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ГОСУДАРСТВЕННОГО
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of a person. At the same time, the principles of education and training of the physical education process have been adopted.

The most important basic rules, which are the laws of education and upbringing, are called the principles of upbringing. In the process of physical education, general pedagogical principles can be applied, since this process is a special phenomenon of training and education. This is of particular importance in the field of physical education, reflecting its nature.

The principle of consistency and consistency solves the problem of teaching exercises and movements in one system in a form that develops from simple to complex. The requirements of the physical education program are constantly observed and studied. New teaching materials link the learned exercises and reinforce them. On the basis of the program, simple exercises are first studied, then complex techniques and tactics of exercises are gradually formed. In teaching exercises at different levels, exercises progress from simple to complex. However, they change during each session.

The principle of consolidating knowledge and skills requires constant repetition, strengthening and development of training materials. This is because if the skills and abilities to perform physical movements are not repeated, the skills and abilities of the exercise will be lost. Therefore, the planning of teaching materials should reflect the correct distribution of exercises and their implementation from simple to complex. Performing the learned exercises on your own in a regular class will strengthen and improve your skills and abilities.

The principle of awareness and activity: The level of educational exercises in the process of physical education depends on the consciousness and activity of students. Therefore, the principle of awareness and activity is widely used during training. Understanding of teaching materials by students is achieved through the principle of their conscious assimilation and conscious perception and implementation of exercises, as well as improving the results achieved.

The specific tasks assigned to the students at each session ensure their activity. The principle of awareness and activity of learning is realized when they take initiative in performing exercises, feel the positive effect of the exercises and perceive their performance.

Demonstration principle. In pedagogical practice, demonstration is understood as the fulfillment of educational tasks that affect the eyesight, hearing and perception of students. Demonstration plays an important role in the process of physical education, because the student's activity is mainly of a practical nature and performs one of its special functions - the comprehensive development of the sense organs. In the process of physical education, direct demonstration consists of demonstrating physical exercises, as well as "feeling" these exercises from personal experience. Direct demonstrations can include demonstration of practical exercises and movements. Indirect teaching includes, firstly, the use of pictures, diagrams, models, film strips, videos and other visual aids, as well as various special technical means that show some aspects of actions and facilitate their understanding, and, secondly, figurative speech.

Principle of Implementation In physical education, students are taught a series of exercises that become more difficult after the exercise techniques and skills and abilities are learned from the students. Light exercise will reduce student activity. Therefore, it is necessary to give them exercise according to their physical level and improve them.

The student's body adapts to the same form of exercise. An increase in the amount, volume, and pace of exercise ensures the physical development of the child's body. Otherwise, students' bodies will adapt to the same form of exercise and therefore their bodies will not develop physically.

The principle of regularity is reflected in the regularity of physical education and sports, as well as the alternation of rest with physical activity. The benefits of regular exercise are enormous. The regularity of the physical training process is a feature that largely depends on how convenient it is to alternate rest with exercise. Continuity-physical fitness is an ongoing process at all stages of a person's life.

Development principle. This principle reflects the general orientation of the requirements for students in the process of physical education and includes the formulation and implementation of

more and more complex tasks, gradually increasing the volume and intensity of the associated loads. Physical education is also in constant motion, growth, through the continuous transition from training to training, step by step. This is characterized by an increase in the complexity of the exercises and a decrease in the force of the blow. In the process of doing physical exercises, along with the complication of the form of physical activity, all components of physical activity should also increase. This strength is reflected in the laws of improving physical qualities such as speed and endurance. It turned out that the degree of positive changes occurring in the body under the influence of physical exercises is proportional to the volume and intensity of the load. In the process of performing physical exercises, along with the complication of the form of physical activity, all components of physical activity should also increase. This strength is reflected in the laws of improving physical qualities such as speed and endurance. It turned out that the degree of positive changes occurring in the body under the influence of physical exercises is proportional to the volume and intensity of the load:

a) orally; b) exhibition; c) practical.

The oral method takes the form of explaining the exercises in the process of physical education, conversation, discussion, discussion and analysis of the mastery of the exercises. The method of explanation is used in all grades of the school. Explains the essence of the exercise, gives students an idea of movement. A lot can be used in the method of explanation, comparison, imitation.

