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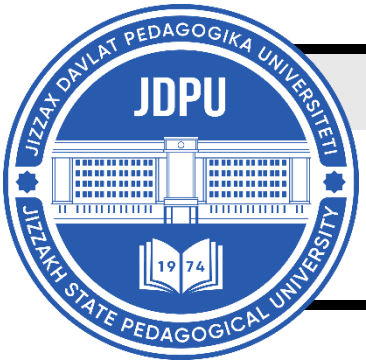

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GRECO-ROMAN WRESTLERS PERFORMANCE INDICATORS OF TECHNICAL METHODS AND THEIR EFFECTIVENESS

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ABOUT ARTICLE

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Abstract: Our research conducted results are based on the theoretical and methodological point of view, based on the opinions of scientists and practicing coaches of our republic in the field of the theory and methodology of training of sports wrestling, and quantitative and qualitative assurance of research tasks, representativeness of experimental works, and methods of mathematical and statistical analysis of the obtained results were used.

INTRODUCTION

Relevance of the topic. Nowadays, the effective national system of Greco-Roman wrestling has been created in our country, covering all walks of life of the population, and it is already showing good results, not only by us, but also by foreign experts. "A new system for improving the selection and selection of talented athletes has been introduced, and it has begun to show its initial results." From the first years of independence, special attention has been paid to the development and popularization of physical education and sports in our country. To date, a lot of scientific literature has been created on Greco-Roman wrestling in Uzbekistan, as well as issues that still need to be studied, i.e. further popularization of Greco-Roman wrestling, attracting young people to this sport. There are many problems waiting to be solved, such as creating scientific and methodical manuals for training, selection and selection, supplying young, talented and capable athletes as reserves to the national teams of Uzbekistan. Therefore, today there is a need to organize the management of training loads of Greco-Roman wrestlers on a scientific basis.

Planning the training process in sports wrestling - is divided into plans for a prospective stage, period, year, a number of years, - daily - a plan for a microcycle of training, - plans are made for a quick training session [1] .

When drawing up a plan for long-term training of wrestlers, it is necessary to follow the prediction of the development path of sports wrestling and changes in the rules of competitions. Therefore, it is necessary to consider the change of training tools, volume and intensity of tasks [3,5].

MATERIALS AND METHODS

The general (group) plan of wrestling training includes the following sections: a brief description of the group; the goal and main tasks of multi-year training; the main direction of the preparation stages and the training process by stages (main tasks, their share in each stage); wrestling-technical indicators and control norms describing the training of athletes; pedagogical and medical control.

Prospective planning of training necessarily requires the development of annual plans. Annual plans include a detailed description of the tools used and training loads. The scientific laws of sports uniform dynamics (emergence, stabilization and temporary decline) are used in daily planning. The daily planning structure is affected by various factors: study and work order, the content of training, the total sum of the number and size of loads, specific characteristics of the reaction to training loads, and the skills of wrestlers [1,6].

Quick planning is based on daily planning. This type of planning involves defining the tasks, tools, methods, volume and intensity of the workload. The training structure is primarily determined by the fact that it is aimed at achieving the maximum training effect. In accordance with the quick plan of the training, a summary of the training is drawn up, which describes the preparation (warm-up), the main and final parts, the number of repetitions, the duration of breaks, and the nature of rest.

During training, three periods are distinguished: preparation, competition, transition periods. The multi-year training plan of wrestlers is designed for 3-4 years and more, it is drawn up depending on the age, training, sports experience and other factors of the wrestlers. The basis for the development of a multi-year plan is the following: the duration of training to achieve high results, the optimal age of the athlete, individual characteristics, material and technical support and other factors [2,4].

In the preparatory period, training is aimed at providing a gradual transition from active rest to intense special work, further development of physical qualities, mastering of fighting techniques and tactics. During this period, it is necessary to create a solid foundation for the successful performance of the wrestlers during the upcoming competition. The main tasks of the preparatory period are to increase the functional capabilities of the body, improve general physical fitness and develop the

physical qualities necessary for a fighter, to acquire and improve technical and tactical actions, to eliminate shortcomings in their implementation, and to cultivate will and moral qualities [1, 6].

