

**MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**IMPROVING THE PRE-COMPETITION PREPARATION OF
QUALIFIED WRESTLERS THROUGH PEDAGOGICAL CONTROL OF THE TRAINING
PROCESS****Bobokhan Ikhtiyorovich Khojaniyozov***Uzbekistan State University of Physical Education and Sports**Tashkent, Uzbekistan**E-mail: khojaniyozov@mail.ru***ABOUT ARTICLE****Key words:** training athletes, recovery, performance, massage, self-massage, physical activity**Abstract:** The methodology for the use of a complex of general and special exercises for assessing the physical training of qualified wrestlers in the process of training is improved.**Received:** 15.02.24**Accepted:** 17.02.24**Published:** 19.02.24**INTRODUCTION**

The growth of sports results in the national sport of wrestling depends on the rational creation of an effective system of training qualified wrestlers. It is important to determine the extent to which the correct distribution, planning and control of competition and training tools helps to increase the effectiveness of training management of qualified wrestlers and to provide scientific justification.

At the heart of the theoretical justification of the tools and methods of pedagogical control of the training process of wrestlers is a three-stage functional system of managing the training of athletes in martial arts (three main stages are distinguished, which helps to imagine the entire training system in full size and the system allows determining the optimal ratio between control and controlled elements) [A.A. Novikov].

Based on A.A. Novikov's three-step system, a pedagogical complex control scheme of training of qualified wrestlers was developed. In the development of the foundations of pedagogical control in the training of skilled wrestlers, first of all, the age-related development of the organism, as well as the individual development of functional systems, the variability and immutability of qualities and characteristics in the process of natural growth, focused training It is necessary to take into account individual characteristics in the development of specific skills.

The purpose of the research is to develop proposals and recommendations for the further improvement of the theoretical and methodological foundations of the pedagogical control of the competition and training process of qualified wrestlers.

MATERIALS AND METHODS

The article uses methods of scientific-methodical literature analysis, questionnaire, pedagogical observation, pulsometry, pedagogical testing, pedagogical experience, and mathematical statistics.

Organization of research. Based on the system of accounting and analysis of training and competition workloads of qualified wrestlers, effective tools and methods of the training process have been determined. Taking into account the individual characteristics of skilled wrestlers, model descriptions of training and competition activities were developed, and the effectiveness of the unified system in increasing the effectiveness of competition and training activities was determined.

RESULTS AND DISCUSSIONS

This article is based on the opinions of our republican and foreign scientists in the field of physical training and sports training theory and methodology, the representativeness of experimental work and the results obtained using mathematical and statistical analysis methods. The obtained data and results are correctly re-engineered with the help of computer technology. The reliability of the conclusions and scientific recommendations given in this work is based on the need to solve the conceptual problems of the theory and methodology of pedagogical control of training and competition activities of qualified wrestlers.

In the national sport of wrestling, it is impossible to talk about managing the training process if the practicing coach does not have the necessary minimum information about the state of the wrestler. Therefore, the main attention should be paid to this link in the general management system. Today, there are three types of control in modern sports: phased, current and rapid control, and three directions of control: control of competition activity, control of preparatory aspects and control of the body system. Pedagogical control in the training of wrestlers can exist only with the development of all directions and types (see Table 1).

Table 1

Peculiarities of organization of pedagogical control in struggle

Control direction Control Types	Control of competition activities (MFN)	Preparatory Party Control (TTN)	Control of body systems (OTN)
Step Control (SC)	1	4	7
Current control (CC)	2	5	8
Quick Control (QC)	3	6	9

As can be seen from this schematic table, when organizing pedagogical control, it is necessary to choose test and control exercises based on combinations of control types:

