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JUSTIFICATION OF THE EFFECTIVENESS OF THE MANAGEMENT METHODOLOGY FOR PRE-COMPETITION TRAINING OF HIGHLY QUALIFIED ATHLETES ON THE EXPERIMENT

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ABOUT ARTICLE

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Abstract: In this article, proposals and recommendations were developed on the scientific and pedagogical foundations of managing the preparation of highly qualified sports wrestlers for competitions and improving the conformity of the preparation process.

INTRODUCTION

RELEVANCE OF THE TOPIC

The long-term training of wrestlers and the extreme conditions encountered in sports training require the development of specific qualities and skills. These include the ability to execute dynamic processes, techniques, and tactics against specific opponents, as well as the optimization of athletes' conditions. The next most crucial stage in this process is the continuous activity that athletes engage in over many years.

STUDY OF THE SUBJECT

The unique feature of long-term sports training for wrestlers is that it encompasses not only power indicators but also various objective and subjective challenges across all sports. This training manifests in the form of resistance against real opponents, as highlighted by prominent researchers such as I.P. Degtyarev, E.V. Kalmykov, S.V. Koblev, A.A. Novikov, Sh.K. Shchaxov, and A. Koqler. Therefore, developing technical and tactical skills to overcome an opponent of equal strength is a critical quality.

PURPOSE OF THE RESEARCH

The research aims to develop and specify a methodology for technical-tactical preparation in combat sports training.

RESEARCH METHODS

The research employs several methods, including the analysis of scientific literature, pedagogical observation, testing, teaching, and mathematical statistical methods.

RESEARCH AND DISCUSSION OF RESULTS

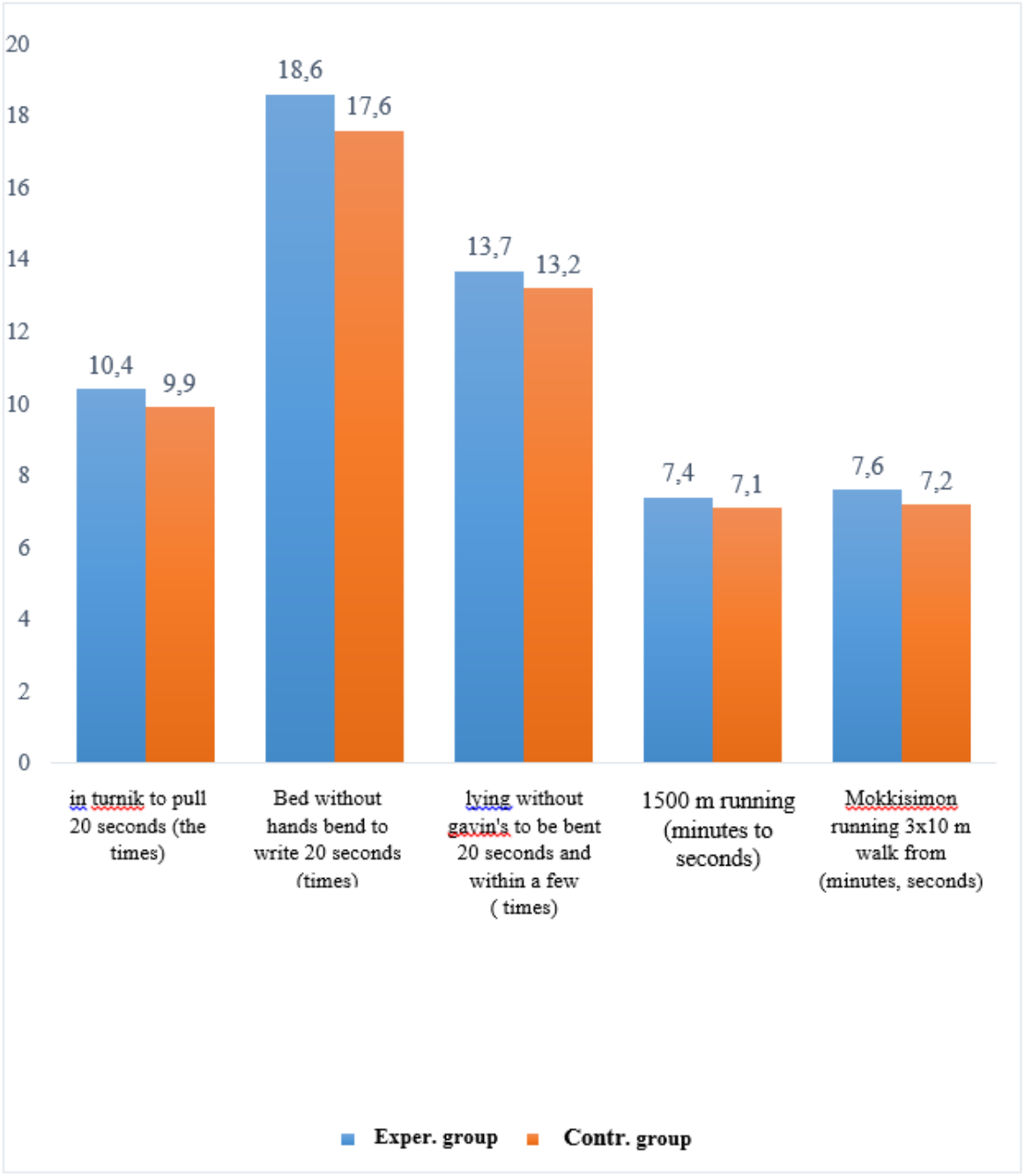
In this study, highly qualified sports wrestlers were assessed to determine their pre-competition preparation status, focusing on general and special physical preparation as well as technical indicators. Pedagogical testing methods were used. Bent arm hang from rings within a few seconds (number of repetitions). Running 1500 meters (minutes, seconds). Shuttle run 3x10 meters (seconds to minutes). Running around the head in a bridge position (Zabiganie) 10 times to the left and 10 times to the right (seconds). Switching forward and backward in a bridge position 10 times (seconds). Technical Skills: Turning a mannequin 10 times (seconds). Lifting a mannequin to the chest 10 times (seconds).

