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METHODOLOGICAL JOURNALMENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL<http://mentaljournal-jspu.uz/index.php/mesmj/index>THE COMPETITION TOOK PLACE IN TRAINING
EFFECTIVENESS OF THE TECHNICAL-TACTICAL TRAINING PROGRAM**Kushimboy Rasulov***Uzbekistan State University of Physical Education and Sports**E-mail: gushimboy@bk.ru**Chirchik, Uzbekistan*

ABOUT ARTICLE

Key words: The competition received preparation, technical and tactical training, efficiency, wrestling, athlete training, training program, sports uniform, competition result, preparatory stage.

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Abstract: This study studied the effectiveness of a training program aimed at improving the technical and tactical training of wrestlers during the pre-competition period. The purpose of the study is to determine the impact of special training used in pre — competition preparation on the level of technical skill, tactical thinking and adaptation of athletes to the conditions of the competition. As a result of experimental training, there was a significant increase in the technical and tactical performance of wrestlers. The results obtained took the competition are important in planning the preparatory process on a scientific basis, the correct distribution of training loads and bringing athletes to an optimal psychophysiological state.

Introduction. Large-scale scientific research is being conducted to scientifically and practically substantiate the system of implementing projects in the field of national wrestling on a global scale, as well as to organize the development of necessary educational, methodological, and scientific and practical manuals. Large-scale scientific research is being conducted to scientifically and practically substantiate the system of implementing projects in the field of national wrestling on a global scale, as well as to organize the development of necessary educational, methodological, and scientific and practical manuals. In particular, a number of scientific research works have been carried out on the application of such criteria as

comprehensive assistance to the organization of wrestling sections in sports clubs, the organization and regular Organization of training, and the fact that their students have won prizes in competitions. Scientific research is being carried out on the development of physical qualities, planning of young wrestlers taking into account their individual nature, functional and physical development situations, and training of wrestlers. However, the need arises to develop scientifically based methodologies aimed at systematic improvement of qualified curators in pre-competition training of physical, technical and tactical types of training.


The purpose of the research the competition took place in training it consists in the development of proposals and recommendations for improving the effectiveness of the technical and tactical training program.




Research objectives: 1 Analysis and generalization of scientific and methodological works on the topic. 2 The competition took the development of a technical and tactical training program to be used in training. 3 Applying the results obtained in practice.





Results of the study and their discussion. The arrival of an athlete in a high sports uniform during the competition period is certainly a factor that determines what the result will be. The reason is determined by how much physical, technical-tactical and psychological level of training an athlete has shown in the competition. This is exactly what the competition took in the training camp is counted in the main aspects that should be paid attention to and requires the correct strategic approach from the coaches. When choosing the optimal options for training to be carried out, it is necessary to take into account that these exercises correspond to the physical and functional state of the athletes. It was on our side that developed a technical and tactical training program, which was used in pre-competition training. This program aims to improve the defensive and counterattacking technical and tactical movements of qualified wrestlers (See Table 1).


Table 1.



**THE COMPETITION TOOK PLACE IN TRAINING
TECHNICAL-TACTICAL TRAINING PROGRAM**


| <u>Nº</u> | <u>Methods</u> | <u>METHODS IN PICTURE</u> | <u>Protection</u> | <u>COUNTER-ATTACK</u> | <u>SEQUENCE OF METHODS (COMBINATION)</u> |
|------------------|-----------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|
| 1. | Yonbosh method (right side) |  | When stopping the movement of the hujim in throwing to the yonbosh method | In a counter-attack movement, the hand held by the belt is pulled to the top at the moment when the | When the opponent comes to attack on the right flank, the attack stops the |

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| | |  | <p>(right), the opponent moved from the standing position to the lower standing position and reduced the intensity of the movement of the hujm by pulling the arm and belt towards the opponent, and with the help of the legs, the attack is stopped with a “step”</p> | <p>opponent performing the yonbosh method (to the right) steps, and together with the rotation of the torso, the opponent shrinks his shoulder. The other hand pulls his sleeve.</p> <p>With the foot, the opponent kicks sharply from the knee area, and the opponent moves up, and the upper part of the torso, on the contrary, is pulled down. Such an opposite movement causes a circular movement of the opponent's torso.n a counter-attack movement, the he.</p> | <p>movement with resistance, and when the opponent moves into a standing position, the opponent is pushed back from the opponent's heels using the right foot heel and moves forward when the opponent moves to the defense, turning sharply towards the opponent's standing and turning to the yonbosh.</p> |
| 2. | Yonbosh method (left side) |   | <p>When stopping the movement of the hujim when throwing to the yonbosh method (left), the opponent moved from the standing position to the standing position and reduced the intensity of the movement of the hujm by pulling the arm and belt towards the opponent, and with the help of the legs, the attack is stopped with a “step”</p> | <p>In a counter-attack movement, the hand held by the belt is pulled to the top at the moment when the opponent performing the yonbosh method (to the left) steps, and together with the rotation of the torso, the opponent shrinks his shoulder. The other hand pulls his sleeve.</p> <p>With the foot, the opponent kicks sharply from the knee area, and the opponent moves up, and the upper part of the torso, on the contrary, is pulled down. Such an opposite movement causes a circular movement of the opponent's torso.n a counter-attack movement, the he.</p> | <p>When the opponent comes to attack on the left flank the attack stops the movement with resistance and when the opponent moves to the standing position the opponent is pulled back from the opponent's heels using the left foot heel moves forward when the opponent moves to the defense, turning sharply towards the opponent's standing and turning to the yonbosh.</p> |