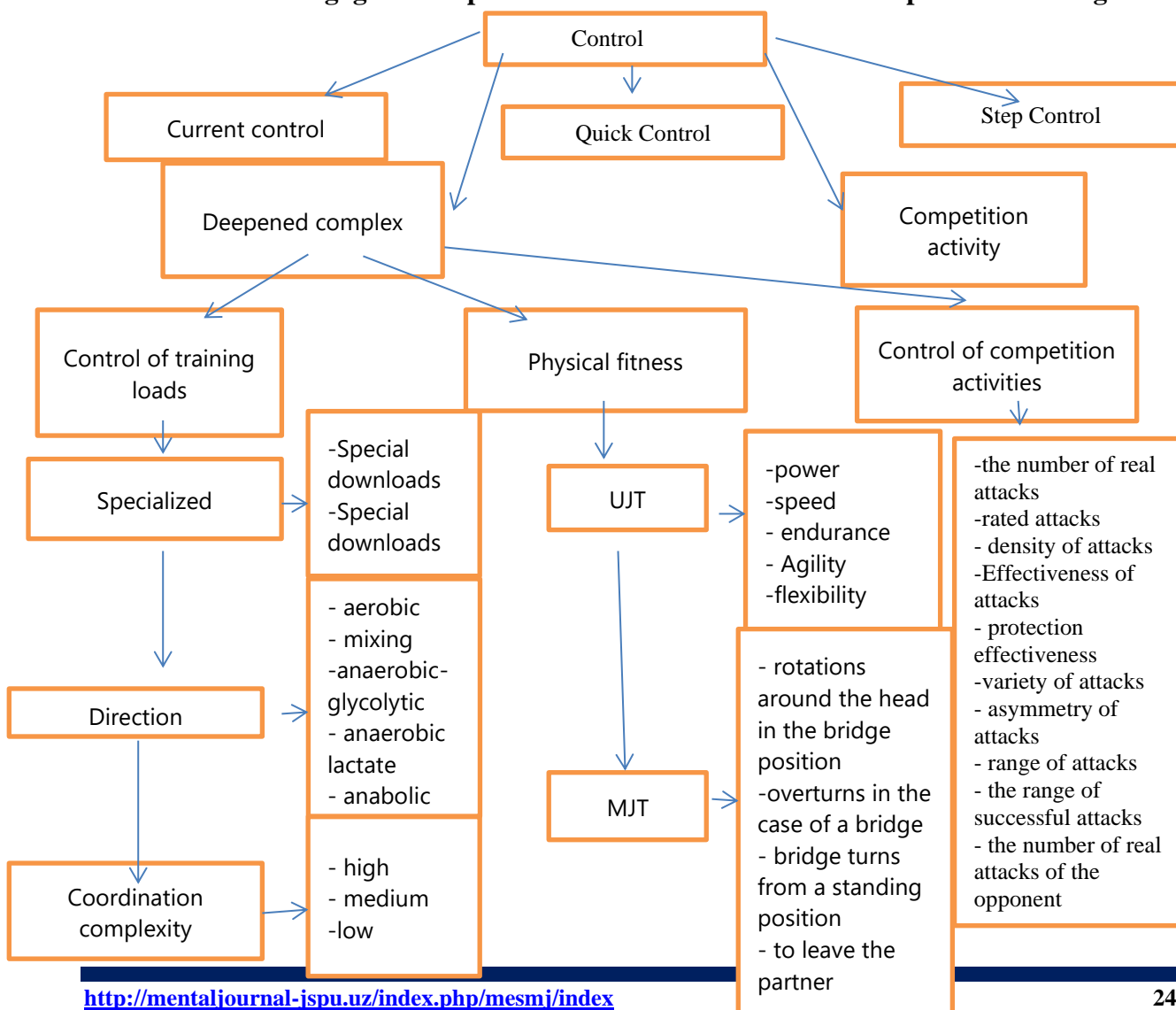
MFN– BN – JN – TN (1, 2, 3)

The use of all types of pedagogical control in the training process increases the effectiveness of control over the training of wrestlers. According to this scheme, a comprehensive pedagogical control program was developed for the training of wrestlers, taking into account all types and scales of wrestling.

The analysis of attack movements allows to clarify the landscape of the competition by clearly distinguishing the main moments of the attack. This analysis can be of interest to the coach, because he can use it to develop different structures for conducting the competition, as well as to create a functional training program in order to increase the efficiency of the energy supply of the wrestler's body.

In order to organize and carry out pedagogical control in the national sport of wrestling, it is necessary to determine the objective criteria for each of the listed types of control. We have developed a comprehensive pedagogical control scheme in wrestling. Here, the features of the organization of physical loads, physical training and control of competition activities are highlighted (see Figure 1).

Pedagogical complex control scheme in the national sport of wrestling



One of the most important in the above-mentioned system of training wrestlers is the control sub-system, which includes, in addition to the analysis of technical and tactical skills, the methods of studying competition activities, the development of movement skills and the assessment of the level of their implementation in conditions similar to special activities. battery inserted. In particular, this battery of tests is intended for use in the sport of wrestling

The results of the research revealed that the tests selected based on the analysis of training and competition activities were more informative and reliable, which helped to organize the training process effectively (see Table 2).

