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METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**IMPROVING THE ATTACK REACTION OF FREESTYLE WRESTLERS****Temur Risbekovich Anarbayev***Senior teacher of the Department of Theory and methodology of wrestling at the Uzbekistan State university of physical education and sports**E-mail: temuranarbayev1993@gmail.com**Chirchik, Uzbekistan***ABOUT ARTICLE**

Key words: freestyle wrestling, reaction speed, defense, attack reaction, sports ministry, youth sports.

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Abstract: This article examines the scientific-methodological and practical aspects of improving the attack reaction of freestyle wrestlers. Accelerating and enhancing the effectiveness of attack reactions is crucial for achieving success in wrestling matches. The article analyzes the psychological, physiological, and motoric basics of attack reactions. Additionally, it discusses the effectiveness of various exercises, methods, and training techniques designed to develop these reactions. Detailed information is provided on improving wrestlers' physical and mental readiness as well as the necessary training for increasing speed and coordination.

Introduction. Freestyle wrestling is one of the Olympic sports that plays a significant role in instilling patriotism and national pride in the younger generation while bringing up their physical health and moral integrity. Considering these aspects, special attention is given to all types of sports in Uzbekistan at the state policy level. Specifically, on July 29, 2022, the Presidential Decree of the Republic of Uzbekistan No. PQ-336, "On Measures to further develop Olympic wrestling styles," was adopted.

Importance of attack reaction in freestyle wrestling. Freestyle wrestling is a sport that requires not only physical but also high psychological preparation. To succeed in this sport, a wrestler must possess not only physical strength but also quick thinking, composure, and the ability to effectively manage attack reactions. Improving attack reactions is essential not only

for outmaneuvering an opponent but also for maximizing one's potential. Therefore, in order to strengthen the attack, a wrestler must strengthen psychological training processes in addition to physical training.

What is attack reaction? Attack reaction refers to the swift execution of aggressive actions against an opponent. In freestyle wrestling, this reaction is primarily influenced by the wrestler's physical and psychological state. When a wrestler decides to bypass the opponent's defense and go on the offensive, they must fully utilize their techniques and physical strength.

Research aim. The aim of this research is to identify scientific and practical approaches to improving freestyle wrestlers' attack reactions. The research examines the effectiveness of various methods, exercises and training techniques for enhancing attack reactions. Additionally, recommendations are developed to accelerate and improve the efficiency of attack reactions, considering the psychological, physiological and motor conditions of wrestlers. The results are intended to create methodological approaches to prepare wrestlers for achieving high-level sports results.

Materials and Methods. Analyzing wrestlers' attack reactions studying the psychological, physiological and motor aspects of attack reactions in wrestlers. Identifying methods for enhancing attack reactions determining effective training techniques and exercises to accelerate and enhance attack reactions.

1. Learning the impact of physical preparation on attack reactions analyzing how speed, strength and endurance affect wrestlers' attack reactions.
2. Learning psychological factors. Identifying the influence of psychological readiness and state on attack reactions in wrestlers.
3. Incorporating technical and tactical elements in training analyzing the role and effectiveness of technical and tactical aspects in improving attack reactions.
4. Developing practical recommendations for wrestlers preparing methodological recommendations based on the research to improve wrestlers attack reactions.

Physical preparation for improving attack reactions in freestyle wrestling. Physical preparation plays a key role in enhancing attack reactions in freestyle wrestling. A wrestler's speed, strength, endurance and reduced reaction time are critical for executing effective attacks. The following elements should be considered in improving physical readiness:

Speed and reaction time. Speed is one of the most important components in freestyle wrestling. A wrestler must have quick reaction times to anticipate and respond to the opponent's attacks. Special exercises focused on increasing speed, such as foot movements, quick pivots, and reaction-based exercises, can create better opportunities for offensive moves.

Result and Discussion. Strength and endurance. Sustaining an attack requires significant strength and endurance. To enhance strength, exercises like weightlifting, sprints, and other physical drills are essential. For endurance, long-distance running and consistent training are beneficial. Wrestlers with greater endurance can maintain high levels of offensive pressure over extended periods, overcoming their opponents more effectively.

Developing reaction speed in freestyle wrestling serves to increase the athlete's ability to respond to opponent's actions, coach's signals, and unexpected situations in a short time. In this process, the human body is considered as a holistic system, that is, the interrelationship of the central nervous system, visual and auditory analyzers, muscle activity, coordination, and psychological state is taken into account. To increase reaction speed, running on a signal, jumping, quick change of direction, starting from different starting positions, catching tennis or small balls, coordination ladder exercises, and quick movement exercises performed in pairs are used. Such exercises develop the athlete's ability to concentrate, quickly assess the situation, make decisions, and accurately perform movements. At the same time, the effectiveness of training also depends on the athlete's age, individual characteristics, physical fitness, quality of sleep and rest, level of fatigue, and motivation. Therefore, developing reaction speed in freestyle wrestling is not just a matter of performing separate exercises, but a process of harmoniously improving all the physical and psychological capabilities of the human body.