During the explanation, students will also learn new words related to exercise and movement. Children should focus on the main goal while explaining difficult exercises. As you can see, explanation is the main form of the oral method and gives students a complete understanding of the material being studied.

Conclusion. This is important in the physical education process. The most understandable of the teaching methods is demo. Demonstration of exercises in visual styles comes forward. The use of visual aids in general and demonstrations in particular is essential in teaching young learners. For the performance to be very effective, children must be well organized and able to observe. The exercise should be done where students can see it best. The teacher can use student athletes to demonstrate the exercises. This method has a positive effect on students. Children calm down when they see their partner doing the exercise. First, students should be encouraged to watch the exercise demonstration carefully. The exercises must be repeated several times. The first presentation should give an overview of the exercise. During their studies, children must complete the exercise in parts, and the teacher must correct mistakes. The demonstration process is always accompanied by an explanation.

The exercise under study should be performed by the teacher and the students so that the students develop skills and abilities to move. The level of formation of these skills and abilities depends on the teacher's knowledge of this action, his ability to perform it in practice, as well as on his pedagogical skills. Practical ways of doing the exercise can be found in the following options.

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THEORETICAL ANALYSIS OF THE PROCESS OF RECOVERY OF THE ABILITY OF INDIVIDUAL WRESTLERS TO WORK IN THE POST-COMPETITION STAGE

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Abstract:

Background. Youth sports as a very important base for the training of sports resources and a universal means of education, effective organization of long-term training of athletes, the process of recovery of wrestlers in the post-competition period, more rational organizational forms, tools and methods of training requires searching. The effective organization of long-term training of an athlete as a very important process for teaching sports achievements and universal methods for training, as well as more rational organizational forms, means and methods of recovery after a competition, requires a scientific search.

Wrestling, like other types of wrestling, is developing rapidly, and in the last 10-15 years there have been significant changes in the activities of the competition, the technology of refereeing, the calendar of competitions. The requirements for the functional and technical-tactical training of wrestlers have increased.

The final testing of the level of special working ability was carried out at the end of the training cycle, ie on the 13th day of the ICD in the control group, and on the 19th day in the experimental group. Athletes were given a day off before testing. It was found that the difference in the level of specific working capacity led to larger values between the two groups. We assume that this is due to the fact that the training loads of wrestlers of this experimental group had a great effect on their body as a result of their use of the option of creating MKB.

The results of pedagogical experience confirm our hypothesis that it is necessary to start specialized training of wrestlers in the IBU when the basic functions of the organism, which ensure the effectiveness of the competition, are restored. It is important to take into account the extreme level of competition in which athletes participate. The higher the scale of the competition, the longer the MKB period should last. Non-specialized downloads are more commonly used here.

The final testing of the level of special working ability was carried out at the end of the training cycle, ie on the 13th day of the ICD in the control group, and on the 19th day in the experimental group. Athletes were given a day off before testing. It was found that the difference in the level of specific working capacity led to larger values between the two groups.

Methods. At the same time, the current level of sports results places high demands on the professional qualities of coaches, their knowledge and practical skills. Youth sports as a very important base for the training of sports resources and a universal means of education, the effective organization of long-term training of athletes, the process of recovery of individual wrestlers in the post-competition period, more rational organizational forms, tools and methods of training requires searching.

Results. It should be noted that the role of the coach in modern sports, the importance of his professional and pedagogical skills, personal qualities has increased dramatically. Therefore, the system of training young athletes, the administration of sports schools and coaches has a special responsibility not only for the achievements of their students in sports, but also for the ability of individual wrestlers in the post-competition period. The process of recovery is also responsible for the health, spiritual and moral image of the future generation of the country.

Conclusion. The test program was as follows: after warming up, the athletes performed the following control criteria: stretching on a horizontal bar, running 30 m, running 3x10 m from a standing position, paw dynamometry, special performance test (A.N. Abdiev, 1997). The choice of

these test programs was due to the fact that they are highly reliable and informative, allow to think about the different physical qualities of athletes, and do not take much time to conduct.

