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METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**IMPROVING PEDAGOGICAL CONDITIONS WHEN TRAINING
SPECIALLY PREPARATORY AND TECHNICAL WORKS FOR WRESTLERS****Bakhtiyor Kholikov***PhD in Pedagogical Sciences**Uzbek State University of Physical Education and Sports**Chirchik, Uzbekistan**E-mail: Xoliqov.baxtiyor@mail.ru***ABOUT ARTICLE**

Key words: Wrestling, technical and tactical, SU, SUN, athletes, load, events, improvement, pedagogical, special training

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Abstract: The modern stages of physical education and sports development in the world are aimed at maintaining the health of participants and achieving high goals in competitions, which is important to show especially from the initial stages of sports training. Today, there are many scientific studies devoted to the prevention and reduction of injuries in sports, but in wrestling competitions, due to their specific characteristics, a cluster of pedagogical conditions of special-preparatory and corrective exercises, which make high demands on the musculoskeletal system of athletes. Scientific works on application are almost rare. It is one of the urgent issues in the implementation of technologies for sports-oriented physical education, health care, and the achievement of high goals.

INTRODUCTION

The experiences gained in the sports practice of wrestling in the world show that athletes overcome the opponent's resistance during training, as it is observed that athletes perform movements related to turns in all joints of the athlete's body in a severe collision with the opponent. Wrestlers are also exposed to internal organs and even blows, which can cause irreparable consequences.

The attention given to wrestling in our republic is recognized by the world sports community. On the basis of the received information, many scientific studies were conducted on the development of technical and tactical actions and physical qualities specific to all types of sports wrestling. However, there are not enough studies devoted to the importance of distribution and planning of special auxiliary training loads aimed at improving the use of the cluster method in training wrestlers

in technical and tactical movements and the problems of determining its effectiveness. To implement the tasks specified in the Decree of the President of the Republic of Uzbekistan No. PQ-4881 dated November 4, 2020 "On measures to develop the national sport of wrestling and further increase its international prestige" and other regulatory legal documents related to this field this study serves to a certain extent.]

The longest period of participation in the wrestling sport of the participants - more than 30 years with this sport 11 people (14.67 %), 27 people (36.0 %) for 20-30 years, 23 people (30.67 %) for 10-20 years and 14 people (18.67 %) for 10 years and less they have been teaching and educating young people

(Chart 1).

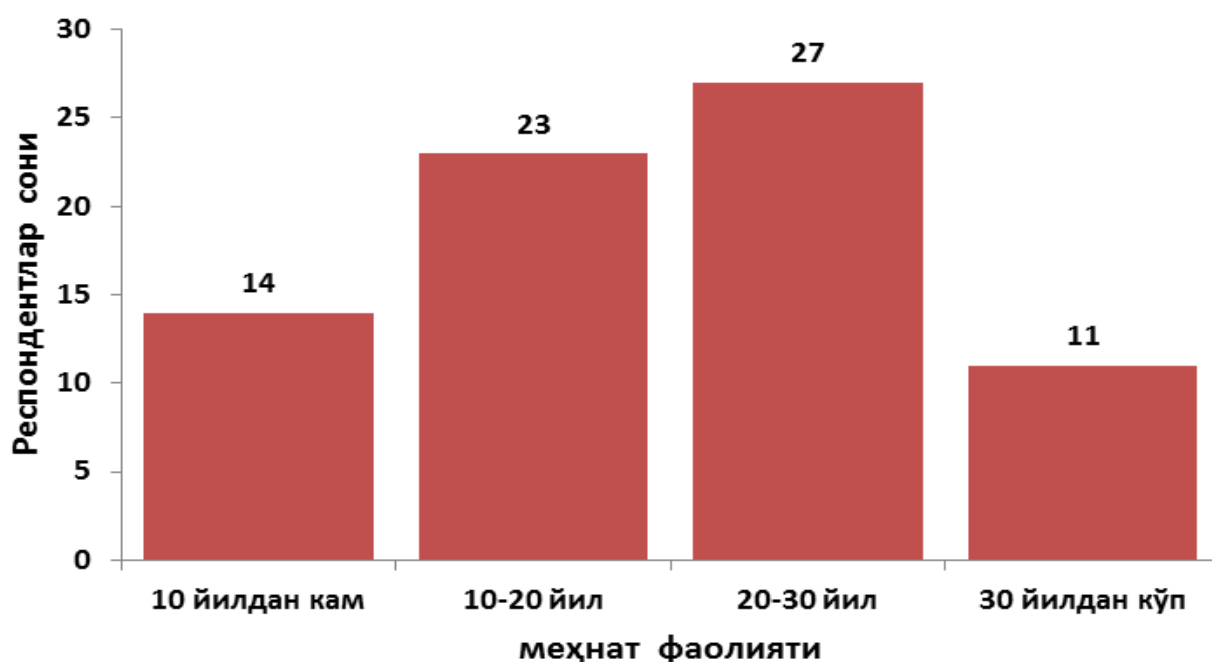


Diagram 1. The duration of the respondents' activity in wrestling (in years)

