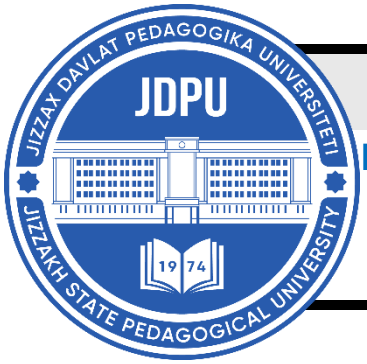
DOI: https://doi.org/10.37547/mesmj-V5-I3-16 Pages: 106-115

MENTAL ENLIGHTENMENT SCIENTIFIC – METHODOLOGICAL JOURNAL



MENTAL ENLIGHTENMENT SCIENTIFIC – METHODOLOGICAL JOURNAL

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

"TECHNICAL TRAINING IN BELBOGLI KURASH WRESTLING THROUGH COORDINATION EXERCISES DEVELOPMENT"

Mahsudbek Rustambek oglu Muidinov
Scientific candidate Lecturer
Oriental University
Tashkent, Uzbekistan
E-mail: maxsudbek571@gmail.com

ABOUT ARTICLE

Key words: Belbogli kurash, coordination, technique, tactics, special exercises, techniques, coordination exercises, tactical training, coordination abilities, individual indicators.

Received: 09.04.24
Accepted: 11.04.24
Published: 13.04.24

Abstract: In this article, a program consisting of coordination exercises was developed and used by the subjects of the experimental group. To measure the level of technical and tactical training of belt wrestlers, a technique consisting of 5 tests was used. The following tests were selected for the experimental and control groups. Long throw for ten (20 sec.), long throw for ten to the left (20 sec.), reverse throw for ten into the gap with the knee (20 sec.), throw for ten into the figure with the right foot, defense and counterattack (20 sec.), throw for ten into the figure with the left foot, defense and counterattack (20 seconds). When improving technical and tactical training with the help of coordination exercises for belbog kurash, a special program of exercises (tools) was developed and applied in the process of training students of the experimental group. The students of the control group, on the other hand, conducted training sessions according to the current program. According to the results of the study, the program showed positive results.

INTRODUCTION

Belbogli kurash is an ancient sport and is considered the national wrestling and national pride of the Uzbek people. Different nationalities were engaged in it. Uzbeks have two types of it, belbog'li kurash and belolish kurash.

In the current stage of the development of society, the importance of physical education and sports is increasing in the multifaceted process of educating a person, especially the young generation who are our future heirs, developing their physical qualities, strengthening their health, increasing their workability, and creating a comfortable mental environment in communities. For this purpose, many laws, decrees, and orders are being adopted in our country. [1].

Forming a healthy lifestyle in our society, creating conditions for the population, especially the young generation, to regularly engage in physical education and mass sports, strengthening the confidence of young people in their will, strength, and capabilities through sports competitions, large-scale work is being carried out aimed at developing the feelings of bravery and patriotism, loyalty to the motherland, as well as the systematic organization of selection of talented athletes from among young people, and further development of physical education and mass sports. [2].

The representatives of our country are achieving high results in the Olympic Games, world championships, Asian Games and championships, and international competitions, the prestige and sports potential of Uzbekistan are increasing in the world, and magnificent sports facilities are being built in the region of our republic that meet world standards, and the growing popularity of many sports games is particularly noteworthy. [3].

With the sharp increase in sports competition in world sports, including wrestling, the problem of analyzing objective data on the physical fitness of freestyle wrestlers and growth indicators of competition results and optimizing various aspects of their training based on this is extremely urgent. However, conducting scientific work on determining the effectiveness of coordination abilities and technical-tactical actions of wrestlers with a belt, using special equipment, has been overlooked by researchers. [4].

THE MAIN RESULTS AND FINDINGS

The purpose of the research: is to develop the coordination skills of belt wrestlers and increase the efficiency of their technical and tactical actions. [6].