Identifying and improving attack reaction indicators taken from experimental and control groups of freestyle wrestling students at the beginning of the research. (n=11)

Table 1.

T/ r	Test exercises	Experimenta l group \bar{X}	Control group \bar{X}	P
1	Touch colored chips to the signal while standing (s)	0.70	0.65	>0,001
2	Running in place and touching colored chips to the signa (s)	0.83	0.72	>0,001
3	Catching a tennis ball while standing (s)	1.40	1.45	<0,001
4	Over the shoulder at the signal while lying on the spades (s)	1.78	1.80	<0,001
5	Lying on the shovels, grab the arm and neck and jump from the waist to the signal	1.80	1.78	>0,001

	(s)			
6	Lying on the spades, knocking down with two legs at the signal (s)	1.86	1.90	<0,001
7	Running on the spot and throwing over the shoulder at the signal (s)	0.90	1.0	<0,001
8	Run on the spot and grab the arm and neck at the signal (s)	0.90	0.60	>0,001
9	Running on the spot and jumping to the signal with two legs and knocking it down with a blow (s)	1.20	1.15	>0,001
10	Running in place and throwing over the shoulders at the signal (s)	1.05	1.25	<0,001
11	Throwing the legs back, leaning on the hands (s)	0.80	0.99	<0,001

The students regularly practiced these exercises for three months. At the beginning of the experiment the impact of general physical preparation exercises on the results of the experimental and control group of young wrestlers was learned. The planning of the above set of exercises within the micro cycle (weekly) of the preparation phase is presented in Table 2.

Table 2.

T/r	Days of week					
1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	<i>SPT</i> <i>GPT</i>	TTT, Training competition	Kross, Recovery	<i>SPT</i> <i>GPT</i>	TTT, Training competition, <i>SPT</i>	Sports games, <i>GPT</i>

Explanation: SPT- special physical training, GPT- general physical training, TTT- technical tactical training

Indicators of attack reaction identification and improvement obtained from experimental and control groups of freestyle wrestling students at the end of the study (n=11).

Table 3.

T/r	Test exercises	Experimental group \bar{X}	Control group \bar{X}	P
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1	Touch colored chips to the signal while standing (s)	0.48	0.40	>0,001
2	Running in place and touching colored chips to the signal (s)	0.57	0.69	<0,001
3	Catching a tennis ball while standing (s)	1.30	1.42	<0,001
4	Over the shoulder at the signal while lying on the spades (s)	1.57	1.78	<0,001
5	Lying on the shovels, grab the arm and neck and jump from the waist to the signal (s)	1.42	1.53	<0,001
6	Lying on the spades, knocking down with two legs at the signal (s)	1.72	1.98	<0,001
7	Running on the spot and throwing over the shoulder at the signal (s)	0.82	0.98	>0,05
8	Run on the spot and grab the arm and neck at the signal (s)	0.78	0.59	>0,001
9	Running on the spot and jumping to the signal with two legs and knocking it down with a blow (s)	1.04	1.10	<0,001
10	Running in place and throwing over the shoulders at the signal (s)	0.77	0.95	<0,001
11	Throwing the legs back, leaning on the hands (s)	0.52	0.71	<0,001

Conclusion. In conclusion to the importance of physical preparation, a psychological approach plays a significant role in freestyle wrestling. A wrestler can improve their attack reaction by being self-aware, analyzing their opponent, overcoming anxiety, and working on self-improvement. Motivation is critical to achieving success in freestyle wrestling. Wrestlers must be filled with the energy and determination required to reach their goals. A positive psychological state aids in executing attacks effectively and helps overcome mental and physical fatigue. Stress management is crucial in freestyle wrestling, as wrestlers often compete under significant pressure. Failure to manage stress can negatively affect attack reactions. Techniques such as breathing exercises, meditation, or visualization can help manage stress.

These methods enable wrestlers to make better decisions and execute effective attacks against their opponents. Improving attack reactions in freestyle wrestling is a complex process requiring the integration of physical and psychological factors. Combining physical preparation with psychological training allows wrestlers to execute successful attacks. By maintaining the right psychological state, achieving a high level of physical readiness, and employing well-planned tactics, wrestlers can enhance their attack reactions and minimize the risk of defeat. The specialized exercises and technical movements discussed above demonstrated an improvement in quick decision-making and attack reactions. The exercise program notably increased reaction speed in young wrestlers and lightweight athletes..

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