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THE ROLE OF PHYSICAL QUALITIES IN PERFORMING THE TECHNIQUES OF LIFTING AND THROWING THE OPPONENT IN BELT WRESTLING

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ABOUT ARTICLE

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Abstract: The article reveals, based on research, the role of physical qualities and their importance in increasing the volume and intensity of technical techniques for lifting and throwing the opponent among skilled belt wrestlers. In particular, it has been confirmed through examples of wrestlers with poorly and well-developed levels of these qualities that there is an inherent interrelationship between qualities such as speed, agility, strength, and endurance in enhancing the effectiveness of lifting and throwing techniques, including the side lift method and the knee-assisted lifting and throwing method.

Introduction. In recent years, an effective system for training qualified athletes has been progressively improving worldwide. Organizing effective training for wrestlers, correctly planning the long-term preparation process, and training highly competitive athletes for competitions is a comprehensive process. The increasing complexity of the competitive environment in international wrestling arenas, the growing intensity of achieving stable sports results at the Asian and Paralympic Asian Games as well as world-level competitions, pose important challenges for specialists and coaches. Therefore, in the process of effectively training qualified wrestlers, it is of great importance to apply modern training tools and

methods that determine high performance in competitions by developing their physical abilities.

In world practice, numerous scientific studies are being conducted on issues such as structuring the long-term training system for wrestlers, improving their skills and special work capacity, choosing the methodological direction of the training process, and rational use of general and special training means. The intensification of the competitive process in wrestling, as well as the effective training of young wrestlers, demands that field scientists and coaches rationalize modern tools and methods. Organizing effective pre-competition training for wrestlers at the sports improvement stage and developing their strength, speed-strength, and endurance abilities, taking into account the intensity of their competitive activity, is one of the urgent problems requiring a solution.

In our republic, transforming wrestling into one of the mass sports among the population, identifying, selecting, and screening talented athletes, and establishing a new system for training them as professional athletes is of great importance. Tasks such as increasing the popularity of wrestling, improving the system of selecting talented athletes among youth, and ensuring that our national teams achieve high results in prestigious sports competitions have been set. Currently, sports practice requires developing an optimal system for long-term training, achieving high results in competitive activities, and developing measures to align the training process with the demands of competitive activity. This indicates the scope of the problem of introducing effective tools and methods into training. Developing the special abilities of adolescent wrestlers is one of the main aspects and is an important task for achieving high results in competitions. Organizing the training process taking into account the physical fitness of athletes at the sports improvement stage, as well as the lack of scientific study of the development of strength and speed-strength abilities at this particular stage, remains one of the important tasks facing field scientists and specialists.

Purpose of the study: To study the influence of physical qualities on the effectiveness of performing lifting and throwing techniques against an opponent in qualified wrestlers.

Methods. The object of the study was the training of students of the Physical Education major at Gulistan State Pedagogical Institute, qualified wrestlers and belt wrestlers (candidates for Master of Sports and first-class athletes) engaged in the wrestling sports club. The following methods and pedagogical tests were used in the study: 30 m running and shuttle run 3×10 m, pull-ups on the horizontal bar; dips on parallel bars; performing the side lift method with a partner, the maximum volume (number of repetitions) and intensity (time) of lifting and throwing using the knee method. To determine the role of physical qualities in these

techniques, wrestlers with well-developed (above average indicators) and poorly developed (below average) physical qualities were included in the study.

Results and Discussion. We analyzed six indicators characterizing the ability of qualified belt wrestlers to perform technical techniques at the sports improvement stage. Comparative statistical analysis was performed using Student's t-test.

As a result of the analysis, it became clear that at the beginning of the pedagogical experiment, there were no significant statistical differences between the studied indicators of the qualified belt wrestlers of the experimental and control groups (see Table 1). The results of the comparative statistical analysis of the average indicators of the control standards are presented in Table 1.

Table 1

Comparative analysis of general and special physical fitness indicators of qualified belt wrestlers in the control and experimental groups at the beginning of the experiment

No.	Indicators of general and special physical fitness	Control group	Experimental group	t	p		
		x±6	V%	x±6	V%		
1	30 m run (seconds)	4.8±0.3	6.25	4.9±0.5	10.20	0.97	P>0.05
2	Shuttle run 3×10 m (seconds)	7.0±0.6	8.57	6.9±0.7	10.14	1.4	P>0.05
3	Pull-ups on high bar in 20 seconds (times)	11.2±1.3	11.60	12.3±1.1	8.94	1.2	P>0.05
4	Dips on parallel bars in 20 seconds (times)	24.5±2.2	8.97	23.2±2.3	9.91	1.4	P>0.05
5	Performing the side lift method 10 times (20 seconds)	25.3±2.9	10.46	23.4±2.4	9.09	1.3	P>0.05
6	Lifting and throwing using the knee method 10 times (20 seconds)	27.3±2.9	10.62	28.4±3.1	9.91	0.8	P>0.05

