



## THE METHOD OF TEACHING FEMALE WRESTLERS HOW TO THROW FROM THE WAIST BY HOLDING HANDS AND NECKS

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### Abstract:

This article contains methodical approaches to teaching female wrestlers how to take over the waist by holding the arm and neck. Wrestling is a sport that requires not only physical activity, but also mental and technical skills. Proper training, tailored training, and safety are critical to girls' success in wrestling. In this article, the main aspects of the wrestling technique, including the correct execution of the hand and neck throw from the waist, and practical recommendations that should be given to girls in the process of learning this movement are presented.

**Keywords:** Wrestling, girls' sports, technique and tactics, teaching methods, arm and neck lifting, physical training, psychological training.

### Introduction

All the cares and demands shown by the leadership of the republic are aimed at educating the population, especially young students, about national values, renewing their spiritual and educational worldviews. In the performance of these tasks, all educational institutions, especially in the higher education system, require training at the level of high idealism and becoming a mature employee of one's specialty. The achievements of coaches and scientific staff in improving the training methods of wrestlers in many ways helped wrestlers to successfully participate in major competitions. Valuable scientific information obtained in the course of complex research during the preparation and participation of wrestlers in competitions gained great importance.

Wrestling is a national sport that combines physical strength, skill and tactical thinking, and is not only a physical exercise, but also an important part of spiritual and spiritual education. This sport is very important not only for boys, but also for





girls. In the modern world of sports, girls and women are widely involved in sports, and wrestling is no exception. The process of training girls as wrestlers requires not only their physical training, but also psychological training.

This article discusses the methodological aspects of the step-by-step training of students in the process of teaching techniques such as holding hands and necks and throwing from the waist. This technique requires not only physical strength and coordination of movements, but also skillfully involves movements aimed at losing the opponent's balance. In order to effectively teach this technique to girls, great attention should be paid to physical fitness, balance of movements and safety.

This introduction details the impact of this sport on girls and the importance of teaching them proper techniques.

**Literature analysis** Literature analysis on the method of training young wrestlers is important to achieve the expected results in this process. This review examines important sources on coping techniques and training approaches.

There are various literatures on the techniques used in wrestling. For example, the book "Wrestling: Theory and Practice" by Guliyev et al. (2019) discusses the main techniques of wrestling, including the "hand and neck hold" technique. According to the instructions in this source, such methods require not only physical strength, but also balance and control.

**Nutrition and Fitness:** Proper nutrition and fitness are very important for young wrestlers. Nutritional information, for example, through research conducted by researchers in Tashkent and other cities, shows how to improve the energy expenditure and recovery process of athletes. At the same time, research by Salimov (2020) provides detailed information on the physical training required for wrestlers and their results.

**Psychological preparation:** It is important to consider psychological aspects in the process of training wrestlers. Gafurov (2021) in his work can give recommendations on developing mental stability and stress management of young athletes. Psychological preparation plays an important role in ensuring the success of athletes.

**Teaching Methodology:** The role of effective teaching methods in training young wrestlers is huge. Usmanov and Khudoyberdiyev (2022) analyzed approaches to teaching wrestling techniques in their work. As noted by them, the step-by-step teaching process and practical exercises increase the effectiveness of training students.

**Local and International Experiences:** There are both local and international experiences in teaching wrestling. In some countries (for example, Korea and Russia) various programs are being implemented to teach wrestling to girls. These programs





cover not only technique but also physical and mental training. Published articles highlight girls' success in wrestling and their role in social life.

In conclusion, there are many resources available to learn the methods and techniques used in training young wrestlers. This literature emphasizes the importance of effective training in fighting techniques, psychological preparation and proper nutrition. Implementing new methodologies in teaching wrestling techniques and developing customized programs for girls is essential to ensure future success.

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