Keywords: *training, systematization, optimization, innovation, strategy, skills, improvement, transition, functional, mental recovery.*

Introduction. Today, with the initiative and constant support of the First President of the Republic of Uzbekistan I.A. Karimov, who has chosen the path of independent development, there is a rapid growth of sports activities. This is evidenced by the successful performance of a number of our athletes in the world sports arenas [1].

The development of various types of wrestling is characterized by their high level of social recognition, as evidenced by the practice of major international competitions. The Republic of Uzbekistan is the homeland of wrestling, which has a worthy place on the world stage, and the popularity of this sport is very high.

Optimization of the modern training system and the strategy of innovative processes during training is one of the most important tasks today in the training of athletes who are members of the national teams of the Republic of Uzbekistan and the reserve.

The main activities of athletes are defined in the legal framework and regulations of sports schools. As an additional educational institution, the sports school is aimed at "self-improvement in accordance with the skills, learning and creativity, the formation of a healthy lifestyle, finding a place in a professional context, physical, mental and focused on the development of spiritual abilities, to achieve a level of sporting success commensurate with the abilities"[2,3,5].

Thus, sports training of children, adolescents and young people not only addresses the issues of comprehensive physical training, development and improvement of various skills, but also the problem of shaping the personality of the participants.

The main task set by our state is to develop mass sports with the involvement of as many children and adolescents as possible. The latter concerns, first of all, the stage of primary sports training, the task of which is to strengthen the health of students of sports schools, increase the level of physical development, cultivate moral, ethical and volitional qualities.

Methods. At the same time, the current level of sports results places high demands on the professional qualities of coaches, their knowledge and practical skills. Youth sports as a very important base for the training of sports resources and a universal means of education, the effective organization of long-term training of athletes, the process of recovery of individual wrestlers in the post-competition period, more rational organizational forms, tools and methods of training requires searching.

The current situation in the world is leading to an increase in juvenile delinquency, drug addiction, and other negative events and processes among young people. That is why sports, mass physical culture, a healthy lifestyle are becoming a reliable psychological protection for the younger generation. This means that sport is morally responsible for educating active citizens who are patriots of their country.

From the above, it can be seen that the reduction of the budget for the development of sports, the reduction of the number of sports schools and the partial financial burden on parents will keep a large number of young people away from physical education.

A study conducted in Turan to study the profitability of sports schools in individual wrestling found that the highest percentage of those who dropped out of the sport was observed in 99 % of primary sports training groups. The low level of efficiency of sports schools is primarily attributed to factors such as poor organization of the educational process and poor organization of educational work. A number of studies have shown that the use of pedagogical and psychological means of influence, aimed at the formation of motives for sports, systematic and intensive sports, helps to strengthen the contingent of sports schools.

Results. It should be noted that the role of the coach in modern sports, the importance of his professional and pedagogical skills, personal qualities has increased dramatically. Therefore, the system of training young athletes, the administration of sports schools and coaches has a special

responsibility not only for the achievements of their students in sports, but also for the ability of individual wrestlers in the post-competition period. The process of recovery is also responsible for the health, spiritual and moral image of the future generation of the country [6,7,9,10].

An analysis of the scientific and methodological literature of domestic and foreign authors shows that the majority of research on the system of training young athletes, in particular, the process of raising children of different ages. (V.P. Filin, 1994; Sh.Dj. Abdullayev, 1995; L.P. Matveev, 1999; J.K. Xolodov, 2003; A.N. Abdiev, 2005; D.D. Sharipova, A. Musurmanova, 2005; L.P. Yugay, 2005; A.K. Ataev, 2007; F.A. Kerimov, 2008; Yu.M. Yunusova, 2009). However, among the scientific literature we can get acquainted with, there is no process of recovery of wrestlers' ability to work in the post-competition stage. Therefore, the solution to this problem is urgent.

In recent years, our country has trained a large number of highly qualified wrestlers. At the Asian championships and championships, Uzbek wrestlers have repeatedly won the highest prizes and have been defending the honor of our country in international competitions.

The increase in the volume and intensity of training and competition loads in modern sports requires the search for new ways and unused resources in the organization of the training process. It is especially important at all stages of multidisciplinary training to recover and use sports and performance-enhancing tools [8,9].

