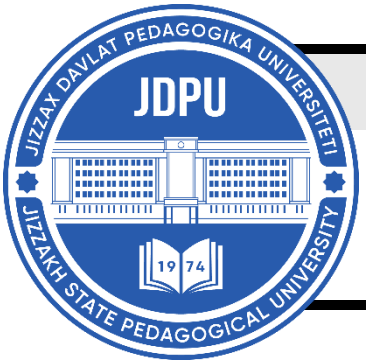
DOI: https://doi.org/10.37547/mesmj-V5-I8-47 Pages: 362-370

MENTAL ENLIGHTENMENT SCIENTIFIC – METHODOLOGICAL JOURNAL



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METHODOLOGICAL PRINCIPLES OF CLASSIFICATION AND DIRECTION OF HIGHLY SKILLED SPORTS WRESTLERS TO TYPES OF SPORTS WRESTLING FOR THE DETERMINATION OF MODEL INDICATORS

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ABOUT ARTICLE

Key words: highly skilled, wrestlers, weight-height, indicators, model, characteristics, study, age, wrestlers, selection, orientation, methodology.

Received: 12.11.24
Accepted: 14.11.24
Published: 16.11.24

Abstract: In this article, based on the determination of model descriptions of sports wrestlers, a method of sorting and directing them to types of sports wrestling was developed, and this method includes weight-height indicators, model descriptions of functional indicators. lib article provides methodical recommendations and methodical instructions for using this method.

Relevance and necessity of the topic. The use of scientific methods and the most advanced technologies is becoming important in the process of the transition of the world wrestling competitions to a new stage, in the process of sorting and directing athletes to various stages of long-term training in sports wrestling. A large-scale work is being carried out in connection with the correct organization of selection and orientation to the types of sports wrestling, as well as the adaptation of the training system of young athletes who are candidates for highly qualified athletes to the requirements of the time. Today, one of the most important tasks facing all types of sports is to conduct research on the main methods and factors of selecting and directing children to sports, to develop advanced methods aimed at solving their problems, and to introduce them to sports practice.

In the world, extensive scientific research is being carried out in connection with researching, proving and further developing the characteristics of sports wrestling, such as the contribution to human physical development, the full expression of sports ethics, and the

scientific justification of the system of training athletes in sports wrestling. In particular, a selection system based on the development of functional and physical fitness, technical-tactical movements and physical qualities has been created for the selection of children for all types of wrestling. However, the problems of studying, teaching and popularizing sports wrestling on a global scale, selecting and directing young competitors by sport, and methods of assessing physical capabilities aimed at predicting sports achievements have not been sufficiently studied.

Level of study of the problem. In recent years, the scientists of our republic F.A. Kerimov, M.N. Umarov [17], Modeling and prediction in sports, R.D. Kholmuhammedov, V.N. Shin, G.B. Abdurasulova, S.S. Tajibayevlar [23], and the criteria for selecting young martial artists for multi-year training stages, N.A. Tastanov [20] method of developing quick-strength training of highly skilled Greco-Roman wrestlers related to competition, Sh.A. Mirzakulov [19], method of improving special physical training of belt wrestlers, F.A. Kerimov [16], theory and method of sports wrestling, S.Q. Adilov [3], the technology of developing the coordination abilities of athletes and increasing the effectiveness of technical and tactical movements in wrestling, O.J. Dadabayev [15], the method of improving the physical fitness of young judokas, and other scientific and methodological literature. In addition, in connection with selection for other sports, X.Y. Matnazarov [18], improvement of the methodology of selection of young swimmers at the initial specialization stage, Sh.S. Ermatov [4], improvement of the methodology of selecting talented children for football by using reliable and informative tests, Z.Z. Yusupov [12], technology of selection of handball players in multi-year preparatory stages, H.Kh. Abdurahmonov [2], modern criteria of selection of students of the Sports School for athletics have been improved.

The purpose of the research is to develop suggestions and recommendations for improving the consistency of the selection stages, methods, and preparation process, taking into account the indicators that affect the efficiency of the selection and orientation to the types of sports wrestling.

Tasks of the research:

Determination of model features of anthropometric indicators of athletes engaged in highly skilled sports wrestling in the "VMEN REP" apparatus and development of a mechanism for sorting and directing young athletes to sports wrestling;

Determining the model characteristics of highly skilled freestyle, Greco-Roman, judo, belt wrestling, functional training indicators of wrestlers on the "SPIROMETR SPIRO USB" device and developing descriptions of guiding young athletes to types of sports wrestling;

Development of model characteristics and descriptions of highly qualified freestyle, Greco-Roman, judo, belt wrestling, indicators of functional training of wrestlers;

Classification of requirements for determining special physical fitness indicators, taking into account the age characteristics of participants in the selection and orientation of sports wrestling and the level of complexity of control tests, as well as their weight category;

The object of the research was the selection of children to the sports school in the Torakorgan district of the Namangan region, and the process of training with them.

