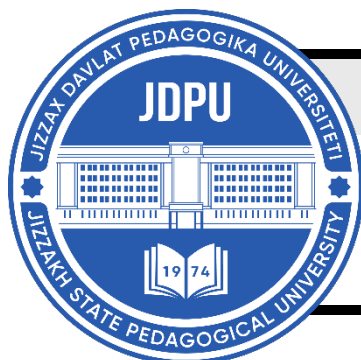


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METHODOLOGICAL JOURNAL<http://mentaljournal-jspu.uz/index.php/mesmj/index>FUNDAMENTALS OF INCREASING THE EFFICIENCY OF  
COMPETITION ACTIVITY AND DEVELOPING TECHNICAL AND TACTICAL  
TRAINING**Sangina Ravshanovna Ismatullayeva**

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## ABOUT ARTICLE

**Key words:** Competition activities, a set of special exercises, technical and tactical movements, Sports wrestling, Counter techniques, Defenses.

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**Abstract:** In the article, improving the efficiency of competition activities and developing technical-tactical training, problems and solutions are explained through literature analysis. It is necessary to solve the current issue through experiments in order to increase the effectiveness of the methods of ensuring that athletes achieve high results in international competitions and improving the technical and tactical preparation of wrestlers during training through a scientific and methodological approach. In the article, it is explained that in different cases of the athlete's body, which makes it difficult to perform the movements, the method of performing exercises is performed in different ways.

## INTRODUCTION

In order to train athletes in any field of wrestling, it is necessary to constantly study the features of the competition. It is necessary to study the main factors describing the success in the competition. In the traditional analysis of competition activities, it is necessary to establish a constant approach to obtaining reliable information about competitions and quick control, which provides opportunities for quick use of quantitative information for decision-making in competitions [25; pp. 117-119, 2; pp. 58-61, 4; pp. 49-50, 5; pp. 46-53, 6; p. 190-197].

All technical actions are performed by wrestlers from different situations [9; 240-245-b]. (The main cases are: standing, parterre and bridge)

Standing up- this is the position of a wrestler, in which he stands on his feet. It is divided into right, left and general standing. Each of them, in turn, can be high, medium and low. Fighting while standing can be done at close, medium and long distances.

Parterre- this is the initial position of the wrestler, he stands on his knees. In this case, the palms of the hands, which are written flat, rest on the carpet, the hands are 20-25 cm. located far away.

There is a difference between the high position and the low position in the parterre. The high position is the starting position of the wrestler on the parterre, and the low position is the position of the wrestler standing on his knees and resting on the mat with his forearms.

When fighting on the ground, one of the wrestlers is on the bottom and the other is on top. A wrestler standing in the top position on the floor can assume any starting position he wants before the start of the fight. Only the palms of the hands should be on the shoulders of the wrestler below [33; 36-56 p].

Bridge- this is the following position of the wrestler, that is, he leans back and rests on the mat with the palms of his feet (they are written approximately shoulder width apart) and the head (any part). The wrestler moves into this position to avoid touching the mat.

In martial arts, the bridge is one of the main elements in performing a series of attacks and counterattacks [16; 97-105-b].

The technical training of wrestling is characterized by the level of mastery of the movement system that ensures the achievement of high sports results by the athlete [11; pp. 16-25, 8; 18-26 p].

General and special technical training of the wrestler is distinguished. General technical training is aimed at acquiring various movement skills and skills in auxiliary sports, and special technical training is aimed at achieving technical skills in sports wrestling. [9; 240-245-b].

Technical training in martial arts is aimed at solving a number of complex tasks:

- increase the efficiency of using the maximum voltage;
- save working voltage;
- to increase the speed and accuracy of movement in the changing conditions of competition activities.

Improvement of sports technique is carried out during many years of training of wrestlers, and it is focused on improving technical skills in the chosen type of wrestling [10; pp. 46-49, 23; pp. 55-61, 12; 25-28 p].

Technical skill means the perfect mastery of the most reasonable movement technique in the conditions of intense sports competition [13; 193-205-b].

There are three stages of improving technical skills:

1. Research.
2. Stabilization.
3. Improving adaptation.

At the first stage, technical training is aimed at forming a new technique of competition movements, improving the conditions for acquiring it in practice, learning (or re-learning) certain movements included in the system of competition movements.

In the second stage, technical training is aimed at deep mastering and strengthening of all skills of competition movements.

In the third stage, technical training is aimed at improving the formed skills, expanding the limits of their variability, stability, and reliability in accordance with the conditions of the main competitions [9; pp. 240-245, 33; 36-56 p].

