



OPTIMIZING THE METHODOLOGY OF TEACHING TECHNICAL METHODS OF Wrestlers

O'zbekiston Davlat jismoniy tarbiya va sport universiteti,

Xalqaro kurash turlari nazariyasi va uslubiyati kafedrasida

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Annotation

The article explains how young wrestlers need to be taught the technique. Teaches young wrestlers the technique of modeling their training techniques. Learn how to increase the effectiveness of using young wrestlers in the training process.

Keywords: physical culture, technical methods, training, training process, modeling, optimization.

KURASHCHILARINING TEXNIK USULLARGA O'RGATISH METODIKASINI OPTIMALLASHTIRISH

Annotatsiya

Maqolada yosh yunon-rim kurashchilarining texnik usullarni o'rgatish usullari keltirilgan. Yosh kurashchilarning mashg'ulot jarayonlarida texnik usullarga o'rgatishni modellashtirish uslublarini o'rganilgan. Yosh kurashchilarni mashg'ulot jarayonlarida modellashtirish usulidan foydalanish samadarligini oshirish usullari o'rganildi.

Kalit so'zlar: jismoniy tayyorgarlik, texnik usullar, o'quv-mashg'ulot, mashg'ulot jarayoni, modellashtirish, optimallashtirish.



Our country is focusing on a range of scientific and practical measures to study theoretical and practical aspects of sports and to create training sessions that suit our athletes. In order to develop the sport in our country, a number of high-level creative works are being carried out, as well as by the standard design of sports complexes operating in developed countries. In addition to standardizing sports facilities, they are also being studied.

The aim of the study: The role of modeling in the teaching of technical techniques of young wrestlers.

Research objectives: - To learn how to model sports in wrestling.

High sports skills require continuous technical and tactical training. Practice shows that many wrestlers successfully participate in large contests at least 1-2 times. This is usually due to the fact that their technical and tactical skills have ceased to exist. Wrestling has to be constantly refreshed and improved. Unfortunately, some wrestlers think that perfectionism means eliminating the deficiencies they have. They pay little attention to failed attacks. The principle of improving technical and tactical skills is to influence all aspects of the skill together.

The model is the sum of the achievements of sportsmanship in a particular sport. As a result of using and processing the model, a modeling process is built.

Participating in sports preparation and competition helps you learn, identify, and apply modeling.

Modeling is an important factor in the organization, planning of athlete training, creating opportunities for achieving the desired results, correcting tasks, and using the right tools in training.

The terms "model" and "modeling" - play an important role in sports theory and practice. For example, in the scientific and methodological literature and sports articles, the term is used almost 20 times more often than 60-70 years.

[2.278]



The technical training of the wrestler is characterized by the level of involvement of the athlete in the system of actions to ensure high athletic performance. [4.91]

In Greco-Roman wrestling, the athlete has many technical features and is different from other sports. The classification, system, and terms of the technique of wrestling have been developed to regulate the technical actions of the wrestling type and to enable communication among experts in this field.

Classification is a system of interconnected concepts (classes, objects, events) in one or another area of knowledge. The classification is based on the general character of the objects and the legal relationship between them. Classification helps keep objects in the right order and is a source of knowledge about them. [5.84]

Practice shows that top-ranked athlete in these groups has the opportunity to achieve high results in major competitions. The same situation can be seen in the long-term acclimatization of athletes who specialize in many types of sports.

Here, teams of high-achieving athletes are divided into groups based on their equal training and success in competitions, their individual achievements and talents. High scores in groups such as running and jumping or throwing are often divided into groups. Even the world record holder, two-time Olympic champion D. Thompson, has achieved excellence in many types of wrestling, and his preparation has been disproportionate. [2.121]

For example, he scored 100 m in the 100 m hurdles at the XXII Olympic Games, 46-56 in the 400 m, 8.01, 203 and 500 m in the long jump. These results are the highest in some types of wrestling. At the same time, D. Thompson's high results in nuclear jumping and spear fell to some extent - 15.72 and 66-24 m. According to the results of most fights, it is 19-17 and 82-14 meters.

Group models are based on the study of a specific set of athletes (or teams) that differ in specific attributes within the framework of a particular sport. An



example is the model of technical and tactical actions of the “fives” in ice hockey, models of competitive activity of wrestlers or swimmers, characterized by high speed-power potential and insufficient endurance, etc. Studies show that athletes who achieve outstanding results in various forms sports, can be divided into several relatively independent groups, each of which combines athletes with a related structure of competitive activity and preparedness. So, for example, swimmers, rowers, middle distance runners can be divided into three main groups: 1) athletes who are able to achieve high results due to speed and strength abilities; 2) athletes who achieve high results mainly due to special endurance; 3) athletes characterized by uniform preparedness

As a result of studying the structure of competitive activity of outstanding wrestlers, they distinguish:

- athletes who achieve success due to the high level of speed-power qualities, intensive conduct of the first half of the bout;
- athletes who achieve high performance as a result of a high level of development of endurance and effective struggle at the end of a bout;
- athletes with the uniform development of various aspects of fitness;
- athletes who possess top-level individual techniques with relatively low physical fitness.