The effectiveness of the methodological part of the training was evaluated at a specialized sports boarding school for highly qualified wrestlers in Namangan city. The study included a total of 56 sports wrestlers. All participants (n=56) were divided into two groups: the experimental group (EG) and the control group (CG), with an equal number of wrestlers in each group (n=28). In the experimental group, athletes achieved an average of 10.4±1.2 pull-ups in 20 seconds, while the control group achieved 9.9±0.7 pull-ups. At the end of the study, statistical differences between the groups were observed ($t=1.2$; $P>0.05$).

1-table

Highly qualified sports wrestlersiseeng preparation musobaqaoldik index (n-56)

N	exercises control	research before				t	P
		the experimental group		control group			
		($\bar{X}$ ±σ)	v	($\bar{X}$ ±σ)	v		
1	in turnik to pull 20 seconds (the times)	10.4±1.2	11.5	9.9±0.7	7.1	1.2	>0.05
2	Bed without hands bend to write 20 seconds (times)	18.6±1.8	9.8	17.6±1.8	10.2	1.4	>0.05
3	Chalqancha lying without gavin's to be bent 20 seconds and within a few (times)	13.7±1.4	10.6	13.2±1.6	12.4	0.7	>0.05
4	1500 m running (minutes to seconds)	7.4±0.7	9.9	7.1±0.8	11.5	1.1	>0.05
5	Mokkisimon running 3x10 m walk from (minutes, seconds)	7.6±0.5	6.1	7.2±0.9	12.3	1.3	>0.05
6	Forward 10 times o'mboloq increased to (s)	19,4±2,5	13,2	18,3±2,4	13,2	1.1	>0.05
7	Exercise 5 times complete: steep situation ko‘to take the position we have pride Ko‘fall through the movement of the leg, we pride gavin o‘ng or moving to the left back to the initial condition. (s)	13.2±1.1	8.3	13.6±1.4	10.4	0.8	>0.05
8	Bridge mode head around running (Zabiganie) 10 left 10- right to the side (s).	17.8±1.4	8.2	17.2±1.8	10.8	0.9	>0.05
9	in bridge mode switch back forward 10 time (s)	29.1±2.6	8.9	29.7±2.5	8.5	0.6	>0.05
10	10 times Manikenni turned removal (s)	29.8±3.3	11.3	31.7±2.7	8.5	1.5	>0.05
11	increases 10 times Manikenni the removal of the chest (s)	25.8±2.7	10.6	27.6±3.5	12.8	1.4	>0.05