Tasks of the research: Determining the indicators of coordination ability and technical-tactical training in wrestlers of Belbogli kurash.

To study the positive effect of the development of coordination ability on technical tactical training in belt wrestlers.

Our scientific research will be carried out at the State University of Physical Education and Sports of Uzbekistan from March 2022 to March 2023. BK was conducted in students of groups 52-20. 20 students participated in the experiment. Of these, 12 were selected for the control group and the remaining 12 for the study group.

The research carried out in these groups was mainly based on the materials published in the scientific and methodical literature sources, and the technical and tactical methods were selected,

which are structurally close to the coordination ability, that is, in which the coordination ability plays an important role. A program of special exercises (tools) for improving the technical and tactical readiness of belbog'li kurash wrestlers with the help of coordination exercises was developed and applied to the students of the experimental group during training. Students in the control group conducted training based on the current program.

Special technical and tactical training was determined for the experimental and control groups. These indicators are as follows.

1. Long lunge to the right (20 seconds).
2. Left lunge (20 sec.)
3. Backkick to the right with the knee (20 sec.)
4. Right swing to the left, defense and counterattack (20 sec.)
5. Left leg kick, defense, and counterattack (20 sec.)

Table-1

Pre-study individual indicators of the control group.

№	Full name	1. Long lunge to the right (20 seconds).	2. Left lunge (20 sec.)	3. Backkick to the right with the knee (20sec.)	4. Right swing to the left, defense and counterattack (20 sec.)	5. Left leg kick, defense, and counterattack (20 sec.)
1.	Zokirov Shoxrux	6	5	5	4	5
2.	Ahmadov Ilyos	5	4	4	3	5
3.	Xoldorov Qodir	5	6	4	5	4
4.	Yo'ldashov Talant	4	5	5	4	5
5.	Solijonov Asrorjon	6	5	6	5	5
6.	To'laboyev Javoxir	5	6	4	6	5
7.	Bozorboyev Sirojbek	5	5	4	4	5
8.	Karimov Asadbek	5	5	4	4	6
9.	Uralov Doniyor	6	6	5	4	5
10.	Xayitov Muxtorjon	5	6	5	4	5
11.	Abdulazizov Xusniddin	4	6	4	5	6
12.	Abduraxmonov Doniyor	5	5	6	4	6

This table shows the indicators of athletes participating in the usual training processes of belbogli kurash (Table 1).

Table 2

Pre-study individual indicators of the experimental group.

№	Fonds name	1. Long lunge to the right (20sec)	2. Left lunge (20 sec.)	3. Backkick to the right with the knee (20 sec.)	4. Right swing to the left, defense and counterattack (20 sec.)	5. Left leg kick, defense, and counterattack (20 sec.)
1.	Kubayev Samandar	4	4	3	4	4
2.	Muzaffarov O‘tkirbek	5	5	4	4	5
3.	Ne’matov Farrux	4	5	4	5	4
4.	Ro‘zioxunov Ro‘zioxun	6	5	5	4	6
5.	Yuldashev Nusrat	4	5	5	4	5
6.	Xasanoboyev Xolmirza	6	6	5	5	7
7.	Davlatov Jonibek	4	5	3	4	2
8.	Tillaboyev Hikmatillo	4	5	4	6	5
9.	Shirinov Sherzod	5	4	3	5	5
10	G‘ofurov Sherdor	5	6	5	6	5
11	Hasanov Eldor	5	5	5	4	3
12	Nishonboyev Fazliddin	6	6	6	5	7

The above tables show the results obtained before the study on 5 special technical- tactical methods of the 12 children of the II stage belt wrestlers selected for the control and experimental groups. Their indicators are close to each other, and the time set for each method is 20 seconds. Among them, there are also masters of sports with high skills (Table 2).

Table 3

Post-study individual indicators of the control group.