The main tasks of each stage of technical preparation are as follows:

1. Achieving high stability and reasonable variability of movement skills that form the basis of wrestling techniques, increasing their effectiveness in competition conditions.
2. Partial reconstruction of movement skills, improvement of some parts of the methods taking into account the requirements of competition activities.

To solve the first task, the method of complicating the external situation, the method of performing exercises in different states of the body is used. To solve the second task - the method of easing the conditions for performing technical actions, the method of simultaneous influence is used [14; pp. 120-128].

When performing technical methods, the method of complicating the external situation is carried out in a number of ways:

1. Methodical method of conditioned opponent's resistance helps the athlete to improve the structure and rhythm of performing technical movement, to achieve stability and efficiency faster.
2. Methodical method of initial difficult situations and preparatory actions. For example, when improving a throw, it is necessary to change the distance between the grip and the wrestlers.
3. The method of limiting the space for performing the methods helps to complicate the intended conditions for skill improvement. In wrestling, mats of reduced size are used.

A methodical way to perform the movement while being very tired. In this case, after a large volume and intense physical training, the athlete is offered exercises aimed at developing technique.

Control determines the methodical method of performing actions in a state of great emotional stress after conducting training competitions. [15; pp. 40-45].

From time to time, a methodical method of prohibiting or limiting the fight helps to selectively influence the content of the movement skill. [16; pp. 97-105].

In a competitive situation, the method of forced performance of certain methods or actions stimulates the wrestler's activity in the process of improving skills. In training competitions, a fighter is instructed to focus more on technical methods of defense, or vice versa, on methods of attack.

The method of easing the conditions for performing technical actions consists of a number of methodological methods:

1. A methodological method of separating the movement element. For example, in freestyle wrestling - to carry out a catch from the upper part of the waist.

2. Methodical method of reducing muscle tension helps the wrestler to make more precise adjustments to certain movements in the skill of movement. In order to improve technical movements, a lighter weight class opponent is chosen for the wrestler.

3. The quick informational method helps to quickly acquire the necessary width, rhythm, pace of movement, activates the process of understanding the performed movement.

It is convenient to use a video camera and a video recorder for quick information about technical activity [25; p. 117-119].

The joint effect method is implemented in sports training using methodological methods based on mutual development of physical qualities and improvement of movement skills [18; pp. 146-151, 19; pp. 24-25].

Martial arts technique is a set of techniques, counter techniques and defenses allowed in the competition rules.

Techniques of wrestling are based on methods (application of methods) - these are goal-oriented offensive actions, with the help of which the wrestler gains an advantage over his opponent. Each method consists of two parts. The first part is to capture the method. Grabs are divided into grabs from the top, bottom, back, front, side, etc. The catch is of great importance in the successful execution of the method. The quality of performance of all methods depends on how well the capture is done. In the second part, various movements: while standing - transfers, throws, overturns; on the parterre - there may be turns and throws on the parterre [20; pp. 98-103, 33; 36-56 p].

In wrestling, various actions are performed simultaneously with the legs, that is, kicks, kicks, hooks, pre-hangs, grapples, rear hangs. Most of these actions can be performed from behind, in front, from the side, from the inside, from the outside [21; 21-24 p].

A series of movements can be performed with the same grip, and conversely, the same movement can be performed with different grips. For example, it is possible to take hold of the hand and the body, and to overturn with a blow. However, it is also possible to grab the opponent by the arm, body, hand and neck by bending over [22; pp. 193-205].

A wrestler can use any technique for attacking and counter-attacking. Using a method or a part of it as a deceptive action, the fighter can prepare favorable conditions for the purpose or task of distracting the attention of the opponent and carrying out an attack by another method [23; pp. 55-61].

Counter techniques are targeted actions performed in response to an opponent's attack, with the help of which the wrestler gains an advantage over his opponent.

Countermeasures include complex technical actions. A wrestler making a counterattack should make the right decision in an instant and precisely match his actions with the actions of the attacking opponent so that the opponent does not have time to implement the method [32; 487-493].

Defenses- these are targeted actions that prevent the opponent from performing methods (counter-methods).

Defenses are divided into primary and direct defenses. Initial protection is performed in advance, that is, before the implementation of the adversary method [24; 230-239-b].

Direct defense is aimed at stopping the opponent's attack. The effectiveness of such protection depends on its timely implementation. Immediate protection can be done at the beginning of a method, during method execution, or at the end of method execution. [25; pp. 117-119, 33; 36-56 p].

The richer the reserve of technical movements of the wrestler, the more skillfully he can use them, the higher his technical skill. [33; 36-56 p].

