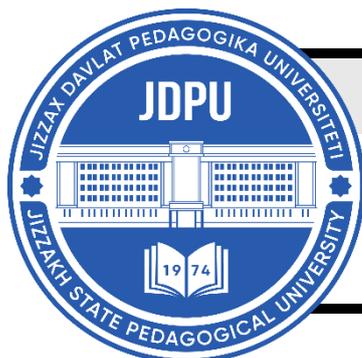


**MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**THE CORRELATION OF WRESTLER COMPETITION
PERFORMANCE INDICATORS AND TRAINING LOADINGS****Nasirjon Nematillaevich Azizov***Candidate of Pedagogical Sciences, Associate Professor**Namangan State University**Namangan, Uzbekistan**E-mail: azizov1288@mail.ru***ABOUT ARTICLE**

Key words: Highly qualified, wrestlers, competitions, technical-takrik, preparation, uploading, management, scientific, pedagogical, fundamentals, preparation, compliance, improvement, methodology.

Abstract: In this article, a scientific and methodological assessment of methods for organizing pre-competition training of highly qualified wrestlers has been developed, as well as suggestions and recommendations for improving the conformity of the preparation process.

Received: 17.08.24**Accepted:** 19.08.24**Published:** 21.08.24**INTRODUCTION**

The relevance of this topic is underscored by several key legislative measures in Uzbekistan. Notably, the decree by the President of the Republic of Uzbekistan on March 5, 2018 (UP-5368), which outlines systematic measures for improving state administration in the field of physical culture and sports. Additionally, the decree of October 2, 2017 (PP-3306) focuses on further developing national sports and combating various challenges within the sector. Furthermore, the Cabinet of Ministers issued a resolution in March 2020 (No. 122) that addresses the content and measures for improving the system of athlete selection and the support for sports teams.

The study of the subject: The study of the topic and its impact on the world community has been explored by numerous scholars. Notable researchers in this field include G.S., Fukuda, S.V. Chernov, Kelli D., J. Albuquerque, M. Local Government's Duties, Xoffman J., J. Samuel, David Grass, Pedro Paulo, and Martin, among others. Within the Commonwealth of Independent States, significant contributions have been made by V.A. Zaporozhanov, J.H. Bulgakov, N.P., Presentations, and R.N. Doroxov. Additionally, V.P. Platonova has provided valuable insights. In our country, prominent researchers on this subject include F.A. Kerimov, R.M. Matkarimov, R.D.

Khalmukhamedov, S.S. Tajibaev, X. Mirjamolov, Sh.A. Mirzaqulov, R.A. Taymuratov, N.A. Tastanov, and Z.S. Artikov. These scholars have contributed significantly to the body of knowledge on the topic.

THE MAIN PART

Wrestlers prepare for different weather conditions using individualized management styles, incorporating active control methods into practice. The introduction of quantitative objective measures is a welcome addition, especially through instrumental methods that track dynamics, which are otherwise difficult to monitor. These methods allow for the assessment of skills such as reaction speed and movement speed, which directly impact the efficiency of technical and tactical actions in competitions.

Wrestling is one of the most popular sports globally, with significant achievements in various styles, including freestyle, Greco-Roman, sambo, and judo. The synthesis of primary literary sources and practical experiences in wrestler preparation provides opportunities for further improvement and direction in training methodologies.