According to the age distribution of the respondents, 26 of them (34.67%) are 40-50 years old, 24 (32.0%) are 30-40 years old, 14 (18.67%) are older than 50. and only 11 people (14.67%) were experts under 30 years of age.

Table 1.

Analysis of injuries in athletes registered in the medical prevention and rehabilitation center for diseases and injuries in wrestlers of the Tashkent region and the Uzbekistan State University of Physical Education and Sports (n=66)

Sports Title Qualification	Total	Almost healthy				Those who are sick				The injured			
		num ber	worth y of a sports title. %	Regardi ng sex%	In relation to the total	num ber	worthy of a sports title.%	Regardi ng sex%	In relation to the total number.%	numb er	worthy of a sports title.%	Regard ing sex%	In relation to the total

					number. %								number .%
Women													
SU,SUN	76	43	56.58	14.53	6.48	17	22.37	5.74	2.56	16	21.05	5.41	2.41
1-category	90	54	60.00	18.24	8.13	18	20.00	6.08	2.71	18	20.00	6.08	2.71
2-category	130	76	58.46	25.68	11.45	27	20.77	9.12	4.07	27	20.77	9.12	4.07
total	296	173		58.45	26.05	62		20.95	9.34	61		20.61	9.19
Men													
SU,SUN	91	51	56.58	13.86	7.68	22	24.18	5.98	3.31	18	19.78	4.89	2.71
1-category	125	63	50.40	17.12	9.49	35	28.00	9.51	5.27	27	21.60	7.34	4.07
2-category	152	82	53.95	22.28	12.35	39	25.66	10.60	5.87	31	20.39	8.42	4.67
total	368	196		53.95	29.52	96		26.09	14.46	76		20.65	11.45
	664	369			55.57	158			23.80	137			20.63

During the period we studied from female athletes in this center 76 SUs and SUNs were registered. 43 of them (56.58% of SU and SUN athletes) are almost healthy, 17 (22.37%) are sick and 16 (21.05 % i) were found to be injured. Among female athletes with this qualification, almost healthy ones make up 14.53% of all female athletes and 6.48% of all (664) athletes, sick ones, respectively, 5.74 and 2.56% and those who were injured were 5.41 and 2.41%, respectively. A total of 90 women athletes of the 1st category were registered. 54 of them

It was found that (60.0% of athletes of the 1st category) are almost healthy, 18 (20.0%) are sick and the same number of injured. Among female athletes with this qualification, almost healthy ones make up 18.24% of all female athletes and 8.13% of all female athletes, while sick and injured ones are the same, 6.08 and 2, respectively. It was 71%.

A total of 130 women athletes of the 2nd category were registered. It was found that 76 of them (58.46% of athletes of the 2nd category) are almost healthy, 27 (20.77%) are sick and the same number of injured. Among female athletes with this qualification, almost healthy ones make up 25.68% of all female athletes and 11.45% of all female athletes, while sick and injured ones are the same, 9.12 and 4, respectively. It was 07%.

Almost all healthy female athletes accounted for 58.45% of the total number of registered women (296), and 26.05% of the total number of athletes, and 20.95% and 9.34%, respectively, of those who were ill and injured. and, respectively, it was 20.61 and 9.19%.

During the period of study of male athletes, 91 SU and SUN were recorded in the center. It was found that 51 of them (56.04% of SU and SUN athletes) are almost healthy, 22 (24.18%) are sick, and 18 (19.78%) are injured. Among the male athletes with this qualification, healthy ones make up 13.86% of all male athletes and 7.68% of all (664) athletes, while sick ones make up 5.98% and 3.31%, respectively. and those who were injured were 4.89 and 2.71%, respectively.

A total of 125 type 1 male athletes were recorded. It was found that 63 of them (50.40% of athletes of the 1st category) are almost healthy, 35 (28.0%) are sick, and 27 (21.6%) are injured. Among the male athletes with this qualification, healthy ones accounted for 17.12% of all male athletes and 9.49% of all male athletes, sick ones, 9.51 and 5.27, respectively, and injured ones, respectively, were 7.34 and 4.07%, respectively.