To date, a wide range of materials on the problems of optimizing the system of training of wrestlers in the field of training and competition in sports and advanced practice (I.P. Degtyarev, 1985; F.A. Kerimov, 1995; A.M. Matveev, 2001; K.S. Tumanyan, 2001; V.N. Platonov, 2004; A.A. Ruziev, 2004; Z.A. Bakiev, 2009; R.D. Khalmukhamedov, 2010 and others).

However, although it is very necessary, there is clearly not enough research to study the problem of creating a post-competition stage. In a number of works performed in various sports (I.P. Degtyarev, 1985; A.N. Abdiev, 1997; V.N. Shin, 2001; R.D. Khalmukhamedov, 2009) only partial research has been conducted.

Wrestling, like other types of wrestling, is developing rapidly, and in the last 10-15 years there have been significant changes in the activities of the competition, the technology of refereeing, the calendar of competitions. The requirements for the functional and technical-tactical training of wrestlers have increased.

Of course, all these changes also apply to the process of recovery of individual wrestlers in the post-competition stage. Here, the proper use of recovery and performance-enhancing tools is limited to the following unresolved issues; development and selection of optimal options for the post-competition stages; judicious use of tools and techniques to restore the ability to work. All these issues are, of course, relevant, and the study and solution of these issues will allow to improve the system of rationalization of the post-competition training of individual wrestlers.

The scientific study of the problem of post-competition training of individual wrestlers and the process of recovery is new, both theoretically and practically, in terms of changes in the rules of the competition.

The issue of planning the transition periods of athletes' training is in the focus of many authors and is the subject of constant discussion and research aimed at developing an optimal system of cycling of sports training.

Given that the issues under consideration have been developed in many ways in world practice, the aim of this study is primarily to develop reasonable options for the design of the post-competition stages of individual wrestlers.

The problem of post-competition training of individual wrestlers has been in the spotlight of foreign authors for many years. In particular, the works of sports theorists such as B.O. Djeroyan, N.A. Khudadov (1971), I.P. Degtyarov, K.N. Kopstev, A.V. Gaskov (1985), G.S. Tumanyan (1997) are related to this issue. The work of these authors is of great interest because it is a fundamental study, and their work is socially recognized.

However, the study did not focus on the problems associated with the physical, functional, and mental recovery of athletes during the transition period.

Due to the fact that the course of modern competitions of highly qualified wrestlers has its own characteristics and in accordance with the research tasks, it is necessary to determine the importance of general physical training of wrestlers in the pre-competition and post-competition stages.

The test program was as follows: after warming up, the athletes performed the following control criteria: stretching on a horizontal bar, running 30 m, running 3x10 m from a standing position, paw dynamometry, special performance test (A.N. Abdiev, 1997). The choice of these test programs was due to the fact that they are highly reliable and informative, allow to think about the different physical qualities of athletes, and do not take much time to conduct.

On the first day after the race, the speed-power quality indicators deteriorated by an average of 0.7 sec compared to the background figures, which was 4.3 %.

On the fifth day of the post-race stage, his magnitude was 4.4 seconds, which was 10.2 %.

Measurements on day 8 of the ICB showed that the result was slightly better than the background values - 3.8 sec (Table 2).

Table 1

Results of testing wrestlers in the 30 m run

Groups	Standards	Statistical Indicators	Stages			
			Received a race (end)	Post-race		
				1-day	5-day	8-day
«A»	Running 30 m (s)	X	3,9	4,6	4,4	4,0
		σ	0,13	0,13	0,18	0,14
		V%	2,8	2,5	3,8	3,1
«V»	Running 30 m (s)	X	4,1	4,8	4,5	4,3
		σ	0,14	0,20	0,18	0,12
		V%	2,6	2,5	3,1	3,0

The results of stretching on a horizontal bar, running 3x10 m from a standing position, and claw dynamometry tests made it possible to determine the unilateral recovery process in the MKB (Table 3.4).