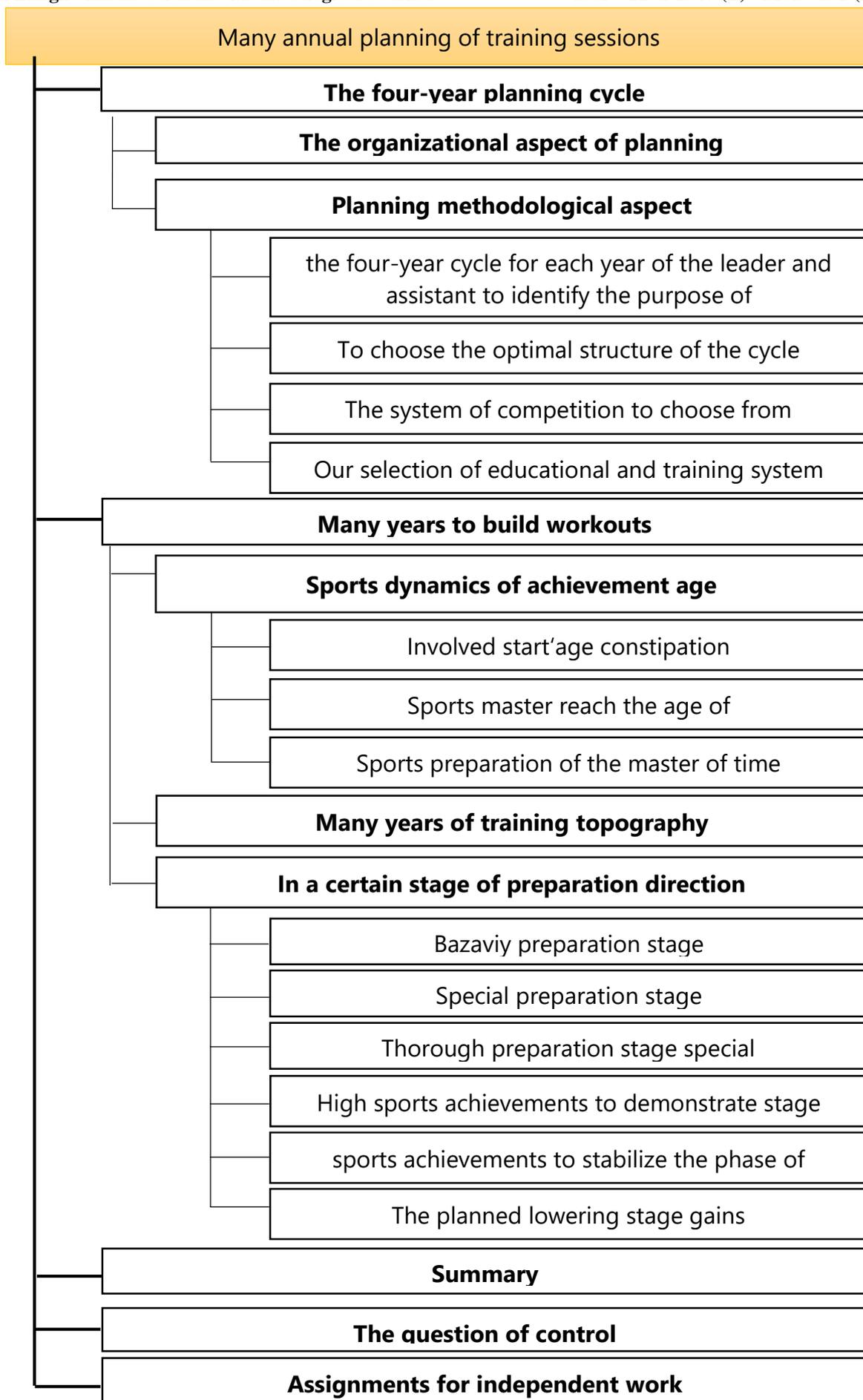
The management theory and methodology of the educational process for wrestlers are directly related to the issue of optimizing training. Fundamental works by well-known specialists in sports theory describe general rules that are being applied to wrestling. From these insights, we can conclude that improving the management of wrestling requires a systemic-structural approach in accordance with the sport's specific requirements.

The competitive activity in wrestling involves a system established by several structural components of special preparations. The primary goal is to outline the structure and lower system components. In training and competitive activities, comprehensive control results in objective quantitative data, which is essential for assessing performance. This knowledge is further supported by numerous technological advancements.

Improving the theory and methodology of complex control in wrestling preparation should align with the specific requirements of each wrestling type. The specific features of the sport demand a comprehensive approach to assess the condition of special preparations. The experience in organizing wrestling control shows that individual indicators alone are ineffective. Instead, a rational use of various components helps address the weak aspects of individual preparation.

Improving complex control in wrestling involves managing a range of training evaluations and using multiple criteria.

First and foremost, it is recommended to use a package of indicators that characterize the main structural parts of special preparations, including physical, technical-tactical, mental, and integrated indicators. This approach allows for an objective evaluation of a wrestler's preparation under different conditions.



1-picture. Athletes training system

Secondly, the control indicators for competition activities should closely match typical characteristics as much as possible. It is essential to incorporate different types of coefficients in the common block of individual indicators. These should be selected based on logical and empirical information recorded during competitive activities as well as laboratory studies. The goal is to leverage these indicators to enhance competitive performance.