№	**Full name**	**1. Long lunge to the right (20 sec.)**	**2. Left lunge (20 sec.)**	**3. Backkick to the right with the knee (20 sec.)**	**4. Right swing to the left, defense and counterattack (20 sec.)**	**5. Left leg kick, defense, and counterattack (20 sec.)**
1.	Zokirov Shoxrux	6	5	5	5	6
2.	Ahmadov Ilyos	6	5	5	4	6
3.	Xoldorov Qodirxo‘ja	6	7	5	5	5
4.	Yo‘ldashov Talant	5	5	6	5	6
5.	Solijonov Asrorjon	6	6	6	6	6
6.	To‘laboyev Javoxir	6	6	5	4	6
7.	Bozorboyev Sirojbek	5	6	5	5	6

8.	Karimov Asadbek	5	6	5	5	7
9.	Uralov Doniyor	7	6	6	5	6
10.	Xayitov Muxtorjon	6	7	6	5	6
11.	Abdulazizov Xusniddin	5	7	5	5	7
12.	Abduraxmonov Doniyor	6	6	6	6	6

The control group's post-test results show that the rate of increase in results is very low (Table 3).

Table 4

Program of special exercises (tools) for improving technical-tactical training of belt wrestlers with the help of coordination exercises.

№	Exercises (tools)	Repeatig number	Longevity	YQS	Rest interval
1	Return to your place with your eyes closed	2-3	1 minute	90-95	20-30 seconds
2	Jumping rope	2-3	1 minute	170-175	1 minute
3	4x10m. 4x10m.smooth running	2-3	2-3 minutes	160-165	20-30 seconds
4	Standing in the "swallow" position	4-5	1-2 minutes	90-95	20-30 seconds
5	Unbalance the partner (using the hands).	2-3	2-3 minutes	110-115	20-30 seconds
6	Circle stomp (special action game)	2-3	2-3 minutes	140-150	20-30 seconds
7	Kneeling (left to right) rotation	2-3	2-3 minutes	140-145	20-30 seconds
8	Carrying the partner, turn 5 times in a circle (to the right and the left) 5 m. go along the line to the designated place	2-3	1-2 minutes	175-180	30-40 seconds

This program was developed to improve the technical and tactical training of wrestlers with the help of the coordination of special exercises and tools. The first column in our table consists of numbers. The second column shows special exercises (tools). The third column shows the number of repetitions, and the fourth

column contains the duration. the fifth column shows the heart rate (number of heart contractions) when performing special exercises, and tools, and the sixth column shows the rest interval (table 4).

Table 5

Post-study individual indicators of the experimental group

№	Full name	1. Long lunge to the right (20 seconds).	2. Left lunge (20 sec.)	3. Backkick to the right with the knee (20 sec.)	4. Right swing to the left, defense and counterattack (20 sec.)	5. Left leg kick, defense, and counterattack (20 sec.)
1.	Kubayev Samandar	6	6	5	5	5
2.	Muzaffarov O‘tkirbek	7	7	6	5	7
3.	Ne’matov Farrux	7	7	6	6	6
4.	Ro‘zioxunov Ro‘zioxun	7	7	6	6	8
5.	Yuldashev Nusrat	6	6	7	6	7
6.	Xasanoboyev Xolmirza	7	7	7	6	8
7.	Davlatov Jonibek	5	8	4	7	3
8.	Tillaboyev Hikmatillo	6	6	5	8	7
9.	Shirinov Sherzod	7	6	4	6	7
10	G‘ofurov Sherdor	7	8	6	8	7
11	Hasanov Eldor	7	6	5	6	4
12	Nishonboyev Fazliddin	8	7	7	7	8

As can be seen from this table, the given special exercises (tools) show a positive result in the experimental group (Table 5).

Table 6.

The dynamics of changes in the results of the tests conducted in the control group during the pedagogical experience.