1-picture. Highly qualified sports wrestlersiseeng musobaqaoldi preparation ofk indicators (survey earlier)

In the experimental group, the average time for writing leg bends without lying down for 20 seconds was 18.6±1.8 repetitions. In contrast, the control group achieved an average of 17.6±1.8 repetitions. Statistical analysis revealed no significant difference between the two groups at the end of the study (t=1.4; P>0.05).

For the test involving 20 bent-arm hangs without a ring within a few seconds, the experimental group achieved an average of 13.7±1.4 repetitions, while the control group achieved

13.2±1.6 repetitions. Again, there was no significant difference between the groups at the end of the study (t=0.7; P>0.05).

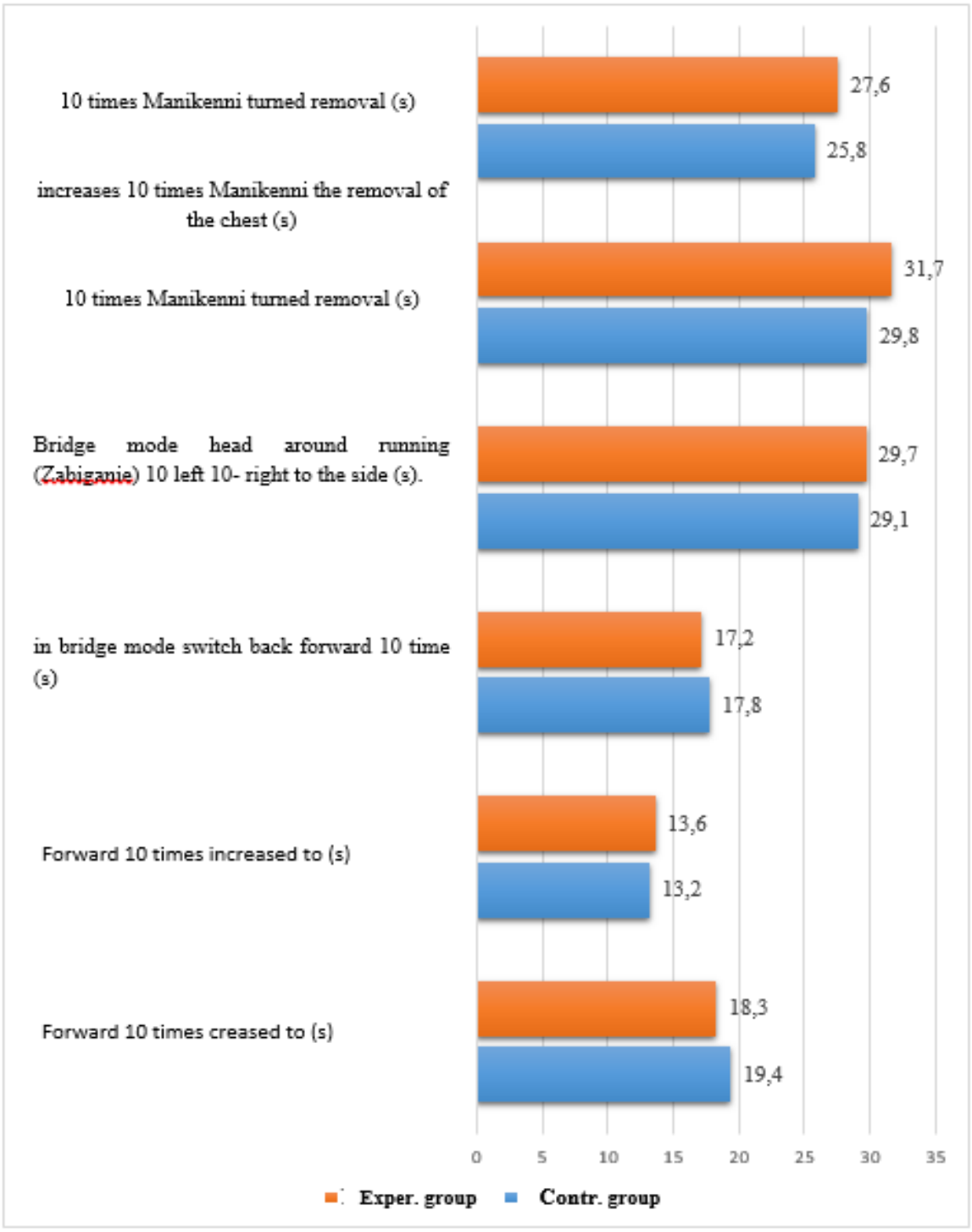
Regarding the 1500-meter run, the experimental group completed it in an average time of 7.4±0.7 minutes, while the control group completed it in 7.1±0.8 minutes. No significant difference was observed between the groups at the end of the study (t=1.1; P>0.05).