Focusing on these principles will improve the control system in sports, enhancing the quality of wrestler preparation management.

The methodology for improving wrestler preparation management should be based on normative-legal documents that include control procedures, criteria, and algorithms for summarizing and assessing the preparation of fighters. These documents should provide practical recommendations for the continuous improvement of the educational process.

In the meantime, it is crucial to minimize the material-technical base used in control procedures for fight sports while continuously expanding complex control and automation. Individual information remains critical for increasing the content of the indicators.

In addition to the rules mentioned in the literature, the control technology for sports training management should be implemented step-by-step, adhering strictly to current management requirements. Each management type and control condition should be based on different tests, each containing varying information content.

Understanding the essence of control problems in sports, as discussed in numerous works, will clarify these issues further.

However, even the use of results from a metrological control objective system associated with preparation conclusions does not solve all problems. A special objective opinion regarding the athletes' preparation level should involve comparing the studied data with that of other athletes, particularly highly qualified athletes, world champions, and Olympic athletes. This comparison can be made by examining the dynamics of their competitive activities and educational processes, as well as through exam results. The level of athletes' preparation for competitive activities can also be evaluated through relative valuation of specific features.

The specific characteristics of wrestling sports, as well as the priority control approaches in national and international competitions on the federation's calendar, play a crucial role. Consequently, the practical significance of special training features and the general technical and tactical actions of leading sports teams is increasing. Systematically gathering such information is essential. The use of model-based indicators, rather than randomly selected ones, allows for an improved assessment system.

Additionally, this process should filter indicators through logical and empirical bases to ensure their reliability and relevance. This approach enhances the theoretical knowledge and practical

experience of wrestlers, providing opportunities to improve the educational process and management technology for competitive activities.

The following outlines several pressing scientific and practical issues:

1. Organizational Requirements: Due to the educational process requirements, the organization of competitive activities should incorporate executive factors reflecting these properties.

2. Quantitative Descriptions: It is necessary to quantitatively describe the technical-tactical actions of athletes, reflecting essential work activities and the body's responses during competitions.

3. Optimization of Control Tools: Optimization of complex control tools and methods should focus on improving the educational process management technology. This requires recognizing the most informative indicators and organizing them into a minimal, yet comprehensive, complex process.

4. Evaluation Assessment Scale: The next step involves creating an evaluation assessment scale for the wrestler's preparation, based on quantitative and qualitative criteria, summarizing the preparation comprehensively.

5. Age Standards: Developing age-specific standards for wrestler skills and special preparations based on data from highly qualified wrestlers' preparation and competitive activities. This includes working out models for different age groups.

6. Technological Expansion: Expanding the arsenal of technical and computerized management tools and methods. This includes using ergometric stands for describing energy mechanisms in aerobic and anaerobic activities, polydynamometric stands for evaluating quickness and strength, and methods for assessing mental processes.

7. Data Collection: Regularly collecting and analyzing data from world, Asian championships, and Olympic competitions to inform training and competitive activities.

The complex control tools and methods for wrestling sports provide extensive information on the condition of various structural components of wrestlers' special preparation. Technologies for technical-tactical training, skill evaluation, and functional capability control have been developed. However, the organization of these tests and recorded indicators needs clear, research-based recommendations, which are currently lacking in the literature. For example, the control of general and special physical preparation, functional capabilities, and technical-tactical skills should be increasingly balanced. Observations from various literary sources highlight the importance of reliable data, interpretation complexity, and differences in approaches and visions.

CONCLUSION

The methodology for managing the educational process and competitive activities of wrestlers remains a pressing issue that has yet to be fully resolved. The complexity arises from the weak technical base and the challenges in accurately recording and assessing technical-tactical actions

during combat. This complexity is compounded by the significant reactions of the wrestler's body during these actions. One unresolved issue is the operation control of the most informative indicators for technical-tactical actions in combat. Addressing this question is crucial, as current literature offers numerous indicators but lacks clear recommendations for their compatibility with training goals. Therefore, it is necessary to identify and select the most informative indicators that align with operational management requirements.

