

MENTAL ENLIGHTENMENT SCIENTIFIC – METHODOLOGICAL JOURNAL



MENTAL ENLIGHTENMENT SCIENTIFIC – METHODOLOGICAL JOURNAL

<http://mentaljournal-jspu.uz/index.php/mesmj/index>



OPTIMIZATION AND IMPROVEMENT OF THE PREPARATION FOR THE COMPETITION IN BELT WRESTLING

Iqboljon Burkhonjonovich Isaev

Lecturer

Uzbekistan State University of Physical Education and Sports

Chirchik, Uzbekistan

E-mail: iqboljon.isayev@mail.ru

ABOUT ARTICLE

Key words: development of general and special physical qualities, technical and tactical training, modification, maintenance of static-dynamic balance, modeling, functional possibility of the controlling vestibular analyzer.

Received: 11.08.23

Accepted: 13.08.23

Published: 15.08.23

Abstract: Based on the results of pedagogical observation, survey, current research, pedagogical experience and their comparative analysis conducted within the framework of this scientific research, practical recommendations on improving the training process of highly qualified belt wrestlers and, among other things, modern belt wrestling. During the competitions held in the sport of lifting the opponent and throwing him using various technical and tactical methods, in most cases, maintaining static and dynamic balance, it has been proven by research results that the main reason for this is the scientific research aimed at maintaining and developing static and dynamic balance in these wrestlers. All the tests used in our study, designed to evaluate the functional possibility of maintaining static-dynamic balance and the vestibular analyzer controlling this activity, are applied to wrestlers' practice with a modified and new meaningful belt wrestling model.

INTRODUCTION

The priority goal set in all types of sports introduced around the world is to strengthen the health of athletes from an early age, to form a reserve of special knowledge, to develop physical and psycho-functional capabilities, to train and improve technical-tactical actions towards high results. focused on leadership. On the world scale, there is a unique history of belt wrestling, which has been created and formed over the centuries, many competitions have been held in this type of sport and it has been widely popularized. Large-scale scientific research is being carried out in order to adapt the system

of training of athletes engaged in belt wrestling to modern requirements. Today, domestic national, world and Asian championships in belt wrestling, as well as various prestigious international competitions are regularly held. The theory and methodology of formation of physical qualities and physical training, technical-tactical skills specific to this sport are scientifically based to a certain extent.

MATERIALS AND METHODS

Some changes were noticed in belt wrestlers after the first phase of research and, in turn, trying to change the training loads before the second phase investigation. Due to the different loads given to the wrestlers during training, they had some questions and complaints. Looking at the results of the analysis, it was observed that there are specific deficiencies in the development of physical qualities in the wrestlers of the control group.

It was observed that in the development of technical-tactical training of belt wrestlers, first of all, it is necessary to take into account the level of development of their physical qualities. This, in turn, affects the wrestlers' ability to perform the necessary offensive and defensive actions, that is, their tactical preparation. We determined the slow-developing physical qualities of the wrestlers of the experimental group and enriched the preparatory part of the training with the composition of exercises that develop these physical qualities.

During the preparation of the wrestlers for the competition, information was collected about their opponents, and according to this information, competition tactics and competition tactics were developed. Some of the wrestlers in the experimental group did not apply this suggestion we introduced during the competition, because they believed in the methods they relied on, they conducted the competition in a traditional way and could not achieve the set goal. It is clear from this that it is necessary not only to develop physical qualities, but also to develop the skills of creating situations that create unfavorable situations for the opponent, and the situation of the opponent creates a favorable dynamic situation for the wrestler. This, in turn, affects the wrestlers' necessary offensive and defensive actions, i.e. tactical preparations. The research group determined the weakly developing physical qualities of the wrestlers and enriched the preparatory part of the training with exercises aimed at developing these physical qualities. During the pre-competition training of belt wrestlers, we increased the training load in order to use the percussion microcycle effectively, and at the same time, we developed their preparation for their opponents.