The versatile training of athletes specializing, for example, in modern pentathlon at the early stages of long-term improvement, provides a relatively uniform increase in opportunities in various disciplines included in the program of this kind. However, at the third stage of many years of improvement (usually after five years of training), the species in which the athlete ceases to progress noticeably and the species in which further serious progress is possible are determined. In particular, the requirements of effective training and competitive activity and the individual adaptive capabilities of individual pentathletes allow us to divide them into the following groups:

- with the predominant development of coordination abilities, which contributes to the achievement of high sports results in fencing, shooting and horse riding;
- with the



prevailing development of endurance, providing high sports results in swimming and running; • with an equivalent development of coordination abilities and endurance, which determines high athletic performance in swimming or running and in one or two forms belonging to the first group; • with a proportional average level of development of special physical qualities, which ensures uniform performance in all types of pentathlon. [2.602]

When preparing world-class athletes, it is not enough to consider just one of these models. A talented athlete demonstrates the brilliant features, unique abilities and enduring will of his sportsmanship.

Many years of preparation for model stages, macrocycles and training should include the basic laws of sports skills. During the preparation period, it is necessary to use the specifics of the adaptation to represent the highest sport results. [2.98]

The regularities of the various exercises in the workout plans show that the nature of the fatigue process depends on the high performance characteristics.

Exercises of a particular model and their complexes are built on the mechanism of acceleration. The function of the exercise parameters (the duration of the individual exercises and their complexity, the effectiveness of the workouts, the interruption and continuation of the exercises, the total number of exercises) will be focused on improving the types of training.

We have also formed 3 groups of 10 to use the modeling technique to develop the technical training of young Wrestlers. Each group member passed the test we developed at the beginning of the study. Group 1 continued their work after the test. Group 2 was monitored after the test. After the 3rd group tests, we received the workloads developed by us. Group 2 is a three-month course of training.

The research team is in the process

1. Learn how each wrestler performs well.



2. Study and model the team of strong wrestlers who have successfully used the methods learned in prestigious competitions.

3. Use this model to train young Wrestlers in the training process.

Over the course of 3 months, we have modeled the training process of three Wrestlers on the exercises with young Wrestlers, reduced the load, increased the intensity, but the repetition of the method remained in place.

Methods (obtained at the beginning and end of the study) of young Wrestlers in groups (1–3) performed in the competition in order to determine their technical skills. (Table 1)

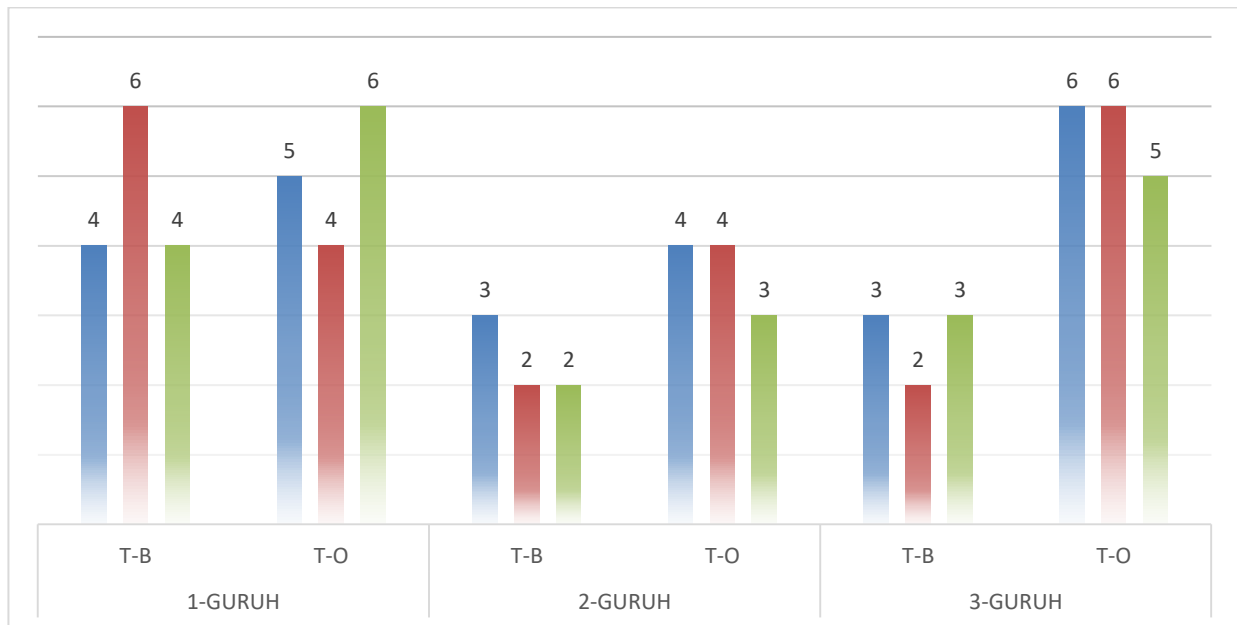


Table 1

Conclusion: The results show that when using modeling in sports, the type of sport, group, appearance of model, skill level, athlete's training, age, and gender should be appropriate. Modeling sports wrestling, though theoretically, is very often practiced by athletes, which in turn helps athletes adapt the physical, technical and tactical training of other strong athletes, including modeling.

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