Research tasks and its discussion When determining the model characteristics of highly qualified sports wrestlers, we determined their height and growth indicators at different ages. V.B. Schwarz, a computer program for predicting height length was created using the table for predicting height growth in percentages depending on age, developed by S.V. Khrushchev. Using this program, the weight-height indicators of highly qualified wrestlers were analyzed (see Figure 2).

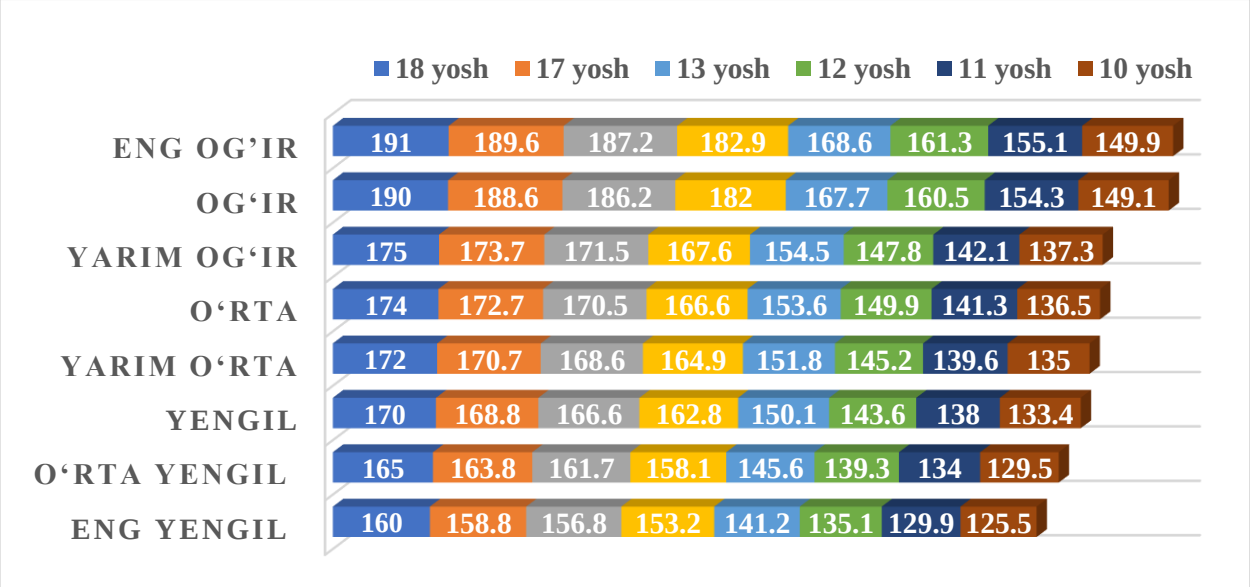

Figure 2. Analysis of model characteristics of weight-height indicators of highly skilled wrestlers (n=16).

Based on the above information, we have developed a system of sorting and guiding young athletes who enter sports wrestling by determining their weight and height and predicting which weight they will fight at in the future based on their weight-height indicators (see Table 1).

Table 1

Selection methodology based on determining the model characteristics of weight-height indicators of young freestyle wrestlers (n-16)

Weight class and height indicator	**11 age**	**12 age**	**13 age**	**14 age**	**15-16 age**	**17 age**	**18-35 age**
Height growth indicator (sm)	131	136,2	142,4	154,5	**158,1**	**160,1**	**161,3**
Lighter (kg)	20-23		29-32		45-48	45-48	55-60
Height growth indicator (sm)	**135**	**140,2**	**146,7**	**159,2**	**162,9**	**165,0**	**166,2**
Medium light (kg)	26		35		51	51	63
Height growth indicator (sm)	**139**	**144,5**	**151,1**	**163,9**	**167,8**	**169,9**	**171,1**
Light (kg)	29		38		55	55	67
Height growth indicator (sm)	**140,5**	**146,1**	**152,7**	**165,7**	**169,6**	**171,7**	**173,0**
Half medium (kg)	32		41		60	60	72
Height growth indicator (sm)	**142**	**147,7**	**154,3**	**167,5**	**171,4**	**173,6**	**174,8**
Medium (kg)	35		44		65	65	77
Height growth indicator (sm)	**143**	**148,7**	**155,4**	**168,6**	**172,6**	**174,8**	**176**
Semi heavy (kg)	38		48		71	71	82
Height growth indicator (sm)	**145**	**150,8**	**157,6**	**171,0**	**175,0**	**177,2**	**178,5**
Heavy (kg)	41		52		80	80	87
Height growth indicator (sm)	**154**	**160,1**	**167,4**	**181,6**	**185,9**	**188,2**	**189,6**
Top heavy (kg)	44		57		92	92	97
Height growth indicator (sm)	**158**	**164,3**	**171,7**	**186,3**	**190,7**	**193,1**	**194,5**
Absolute (kg)	48		62		110	110	130

Morphological characteristics of highly qualified freestyle wrestlers were studied and separated into each weight category as models. In addition, height and chest circumference of highly qualified sports wrestlers were studied and model features were determined.

