

The Method of Organizing the Training Process in the National Wrestling Sport

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Abstract: Wrestling is a type of sport in which two athletes compete individually according to the established rules. This article discusses the importance of general developmental and special exercises in national wrestling training.

Keywords: National wrestling, rule, lateral, judo, sport, general development exercise and special exercises.

The art of fighting has been known in many nations since ancient times. Wrestling was especially widespread in Greece, and it took a permanent place from the ancient Olympic competitions. Various manifestations of national struggle exist in Greece, Italy, Japan, Turkey, Iran, Afghanistan, Russia, Uzbekistan, Georgia, Armenia, Azerbaijan, Kazakhstan and other countries.

The main rules of modern sports wrestling were developed in several European countries in the late 18th and early 19th centuries. 1912 International amateur wrestling federation was formed. Greco-Roman wrestling, freestyle wrestling, judo, sambo and other types of sports wrestling are widespread in the international arena. In the following years, Uzbek wrestling as a separate type of wrestling began to be recognized worldwide. Wrestling is one of the means of training a person to be strong, dexterous, resilient and strong-willed. It is allowed to engage in wrestling from the age of 12 under the supervision of doctors. Archeological findings and historical manuscripts confirm that wrestling has been an integral part of Uzbek lifestyle since ancient times. A Bronze Age cylindrical spool vessel found in ancient Bactria depicts two wrestlers, one of them beating the other. Another archaeological find from this period shows wrestlers demonstrating wrestling techniques.

Sports training in national wrestling is a year-round pedagogical process of sports improvement aimed at achieving high sports results. The goal of sports training is to achieve the maximum possible technical tactical, physical and mental training for this athlete and to show high results in competition activities.

The main tasks to be solved during the training are as follows:

Thorough mastery of fighting techniques and tactics;

Ensuring the development of movement qualities as necessary;

Increasing the functional capabilities of employees and strengthening their health;

Education of moral and will qualities;

Comprehensive development of various aspects of sportsman's training and showing it in competition activities;

Acquisition of theoretical knowledge and practical experience necessary for successful training and competition activities.

Means of sports training are different types of physical exercises, which are divided into four groups: general training, auxiliary special training and competition.

General preparatory exercises include exercises that serve to develop the athlete's body in all aspects.

Special preparatory exercises occupy a central place in the training system of highly qualified athletes and include elements of competitive activities.

Special preparation exercise in national wrestling includes:

Converging exercises. Exercises that develop special physical qualities necessary for a wrestler.

Pointed exercises. Special exercises with a partner. When working with a partner, the given movement situation and the necessary resistance can be clearly shown again.

Training, training and training competitions.

A) The training competition is aimed at mastering new training material on fighting techniques and tactics.

B) Training competitions are mainly aimed at further acquisition and improvement of fighting techniques and tactics.

C) training competitions are aimed at developing physical and other qualities necessary for a wrestler in terms of technique, tactics and conditions.

Competition exercises imply the performance of a set of actions considered the subject of a sports specialty in accordance with the existing competition rules.

The system of training methods, in which the methods of sports training are strictly trained, constitutes the main methodical set of the training.

The method of selectively oriented exercises is mainly characterized by the fact that it is aimed at improving the morphofunctional properties of the organism or individual movement qualities. Different combinations of exercise styles combined into a specific workout are called "rotational workouts." Serial repetition of several types of physical exercises, selected according to a certain regulatory scheme and combined in a complex form, forms the basis of "circular training".

They are reflected in the following principles of sports training: focusing on the maximum possible result, deepening specialization and individualization, the unity of the general and special training of the athlete, the specific continuity of the training process, the sequence in increasing training loads. - the unity of continuity and limitation, the unique undulation of the loading dynamics, the cyclicity of the training process compared to the competition.

The principle of unity of general and special training of the athlete. The principle of unity of general and special training in relation to the training of wrestlers implies mutual dependence of general and special training. General training takes the leading place in the first stages of long-term sports training. When determining the ratio of general and special training of an athlete, it is necessary to take into account not only the level of his training, but also his special characteristics: the way of conducting the competition, mastering movement exercises, and their ability to withstand training loads.

The uniqueness of the training process. This principle of sports training is aimed at organizing the training process throughout the year, in which optimal loads and rest are planned to ensure the continuous development of training. Continuity of the training process in the training of

wrestlers is carried out taking into account three main rules: the training process should be multi-year and year-round, the effect of each subsequent training session In the training process, it should overlap with the previous training. Even distribution of all major competitions throughout the year is also of great importance in organizing the continuity of the training process.