The purpose of the study is to develop a methodology for improving the technical tactical movements of the wrestling type in the course of training and to develop recommendations for its implementation by improving the quality of quick force in Belbogli wrestling.

Tasks of the research:

1. To determine the advantages of double-sided application and use of actions and technical and tactical actions specific to belt wrestling and rating of physical qualities, increasing elimination methods;

2. To assess the physical qualities of belt wrestlers and the level of application of the lifting movement on the basis of appropriate tests and to determine the pulsometric value of these tests;

3. To develop a set of exercises that form the possibility of increasing the technical movement of belt wrestlers under the influence of static and rotational dynamic tension movements and to study its effectiveness based on experience;

The richer the reserve of technical movements of the wrestler, the more skillfully he can use them, the higher his technical skill.

RESULTS AND DISCUSSIONS

Wrestling technique is the basis of a wrestler's skills and largely determines his capabilities. There are dozens of ways to fight and their variations. However, this does not mean that a wrestler should know all of them perfectly.

As the athlete learns more and more new methods, counter-methods and defenses, some of the methods that meet his special characteristics and habits and are successfully performed by him are included in the plan for further improvement.

1 – table

General physical fitness indicators

	Reaching while leaning on the hands (times)		Reaching while leaning on the hands (times)	
	TO/N	TK/N	TO/T	TK/T
X	37,75	38,4	37,1	42,4
σ	7,61	8,58	7,60	9,94
V, %	21%	23%	21%	25%
absolute growth	6,46	7,76	6,82	8,75
relative growth %	17,12%	19,23%	17,28%	20,84%

The average value of penmanship before the study was 37.75, and according to the results after the study, the average value was 38.4. Before the study, the mean square deviation was 7.61, and according to the results after the study, the mean square deviation was 8.58.

The average value of penmanship before the study was 37.1, and according to the results of the study, the average value was 42.4. Before the study, the mean square deviation was 7.60, and according to the results after the study, the mean square deviation was 9.94.

Indicators of special technical training.

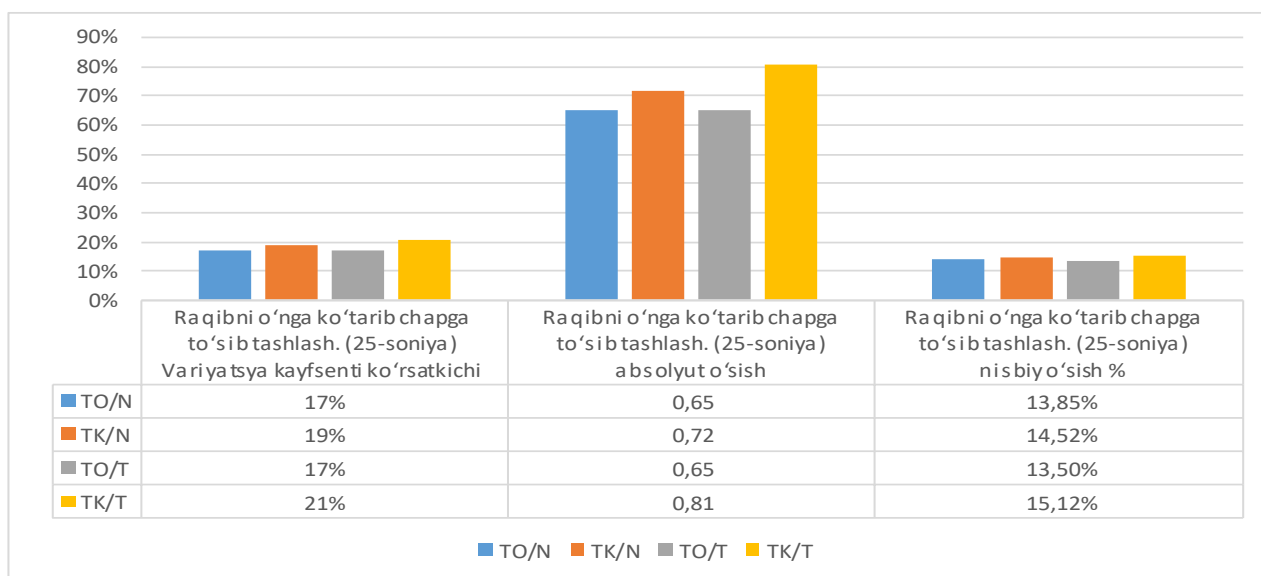
	Blocking the opponent to the left. (25 seconds)		Blocking the opponent to the left. (25 seconds)	
	TO/N	TK/N	TO/T	TK/T
\bar{X}	4,8	5,13	4,2	6,3
σ	0,71	0,88	0,72	1,01
V %	18%	15%	16%	22%
absolute growth	0,71	0,59	0,63	0,84
relative growth %	13,85%	12,17%	13,92%	18,16%