In the third chapter, entitled **"Scientific-methodological basis of coordination of sensitive periods in the selection of sports wrestling"**, the selection criteria based on the model features of functional training indicators of sports wrestlers, the methodology of coordination of standards for evaluating the sensitive periods and general physical fitness in the selection of sports wrestling, in the stage of initial preparation indicators of general physical fitness of athletes engaged in sports wrestling, criteria for evaluating general physical fitness in qualifying for the initial training stage of sports wrestling, general physical fitness of athletes engaged in sports wrestling at the training stage indicators, criteria for evaluating general physical fitness indicators in qualifying for the training stage of sports wrestling, functional

indicators of athletes in highly qualified sports wrestling were studied and analyzed, and model indicators were developed (see picture 3).

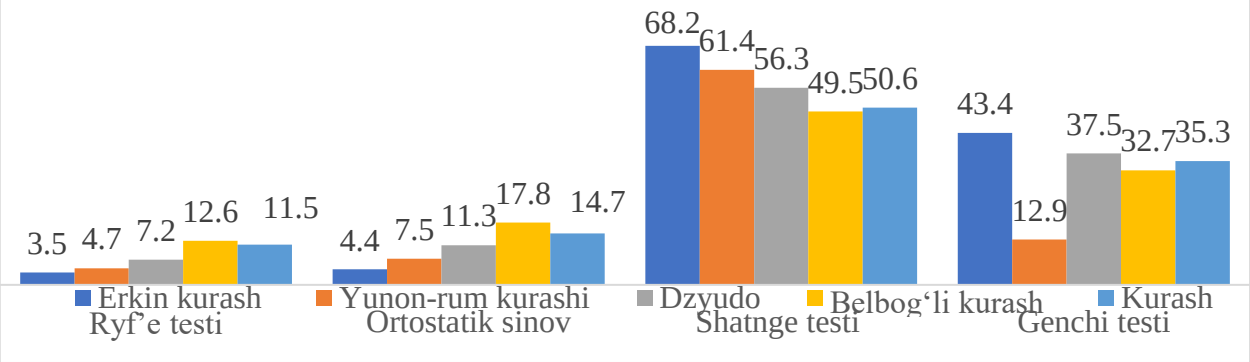

Figure 3. Model indicators of functional training of sports wrestlers

Based on the indicators of the developed model, the young wrestlers engaged in sports wrestling at the stage of sports rehabilitation were directed to sports wrestling (see Figure 4).

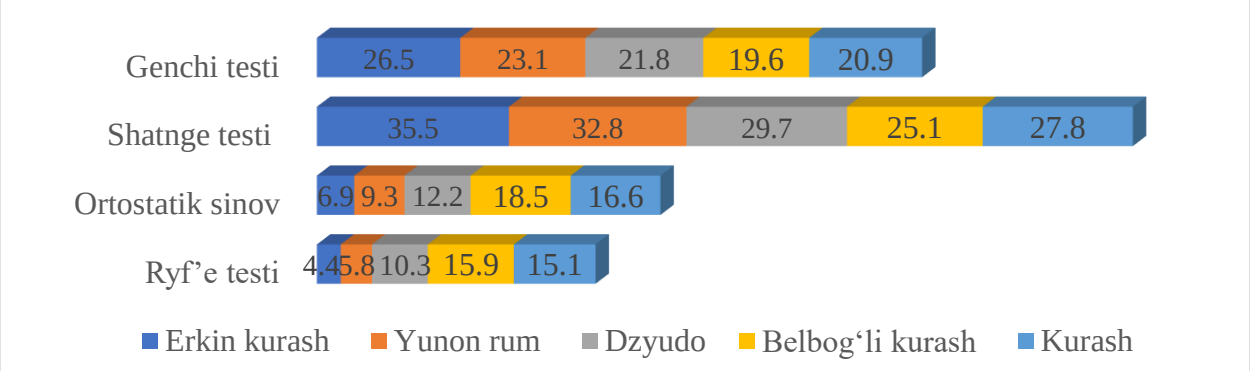

Figure 4. The method of sorting and directing young wrestlers in the stage of sports rehabilitation to sports wrestling, taking into account functional indicators

There are various methods of qualifying for sports in physical education and sports practice, and the most common and popular method is pedagogical testing and evaluation. The requirements and criteria for performing these tests are determined based on the types of wrestling. What we need to pay attention to is that the results in sports fights are related to weight. The method proposed by us was selected taking into account the weight of general physical fitness tests in the selection and orientation of sports wrestling (see Table 2).