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| 3. | Yelka method (right) |   | <p>Yelka method when stopping the movement of the hujim in the throw (to the right), the opponent moved from the standing position to the standing position and pushed the arm and collar towards the opponent, reducing the intensity of the hujm movement, and with the help of the legs, the attack is stopped with a "step"</p> | <p>In a counter-attack movement, the opponent is grabbed by the sleeve and collar. The legs are shoulder-width apart, the torso is in a free position. The opponent makes a jumble on a standing point. The palm is stopped by the hands that hold it from the collar, and the elbow that holds it from the collar is placed under the opponent's arms and moves it upwards. The hand held by the sleeve, however, pulls it to the opposite side, that is, down. It is recommended to throw the opponent from front to side. In a counter-attack movement, the opponent is grabbed by the sleeve and collar. The legs are shoulder-width apart, the torso is in a free position. The</p> | <p>The opponent is ostracized from the sleeve and collar. When the opponent comes to attack, the attack stops the movement with resistance, when the opponent moves to the standing position, the opponent is entered into the chil method using the right foot heels, and the opponent moves forward when the opponent moves to the defense, the arm elbow, which is held from the collar by a sharp turn relative to the opponent's standing,</p> |
| 4. | Yelka method (left) |   | <p>Yelka method when stopping the attack movement in the (left side) throw, the opponent reduced the intensity of the hujm movement by moving the arm and collar relative to the opponent, moving from the standing position to the standing position, and</p> | <p>In a counter-attack movement, the opponent is grabbed by the sleeve and collar. The legs are shoulder-width apart, the torso is in a free position. The opponent makes a jumble on a standing point. The palm is stopped by the hands that hold it from the collar, and the elbow that holds it from the collar is placed under the opponent's arms and moves it upwards. The hand held by the</p> | <p>The opponent is ostracized from the sleeve and collar. When the opponent comes to attack, the attack stops the movement with resistance, when the opponent moves to the standing position, the opponent is entered into the chil method using left foot heels, and the</p> |

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| | | | with the help of the legs, the attack is stopped with a "step" | sleeve, however, pulls it to the opposite side, that is, down. It is recommended to throw the opponent from front to side. In a counter-attack movement, the opponent is grabbed by the sleeve and collar. The legs are shoulder-width apart, the torso is in a free position. The opponent's body. | opponent moves forward when the opponent moves to the defense, when the opponent turns sharply in relation to the opponent's standing, the arm elbow held from the collar. |
| 5. | Qushsha method (right) |  | Kushsha method in (right-hand) throwing, hujim reduced the intensity of hujim movement by moving his arm and collar relative to the opponent by moving to a more right-hand stance and moving to a lower standing position when stopping the movement. | The right legs, holding the opponent from the top of the sleeve and collar, are performed by stepping in front of the opponent and forming a sharp turn. In this case, in the standard grip position, a step is made towards the opponent, and the torso is turned into a parallel position relative to the opponent. After that, with the help of the foot, his knee-calf part is hit with the back of the thigh. With the help of the torso and arms, the opponent is pulled forward. The right legs, holding the opponent from the top of the sleeve and collar, are performed by stepping in front of the opponent. | Right legs, holding the opponent by the top of the sleeve and collar, step in front of the opponent. The opponent is pulled forward by a sharp flick and pushed back by a hook from the opponent's heels using the heels moves forward as the opponent moves to the defense. The opponent is hit by the back of the thigh with the help of the foot on the floor where the ratio is completely turned, and with the help of the torso and arms, the opponent is pulled forward. |