№	The beginning of the experiment			The end of the experiment			Growth		t	p
	$\overline{X}$	б	V, %	$\overline{X}$	б	V, %	absolute	Relative, %		
1	5,03	0,79	15,71	5,76	0,87	15,10	0,73	14,51	2,15	<0,05
2	5,31	0,77	14,50	6,02	0,85	14,12	0,71	13,37	2,14	<0,05
3	4,67	0,64	13,70	5,47	0,72	13,16	0,80	17,13	2,88	<0,01
4	4,38	0,68	15,53	5,01	0,76	15,17	0,63	14,38	2,14	<0,05
5	5,14	0,75	14,59	6,09	0,86	14,12	0,95	18,48	2,88	<0,01
								15,58		

This table was compiled based on the results of the tests conducted in the control group, based on the dynamics of change during the pedagogical experience. The first column shows the 5 tests in numerical order. The second column is the results obtained at the beginning of the experiment, and the second column itself is divided into three. The first is the arithmetic mean value, the second is the sigma, that is, the dispersion, and the third is the coefficient of variation numbers developed based on formulas. In the third column, at the end of the study, we can see that the arithmetic mean value, sigma, and coefficient of variation are entered based on three divided

columns. The fourth column is called growth and is divided into two columns. In these columns, we can see the growth of the control group at the end of the study compared to the beginning of the study, and the absolute and relative differences are given in percentages.

The fifth column determines the t-student criterion based on the formula. Our sixth column shows P – the reliability level. According to the first test, the average arithmetic difference between the beginning and the end of the study is 0.73. Absolute growth is 0.73, relative growth is 14.51 percent. The level of confidence is P< 0.05, that is, it shows the grade "3". According to the second test, the average arithmetic difference is 0.71. The relative difference is 13.37 percent. The level of reliability is P<0.05, i.e., it shows the grade result "3". According to the third test, the average arithmetic difference is 0.80. The relative difference is 17.13 percent. The level of reliability is P<0.05, i.e., it shows the grade result "3". According to the fourth test, the average arithmetic difference is 0.63. The relative difference is

14.38 percent. The level of reliability is P<0.05, i.e., it shows the grade result "3". According to the fifth test, the average arithmetic difference is 0.95. The relative difference is 18.48 percent. The level of reliability is P<0.01, that is,it shows the grade result "4". The pre-study and post-study results of the control group based on relative growth can be seen in this chart based on percentages (Table6).

