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METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –  
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**PHYSICAL AND MENTAL PREPARATION OF WRESTLERS****Shodiyor Sirliboyevich Mirzanov**

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**ABOUT ARTICLE**

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**Abstract:** This article examines the issues of physical and mental (psychological) preparation of wrestlers. The content and importance of theoretical preparation, the means of general and special physical preparation for wrestlers, the rules for their selection and application, as well as the role of mental preparation in sports performance are analyzed.

The results of the study show that achieving high sports mastery by wrestlers depends on the harmonious development of physical preparation (strength, speed, agility, endurance), theoretical knowledge (history, rules, technique and tactics of wrestling) and mental (volitional) qualities. The necessity of considering theoretical preparation as a separate and important section of the training process and integrating it with physical, technical and tactical preparation is emphasized.

The article provides practical recommendations on the selection of exercises for wrestlers, which will help coaches and sports pedagogues to organize the process of preparing wrestlers more effectively.

**Introduction.** Theoretical Preparation – is a type of preparation aimed at increasing the athlete’s theoretical knowledge in the chosen sport. In this process, the athlete is primarily provided with theoretical knowledge regarding the history of the selected sport, competition rules, refereeing, as well as technique and tactics.

During direct conversations with some coaches, it was noted that theoretical preparation is carried out during the training sessions themselves, and no separate time is allocated for it. It was emphasized that knowledge and instructions related to theoretical preparation are given within other sections of training. For example, theoretical knowledge about what exercises should be performed to develop strength, speed, or flexibility is provided during the physical preparation process.

The rapid pace of development in sport and the enrichment of the content of training sessions indicate the need to implement theoretical preparation as an important and separate section in athlete training. The following can be cited as reasons for this:

- Sport is continuously improving and developing as a science. It has scientific foundations, as well as theoretical and practical aspects.
- The issue of sports training is increasingly entering the scope of scientific research.
- Sharp growth processes are observed in sport, particularly in wrestling.

We recommend that wrestlers fulfill the following tasks in the theoretical preparation section:

- Mastering knowledge about the history and development of wrestling;
- Studying the rules of competitions;
- Mastering theoretical knowledge about wrestling technique and tactics and studying their importance;
- Learning concepts about wrestling ethics, interpersonal relations, and the wrestler’s culture;
- Learning to control one’s own behavior and manage oneself during the competition process;
- Learning to listen to the coach during competitions.

The above tasks constitute the content of theoretical preparation in wrestling. These tasks must be thoroughly mastered and deeply instilled in wrestlers. Because each task is of great importance and is directly related both to sports results and to the formation of the wrestler as an individual.

The role of theoretical preparation is clearly evident during competitions. Observing and analyzing a number of sports competitions shows that theoretical preparation must be carried out within specific requirements. In our opinion, the various levels of competitions held with wrestlers and the results achieved depend on the level at which the preparation has been implemented. However, it should also be noted that in some cases, the wrestler's insufficient theoretical preparation can completely change the outcome of the competition.

**Methodology.** Theoretical preparation is integrated with other sections (physical, technical, and tactical). According to its content, a number of tasks are carried out in harmony with other areas of preparation. In conclusion, theoretical preparation is one of the important conditions for increasing wrestlers' competitive capabilities.

In general, in every type of sports preparation, certain tasks are performed, and ultimately they serve to achieve the goal of attaining sports results. The highest level of wrestlers' preparation is characterized by achieving high sports results. This process is based on the selection of the athlete, his training, and monitoring (control).

The wrestler's physical preparation serves as the foundation for the formation of skill, the development of vitally important qualities, and the acquisition of skills necessary for labor and the defense of the Motherland.

Taking into account the individual abilities of athletes and their technical-tactical preparation, the purposeful combination of general and special physical preparation ensures high sports mastery.

Currently, in all types of sports, physical preparation consists of two parts: general and special. General physical preparation serves as the basis. In turn, technical preparation itself is a powerful tool for the special physical preparation of all systems of the athlete's body.

