



## IMPROVING THE TRAINING ELEMENTS IN PRIMARY TRAINING GROUPS OF SPORTS SCHOOLS

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### Annotation

This article reveals the need to improve the teaching of wrestling elements in future young wrestlers, the law "On Education", the program "National Training" has risen to the level of state education policy and opportunities to solve this problem. Furthermore, the article highlights to what wrestling coaches focus on while teaching young wrestlers the elements of wrestling. A look at the history of sports wrestling and physical education. The article explores the interrelated principles for young wrestlers as well as professional athletes.

**Keywords:** Sports Wrestling, Association, Specialist, Physical Education, Physical Training, Physical Quality, Speed, Strength, Ability, Competition, Differential, Technical Movements, Functional Topography.

Creating a healthy lifestyle in our society, creating modern conditions for regular physical culture and mass sports of the population, especially the younger generation, strengthening confidence in the will, strength and capabilities of young people through sports competitions, courage and patriotism, devotion to the motherland Extensive work is being carried out to improve the quality of education, as well as the systematic organization of the selection of talented athletes among young people, as well as the further development of physical culture and mass sports.

Representatives of our country are achieving high results at the Olympic Games, World Championships, Asian Games and championships, as well as international competitions, it is noteworthy that Uzbekistan's prestige and sports potential are growing in the world, magnificent world-class sports facilities are being built in the country, and the three-stage Umid Nihollari, Barkamol Avlod and Universiade sports games are gaining popularity among schoolchildren and students.

At the same time, in all regions of the country, the importance of mass sports in human and family life, to promote that it is the basis of physical and mental health,





the protection of young people from harmful habits, the necessary conditions for them to realize their abilities and talents, there are important and urgent tasks to create conditions, select talented athletes and improve the system of targeted training. The Wrestling Association of Uzbekistan was founded in 1992.

In 1993, Uzbekistan was accepted as a full member of United World Wrestling (formerly known as FILA). Since that year, the national team of Uzbekistan has been regularly participating in the Olympic and Asian Games, world and Asian championships.

If we look at the history of wrestling in Uzbekistan, there were many famous athletes. Among them are the 1972 Munich Olympics champion, two-time world champion Rustem Kazakov, three-time USSR and European champion Vasily Anikin, five-time USSR and European champion 1984 and multiple time world champion Kamil Fatkullin, as well as Hamid Vohidov, special mention should be made of brothers Kursat and Rifat Ablaev, Vladimir Ulyashkin and others. It is no exaggeration to say that those named have laid the foundation of the Uzbek school of wrestling.

Even today, the training of speed for young freestyle wrestlers has not lost its relevance, as the development of technical and tactical skills depends on the high capabilities of his physical training. and others have noted in their research that the expectation of the level of general and special operational training of athletes is calculated by means of wrestling, that is, it is advisable to conduct a large number of different exercises in the process of technical and tactical training. In their research Yu.M.Zakarev, F.A.Kerimov and others have noted in their research that the expectation of the level of general and special rapid training of athletes is calculated at the expense of wrestling means, that is, in the process of technical and tactical training it is advisable to conduct a large variety of exercises. However, using only these means of training, it is not possible to purposefully develop physical qualities that will serve to accelerate the process of training freestyle wrestlers to new technical movements. In such cases, if the training in the field of agility is not carried out in a targeted manner, then the level of development of agility qualities in the process of improving the technical and tactical skills of the athlete can not be increased. This is because at the stage of sports development, the level of general and special physical training in qualified athletes will be the same. The training planning process is carried out taking into account the load capacity and volume of participation in the competition, including periods of concentration and rest. Therefore, the appropriate use of rapid training tools during the





competition is one of the important principles of the training process of qualified freestyle wrestlers.

The purpose of the study is to identify tools and methods to improve the teaching of elements of freestyle wrestling in the primary training groups of sports schools. Research objectives 1. To study the composition of the individual reserve of technical and tactical skills of freestyle wrestlers and the means of rapid direction in the basic preparatory stage of the annual cycle.

2. Experimental substantiation of the method of selection of means of rapid characterization of qualified freestyle wrestlers in the basic preparatory stage of the annual cycle.

Special attention should be paid to experiments on the selection and proper use of effective tools and techniques that improve the elements of struggle, in special research. Here it is necessary to single out the researches of BM Rybalko, VI Rudnitsky, Yu.M. Zakaryaev, VV Moroz, VS Dakhnovsky.