Planning of sports training is to anticipate the conditions, means and methods of solving the tasks of sports training, and the sports results that the athlete should achieve.

Successful management of the training process of athletes requires taking into account two important conditions: firstly, a sharp increase in the volume and intensity of loads, and secondly, equalization of the numerical parameters of training and skill level. Planning the training process is, first of all, creating a system of plans for different periods. The lesson is an elemental component of the training process.

The general plan of sports training includes the following sections: a brief description of the group: the goal and main tasks of multi-year training: the stages of preparation and the main direction of the training process by stages: the training of athletes descriptive sports technical indicators and control standards: pedagogical and medical control.

The increasing number of responsible sports competitions evenly distributed throughout the year requires the planning of 34 tamacrocycles. Creating an annual exercise based on one macrocycle is called single-cycle, based on two macrocycles - two-cycle, based on three macrocycles, three-cycle. Preparation, competition and transition periods are divided into each macrocycle. In the process of two- and three-cycle training, options called "double" and "triple" cycles are always used. Rational organization of the training process is the central problem of modern sports theory and methodology.

Monitoring and analysis of training loads is of great importance in managing the training process. Management of the training process includes three stages: analysis of received data: decision-making and planning: A modern wrestling coach should regularly analyze the level of training load and compare it with the performance indicators of the competition.

To control and analyze loads, it is necessary to determine the numerical values of the following characteristics: specialization, that is, the degree of similarity of this training tool with the competition exercise: the direction of influence of training exercises aimed at developing this or that movement quality : coordination complexity affecting the size of the training effect: the size of the exercise as a numerical level of impact on the athlete's organism.

In national wrestling, all training exercises are divided into specialized special exercises of the wrestler, exercises to improve technique and tactics, exercises with a partner, exercises to improve skills in competitions, and non-specialized exercises.

It is known that the special feature of the competition in national wrestling is characterized by high requirements for rapid strength training and special endurance. The trainer should be able to assess the direction of the training process in his practical activities according to the following characteristics: duration and intensity, rest intervals between exercises and their nature, the number of repetitions and the coordination complexity of the performed exercise.

Coordination complexity of the load - this description assumes that training loads are divided into at least two groups: simple and complex. It is necessary to control simple and complex technical movements during training sessions. Simple technical movements include complex offensive movements, defenses, counter techniques, combinations of techniques, i.e. techniques that start from a combination of two techniques and consist of the second parter.

Load volume means the level of impact of the exercises performed by the athlete on his organism. The size of the load is usually determined by volume and intensity indicators. The trainer who compiles the training program must have accurate and reliable information about the

work performed by the athlete, the trainer can carry out the training process in accordance with the purpose, knowing the positive and negative aspects of his training.

Modern national wrestling requires good physical, technical-tactical, functional and mental preparation from the athlete. The analysis of the specific characteristics of the activity of the competition testifies to the need to develop classifications within the types of national wrestling. The rules of Greco-Roman and freestyle wrestling competitions are, in general, the same, only there are some differences in the evaluation of technical movements. The competition will be held on a rotating basis in three days. the winner will win at least 6-7 competitions in 6 min. should be held during The structure of organizing sambo competitions is free and closer to Greco-Roman wrestling. The regulations and the form of determining the winner are the same. Judo competitions are very different from the rules. Wrestler 5 min in one day without a break. will hold 6-7 ongoing competitions. Each match is decisive, as a wrestler cannot advance to the finals without losing.

Physical training of a wrestler is one of the important components of sports training and is a process aimed at developing physical qualities - strength, endurance, flexibility, agility and quickness.

The main tasks of physical training are as follows: Health level of athletes and increasing the functional capabilities of various systems of their body. Development of physical qualities in unity that meets the unique characteristics of national struggle.

Physical training is divided into general, auxiliary and special training. The general physical fitness of a wrestler is the foundation, necessary basis for achieving high results. It mainly provides the solution of the following tasks: all-round harmonious development of the wrestler's body, increase of its functional capabilities, development of physical qualities.

Proper use of active rest during intense training and competitive loads. Auxiliary physical training is aimed at the development of a large volume of work aimed at the development of special movement skills. That's why competition exercises involving various possible complications are used as the main means of special physical training.

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