

MENTAL ENLIGHTENMENT SCIENTIFIC – METHODOLOGICAL JOURNAL



MENTAL ENLIGHTENMENT SCIENTIFIC – METHODOLOGICAL JOURNAL

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



EDUCATIONAL TRAINING METHODOLOGY IMPROVEMENT FOR MULTILY WRESTLERS

Ikhtiyor Ganiboev

Uzbek State University of Physical Education and Sports

Uzbekistan, Chirchik

E-mail: ganiboyev1979@mail.ru

ABOUT ARTICLE

Key words: Regular athletic exercises strengthen the cardiovascular and respiratory systems, ensure harmonious muscle development, improve joint mobility, and improve nervous-muscular coordination.

Received: 21.01.25

Accepted: 23.01.25

Published: 25.01.25

Abstract: The improvement of educational training methodologies for multiple wrestlers focuses on enhancing the overall effectiveness of coaching techniques, physical conditioning, and mental preparedness. This approach aims to address the unique needs of each wrestler while promoting group cohesion and collective growth within the training environment. The methodology incorporates a combination of personalized training plans, advanced techniques for skill development, and strategies to increase mental toughness and resilience. By incorporating both individual and team-based approaches, the goal is to ensure each wrestler reaches their full potential while improving overall performance in competitive scenarios. Additionally, modern tools such as video analysis, performance tracking systems, and feedback mechanisms are utilized to monitor progress and make data-driven adjustments. The key is to balance individual needs with the dynamics of a group setting, creating a holistic training environment that supports the diverse aspects of a wrestler's development.

Relevance. The diversity of athletics exercises in the world allows children and adults of all ages and genders to participate in athletics classes, as well as changes in muscle strength in strength and speed exercises in walking, running, jumping, and throwing. Most of these exercises are not technically difficult to perform, are easy to teach, and can be performed on simple terrain and open spaces. Regular athletic exercises strengthen the cardiovascular and

respiratory systems, ensure harmonious muscle development, improve joint mobility, and improve nervous-muscular coordination. To accurately classify athletic exercises, it is advisable to classify them into five sections (walking, running, jumping, throwing, multisport). They, in turn, are divided into types, types of species, variants, and distances.

The purpose of the study. The goal of the research is to develop recommendations for improving the methodology of educational training for multiple wrestlers. The research findings and their discussion.

Preparation for decathlon competitions In the first decade of the 20th century, specialists developed and used simplified plans for training athletes. Qualified athletes engaged in one type of athletics before the decathlon competitions and participated in several training sessions from the other types of decathlon. This was the reason for winning international competitions and even showing record results at that time. According to experts in athletics, world record holder A. Klumberk was considered a leading expert in decathlon planning. Honored coach of Russia R.V. Korobkov was the first to prepare a training manual for the all-around. He argued that in the training of all-around athletes, the annual training should be divided into periods and conducted twice a day. Honored Coach of Russia V.V. Volkov, in his books, describes his one-year structure as follows: Preparation for decathlon competitions In the first decade of the 20th century, specialists developed and used simplified plans for training athletes. Qualified athletes engaged in one type of athletics before the decathlon competitions and participated in several training sessions from the other types of decathlon. This was the reason for winning international competitions and even showing record results at that time. According to experts in athletics, world record holder A. Klumberk was considered a leading expert in decathlon planning. Honored coach of Russia R.V. Korobkov was the first to prepare a training manual for the all-around. He argued that in the training of all-around athletes, the annual training should be divided into periods and conducted twice a day. Honored Coach of Russia V.V. Volkov, in his books, describes his one-year structure as follows:

Day 1. 4 types on the first day of the decathlon;

Day 2. Four types of the second day of the decathlon;

Day 3. Rest.

Day 4. 4 types of your first day.

Day 5. Remaining types, strength training exercises and cross-country running.

Day 6. Rest.

In the system of athlete training, specialists have identified the following elements:

- a) long-term preparation includes all periods and periods of interdependence;
- b) annual preparation, macrocycles and preparatory periods;
- c) average cycle (mesocycles);
- g) small days;
- d) training sessions and their parts;

The long-term process of training ten-stroke wrestlers

It is divided into 4 stages.