As can be seen from Table 1, the initial indicators in the 30 m run (seconds) indicate approximately the same speed among the belt wrestlers of the studied groups. The average indicators of belt wrestlers in the control group were 4.8±0.3 seconds, while in the experimental group they were 4.9±0.5 seconds (t=0.97; P>0.05). In the 3×10 m shuttle run, the

average indicators for belt wrestlers in the control group were 7.0±0.3 seconds, and in the experimental group – 6.9±0.7 seconds (t=1.4; P>0.05). For pull-ups on the high bar in 20 seconds: control group – 11.2±1.3 times, experimental group – 12.3±1.1 times (t=1.2; P>0.05). For dips on parallel bars in 20 seconds: control group – 24.5±2.2 times, experimental group – 23.2±2.3 times (t=1.4; P>0.05). For performing the side lift method 10 times (20 seconds): control group – 25.3±2.9 seconds, experimental group – 23.4±2.4 seconds (t=1.3; P>0.05). For lifting and throwing using the knee method 10 times (20 seconds): control group – 27.3±2.9 seconds, experimental group – 28.4±3.1 seconds (t=0.8; P>0.05).

In the initial results for the six control standards described above, there were no significant statistical differences between the control and experimental groups of belt wrestlers. This allows us to determine that the studied groups were selected with the same level of physical fitness.

Comparative analysis of general and special physical fitness indicators of qualified belt wrestlers in the control and experimental groups at the beginning of the experiment

As a result of the analysis, it became clear that at the end of the pedagogical experiment, the qualified belt wrestlers of the experimental and control groups (Table 2) had significant statistical differences between the studied indicators. The results of the comparative statistical analysis of the average indicators of the control standards in both groups are presented in Table2.

Table 2

Comparative analysis of general and special physical fitness indicators of qualified belt wrestlers in the control and experimental groups at the end of the pedagogical experiment

No.	Indicators of general and special physical fitness	Control group	Experimental group	t	p		
		x±6	V%	x±6	V%		
1	30 m run (seconds)	4.7±0.4	8.51	4.5±0.3	6.66	2.42	P<0.05
2	Shuttle run 3×10 m (seconds)	6.9±0.7	10.14	6.7±0.5	8.95	2.19	P<0.05
3	Pull-ups on high bar in 20 seconds (times)	12.3±1.2	9.75	15.2±1.3	8.55	2.39	P<0.05
4	Dips on parallel bars in 20 seconds (times)	25.2±2.1	8.33	28.4±1.8	6.33	2.27	P<0.05

5	Performing the side lift method 10 times (20 seconds)	24.5±2.3	1.38	22.1±2.1	1.02	2.28	P<0.05
6	Lifting and throwing using the knee method 10 times (20 seconds)	26.6±2.2	1.27	24.1±2.3	1.43	2.21	P<0.05

As can be seen from Table 2, at the end of the experiment, the indicators in the 30 m run (seconds) show significant changes among the belt wrestlers of the studied groups. The average indicator for belt wrestlers in the control group was 4.7±0.4 seconds, while in the experimental group it was 4.5±0.5 seconds (t=2.42; P<0.05). Significant statistical differences were found for this indicator. In the 3×10 m shuttle run standard, the average indicators for belt wrestlers in the control group were 6.9±0.7 seconds, and in the experimental group – 6.7±0.5 seconds (t=2.19; P<0.05). For pull-ups on the high bar in 20 seconds, the following results were achieved: control group – 12.3±1.2 times, experimental group – 15.2±1.3 times (t=2.39; P<0.05). For dips on parallel bars in 20 seconds: control group – 25.2±2.4 seconds, experimental group – 28.4±1.8 seconds (t=2.27; P<0.05). The differences between the groups had significant statistical data. In the subsequent control exercises characterizing the technical readiness of belt wrestlers, the initial data also showed significant statistical differences between the groups. For performing the side lift method 10 times: control group – 24.5±2.3 seconds, experimental group – 22.1±2.1 seconds (t=2.28; P<0.05). For lifting and throwing from the chest 10 times (ura-nage), the following indicators were determined: control group – 26.6±2.2 seconds, experimental group – 24.1±2.3 seconds (t=2.21, P<0.05).

Comparative analysis of general and special physical fitness indicators of qualified belt wrestlers in the control and experimental groups at the end of the experiment

As a result of the statistical analysis conducted at the end of the pedagogical experiment, statistically significant differences were identified in the six control standards described above, both in the control group and in the experimental group. This allows us to conclude that the proposed methodology for developing strength and speed-strength qualities had a positive effect on the development of strength qualities of wrestlers in the experimental group.

Conclusion. Based on the comparative analysis of the results of the conducted study, the following conclusions can be drawn: firstly, in qualified belt wrestlers, the endurance of muscle tension in isometric and isotonic modes cannot be considered sufficiently developed. Secondly, the relatively low number of lifts and throws of the opponent using various methods, the relatively longer time recorded for it, and the sharp increase in functional indicators

indicate that these wrestlers have insufficiently developed necessary physical qualities. Thirdly, in wrestlers with well-developed physical qualities, the volume (number of repetitions) of lifting and throwing the opponent using various methods was higher, and the time spent was relatively shorter, which substantiates the priority importance of the necessary physical qualities in ensuring the effectiveness of lifting and throwing the opponent.

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