination skills from the age of 7-8 will have a good effect on choosing and adapting to sports later." According to experts, during the period of 8-10 years, 12-14 years of age, athletes need more time to master coordination skills than at any other age. In our opinion, coordination abilities begin to develop independently after the child begins to walk.

In kurash, 34.1% of coaches answered "in attack", 34.1% in "defense", and the remaining 31.8% of coaches - they chose the answer "in a counter attack". Some coaches have expressed the opinion that coordination skills are important in all competition activities, at the same time, being able to use unexpected situations wisely during the competition shows the level of development of coordination skills. Analyzing the above points, we came to the opinion that

coordination skills are of great importance in competition activities. In which part of the training process do you think it is necessary to develop coordination skills (question 4)? - 37.1% of trainers are in the "preparatory part", 60.1% of trainers are in the "main part", and 2.8% of trainers are answered the question "in the final part". They expressed the opinion that using basketball and action games more than sports games is effective. At the same time, they thought that the development of coordination skills in the preparatory part has a good effect, because of this, acrobatic exercises and special tumbling exercises are used in the preparatory part. Based on the opinions expressed, it can be noted that it is necessary to develop coordination skills in all parts of the training process. In response to the question, which part of the training process do you think should be used to develop coordination skills (question 5)?, 36.4% of trainers said "repetitive", 38.1% of trainers said "strictly arranged" and the remaining 25.5% of trainers and they defined the answer as "intermittent (intermittent)". Some of the trainers answered our question that all methods can be used. Some experts said that it would be appropriate to use circular methods, while others said that the competition method has many advantages. We also agree with the opinions of the practical coaches mentioned above. To the question, do you think that scientific and methodological literature on the development of coordination abilities is sufficient (question 6)?, 38.7% of trainers - "not enough", 9.6% - "enough", and 51.7% In response, the coach says, "There is, but very little." To this question, some trainers added that it is necessary to get information from the literature written by world-famous scientists Bernstein and Lyakh. In our opinion, there is enough scientific-methodical literature on the development of coordination abilities, but we believe that there is little translated into Uzbek. In our opinion, there is enough scientific-methodical literature on the development of coordination abilities, but we believe that there is little translated into Uzbek. To the question, which methods do you use to develop coordination skills (question 7)?, 39.4% of trainers chose the answer "repetitive", 39.4% of trainers "strictly arranged", 21.2% of trainers chose the answer "intermittent (intermittent)". . To this question, some experts commented that it is possible to conduct the training using all methods. They also expressed the opinion that "rotation" and "competition method" have many advantages. We also believe that the above opinions are correct. Do you think that the methodology of developing coordination skills of wrestlers is enriched with innovative methods (question 8)? - to the question, 19.3% of coaches answered "yes", 51.6% of coaches answered "no", and 29.1% of coaches answered "I don't know for sure".

In addition, in response to the above question, some coaches said that the development of coordination skills is a novelty, and some of them said that it is necessary to develop a scientific method.

What are the consequences for an athlete if coordination skills are not well developed (question 9)? - 50% of coaches "can't achieve high goals in sports", 9.4% of coaches "get many injuries during training", and 40.6% of coaches answered "can't maintain balance". In addition, to this question, the coaches gave us the opinion that it is difficult to expect good results from an athlete who has not developed coordination skills, and that the combination of coordination skills with technique and tactics in wrestlers can be an effective tool for achieving sports achievements.

To the question of how to determine the well-developed coordination skills (question 10)?, 35.3% of the coaches answered "according to the correct implementation of the given tools", 32.3% of the coaches "according to the ability to maintain balance", 32.3% of the coaches "according to the athlete's ability to maintain balance". depending on their adaptation to the sport," they answered. To the same question, the trainers commented that integral indicators must always be performed accurately and at a high level. In addition to the above, it can be concluded that well-developed coordination skills can be determined through special (control) tests. Coordinating skills consist of the ability to perform integrated movement activities according to the purpose (formation, mutual subordination, joining together), to restore mastered forms of movement, or to switch from one movement activity to another according to the requirements of a changing environment. Indicators of coordination skills are completed movement tasks (gymnastics, diving, figure skating) and others. They can be thought of in terms of the time spent on mastering new forms of movement and re-modification of mastered movements, specific movement indicators (per unit of time), space, and level of effort. Methods of consistently increasing the number of sessions were developed, and their active effects on developmental states after special sessions were determined. For the first time, experimental indicators were obtained about the technical and tactical preparation of athletes and the interdependence of the organization of training in different areas of the pre-competition preparation stages based on the rational replacement of training. Indicators of coordination skills are completed movement tasks (gymnastics, diving, figure skating) and others. They can be thought of in terms of the time spent on mastering new forms of movement and re-modification of mastered movements, specific movement indicators (per unit of time), space, and level of effort. Methods of consistently increasing the number of sessions were developed, and their active effects on developmental states after special sessions were determined. For the

first time, experimental indicators were obtained about the technical and tactical preparation of athletes and the interdependence of the organization of training in different areas of the pre-competition preparation stages based on the rational replacement of training. To successfully solve this problem, an in-depth study of the effects of several different coordination-oriented training sessions given to highly skilled wrestlers on the same day, the intensity of the type of training, and the description of the effects is required. Solving this issue provides an opportunity to develop an exercise system of alternating different trainings and to achieve its effectiveness in training qualified athletes in wrestling.

CONCLUSION

The athlete's coordination ability consists of the ability to perform integrated movement activities according to the purpose (formation, mutual subordination, joining together), to restore mastered movement forms, or to switch from one movement activity to another according to the requirements of a changing environment. Indicators of coordination skills are completed movement tasks (gymnastics, diving, figure skating, etc.). It is possible to think about them in terms of the time spent on mastering new forms of movement and re-changing mastered movements, the level of specific movement indicators (per unit of time). In order to acquire coordination abilities, it is necessary to increase the number of regular movement skills, to create new forms of movements, to quickly change forms of movement or to be able to quickly move from one movement to another depending on different conditions.

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