The decathlon athletes in the age groups are as follows:

Initial training period (9-11 years old)

2. Period of initial specialization (12-15 years old)

3. Period of in-depth specialization (16-18 years)

4. The period of sports improvement (19 years and older).

V.N. Platonov distinguishes the main direction in sheep training, emphasizing that the process of multi-athletes is carried out in an intensive state during the period of sports improvement.

- Increase the volume of training sessions on a planned basis and complete them during the academic year or macrocycle;

- Timely acquisition of a specific (short) sports specialty;

- Increasing the number of training sessions during the microcycle;

- Increasing the intensity of training with large loads in microcycles;

- The application of strictly regulated regimes in training, which contribute to the development of special endurance, as well as the expansion of competitive practice and high psychological preparedness and participation in competitive competitions.

- The introduction of auxiliary means to increase work capacity, accelerate the recovery process after high-load training sessions, and prepare the body's condition for heavy loads;

When repeating intense exercises over a long period of time in the daily routine (where is

Table 1 presents the volume of resources during the preparatory and competitive periods.

Table 1

The volume and means of recovery of highly qualified decano wrestlers during the preparatory and competitive periods

Tools	Preparatory Period	Competitive Period
Running readiness (m)		
- Sprint run (Basic Exercise)	2100/1000	1800/800
- Repeat run	900	1300
- Variable running	1900	700
- Run slowly	8000-10000	6000-7000
- Obstacle race (number of obstacles)	120-140	60-80
Jumper preparedness (number of jumps)		
- Height jump		
-Long jump		
-Standing Long Jump	36-42	21-25
Throwing stick (number of throws)	30-36	12-16
-Nuclear ejection	55-73	18-28
-Disc flipping		
-spear throwing		
Assistive tools	64-84	33-43
- barbell exercises (40-100% of the maximum weight in kg)	27-47	40-52
-resistance training (min)	63-79	40-52
-sports games (min)	100-1400	2800-3700
-gymnastics ocrabatics (min)		
Assistive tools	40-80	10-30
- barbell exercises (40-100% of the maximum weight in kg)	60-80	20-30
-resistance training (min)	4-48	15-25
-sports games (min)	60-120	40-80
-gymnastics ocrabatics (min)	40-60	20-40
	14-20	10-16
	20-40	-

Conclusion. In the decathlon, the results of all disciplines depend on physical strength, except for the 1500m run. One of the main means of developing strength is to perform exercises with a barbell. During the preparatory period, barbell exercises are performed 2-3 times a week, while during the competitive period, they are performed once a week. In this case, the barbell exercises should be performed with rapid movements and make up 70-80% of the main maximum weight. Exercises can be performed once a week with maximum weights. The following are the main exercises with the barbell. Raise the barbell (60-90 kg), jerk (up to 80-120 kg), lift the barbell (70-100 kg) from the lying position up front of the chest, and stand on the tip of the foot with the barbell (150-240 kg) in a half-sitting motion. With an average weight of 6-8 repetitions per attempt, as the necessary weight increases, the number of repetitions decreases to 1-2 repetitions.

LITERATURE

1. Ходжамкелдиев, Г. Спорт машғулотлари жараёнларида тикланишнинг аҳамияти // *Ижтимоий-гуманитар фанларнинг долзарб муаммолари/Актуальные проблемы социально-гуманитарных наук/Actual Problems of Humanities and Social Sciences.*, 3(7), (2023). 233-237.
2. Khojamkeldiyev, G. S. Medical and biological means of increasing working capacity and recovery of athletes // *Mental Enlightenment Scientific-Methodological Journal*, Jizzakh, 2023. - P.232-237.
3. Khujamkeldiyev, G. S. (2023). The importance of recovery in the processes of sports exercises // In *Физическое воспитание и спорт в высших учебных заведениях: сб. статей XIX Междунар. науч. конф., Белгород, 25–26 апр. 2023 г./Белгор. гос. технол. ун-т.– Белгород: Изд-во БГТУ, 2023.–471с. ISBN 978-5-361-01170-4* (P. 462).
4. Ходжамкелдиев, Г. (2023). Спорт машғулотлари жараёнларида тикланишнинг аҳамияти // *Ижтимоий-гуманитар фанларнинг долзарб муаммолари/Актуальные проблемы социально-гуманитарных наук/Actual Problems of Humanities and Social Sciences.*, 3(7), - С.233-237.