

Improvement of Technical and Tactical Movements of Free Wrestlers

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ABSTRACT

This article describes the sport of freestyle wrestling, its technical and tactical movement methods and rules. Also, the importance of freestyle wrestling for people and society is revealed.

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After the independence of our republic, great attention was paid to physical education and sports. Our athletes have achieved good results in Asian and world competitions and are raising the flag of Uzbekistan high. The Republic of Uzbekistan, which is developing without deviating from the path of great historical development that began due to independence, now faces several important tasks and problems. One of these is the main essence and directions of our work to educate every citizen living in the territory of Uzbekistan, people of every nationality and people, especially young people, to become a perfect person spiritually and physically.

The effectiveness of the process of training athletes in modern conditions largely depends on the use of complex control methods as a management tool in these processes. After all, complex control methods implement feedback between coaches and athletes, and on this basis create an opportunity to increase the level of their management decisions in the training of training participants.

Physical education and sports are one of the important factors in the development of a healthy lifestyle of the growing young generation, which is our future, and in the development of mass sports. The sport of freestyle wrestling is developing separately in the world of sports, and a lot of scientific research is being conducted for it. A lot of work is being done by our scientists in this regard, but it is noticeable that the work being done is insufficient. The changes in the rules of the competition in recent years set high demands on the wrestlers. This puts new demands on the wrestlers. That is, it creates new requirements for the wrestler's physical fitness when performing the competition at a high speed and performing technical movements before the opponent. The development of special physical training in physical training, especially in the performance of technical and tactical actions, is considered an urgent issue.

Separation in the system of technical and tactical training of free wrestlers

The principle stipulates that the technical and tactical actions carried out strictly correspond to the specific characteristics of the fighter. The structure of technical and tactical actions should correspond to his morphological characteristics, physical development, functional capabilities, and mental preparation.

Scientific research in the field of sports morphology has revealed that wrestlers with certain total body

dimensions and proportions perform certain techniques more successfully.

Tactical training methods are actions of a fighter, with the help of which he creates favorable conditions for an attack or a counterattack. A repeated attack is a tactical action that consists of performing the same actions in succession. Among these sequentially organized actions, only the last one is decisive, and the rest are deceptive actions.

Implementation of technical and tactical actions in competitions with the help of development of special physical training of young freestyle wrestlers and show high results.

Determining the growth dynamics of special physical fitness in performing technical-tactical movements in young freestyle wrestlers involved in scientific observation. Development of special physical training through the use of directed physical exercises in the preparatory and main parts of the lesson and studying their impact on technical skills. Based on the results, develop practical recommendations and make them available to young people application to the training process of wrestlers.

1. Elucidating the situation of the issue based on the analysis of the information given in the scientific and methodical literature on the subject.
2. In order to determine the level of special physical fitness of freestyle wrestlers, it was determined by the number of control tests performed by a partner equal to their own weight for 60 seconds:
 - 1) Carrying out hand and waist pull-ups
 - 2) Carry out a transfer from hand to parter
 - 3) Performing the shrug method
 - 4) Holding the hand with both hands and performing knockdown
 - 5) Wrapping the arm around the neck

These tests are considered standard, six standing and two parter current methods have justified their effectiveness and excellence in a number of research studies.

3. The results obtained during the research were calculated and analyzed in a mathematical-statistical manner.

To develop special physical fitness of free wrestlers

To increase the effectiveness of directed actions, each method was used from the method of rapid implementation. Since the period from March to April coincides with the competition period of the annual cycle, the speed and intensity of the tasks given is high, so free wrestlers were given the task of performing techniques at maximum speed in the main part of the lesson.

The method of performing methods at maximum speed is that the athlete performs the exercise repeatedly using the maximum speed while performing the exercise for a given time. This method involves performing a specially directed exercise. 2-3 series depending on the complexity of the methods in each training, the rest interval between series is 6-8 minutes. It was recommended to perform the maximum number of methods for 60 seconds in each approach, from six to eight approaches in each series. Rest interval between approaches is 4-6 minutes.

According to the results of the conducted scientific work and research, it was found that the development of special physical fitness of freestyle wrestlers in the implementation of technical movements is of great importance, and in return, great achievements can be achieved in competitions and improving technical skills.

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