Table 2

Factors of stability and informativeness of tests evaluating movement ability of skilled wrestlers

T/r	Indicators	Stability	Information factor
1	30 m sprint (s)	0,912	0,598
2	Pull-ups (times)	0,927	0,731
3	Bending the arms while lying down (times)	0,347	0,721
4	Whispering in Brus (times)	0,616	0,524
5	Sit-ups with an equal weight partner (times)	0,754	0,498
6	900 Leg Raises (Repeats)	0,907	0,651
7	Standing on a parallel bench, lifting and lowering a partner of equal weight (times)	0,376	0,408
8	Climbing the rope without the help of legs, 4 m.(s)	0,734	0,508
9	Standing long jump (cm)	0,691	0,597
10	Standing high jump (cm)	0,554	0,347
11	Overhead Throw (3 kg) (m)	0,437	0,517
12	Back throw (3 kg) (m)	0,911	0,727
13	Bending the body while lying on the shovel, 20 s (times)	0,718	0,521
14	3000 m. distance running (m, s)	0,511	0,608
15	Shuttle run, 3x10 m(s)	0,918	0,641
16	Push-ups, 10 times (s)	0,695	0,545
17	Rotations around the head in the bridge position: 5 - to the left, 5 - to the right (s),	0,601	0,607
18	Rotations around the head in the bridge position: 10 times (s)	0,607	0,718
19	Shrugs, 10 times (s)	0,719	0,711
20	Throwing the mannequin 10 times in the Bordor method (s)	0,476	0,702

As can be seen from Table 2, the reliability of the tests is 9 out of 20 with high correlation coefficients (0.7-0.9) and 7 with the average value of the correlation coefficient (0.5-0.7). This indicates that the main tests are reliable in terms of performance and can be used in the development of an evaluation system. To analyze the results in Table 2, the following indicators were determined: 6 high correlation coefficients (0.7-0.9) and 10 were within the limit (0.5-0.7), which is an average

correlation testifies to the coefficient. It has been shown that informational tests can also be used to determine the physical health of wrestlers, as can testing tests.

A new system was developed to evaluate the results of the tested tests to be reliable and informative (see Table 3). New weight categories and a five-point system were used in the introduction of the wrestling evaluation system. All indicators are divided into three weight categories of wrestlers (60-66 kg), (73-81 kg) and (90-100 and +100 kg).

Table 3

UJT and MJT indicators of skilled wrestlers

T/r	Control exercises and measurement units	Weight categories and points														
		60-66 kg					73-81 kg					90-100 +100 kg				
		1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
1	30 m sprint (s)	5,2	5,1	5,0	4,9	4,8	5,3	5,2	5,1	5,0	4,9	5,8	5,7	5,6	5,5	5,4
2	Pull-ups (times)	10	14	18	25	30	10	13	17	20	25	4	8	10	12	15
3	Bending the arms while lying down (times)	35	40	50	60	70	35	40	45	50	55	20	25	30	35	40
4	Whispering in Brus (times)	10	20	30	40	50	20	25	30	35	40	5	8	12	15	20
5	Sit-ups with an equal weight partner (times)	6	8	10	12	14	8	10	12	14	15	4	6	8	10	12
6	Hanging on the gymnastic wall, raising the legs to 90 (times)	8	10	15	20	25	8	10	15	20	25	4	6	8	12	15
7	Standing on a parallel bench, lifting and lowering a partner of equal weight (times)	6	8	10	12	15	6	8	10	11	13	2	4	6	8	10
8	Climbing the rope without the help of legs 4m (s)	11,0	10,5	10,0	9,5	9,0	12,0	11,5	11,0	10,5	10,0	13,0	12,5	12,0	11,5	11,0
9	Standing long jump (cm)	220	230	240	250	260	200	220	230	240	250	160	170	180	200	220
10	Standing high jump (cm)	60	65	70	75	80	50	55	60	65	70	25	30	35	40	45
11	Overhead Throw (3 kg) (m)	11,0	11,5	11,0	12,5	13,0	12,0	12,5	13,0	14,5	15,0	15,0	15,5	16,0	16,5	17,0
12	Back throw (3 kg) (m)	11,0	11,5	11,0	12,5	13,0	12,0	12,5	13,0	14,5	15,0	15,0	15,5	16,0	16,5	17,0
13	Bending the body while lying on the shovel, 20 s (times)	40	45	50	55	60	30	35	40	45	50	10	15	20	25	30
14	3000 m. distance running (m.s)	12,45	12,30	12,15	12,00	11,45	13,00	12,45	12,30	12,45	12,00	13,30	13,15	13,00	12,45	12,30
15	Shuttle run, 3x10 m(s)	8,3	8,1	7,8	7,5	7,0	9,0	8,8	8,5	8,1	7,8	9,2	9,0	8,8	8,6	8,4
16	Push-ups, 10 times (s)	17,0	16,0	15,0	14,0	13,0	18,0	17,0	16,0	15,0	14,0	19,0	18,0	17,0	16,0	15,0
17	Rotations around the head in the bridge position: 5 - to the left, 5 - to the right (s),	24,0	23,0	22,0	21,0	20,0	25,0	24,0	23,0	22,0	29,0	28,0	27,0	26,0	25,0	24,0
18	Rotations around the head in the bridge position: 10 times (s)	26,0	24,0	22,0	20,0	18,0	28,0	26,0	24,0	22,0	20,0	30,0	29,0	28,0	26,0	24,0
19	Shrug, 10 times (s)	25,0	20,0	17,0	15,0	13,0	25,0	20,0	18,0	16,0	14,0	30,0	25,0	23,0	20,0	18,0
20	Throwing the mannequin 10 times in the Bordor method (s)	28,0	25,0	21,0	19,0	17,0	30,0	28,0	25,0	23,0	20,0	40,0	38,0	35,0	32,0	30,0