In the shuttle run test (3x10 meters), the experimental group completed it in an average time of 7.6±0.5 minutes, compared to 7.2±0.9 minutes for the control group. Once again, there was no significant difference between the groups at the end of the study (t=1.3; P>0.05).

In the test involving 10 forward movements in a bridge position, the experimental group completed it in an average time of 19.4±2.5 seconds, while the control group completed it in 18.3±2.4 seconds. No significant difference was observed between the groups at the end of the study (t=1.3; P>0.05).

Similarly, for the test involving leg movements down from a bridge position to the right or left and returning to the initial position, the experimental group completed it in an average time of 13.2±1.1 seconds, while the control group completed it in 13.6±1.4 seconds. There was no significant difference between the groups at the end of the study (t=0.8; P>0.05).

The same pattern was observed for the tests involving head movements in a bridge position (Zabiganie) to the left and right sides, as well as switching back in a bridge position. No significant differences were observed between the groups at the end of the study (t=0.9 and t=0.6, respectively; P>0.05).



2-picture. Highly qualified sports wrestlersiseeng training musobaqaoldiindicators k (previous survey)

In the experimental group, the average time for turning the mannequin 10 times was 29.8±3.3 seconds, while the control group achieved an average of 31.7±2.7 seconds. Statistical analysis revealed a significant difference between the two groups at the end of the study (t=1.5; P>0.05).

For the test involving lifting the mannequin to the chest 10 times, the experimental group completed it in an average time of 25.8±2.7 seconds, compared to 27.6±3.5 seconds for the control

group. A significant difference was observed between the groups at the end of the study (t=1.4; P>0.05).

The results of the survey revealed significant differences between the groups. In the experimental group, athletes completed 20 pull-ups on a bar within 20 seconds with an average of 12.5±1.2 repetitions, while the control group achieved an average of 11.3±1.3 repetitions. A significant difference was observed between the groups at the end of the study (t=2.2; P<0.05).