**Results.** When selecting means of general physical preparation for wrestlers, the following important rules must be taken into account:

1. Exercises should closely correspond to the nature of the wrestler's neuromuscular exertion and the working regime of all body systems. The exercises must help develop special qualities. For example, some acrobatic exercises containing elements of one-on-one wrestling, pair exercises performed with a partner offering resistance, and similar activities;
2. Exercises should develop movement coordination and enrich the athlete's activity with a variety of motor actions in changing situations. For example, sports games such as basketball, football on a reduced field, gymnastics, and others;

3. Exercises should contribute to the faster recovery of the athletes' motor activity and central nervous system function. These include walks, cross-country runs, active games, calm swimming, and other games conducted in unusual air conditions.

In the special means of physical preparation, two groups of exercises should be distinguished:

1. Exercises aimed at developing specific muscle groups and qualities necessary for the wrestler in wrestling.

2. Exercises aimed at improving the technique elements of groups of wrestling methods and movements.

In special physical preparation, it is particularly important that the development of motor qualities necessary for the wrestler is closely interconnected with the development of other qualities and the improvement of wrestling technique elements. When selecting and conducting exercises related to the wrestler's special physical preparation, the following important rules must be observed:

A. Selecting exercises that are directly related to static-dynamic tension in accordance with the character and structure of wrestling movements. For example, specific sliding movements, partner exercises – lifting and turning, imitation exercises of a turning and twisting nature, game-like exercises, and others.

B. Using exercises aimed at developing certain muscle groups that bear the main load during wrestling actions. Exercises with weighted balls, medicine balls, and on simulators for developing the leg and abdominal muscles.

**Discussion.** In the complex of motor qualities of those engaged in wrestling, important tasks such as strength, speed, agility, and endurance play a significant role, and it is these qualities that help the wrestler achieve high sports results.

Because these qualities are interrelated and are inseparable from volitional qualities such as purposefulness, initiative, perseverance and patience, courage, self-control, the ability not to lose composure in any situation, high diligence, and independence. However, all of this also depends on the degree to which the athlete can mobilize himself to achieve the goal he has set for himself.

Combining and constantly improving the complex of motor qualities and volitional traits aimed at overcoming various difficulties in the sphere of sports work and socially useful activity serves to educate strong, moral, resilient, and strong-willed athletes capable of achieving high sports results.

Based on the knowledge of the theory and methodology of sports training, it can be stated that physical preparation, regardless of the sport, is divided into special and general physical preparation. In particular, the physical preparation of wrestlers is also based on these same principles.

As means of general physical preparation for wrestlers, activities such as cross-country running, swimming, and walking can be used.

As means of special physical preparation, a set of exercises is used that can increase the wrestler's competitive capabilities, develop his special muscle groups, and are aimed at developing the most necessary physical qualities frequently applied in competition conditions.

Special training exercises are usually not considered exactly equivalent to competition exercises. In reality, this is the case. Because when solving the necessary issues related to technical and physical preparation, depending on which direction receives more attention during a certain period, special training exercises are divided into approximating exercises and developing exercises.[1]

Approximating exercises are mainly aimed at mastering motor capabilities. Developing exercises are primarily aimed at developing physical qualities (abilities).

Such a group of exercises serves as a means of improving the athlete's general preparation.

**Conclusion.** When organizing work related to general preparation exercises, the following points must be observed when selecting general preparation exercises:

- Pay attention to the broad development of all basic physical qualities of the athlete, select exercises aimed at enriching the athlete's fund of motor skills and abilities, and take into account the long-term effective impact of these exercises.
- It is necessary to take into account the manifestation of features specific to specialization in the sport within the restoring exercises.

In this regard, one should not overlook the well-known rule that skills and abilities, physical qualities, and the characteristics of training are transitional to one another. Because, according to this rule, along with the positive skills formed during the training process, negative states may also be transferred.

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