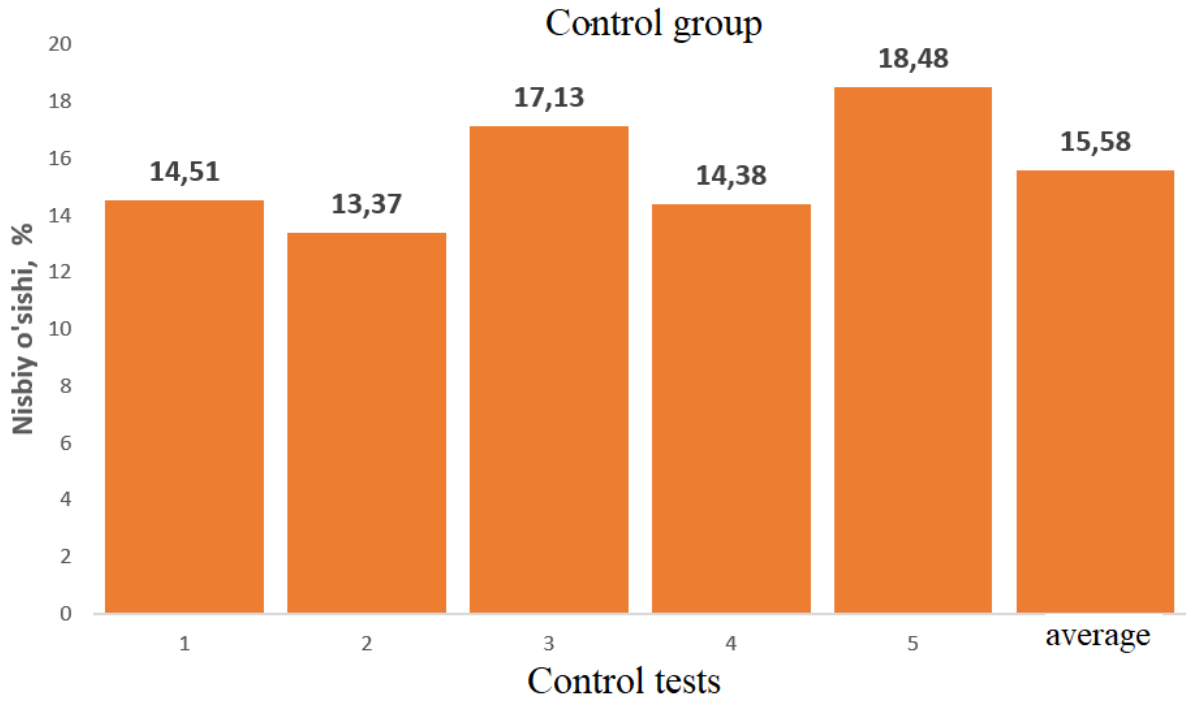


Diagram 1. The dynamics of changes in the results of the tests conducted in the experimental group during the pedagogical experience (in percentages)

Table 7.

The dynamics of changes in the results of the tests conducted in the experimental group during the pedagogical experience.

№	Beginning of the experiment			The end of the experiment			Growth		ft	p
	$\overline{X}$	б	V, %	$\overline{X}$	б	V, %	absolute	Relative ,%		
1	4,83	0,77	15,93	6,62	1,01	11,26	1,79	36,97	4,87	<0,001
2	5,08	0,75	14,75	6,77	0,95	12,03	1,69	33,18	4,83	<0,001
3	4,33	0,60	13,85	5,68	0,75	11,20	1,35	31,08	4,86	<0,001
4	4,67	0,74	15,86	6,38	0,98	13,36	1,71	36,71	4,83	<0,001
5	4,83	0,72	14,90	6,46	0,91	12,09	1,63	33,66	4,86	<0,001
								34,32		

This table was compiled based on the results of the tests conducted in the experimental group based on the dynamics of change during the pedagogical experience. The first column shows the 5 tests in numerical order. The second column is the results obtained at the beginning of the experiment, and the second column itself is divided into 3. The first is the arithmetic mean value, the second is the sigma, that is, the variance, and the third is the coefficient of variation numbers developed based on formulas. In the third column, at the end of the study, we can see that the arithmetic mean value, sigma, and coefficient of variation are entered based on three divided columns. The fourth column is called growth and is divided into two columns. In these columns, we can see the growth of the control group at the end of the study compared to the beginning of the study, and the absolute and relative differences are given in percentages. The fifth column determines the t- student criterion based on the formula.

The sixth column shows P – the reliability level. According to the first test, the average arithmetic difference between the beginning and the end of the study is

1.79. Absolute growth is 1.79%, relative growth is 36.97%. The level of

confidence is P< 0.001, that is, it shows the grade result of "5". According to the second test, the average arithmetic difference is 1.69. Absolute increase 1.69 Relative difference 33.18 percent. The level of reliability is P<0.001, that is, it shows the grade result of "5". According to the third test, the average arithmetic difference is 1.35. Absolute increase 1.35 Relative difference 31.08 percent. The level of reliability is P<0.001, that is, it shows the grade result of "5". According to the fourth test, the average arithmetic difference is 1.71. Absolute increase 1.71 Relative difference 36.71 percent. The level of reliability is P<0.001, that is, it shows the grade result of "5". According to the fifth test, the average arithmetic difference is 1.63. Absolute increase of 1.63 Relative difference of 33.66 percent. The level of reliability is P<0.001, that is, it shows the grade result of "5". The pre- study and post-study results of the control group based on relative growth can be seen in this chart based on percentages.