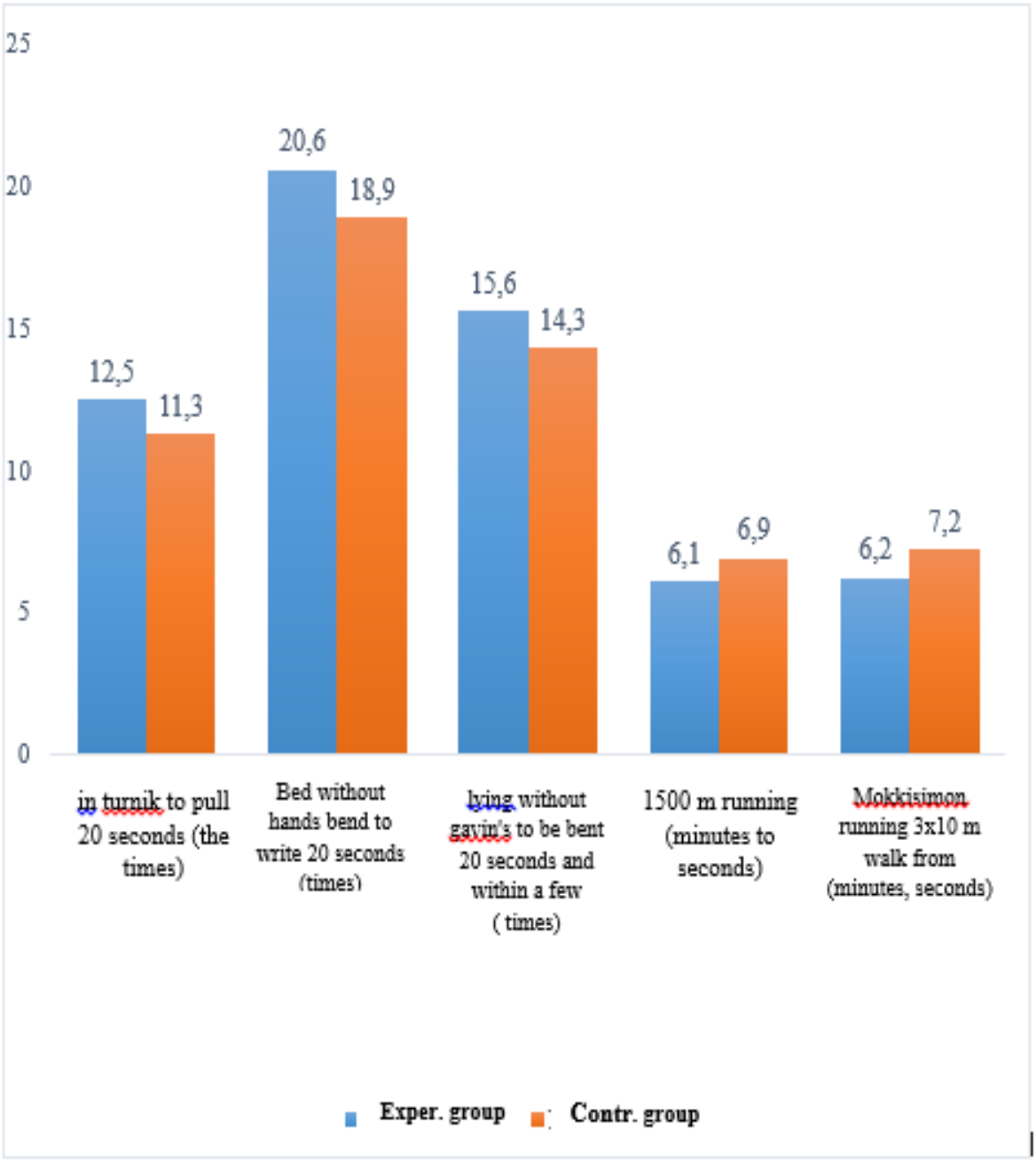
For the test involving writing leg bends without lying down for 20 seconds, the experimental group achieved an average of 20.6±1.5 repetitions, while the control group achieved 18.9±1.8 repetitions. A significant difference was observed between the groups at the end of the study (t=2.4; P<0.05).

Similarly, for the test involving 20 bent-arm hangs without a ring within a few seconds, the experimental group achieved an average of 15.6±1.1 repetitions, while the control group achieved 14.3±1.3 repetitions. A significant difference was observed between the groups at the end of the study (t=2.5; P<0.05).

2-the table

Highly qualified sports wrestlersiseeng musobaqaoldi preparation ofk indicators of (n-56)