Table 2

Results of testing wrestlers in horizontal bar

Groups	Standards	Statistical Indicators	Stages			
			Received a race (end)	Post-race		
				1-day	5-day	8-day
«A»	Pulling on a horizontal bar (times)	X	36	30	32	35
		σ	3,15	3,25	3,15	3,12
		V%	10,8	15,4	13,6	10,4
«V»	Pulling on a horizontal bar (times)	X	28	24	24	26
		σ	3,02	3,00	3,04	3,08
		V%	11,3	16,1	14,2	12,5

Table 3

Results of testing wrestlers in running 3x10 m from a standing position

Groups	Standards	Statistical Indicators	Stages			
			Received a race (end)	Post-race		
				1-day	5-day	8-day
«A»	Running 3x10 m from standing position	X	5,6	6,2	6,4	6,0
		σ	2,3	2,17	2,32	2,15
		V%	3,53	2,94	3,36	3,2
«V»	Running 3x10 m from standing position	X	6,3	6,8	6,4	6,1
		σ	3,6	2,9	3,3	3,0
		V%	7,0	6,2	8,2	6,7

The analysis of the general physical fitness indicators of wrestlers in the training stages allows us to recognize that there are differences between individuals and groups. However, in general, the

process of general physical training of wrestlers has a curve, which decreases on the first day after competitions, increases slightly on the fifth day, and even increases by a percentage on the eighth day.

The wrestlers examined were divided into two groups: experimental and control groups. All of these athletes participated in competitions according to the competition schedule.

At the end of the competition, the wrestlers in the control group used the traditional version of the MKB. In the first two days after the competition, the athletes had a rest, and on days 3-4 they played sports (football, volleyball, basketball). On the 6th day of the ICC, the athletes of the control group began to perform large-scale and intense training.

The wrestlers who formed the experimental group used the MKB variant given in Table 6 for 7-8 days. As can be seen from the table, a small training load was used throughout the MKB.

At this stage, there were differences in the direction and specialization of the training process.

During the first three days of the ICU, the loading direction was complex, which meant the use of exercise to maintain the UJT level. At the same time, the volume of non-specialized tools was 95 %, and the volume of specialized tools was 5 %.

In the following days of the ICU (days 4 to 6), the training load was aerobic, with the share of specialized equipment increasing to 10 %. A variety of recovery activities (sauna, massage, etc.), sports (football, basketball), jogging, weightlifting, various gymnastics exercises have played an important role in the training of wrestlers these days.

In the days before the start of the next preparatory phase (days 7 to 8), the training was mixed (aerobic-anaerobic). Increasing the share of specialized exercises limited and these days their volume was 30% of the total. In addition to the aforementioned training facilities, running at distances of 150-300 m with a speed of 60-70% of the maximum was used here, and some special exercises of small intensity were included in the wrestlers' training in limited quantities.

Table 4

Download plan for the post-race stage

Cycle Days	Downloads feature			
	Intensity	Area	Specialization (non-specialized)	Additional tools
From the 1st day Up to 3 days	Small	Complex	(all movement qualities) Non-specialized vehicles - 95% Specialized - 5%	Vitaminization, sauna, massage, physiotherapy treatments
4 days Up to 6 days	Small	Aerob	Non-specialized - 90% Specialized - 10%	Vitaminization, sauna, massage, physiotherapy treatments
7 days Up to 8 days	Small	Mixed (aerobic-anaerobic)	Non-specialized - 70% Specialized - 30%	Vitaminlashtirish, sauna, massaj, fizioterapiya muolajalari

Additional means for MKB: vitaminization, sauna, massage, introduction of various physiotherapy treatments are common.

Prior to the start of the large-scale training, the correlation structure of the preparation for the effective performance of the competition activities was determined by testing (on the 4th day of the ICC) and in the experimental groups (on the 8th day of the ICU).

The results of the experiment allow us to draw the following conclusions.

Significant differences were found in the structure of the intersystem correlations of special training in wrestlers who were part of the control and experimental groups.

The main differences were reflected in the number of correlations and their nature. Athletes in the control group who underwent specialized training loads on the fifth day of the ICD had significantly lower correlation correlations and almost no correlations between psychophysiological indicators and components describing UJT, specific and general performance.

We can explain this by the fact that the time interval between the end of a competitive activity that affects the body like stress and the start of specialized training for wrestlers in the control group is clearly not enough to restore the body's ability to function. The "average" size training load applied by the control group wrestlers on the 5th day after the competition has the same effect on the athletes' body as the "large" load. Thus, even the "average" loads applied during this period put