So far, it has been proven that this or that tool cannot be used simply, but needs to be used purposefully. In performing specific exercises, the study of the functional topography of the neuromuscular apparatus to determine the composition of the body muscles that perform the main load allowed the author to set specific tasks on the strength and agility of wrestlers or elements (methods) of wrestling. The study proved that differential and goal-oriented exposure to muscle groups specific to certain physical qualities, the technical movements of wrestlers, the rapid performance of athletes increase confidence and efficiency. Therefore, training depends on properly selected exercises, first of all it is necessary to increase the capabilities of specific muscle groups, as well as to ensure the ability to demonstrate these capabilities in a short time. To this end, he suggested performing special exercises with a hanging mannequin, in which the development of wrestling elements and physical qualities is carried out within the framework of basic sports skills, which is a manifestation of the principle of "resistance" effect. Basically, it is necessary to take an individual approach, taking into account the individual-typological characteristics of freestyle wrestlers. The tasks to be solved in such cases lead to the development of such methods that will ensure the rapid and high-quality mastering of training materials, as well as allow the wrestler to show good results in competitions with the opponent. An individualized approach at the stage of in-depth and sports improvement, ensures the mental readiness of wrestlers for competitions, and helps the coach to form an individual style of activity.

Qualified freestyle wrestlers participate in competitions and demonstrate their level of physical and technical skills, concentrating on the development of their





physical qualities. Thus, depending on the level of physical fitness, it is then engaged in a reserve of technical actions that determine the results of the sport, as well as the formation of physical qualities.

If we look at the first appendix as an example, here are the personal results of the champions and the results of the winners of the competition. As can be seen, the leaders can largely be seen as having a high level of offensive capabilities and a wide range of options. G-v won 8 matches with 5 points, D-e won 7 matches with 4 points, V-v won 6-6 points, I-v won 7-6 points and so on. However, there is also disturbing evidence that leaders are unfortunately weak in defensive action effectiveness, which is 10-20% lower than the model. For example, D-e only 72%, G-a 86%, K-a 86%, V-a 88%, I-a 63%, V-v 79%, K-a 80%, G-i 80% , K-v 64%. This is one of the main shortcomings in the preparation of young wrestlers for the championship of Uzbekistan, which can later affect the results of international competitions.

How can this shortcoming be avoided? Perhaps the organization of the fight process can be lost at the expense of opportunities that provide a new inter-muscular connection by elevating it to a higher level. This then leads to an increase in the level of technical training of the freestyle wrestlers. Focusing on the analysis of the competition activities of qualified freestyle wrestlers, we identified individual reserves used in technical and tactical movements. As an example, we again focus on the results of the application, where the integral dimensions of the competition activity, and most importantly the volume of technical actions used. The champions of Uzbekistan in the weight category of 60 kg performed the following common technical actions: backstroke, sideways and throwing on the knees, their percentage corresponds to the total number of cases, in the first case - 20%, in the second - 20%, in the third - 17% . There are some other dependencies in the effectiveness of the methods of self-implementation, if backstroke, sideways and knee-to-waist throwing are reliable in the attack - from 14% to -29%, front kicking, unbalancing and landing - 100% effective, but their use The appearance of numbers based on the total volume of those who move - only 16%. Thus, the individual reserve of the technical movements applied by this athlete became known. Now it is possible to choose a set of exercises for this athlete, which is similar in appearance to the method, which he likes "crown". It is then possible to substantiate and develop a training program for rapid-strength training similar to the work of muscle groups that are heavily involved in performing the techniques for this athlete.

Currently, there are several types of athletes: the first type - those with high offensive ability and strong defense (such athletes are very few and most have risen





to the level of champion), the second type - with good offensive action, but weak in defense (these athletes often at the expense of winners) the third type - despite the low level of attack, they have improved protection against the offensive actions of the opponent, so they win prizes, the fourth type - these athletes are low-skilled, as a rule, the level of offensive and defensive actions is much lower (natural sports results). they achieve very little).

Therefore, such a structure of training, such as defense against the opponent's offensive movements, technical and tactical improvement should be approached differently depending on the type of movement activity, but in our opinion should be 40-50% of the total time spent on the tatami. Only then can we say with confidence that the level of sports results of young wrestlers is growing.

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