N	control exercises	Research after the				t	P
		Experimental group		Control group			
		($\bar{X}$ ±σ)	v	($\bar{X}$ ±σ)	v		
1	in turnik to pull 20 seconds (the times)	12.5±1.2	9.5	11.3±1.3	11.6	2.2	<0.05
2	Bed without hands bend to write 20 seconds (times)	20,6±1.5	7,6	18.9±1.8	9.8	2.4	<0.05
3	Chalqancha lying without gavin's to be bent 20 seconds and within a few (times)	15.6±1.1	7.4	14.3±1.3	9.1	2.5	<0.05
4	1500 m running (minutes, seconds)	6.1±0.8	13.4	's 6.9±0.7	11.1	2.3	<0.05
5	Mokiisim upon running 3x10 m walk from (minutes to seconds)	6.2±0.7	12.7	7.2±0.9	13.7	2.6	<0.05
6	Forward 10 times o'mboloq increased by (s)	15,8±1.3 indicator	8.7	17,8±2.1	12,2	2,8	<0.01
7	Exercise 5 times the performance: from a standing position switch to the bridge position through the movement of the leg, down the bridge of moving to the right or the left gavin back to the initial condition. (s)	increased by 10.9±1.3 indicator	11,9	percent 12.8±1,5	12,2	3,2	<0.01
8	Bridge mode head around running (Zabiganie) 10 left 10- right to the side (s).	15,3±2.1	13,8	16,9±1.1	6,6	2.3	<0.05
9	10 Koprik switch back to forward mode time (s)	21,6±1.1	5.3	24,7±1.2	5,1	6,3	<0.001
10	10 times Manikenni turned removal (s)	22,2±1,8	8,2	26.1 is±2,4	9,4	4,4	<0.01
11	increases 10 times Manikenni the removal of the chest (s)	23,4±2,9	12,4	26,9±1,8	6,9	3.4 at	<0.001