The purpose of training during the competition period is to prepare for competitions and to successfully participate in them. The main tasks of this period are to gain a high level of training, to further strengthen and improve technical and tactical actions, to expand and strengthen the knowledge of the tactics of conducting competition in competitions, to achieve the development of physical, will and spiritual qualities at a high level, and to expand theoretical knowledge. At this stage, wrestlers, depending on their skills, participate in responsible competitions

The purpose of the research is to develop proposals and recommendations for improving the method of training Greco-Roman wrestlers in technical movements.

Tasks of the research:

expand Greco-Roman wrestlers' opportunities to perform royal techniques in favorable dynamic situations to improve simple offensive actions in competition;

improvement of the methodology of training Greco-Roman wrestlers to the elements of attack methods in order to expand the possibilities of using effective actions in complex situations in competitions based on modeling;

expand the capabilities of Greco-Roman wrestlers based on the modeling of effective execution of technical methods in training complex offensive movements in competition;

The object of the study is Chirchik City Children's and Youth Sports School No. 1, Angren City Children's and Youth Sports School No. 1, Upper Chirchik District Children's and Youth Sports School No. 1 Greek- is a training process with Romanian wrestlers

The subject of the study is the standards of technical actions of Greco-Roman wrestlers during the training process and competitions, as well as the volume and intensity of training exercises aimed at training.

RESULTS AND DISCUSSIONS

Research methods. Analysis and generalization of scientific and methodical literature, pedagogical experience, mathematical statistics analysis methods were used in the research.

The relationship between the physical qualities of the wrestler and the level of potential in the reserve was taken into account in the assessment of the efficiency of the technical movement of the Greco-Roman wrestlers. Greco-Roman wrestlers are defined by the level of technical skill, the level of improvement of their reserve physical and technical training. The level of technical skill is expressed by the level of improvement of the Greco-Roman wrestler's physical qualities and performance indicators of technical and tactical actions in competitions. It is observed that the possibility of skill development and mastery is expanded through the technical methods taught in the

training process and the number of repetitions and the time allocated to it. This, in turn, is related to the level of sophistication of the arsenal of technical methods.

In order to determine the level of technical training of Greco-Roman wrestlers in the control and experimental groups of the scientific research conducted by us, test methods were taken (tables 1, 2, 3).1-jadval

Indicators of performance of technical methods of wrestlers engaged in Chirchik City No. 1 children's and youth sports school (control group n=10, experimental group n=10)

Groups		Statistical indicator	Techniques to perform in 30 seconds (number)							
			The method of diving under the arm and passing to the parterre	The method of moving the hand to parterre	The method of overhand lifting while sitting on the knees	The way to increase the waist	Method of lifting from the shoulders	The method of wrapping the hand around the neck	Breast augmentation method	Twist and turn in parterre position
control group	at the beginning of the study	$\overline{X}$	11,8	15,5	10,5	13,6	8,7	6,8	5,2	11,7
		Σ	1,3	1,3	1,3	1,4	1,2	0,8	0,5	0,9
		V, %	11,0	8,4	12,4	10,3	13,8	11,8	9,6	8,3
experimental group	at the beginning of the study	$\overline{X}$	11,5	15,1	10,2	13,3	8,4	7,1	5,5	11,3
		Σ	1,3	1,9	1,1	1,8	0,7	0,8	0,5	1,2
		V, %	11,5	12,5	10,8	13,3	8,7	10,7	9,5	10,8