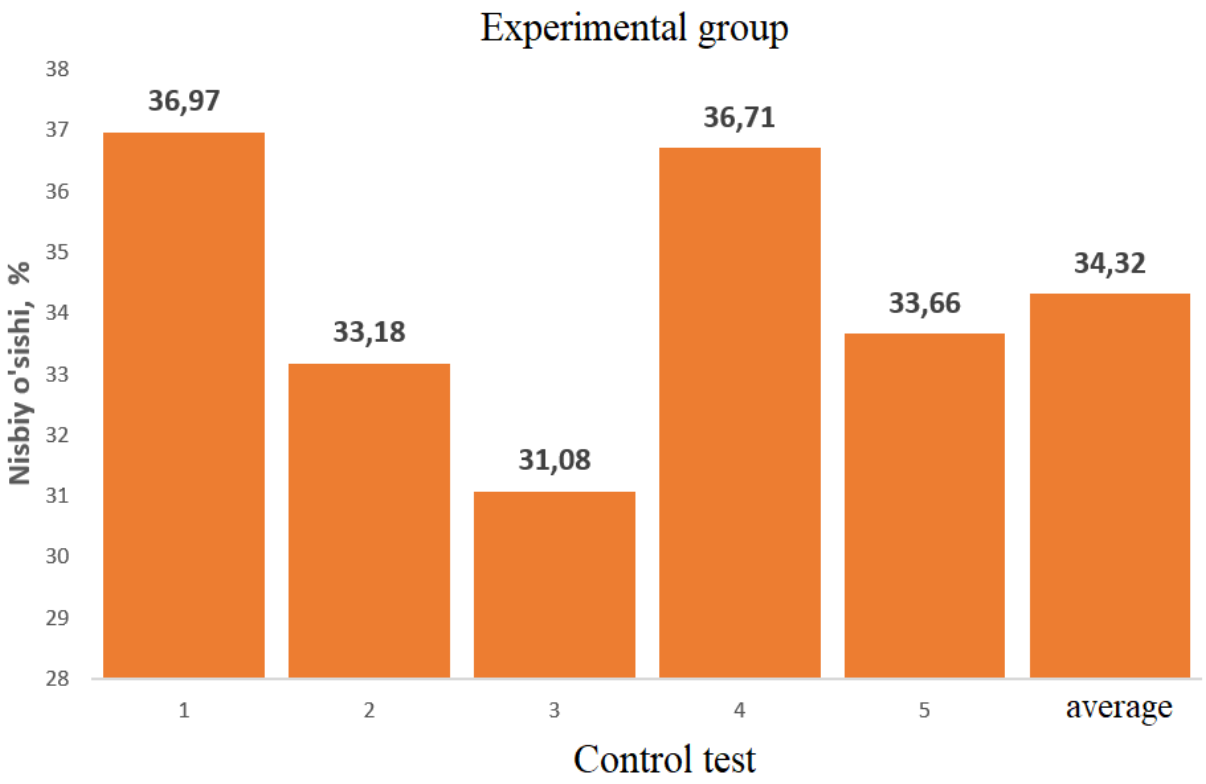


Diagram 2. The dynamics of changes in the results of the tests conducted in the experimental group during the pedagogical experience (in percentages)

CONCLUSION

Based on the analysis of existing literature, sources, and materials, it can be said that many experts believe that the coordination ability of wrestlers and the positive effect of coordination ability development on the

technical and tactical performance of belbog'li kurash wrestlers are among them. continue to search for effective methods of interdependence management. Also, it was found that most of the researchers have opinions about the effect of developing the coordination ability of wrestlers on their technical and tactical training, but they are few. 1. It was found that the use of coordination exercises in the development of technical and tactical preparation of belt wrestlers has a positive effect on the performance of belbog'li kurash wrestlers in competition. 2. It became easier for wrestlers of belbog'li kirash to perform technical and tactical methods that require coordination skills in training based on a program created through coordination exercises. 3. The results of the experimental group's wrestlers at the end of the pedagogical experiment showed that the average arithmetic value of all the control tests showed a positive change in the experimental group compared to the beginning of the study, which was much more positive and statistically reliable compared to the results of the control group's test subjects. is showing.