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| 6. | Qushsha method (left) |  | <p>Kushsha method when stopping the hujim movement in a (left-hand) throw, the opponent turned to the left in relation to the standing position and moved the arm and collar towards the opponent while moving to a lower standing position, reducing the intensity of the hujim movement.</p> | <p>The left legs, holding the opponent from the top of the sleeve and collar, are performed by stepping in front of the opponent and forming a sharp turn. In this case, in the standard grip position, a step is made towards the opponent, and the torso is turned into a parallel position relative to the opponent. After that, with the help of the foot, his knee-calf part is hit with the back of the thigh. With the help of the torso and arms, the opponent is pulled forward. In order for the throw to be quick and effective, foot movements must be performed in accordance with the movements of the torso and arms.</p> | <p>The left legs, holding the opponent from the top of the sleeve and collar, step in front of the opponent. The opponent is pulled forward by a sharp flick and pushed back by a hook from the opponent's heels using the heels moves forward as the opponent moves to the defense. The opponent is hit by the back of the thigh with the help of the foot on the floor where the ratio is completely turned, and with the help of the torso and arms, the opponent is pulled forward.</p> |
| 7. | Right knee lift method |  | <p>When performing the lifting method using the right knee protection, in the case of a waisted wrestling stand, we put the left leg forward relative to the right leg, from a low standing position relative to the opponent when the attack is carried out, the opponent's right leg is "shaken" with</p> | <p>When the attacker tries to lift the ung using the knee, the "shag" is used to lift the attack to the right knee support by throwing the left leg behind the right leg while bringing the arms to rest</p> | <p>In a belt wrestling standing position, we pull ourselves through the "hammer" on the opponent's left leg and lift the opponent using the right knee when the opponent takes the "hammer" leg away</p> |

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| | | | the left leg thigh part | | |
| 8. | Left knee lift method |  | When lifting using the left knee, the belt fight is held away from the standing position to the opponent, when the opponent starts the attacking movement, the right foot is given a "shake " to the opponent's left foot, and the hand delivery is switched from the opponent to the standing position | When switching to an anti-lift method using the left knee, the chest of the torso lying on the opponent's right arm is pressed, the first arm is touched down as the attack begins, and the jaw stops stopping the opponent by entering between the two knees with the left foot and exaggerating from the chest | In a belt wrestling standing position, we pull ourselves through the "hammer" on the opponent's left leg and lift the opponent using the right knee when the opponent takes the " hammer " leg away |

Conclusion. The number of methods that will be performed in our technical and tactical training program, which will be used in the training sessions of the competition developed by US, will be presented with pictures of the methods for users to be able to handle. the images cite a sequence execution pattern of methods. The content of the on'g and the left-hand execution of a ha'r method is described. The content of technical actions of technical methods performed during defense and effective actions performed during an attack is highlighted. For example, in throwing to the" yonbosh method "(right), when stopping the hujim movement, the opponent is shown to move from a standing position to a lower standing position by pulling the arm and belt relative to the opponent to reduce the intensity of the attacking movement, and by" stepping " with the help of the legs, the attack is stopped.or example, in throwing to the" yonbosh method "(right), when stopping the hujim movement, the opponent is shown to move from a standing position to a lower standing position by pulling the arm and belt relative to the opponent to reduce the intensity of the attacking movement, and by" stepping " with the help of the legs, the attack. The other hand pulls his sleeve and kicks sharply from the opponent's

knee area with the foot, and the opponent moves up, and the upper part of the torso is marked to be pulled down on the contrary. It has been established that such an opposite movement causes the rotational movement of the opponent's torso, as well as the next movement of the opponent, namely the throw to the side. The other hand pulls his sleeve and kicks sharply from the opponent's knee area with the foot, and the opponent moves up, and the upper part of the torso is marked to be pulled down on the contrary. It has been established that such an opposite movement cau. When performing this method during defense, when stopping the attack movement, the opponent lowered the intensity of the hujm movement by moving the arm and collar relative to the opponent, moving from the standing position to the standing position, and with the help of the legs, the attack is stopped with a "step". And during a counterattack, the opponent is caught in the sleeve and collar. The legs are shoulder-width apart, the torso is in a free position. The opponent makes a jumble on a standing point performing this method during defense, when stopping the attack movement, the opponent lowered the intensity of the hujm movement by moving the arm and collar relative to the opponent, moving from the standing position to the standing position, and with the help of the legs, the attack is stopped with a "step". And during a counterattack, the opponent is caught in the sleeve and collar. The legs are shoulder-width apart, the torso is in a free position. The opponent makes a jumble on a standing point. The attack is stopped by grabbing the collar with the hands, and the elbow of the hand holding the collar is placed under the opponent's hands and moved upward. The hand held by the sleeve, however, pulls it to the opposite side, that is, down. It is recommended to throw the opponent from front to side. When throwing, the torso and knees are bent, the head should be directed forward. At the end of the throw, the attacker is required to move forward with his torso.

Through this program, it was possible to effectively conduct the technical and tactical training process of qualified curators in the pre-competition training and applied in it..

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