Wrestling technique is the basis of a wrestler's skills and largely determines his capabilities. There are dozens of methods and their variants in the fight. However, this does not mean that the wrestler should know all of them perfectly [20; pp. 98-103, 33; 36-56 p].

As the athlete acquires 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 [30; 45-48 p].

Comprehensive technical training of a wrestler is one of the important requirements for the modern level of development of various sports [31; pp. 193-205, 33; 36-56 p].

The following rules should be followed when choosing technical actions for a solid takeover:

- mastering those technical actions, which technical action is considered successful in the current rules of the competition;
- mastering the methods, counter-methods and defense options that best meet the specific characteristics of the athlete from among all types of techniques;
- taking into account the skill characteristics of the main competitors and choosing technical actions that will give good results in fighting with them;
- more attention to technical actions that can expand the possibility of using previously learned methods and counter-methods;
- study of technical actions that can be used in combinations and connections with the methods available in the wrestler's reserve;
- it is necessary to teach the movement technique that has the characteristics of the most reasonable solution of the movement task, which will save you from re-learning in the future;
- eliminating unnecessary movements and excessive muscle tension, mastering the basics of technique and general movement rhythm;
- training in methods should be concentrated in a period of time. Because long breaks between training sessions reduce its effect. On the other hand, it is not advisable to repeat the methods too often during one training session, because the development of coordination skills is related to overcoming the difficulty that quickly tires the nervous system;
- in order to prevent technical situations caused by insufficient physical conditions, it is necessary to organize high-level special physical training corresponding to the dynamic characteristics of movements [32; 21-27].

In order to improve the technical skills of the wrestler, it is important to identify the errors in movement during the execution of the movements and determine the reasons for their occurrence. Timely elimination of such errors is largely responsible for the efficiency of the technical improvement process [3; 133-140., 33; 36-56 p].

All movement errors that occur during movement training are divided into five groups:

- errors due to lack of movement;
- errors due to deficiencies in teaching;
- errors and unexpected errors due to unnatural conditions [32; pp. 21-27, 26; pp. 41-54, 27; 136-138-b].

Some experts [24; pp. 230-239, 14; pp. 120-128, 31; 193-205-b] believe that in addition to greatly increasing the effectiveness of the athlete's development of coordination balance, it is necessary to use exercises that help to improve to a certain level in future exercises

The author is more on TTT, which is not enough to increase sports performance great importance to SPT training. They are still in a somewhat developed state of coordination balance [33; 36-56 p].

It is believed that athletes carry large loads, up to 30-50% of the total volume of work performed in individual TTT and SPT training.

The impact of loading depends on the movement tension in the organism and its vegetative functions. This stage is a necessary moment to increase the functional capabilities of the athlete's body during training. At the same time, it is necessary to develop methodological rules in order to eliminate movement errors that occur in the process of technical improvement. it is stated that.

**IN CONCLUSION, it can be said that** The analysis of scientific and methodical literature has shown that in recent years, attention has been paid to research aimed at developing the speed and strength of athletes and increasing the effectiveness of technical and tactical actions in wrestling. In particular, the following rules and conclusions regarding the development of speed and strength abilities of wrestlers and increasing the effectiveness of technical and tactical actions were determined:

1. Speed, strength in training athletes in wrestling It is the main base of special preparation for competitions in terms of developing abilities and increasing the efficiency of technical and tactical actions and ensures a serious increase in sports results. The comparative analyzes presented in the literature, especially the technologies that are widely used in the practice of wrestling today, consist of standard methods, and the scientific researches that are not purposefully formed or close to it are insufficient in terms of the development of speed, strength abilities and improvement of technical and tactical preparation of wrestlers. not transferred and the information is represented in the periphery.

2. Athletes in wrestling are required to increase the effectiveness of training aimed at developing speed and strength abilities and increasing the effectiveness of technical and tactical actions.

3. Improving the effectiveness of methods of improving the technical and tactical training of wrestlers during competition and training is considered an urgent issue today, and it creates the basis for raising the effectiveness of wrestlers to a higher level.

The theoretical importance of the work is that the set of special exercises related to the development of speed and strength abilities of wrestlers and increasing the efficiency of technical-tactical actions is not sufficiently covered.

Ways to increase the effectiveness of speed and strength skills of athletes in wrestling were studied, and experience indicators were obtained in wrestling.

In order to increase the efficiency of the technical and tactical preparation of wrestlers during the competition and training, they are fully trained in special simulators and equipment and explained to the coaches and athletes in simple language.

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