According to the data presented in table 3.5: in the control group, the arithmetic mean value of the values measured by the method of diving from under the arm to the parter is 11.8 standard deviation (mean square deviation) – 1.3 coefficient of variation – showed 11.3; Arithmetic average value of the measured quantities by the method of hand pulling to parter - 15.5 standard deviation (mean square deviation) - 1.3 coefficient of variation - 8.7 showed; Arithmetic average value of the values measured by the kneeling method - 10.5 standard deviation (root mean square deviation) - 1.3 coefficient of variation - 12.8 ; the average arithmetic value of the measured values according to the method of removing from the waist - 13.6 standard deviation (mean square deviation) - 1.4 showed

the coefficient of variation - 10.2; the average arithmetic value of the values measured by the shoulder height method - 8.7 standard deviation (mean square deviation) - 1.2, the coefficient of variation - 13.3 showed; Arithmetic average value of the values measured by the method of wrapping the hand around the neck - 6.8 standard deviation (root mean square deviation) - 0.8 coefficient of variation - 11.5 showed; The average arithmetic value of the sizes measured by the breast augmentation method - 5.2 standard deviation (mean square deviation) - 0.5, the coefficient of variation - 10.4 showed; the average arithmetic value of the values measured by turning and flipping in the parter position - 11.7 standard deviation (mean square deviation) - 1 coefficient of variation - 8.3; in the experimental group, the arithmetic mean value of the values measured by the method of transferring from under the arm to the parterre - 11.5 standard deviation (mean square deviation) - 1 The coefficient of variation of .3 showed 11.5; Arithmetic average value of the measured quantities by the method of hand pulling to parter -15.1 standard deviation (mean square deviation) - 1.9 coefficient of variation - 12.5 showed; Arithmetic average value of the values measured by the kneeling method - 10.2 standard deviation (root mean square deviation) - 1.1 coefficient of variation - 10.8 ; the average arithmetic value of the values measured by the method of waist circumference - 13.3 standard deviation (mean square deviation) - 1.8 coefficient of variation - 13.3; the average arithmetic value of the values measured by the shoulder height method was 8.4, the standard deviation (mean square deviation) was 0.7, and the coefficient of variation was 8.7; Arithmetic average value of measured values by the method of wrapping the hand around the neck - 7.1 standard deviation (mean square deviation) - 0.8 coefficient of variation - 10.7 showed; the average arithmetic value of the sizes measured by the method of breast enlargement - 5.5 standard deviation (mean square deviation) - 0.5, the coefficient of variation - 9.5 showed; Arithmetic average value of the values measured by turning and turning in the parter position - 11.3 standard deviation (mean square deviation) - 1.2 coefficient of variation - 10.8 showed.

Table 2

Indicators of performance of technical methods of wrestlers practicing in sports school for children and teenagers No. 1 of Angren city (control group n=15, experimental group n=15)

Groups		Statistical indicator	Techniques to perform in 15 seconds (number):						
			The method of moving the hand to the parterre	The way to move to the parterre by wrapping the hand around the neck	Knockdown method	The way to increase the waist	Over the shoulder method	The method of twisting and turning from the parterre	The method of flipping by holding the waist upside down
control group	at the beginning of the study	$\overline{X}$	3,9	3,3	3,3	3,3	3,5	3,8	2,5
		σ	0,4	0,3	0,3	0,4	0,4	0,3	0,3
		V, %	11,4	8,3	9,2	12,3	10,5	8,4	11,7
experimental group	at the beginning of the study	$\overline{X}$	3,9	3,1	3,2	3,2	3,4	3,7	2,7
		σ	0,4	0,3	0,3	0,4	0,3	0,4	0,2
		V, %	11,4	9,4	10,3	12,8	8,2	10,5	9,5