Blocking the opponent by raising the opponent to the left showed an average value of 4.8 before the study, according to the results of the study, the average value showed 5.13. Before the study, the mean square deviation was 0.71, and according to the results after the study, the mean square deviation was 0.88. Throwing the opponent up to ten and blocking to the left showed an average value of 4.2 before the study, according to the results of the study, the average value showed a 6.3. Before the study, the mean square deviation was 0.72, and according to the results after the study, the mean square deviation was 1.01.

Blocking the opponent by raising the opponent to the left showed a 17% N/G variability coefficient before the study. After the research, the coefficient of variation was 19%. T/G variability indicator showed 17% before the study of blocking the opponent by raising the opponent to ten. After the research, the coefficient of variation was 21%.

Blocking an opponent by raising ten to the left showed an absolute increase in N/G of 0.65 before the study. The absolute increase after the survey was 0.72. Blocking the opponent by raising ten to the left showed an absolute T/G increase of 0.65 before the study. The absolute increase after the survey was 0.81.

Blocking the opponent by raising ten to the left showed an N/G relative increase of 13.85% before the study. The relative growth after the research showed 14.52%. Blocking the opponent by raising ten to the left showed a T/G relative increase of 13.50% before the study. The relative growth after the research showed 15.12%.



CONCLUSION

From our side, it was observed that the studies on the systematization or improvement of training aimed at increasing the number of victories of belt wrestlers in competitions and keeping them for a long time were not widely covered.

Now, belt wrestling coaches can compare their practical knowledge with theoretical knowledge and get the new information they need, that is, teaching methods.

In recent times, the quantitative indicators of the assessment of the basic movement abilities according to the level of technical skills, that is, the qualities of strength, quickness, strength, and endurance, have been developed and scientifically substantiated. It is no exaggeration to say that practical experience is at the heart of any scientific work. The use of these scientific and practical instructions in planning and managing the training process of sports wrestlers will have a great effect on achieving high results in sports.

REFERENCES:

1. Mirzakulov Sh.A., Mirzanov Sh.S., Artikov Z.S., Kyrgyzboev M.M. - "Improving sports pedagogical skills (belt wrestling)" Instructional manual. Tashkent 2017. 189 p.
2. Lyakh V.I. The theory of exercise by motor actions according to N.A. Bernstein // Physical culture at school. - Moscow, 2006. - No. 7. From 15-19.
3. Dakhnovsky V.S., Gerasimov Yu.N., Pashinsev V.G., Zavyalov I.A. Dynamics of young judoists' readiness structure as a result of application of concentrated speed-strength load, ZhTi PFC. - No. 10. - 1991. - p. 40-43.
4. Zheleznyak Yu.D., Petrov P.K. Fundamentals of scientific and methodological activity in physical culture and sports: Proc. Benefit. - M.: Academy, 2002. - 264 p.