THE LIST OF USED LITERATURE

1. Matkarimov R.M. Og'ir atletika nazariyasi va uslubiyati: jismoniy tarbiya institutlari uchun darslik / R.M. Matkarimov; O'zbekiston Respublikasi Oliy va o'rta maxsus ta'lim vazirligi. - Toshkent: «O'zbekiston» NMIU, 2015. - 200 b.
2. Tastanov N.A. Kurash turlari nazariyasi va uslubiyati. / Darslik. – T.: Sano-Standart. 2017. – 480 b.
3. Дадабаев О.Ж. Дзюдочиларнинг кўп йиллик тайёргарлиги концепцияси // докторлик диссертацияси. Ч.:2021. – 218 б.
4. Верхошанский, Ю.В. Основы специальной силовой подготовки в спорте / Ю.В. Верхошанский. - М.: Советский спорт, 2013. – 216 с.
5. Зацiorский В.М. Физические качества спортсмена: основы теории и методики воспитания/В.М. Зацiorский. 3-е изд. - М.: Советский спорт, 2009. – 200 с.
6. Azizov, N. N. (2019). METHODS TO FORMULATE HEALTHY LIFESTYLE IN THE PHYSICAL EDUCATION SYSTEM. *METHODS*, 11, 11-2019.
7. Khamidjanov Abdulaziz Usubjon og'li. (2020). Improving the system and content of selection of children for the sport of belt wrestling. *Indicators*, 8(11), P. 12-16.
8. Azizov, M. (2024). METHODOLOGY FOR MONITORING THE GENERAL PHYSICAL FITNESS OF SCHOOLCHILDREN DOING NORDIC WALKING AGED 10-19 YEARS OLD. *Mental Enlightenment Scientific-Methodological Journal*, 5(02), 81-87.
9. Nuriddin Rukhiddinov Goziyev, Abdulaziz Usubjon ugli Khamiddjanov. (2019). The stage of improving the system and content of candidate selection for belt wrestling. *Scientific and Technical Journal of Namangan Institute of Engineering and Technology*, 1(3), P. 279-281.
10. Сулайманов, Д. Р. (2024). РОЛЬ СПОРТА В ЖИЗНИ ЧЕЛОВЕКА И ЕГО ВОСТРЕБОВАННОСТЬ В НАШЕ ВРЕМЯ. *ZAMONAVIY TA'LIMDA FAN VA INNOVATSION TADQIQOTLAR*, 2(3), 25-32.
11. Хамиджонов А.У. (2020). Белбоғли кураш спорт турига болапарни саралашнинг назарий ва амалий таҳлили. *Fan-sportga*, 6(6), P. 75-77.

12. Керимов Ф.А., Хамиджонов А.У. (2021). Белбоғли курашга болаларни саралашда мусобақа фаолияти ва техник-тактик тайёргарлик кўрсаткичлар самарадорлигини баҳолаш ва назорат қилиш методикаси. Научно-практическая конференция, 1(1), P. 35-390.

13. Керимов Ф.А., Хамиджонов А.У. (2022). Белбоғли кураш спорт турига 9-14 ёшли болаларни саралашда махсус жи(см)оний тайёргарлиги кўрсаткичларининг ўрни ва аҳамияти. Научно-практическая конференция, 1(1), P. 62-73.

14. Zakharevich, V., Korobeynikov, G., Nesen, O., & Xamidjonov, A. (2024). Incorporating specific sambo exercises into distance learning for high school students aged 15-16. P. 10-16.

15. Hamidjonov, A. (2024). Sport ta'lim muassasalarida sport turlarini rivojlanish monitoringini joriy qilish samaradorligi. Scientific-theoretical journal of International education research, 2(1), P. 47-50.

16. Ugly, K. A. U. (2023). Scientific and methodological features of qualifying and early orientation for sports wrestling types. Research Focus, 2(9), P. 76-83.

17. Azizov, M. (2023). "BIOIMPEDANSOMETRIYA" YORDAMIDA 30-39 YOSHLI SKANDINAVCHA YURISH BILAN SHUG 'ULLANUVCHILARNING TANA TARKIBI TUZULISHINI O'RGANISH METODIKASI. *Farg'ona davlat universiteti*, (6-TOM), 60-60.

18. Хамиджонов А. У. (2023). Спорт кураши турларига саралаш ва эрта йунаптирининг илмий-амалий асослари. Research Focus, 2(9), P. 93-98.