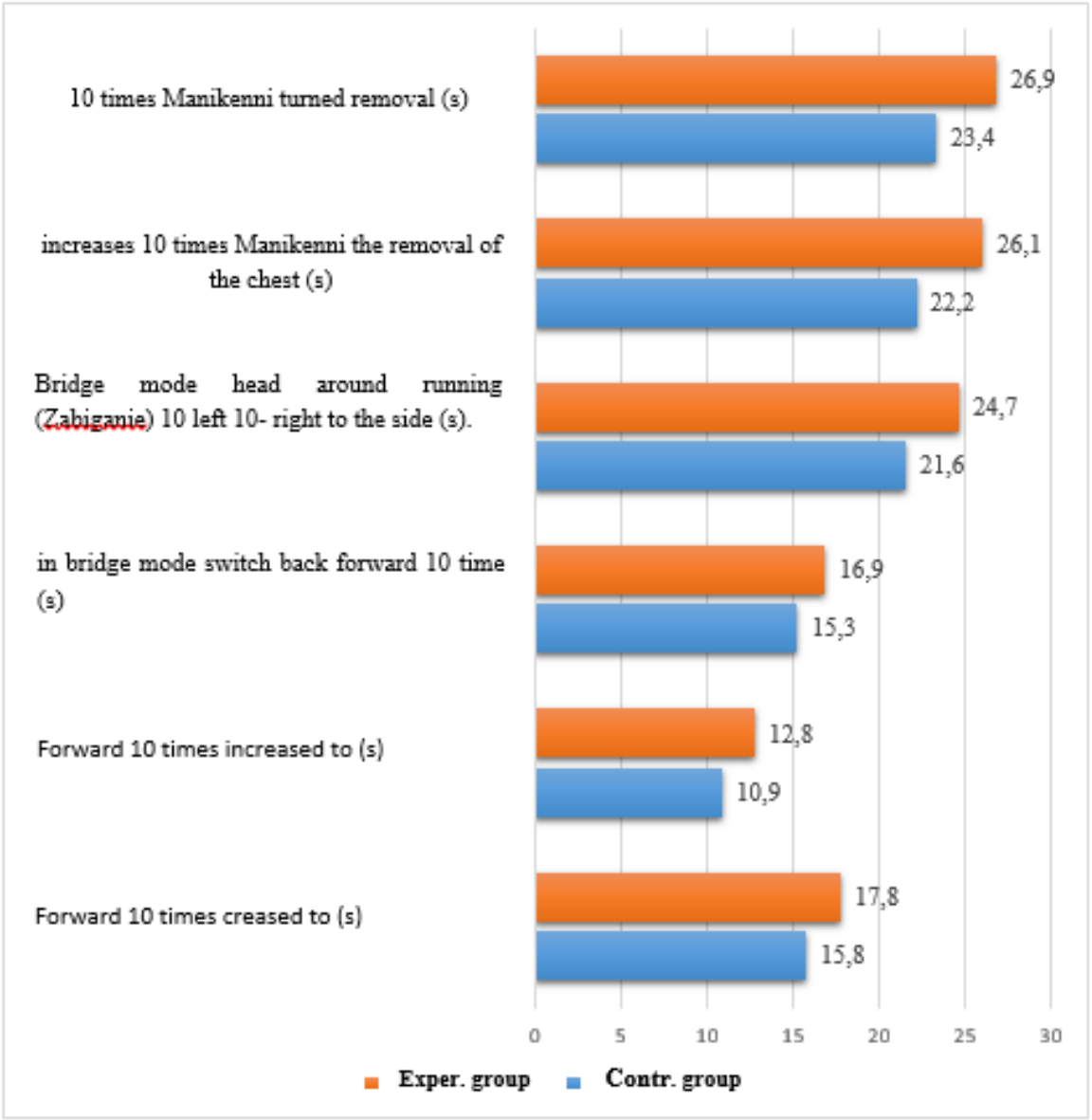


3-paint. Highly qualified sports wrestlersiseeng musobaqaoldi preparation ofk indicators (survey after n-56)

In the experimental group, the average time for completing the 1500-meter run was 6.1±0.8 minutes, while the control group completed it in 6.9±0.7 minutes. Statistical analysis revealed a significant difference between the two groups at the end of the study ($t=2.3$; $P<0.05$).

For the test involving a 3x10 meter shuttle run, the experimental group completed it in an average time of 6.2±0.7 minutes, compared to 7.2±0.9 minutes for the control group. A significant

difference was observed between the groups at the end of the study (t=2.6; P<0.05).



4-picture. Highly qualified sports wrestlersiseeng musobaqaoldi training indicators (survey after n-56)

In the experimental group, participants completed 10 forward jumps in an average time of 15.8±1.3 seconds, while the control group completed it in 17.8±2.1 seconds. A significant difference was observed between the groups at the end of the study (t=2.8; P<0.01).

For the test involving moving the legs down in a bridge position and returning to the initial condition, the experimental group completed it in an average time of 10.9±1.3 seconds, while the control group completed it in 12.8±1.5 seconds. A significant difference was observed between the groups (t=3.2; P>0.01).

In the test requiring head rotation during running (Zabiganie), the experimental group completed it in an average time of 15.3±2.1 seconds, while the control group completed it in 16.9±1.1 seconds. A significant difference was observed between the groups (t=6.3; P>0.001).

For the test involving switching back in a forward bridge position 10 times, the experimental group completed it in an average time of 21.6±1.1 seconds, while the control group completed it in 24.7±1.2 seconds. No significant difference was observed between the groups (t=0.6; P>0.05).

Similarly, for the test involving turning the mannequin 10 times, the experimental group completed it in an average time of 22.2±1.8 seconds, while the control group completed it in 26.1±2.4 seconds. A significant difference was observed between the groups (t=4.4; P<0.01).

For the test involving lifting the mannequin to the chest 10 times, the experimental group completed it in an average time of 23.4±2.9 seconds, while the control group completed it in 26.9±1.8 seconds. A significant difference was observed between the groups (t=3.4; P<0.01).

Based on the results of the experiment and comparative analysis, it is evident that regular use of physical and special physical preparation exercises over a period of 9 months in the experimental group led to rapid and effective growth. Special physical preparation focused on identifying and developing specific technical and tactical aspects, leading to higher performance in the proposed tests.

CONCLUSION

Competitive training should be tapered at least three days before the main competitions. It is advisable to incorporate basic methods of tapering into the final training sessions before the competition. During the preparation phase, special attention should be given to enhancing the athlete's power. It is recommended to structure the annual training plan based on the principles of variation and intensity modulation across different stages of the training cycle.

To maximize individual capabilities, athletes should tap into their body's functional reserves during training. This necessitates a comprehensive understanding of athletes' deep and latent potential, along with the utilization of effective training methods and methodologies tailored to individual needs.

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