REFERENCES

[1]. Абдуллаев А., Жисмоний тарбия назарияси ва усулияти/ Дарслик. –Тошкент: 2018, “Илмий техника ахбороти-Пресс наширёти”;

[2]. Акрамов Ж.А. Гандбол// Дарслик. –Тошкент: “Lider press”, 2008. –26-28 –b.,

[3]. Ачилов А.М., Халмуҳамедов Р.Д., Шин В.Н., Тажибаев С.С., Ражабов Ғ.Қ. Ёш боксчиларни тайёрлаш асослари/ Ўқув-услубий қўлланма. –Тошкент: “Mumtoz so‘z”, 2012.;-21-b.

[4]. Abdullaev A. — pedagogika fanlari nomzodi, dotsent; Xonkeldiev Sh.X. — pedagogika fanlari doktori, professor jami 168 bet © O‘zDJTI nashriyot-matbaa bo‘limi, 2005 y. 52-54- b

[5]. Адилов сарвар қахрамонович /эркин кураш спортчиларининг координацион қобилиятларини ривожлантириш ва техник-тактик ҳаракатлари самарадорлигини ошириш технологияси Автореф. дис. . д-ра пед. наук. - М., chirchiq 2020; 85-87-b

[6]. Artiqov Z. S.. – Yakkakurash sport turlarida qo‘llarni tezkor bukuvchi va yozuvchi mashqlar kuchining o‘ziga xos xususiyatlari. “Fan-sportga” J. № 2. 2015. – .12.-b

[7]. Artiqov Z. S – Belbog‘li kurashda static va dinamik kuchlaninsh davomida muvozanat saqlash funksiyasini shakllantirish metodikasi //p.f.b.f.d: diss.avtoref., OAK O‘zR 13.00.04., Chirchiq. O‘zDJTSU. 2019. – 127 б.

[8]. Бакиев З.А. Эркин кураш назарияси ва услубиёти/ Ўқув қўлланма. –Тошкент: “Lider Press” нашриёти 2011.-.30-39-b..

[9]. Гончарова О.В. Контрольно-нормативные требования физическойподготовки спортсменов/ Учебное пособие. –Ташкент: “Лидер Пресс”, 2011.–ст. -84-96.;-b.,

[10]. Галковский Н.М., Керимов Ф.А. Вольная борьба. - Ташкент: Медицина, 1987. - 98-103 с.

[11]. Игуменов В.М., Шиян В.В. Проблема планирования предсоревновательной подготовки в спортивной борьбе //Теория и практика физической культуры.-Москва, 1998. - №5. - С.55-61.,

[12]. Керимов Ф.А. Спорт кураши назарияси ва усулияти/ -Тошкент:ЎзДЖТИ. Нашриёт бўлими, 2005.-100-b

[13]. Тастанов Н.А.Кураш турлари назарияси ва услубияти/ Дарслик. “Sano-standart” Тошкент – 2017.95-b.

[14]. Керимов Ф.А. Спорт соҳасидаги илмий тадқиқотлар/ -Тошкент“Зарқалам”, 2004. ;55-61-b.

[15]. Керимов Ф.А. Спорт соҳасидаги илмий тадқиқотлар/ -Тошкент: Илмий техника ахборот-пресс нашриёти 2018. 69-75 –b.

[16]. К.Маҳкамджанов, Р.Саламов, И.Икрамов, 2008 jismoniy madaniyat nazariyasi va metodikasi 87-103 –b

[17]. Керимов Ф.А. Спорт кураши назарияси ва усулияти. -Тошкент:ЎзДЖТИ. Нашриёт-матбаа бўлими, 2001.; 97-105-b.