Table 2

Criteria for evaluating the general physical fitness of children at the stage of primary training in the selection of sports wrestling

Control standards	**score**	**Weight class**		
		20-29 kg	**32-38 kg**	**41-48 kg**
Run to 60 m.(s)	**6**	9.5	9.3	9.7
	5	9.7	9.5	9.9

	4	9.9	9.7	10.2
Moximon running 3x10 m. (s)	**7**	8.1	7.9	8.3
	6	8.3	8.1	8.5
	5	8.5	8.3	8.7
Pull-ups on the turnstile (times)	**9**	8	9	7
	8	7	8	6
	7	6	7	5
Standing long jump (sm)	**8**	160	170	150
	7	150	160	140
	6	140	150	130
Lean forward while sitting without bending your knees (sm)	**10**	13	15	9
	9	9	11	5
	8	5	7	3
Run to 1000 m. (s)	**5**	4.20	4.10	4.30
	4	4.30	4.20	4.40
	3	4.40	4.30	4.50

A special scale was developed to determine the level of physical fitness in qualifying for sports wrestling according to the requirements of this developed standard. According to the results of this scale, children are divided into three levels, including the high level if the total points are in the range of 40-45 points, the middle level if the result of the indicators is 34-39 points, and the third level is 28-33 points. is considered low level (see Table 4).

Table 4

A special scale for determining the level of physical fitness in qualifying for sports wrestling

T/r	The level of distribution of points	Level
1	40-45	Yuqori
2	34-39	O‘rta
3	28-33	Past

The efficiency of the method of coordination of the criteria for evaluating the general physical fitness of sensitive periods in the selection and orientation of sports wrestling was sorted by the test criteria covering 5 physical qualities for each age and training period in five preparatory stages. In addition, at each stage of preparation, the evaluation criteria are divided into 3 weight categories for sports wrestlers, and the selection criteria are developed accordingly. Today, in the selection and orientation of sports schools, Olympic and Paralympic athletes to the training centers, which is a problem in all types of wrestling, it has created an

opportunity to solve the issues of selection and orientation of athletes of different weight categories.

Conclusion. The collected sources were analyzed within the framework of the dissertation topic, and the following conclusions were drawn based on observations, summarizing the opinions of international experts, and comparative analysis of the results of modern scientific and pedagogical experiments:

1. The analysis of scientific and methodical literature on improving the system and content of children's selection for sports wrestling showed that a lot of scientific research has been conducted on improving the system and content of selecting children for sports, as well as wrestling. Experts say that an important role in the preparation of sports reserves is included in the initial effective system of selection of promising teenagers. Sports selection is a system of organizational-methodical activities of a complex nature, including pedagogical, sociological, psychological and medical-biological research methods, based on which it was determined that the process aimed at determining the inclinations and abilities of children in certain sports is calculated.

2. Determination of the height of highly qualified wrestlers in 8 weight categories as a result of the analysis of the model characteristics of weight and height indicators of highly qualified wrestlers in the selection and orientation of young freestyle wrestlers, using the methodology developed by us

Height at age 10 was determined for each weight category, including

It was determined that the height of 57 kg freestyle wrestlers was 160 cm at the age of 18, and 125.5 cm at the age of 10. It was predicted that the height of a young qualified freestyle wrestler would be 131 cm at the age of 11, and 161.3 cm at the age of 18.

3. The selection and orientation of sports wrestlers based on the criteria of selection based on the model characteristics of functional fitness indicators has been highly effective mainly in sports rehabilitation groups. In this case, we found that the best functional training in freestyle wrestlers was 3.5±0.3 seconds in the ruf'e test, while the best results of young wrestlers in the stage of sports rehabilitation were 4.4±0.5 seconds. We selected the wrestlers who showed up for freestyle wrestling. The lowest functional index was found in wrestlers, as it was 11.5±1.2 seconds, and young wrestlers with the lowest index were 15.1±1.4 seconds. This, in turn, proved that the reserves of functional indicators of the body are of great importance in the selection and orientation of athletes to the long-term training stage.

4.The effectiveness of the method of coordination of the criteria for evaluating the general physical fitness of sensitive periods in the selection and orientation of sports wrestling was

sorted by the test criteria covering 5 physical qualities for each age and training period in five preparatory stages. In addition, at each stage of preparation, the evaluation criteria are divided into 3 weight categories for sports wrestlers, and the selection criteria are developed accordingly. This gives sports schools, training centers for Olympic and Paralympic athletes the opportunity to solve not only the selection and orientation of wrestling sports, but also the selection and orientation of athletes of different weight categories, which is a problem in all types of wrestling.

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