According to the data presented in Table 3.6: in the control group, the arithmetic mean value of the values measured by the method of transferring the hand from the hand to the parter is 3.9 standard deviation (mean square deviation) – 0.5 showed a coefficient of variation - 11.5; Arithmetic average value of the measured values by the method of transferring the arm around the neck to the parterre - 3.3 standard deviation (mean square deviation) - 0.3 coefficient of variation - 8.3 showed; Arithmetic average value of the values measured by knockdown method - 3.3 standard deviation (root mean square deviation) - 0.3 coefficient of variation - 9.2; The average arithmetic value of the values measured by the method of removing from the waist - 3.3 standard deviation (mean square deviation) - 0.4, the coefficient of variation - 12.3 showed; the average arithmetic value of the values measured by the method of overshooting from the shoulder - 3.5 standard deviation (mean square deviation) - 0.4, the coefficient of variation - 10.5 showed; the average arithmetic value of the values measured by the method of flipping from the parter - 3.8 standard deviation (mean square deviation) - 0.3, the

coefficient of variation - 8.4 showed; Arithmetic average value of the values measured by the method of turning the waist upside down - 2.5 standard deviation (root mean square deviation) - 0.3 coefficient of variation - 11.7 ko showed; in the experimental group, the average arithmetic value of the values measured by the method of transferring the hand from the hand to the parter - 3.9 standard deviation (mean square deviation) - 0.4, the coefficient of variation - 11.4 showed; Arithmetic average value of the measured values by the method of transferring the arm around the neck to the parterre - 3.1 standard deviation (mean square deviation) - 0.3 coefficient of variation - showed 9.5; Arithmetic average value of the values measured by knockdown method - 3.2 standard deviation (root mean square deviation) - 0.3 coefficient of variation - 10.3; the average arithmetic value of the measured values according to the method of removing from the waist - 3.2 standard deviation (mean square deviation) - 0.4, the coefficient of variation - 12.8 showed; Arithmetic average value of the values measured by the method of lifting from the shoulder - 3.4 standard deviation (mean square deviation) - 0.3 coefficient of variation - 8.2 showed; the average arithmetic value of the values measured by the method of flipping from the parter - 3.7 standard deviation (mean square deviation) - 0.4, the coefficient of variation - 10.5 showed; Arithmetic average value of the values measured by the method of turning over while holding the waist upside down - 2.7 standard deviation (root mean square deviation) - 0.3 coefficient of variation coefficient of variation - 9, 4 showed.

Table 3

Indicators of performance of technical methods of wrestlers engaged in sports school No. 1 for children and teenagers of Uro-Chirchik district (control group n=10, experimental group n=10)

Groups		statistical indicator	Texnik usullar 30 soniya ichida bajarish (soni):							
			he method of diving under the arm and passing to the parterre	The method of moving the hand to the parterre	Kneeling technique	The way to increase the waist	The method of raising the shoulders	The method of wrapping the hand around the neck	Breast augmentation method	Twist and turn in parterre position
control group	at the beginning of the study	$\bar{X}$	11,1	15,1	10,1	13,3	8,3	6,5	4,8	11,4
		σ	1,2	1,9	1,3	1,5	0,8	0,7	0,5	0,9
		V, %	10,7	12,4	13,2	11,4	9,4	11,1	10,6	8,2

experimental group	at the beginning of the study	$\overline{X}$	11,5	14,6	10,6	12,9	8,7	7,2	5,4	11,0
		σ	1,3	1,5	1,4	1,5	0,8	0,6	0,6	1,1
		V, %	11,4	10,3	13,3	11,9	9,8	8,5	10,9	9,7