A total of 152 athletes of the 2nd category were recorded. It was found that 82 of them (53.95% of type 2 athletes) are almost healthy, 39 (25.66%) are sick, and 31 (20.39%) are injured. Among male athletes with this qualification, almost healthy ones make up 22.28% of all male athletes and 12.35% of all male athletes, sick ones, 10.6 and 5.87, respectively, and injured ones, respectively were 8.42 and 4.67%, respectively.

Almost all healthy male athletes accounted for 53.26% of the total number of registered males and 29.52% of the total number of athletes, those who were ill, 26.09% and 14.46%, respectively, and those who were injured, respectively, It was 20.65 and 11.45%. The total recorded almost healthy athletes made up 55.57% of the total number of athletes, sick ones - 23.80%, and injured ones - 20.63% (diagram2).

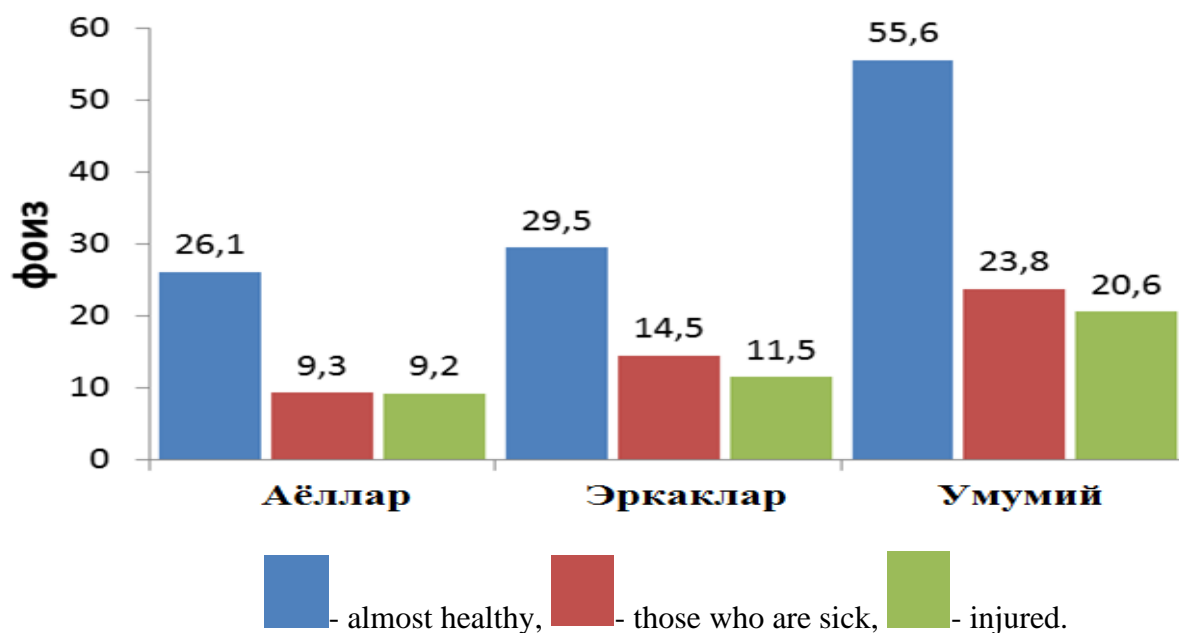


Diagram 2. Analysis of the health status of athletes registered in the medical prevention and rehabilitation center (in % compared to the total number of registered athletes).

If we imagine that the wrestling training is a holistic pedagogical process, the subjects participating in it, i.e. the coaches and the participants, the legal and regulatory documents that are the basis for the training, the requirements of the wrestling type of the gym full response and security factors created there, and the introduction of new pedagogical technologies remains the need of the hour. Based on these, this scientific research is aimed at testing the pedagogical conditions of Uzbek wrestling training and the organization of special training exercises. From the above, it can be seen

that each of the highlighted elements can be divided into several more elements and can be displayed independently.

CONCLUSION

The analysis of the results of the injuries of the musculoskeletal system of the wrestlers showed that the number of non-injured persons increased by 4.55% by the end of the experiment compared to the beginning. showed that the number of people suffering from each disease decreased by one. Positive relative changes in the control group amounted to 9.58%.

The analysis of the dynamics of changes in the chronic diseases of TXA among the wrestlers of the experimental group during the pedagogical experience showed that by the end of the experiment, the number of uninjured people increased by 14.29% compared to the beginning, as well as those who suffered from joint, spine, muscle and tendon diseases. it was found that the number decreased to one. Positive relative changes in the experimental group amounted to 23.13%.

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