Using a new approach, it is possible to objectively assess the physical fitness of qualified wrestlers. The transformation of physical fitness indicators into coefficients allows to compare the indicators of different skilled wrestlers, as well as to develop the movement ability of each wrestler. The advantage of this battery of tests is that it allows to test wrestlers in almost any conditions of training activity without the use of complex equipment. At the same time, it provides information that objectively reflects the level of development of the fighter's movement skills.

Table 4 was developed to determine the integrated indicators of UJT and MJT of qualified wrestlers, which allows to determine the generalized indicator for all 20 tests of special physical training. As can be seen from Table 4, the maximum value of the sum of all points is 100 points, which is a high level of physical fitness of athletes. A score of 80 is a good indicator of special fitness, but you can immediately see where there is a delay in one or more tests. 60 points is an average indicator of special physical training, which indicates that the wrestler has low training.

Table 4**UJT and MJT indicators of skilled wrestlers**

Conditional units	Scores for tests				
	100-80	80-60	60-40	40-20	20-10
Pedagogical assessment	Excellent indicator	A good indicator	Average indicator	An empty pointer	A very empty indicator

40 points and 20 points indicate that the wrestler's training is empty. Using this table, the coach can see the strengths and weaknesses of the wrestlers' training, and based on the results, organize the appropriate training process.

Management of training of wrestlers is carried out on the basis of individual model descriptions of training. Model descriptions of preparation are made on the basis of physical fitness testing data, expert assessments of technical and tactical skills, and analysis of quantitative indicators of some components of competition activity. Also, management of training of wrestlers is carried out on the basis of the degree of compatibility of such predicted model descriptions, as well as the determination of compensatory relationships between certain parameters of sports skills (which ensure the achievement of high sports results).

CONCLUSION

The proposed approach allows to study the state of physical training of qualified wrestlers, to compare indicators and to monitor the development of movement abilities of each wrestler. The advantage of this complex lies in its technology: it allows to test wrestlers in almost any conditions of training activity without using complex equipment. At the same time, it provides information reflecting the level of development of the fighter's movement skills, which is based on the analytical and statistical operations described above.

In the study, two groups of 18 athletes each, experimental and control groups were formed. The results of the tests carried out during the first month of the training period were taken as initial indicators of the level of preparation of the wrestlers. At the end of the experiment, two more control tests were conducted. Control of training was carried out on pre-selected test tasks reflecting the specific characteristics of the wrestlers' movement activity in competition conditions. The training of the experimental group was conducted on the basis of the developed program. This program takes into account the intensity of the competition, as well as quantitative data representing the technical and physical training of qualified wrestlers.

Specific features of wrestlers' competitive activities, individual nature of the main technical and tactical actions determined that we methodically emphasize the individualization of sports training of wrestlers during training.

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