According to the data presented in table 3.7: in the control group, the arithmetic mean value of the values measured by the method of diving from under the arm to the parter is 11.1 standard deviation (mean square deviation) – 1.2 coefficient of variation – showed 10.7; Arithmetic average value of the measured quantities according to the method of transfer from hand to parter - 15.1 standard deviation (mean square deviation) - 1.9 coefficient of variation - 12.4 showed; Arithmetic average value of the values measured by the kneeling method - 10.1 standard deviation (root mean square deviation) - 1.3 coefficient of variation - 13.2 ; the average arithmetic value of the measured values according to the waist circumference method - 13.3 standard deviation (mean square deviation) - 1.5, the coefficient of variation - 11.4 showed; the average arithmetic value of the values measured by the shoulder height method - 8.3, the standard deviation (mean square deviation) - 0.8, the coefficient of variation - 9.4; Arithmetic mean value of the values measured by the method of wrapping the hand around the neck - 6.5 standard deviation (mean square deviation) - 0.7 coefficient of variation - 11.1 showed; The average arithmetic value of the sizes measured by the method of breast enlargement - 4.8 standard deviation (mean square deviation) - 0.5, the coefficient of variation - 10.6 showed; the average arithmetic value of the values measured by turning and turning in the parter position - 11.4 standard deviation (mean square deviation) - 0.9, the coefficient of variation - 8.2 showed; in the experimental group, the average arithmetic value of the values measured by the method of diving from under the hand to the parterre is -11.5 standard deviation (mean square deviation) - 1 The coefficient of variation of .3 showed 11.4; Arithmetic mean value of measured values by the method of hand pulling to parter -14.6 standard deviation (mean square deviation) - 1.5 coefficient of variation - 10.3 showed; Arithmetic average value of the values measured by the kneeling method - 10.6 standard deviation (root mean square deviation) - 1.4 coefficient of variation - 13.3 ; the average arithmetic value of the values measured by the method of waist circumference - 12.9, standard deviation (mean square deviation) - 1.5, the coefficient of variation - 11.9; the average arithmetic value of the values measured by the shoulder height method was 8.7, the standard deviation (mean square deviation) was 0.9, and the coefficient of variation was 9.8; Arithmetic average value of the values measured by the method of wrapping the hand around the neck - 7.2 standard deviation (mean square deviation) - 0.6 coefficient of variation - 8.5 showed; Arithmetic average value of the

sizes measured by breast augmentation method - 5.4 standard deviation (mean square deviation) - 0.6 coefficient of variation - 10.9 showed; The average arithmetic value of the values measured by turning and turning in the parter position - 11 standard deviation (mean square deviation) - 1.1, the coefficient of variation - 9.7 showed

CONCLUSION

In prestigious Greco-Roman wrestling competitions, it was found that the leading wrestlers used many times the methods of landing on the main parter and the methods of coups and throws on the parter in the systematization of simple and complex attack movements during the competition. Based on this, in our research, we selected the methods that have been most effective in the competition and the exercises that approach these methods, and before introducing the special exercise program that we have formulated, the content of the exercises that determine the levels of development of the physical qualities of strength, speed and flexibility of the Greco-Roman wrestlers. test tests were taken, according to which it was determined that the wrestlers of the control and experimental groups involved in the research were able to fulfill the standard requirements to be selected for studying in the 2nd academic year of the primary training period in sports schools for children and teenagers. Along with this, the program of technical methods sorted from technical movements to the training process was improved, and before its introduction, test tests consisting of technical methods included in the science program of Greco-Roman wrestlers engaged in sports school for children and teenagers, which determine the improvement levels of the arsenal of technical methods of wrestlers, were taken. According to the results of the study, it was found that the standard requirements of technical techniques taught in the 2nd academic year of the initial training period of the control and experimental group wrestlers are average.

In the course of the competition, to learn the methods of landing on the parter and turning on the parter and to form the skills of applying them in difficult situations, exercises for raising the umbilicus, exercises closer to the method of lifting from the chest, the volume of exercises performed in motion and standing with the help of a slingshot, and alone The percentage of exercises that develop flexibility and the total ratio and the intensity at which they are performed were scientifically substantiated in a special exercise program.

In the course of scientific research, a special exercise program was developed for the training process of Greco-Roman wrestlers. This program is a 40-week training program, which aims to fill in the gaps in the competition process. focused on solving additional tasks.

In order to improve the skills of using the technical movements taught in the main part of the training processes conducted by us in complex situations in competitions, the methods of lowering from a standing position to the parter position, methods of knocking down and throwing from a standing position, methods of overturning in the parter position, and The total percentage of the

number of technical methods performed and the intensity at which they are performed were scientifically substantiated in the program of technical exercises.

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