



METHODS OF ORGANIZING WRESTLING COMPETITIONS

Turg'unboyev Kozimbek Abdusamatovich
Toshkent davlat agrar universiteti "Jismoniy
tarbiya va sport" kafedrası o'qituvchisi

Abstract

Today, at the initiative of the President, many efforts are being made to develop national sports and transform them into international sports. In particular, the Uzbek belt wrestling type is also coming into play. The successes of Uzbek athletes in international competitions can be reflected the victories of our wrestlers in the world sports arenas. Such victories include the victories of our pole wrestlers in the international and world championships held in Kazan in Russia, then in Alma-Ata in Kazakhstan, Oratepa in Tajikistan and in Uzgan in Kyrgyzstan. The basis of the methods of individual struggle of the peoples of Central Asia is the same and the same path of development, as well as the similarity of the traditions and national traditions of the Turkic peoples. The Bukhara method of struggle of the Uzbeks is almost no different from the methods of Kures of the Kazakhs and Kyrgyz, the methods of Guresh of the Turkmens, the method of struggle in Fergana is almost no different from the methods of struggle of the Uighurs and Karluks. The methods of Uzbek national struggle were formed and developed in accordance with the conditions and traditions of the peoples. The peoples and peoples of the eastern part of Central Asia developed the belt wrestling method (Fergana method), while the peoples of the northern and southern parts of Central Asia developed the International method of wrestling (Bukhara method). The harmony of national traditions and customs of peoples had a great influence on the development and popularization of methods of struggle. At the same time, the passage of the "Great Silk Road" through the territory of the countries of Central Asia greatly influenced the mastering and popularization of physical exercises and martial arts among the nations.

The basic rules of modern sports wrestling were developed in several European countries in the late 18th and early 19th centuries. In 1912, the International Amateur Wrestling Federation (FILA) was founded with 144 member countries, Uzbekistan since 1993. Greek wrestling, freestyle wrestling, judo, sambo and other types of wrestling are widespread on the international arena. In subsequent years, Uzbek wrestling as a separate type of wrestling was recognized worldwide began. Wrestling is one of the means of raising a person strong, agile, resilient and strong-willed. It is allowed to engage in wrestling from the age of 12 years under the supervision of doctors. Archaeological finds and historical manuscripts confirm that





wrestling has been an integral part of the Uzbek way of life since ancient times. A cylindrical pottery from the Jazz period found in the territory of Ancient Bactria (south of Uzbekistan) depicts two polvons and one of them playing the other. Another archaeological find from the same period depicts the Polevans demonstrating the methods of struggle.

Holding international wrestling tournaments for the Prizes of the President of the Republic of Uzbekistan;

b) once a year starting from 2020, holding the Republican competition "Uzbek Polvoni" among employees of state bodies, institutions and organizations;

c) in 2021-2025, the gradual organization of wrestling skill schools under the Ministry based on innovative technologies, cheap, energy-saving and fast-building light structures and materials and financed from the state budget in regional centers, Nukus and Tashkent (hereinafter referred to as wrestling master schools);

The purpose of the discipline "Types of wrestling and methods of its teaching" is to popularize and distribute among students the "types of wrestling" widespread in Uzbekistan, to interest young people, to teach them technical and tactical methods and the rules of the law.

The organization of the course on the subject "Types of struggle and methods of its teaching" at a high scientific and pedagogical level, conducting problem classes, interesting organization of classes in the form of questions and answers, effective use of advanced pedagogical technologies and multimedia manuals, the ability to ask problem questions that encourage students to think independently, to be demanding, to work individually with listeners, to orient them to creativity, to engage in free communication, involvement in scientific research and other events provide an in-depth mastery of the topics of science.

Since the course "Types of wrestling and methods of its training" is one of the first educational and methodological complexes created on the basis of the "Methodological guidelines for the preparation of new curricula of higher education subjects" approved by the Order of the Ministry of Education No. 107 of March 1, 2017, it may contain some shortcomings, controversial views and terms.

d) reorganization of the International Wrestling Institute under the auspices of the International Wrestling Association and the Wrestling Federation of Uzbekistan;

d) agree with the proposals of the Ministry to provide free use to the Wrestling Federation of Uzbekistan, subject to the current funding regime, a specialized boarding school for the national wrestling sport located in the Baysun district of the Surkhandarya region.





Wrestling training is a purposefully organized pedagogical process aimed at forming a system of skills and qualifications, in which knowledge of the theory of wrestling and methods of teaching it is the main specific competition, referee, pedagogical and organizational activity of the wrestler.

The purpose of training is to form in students a knowledge system that reflects the concept of a trainer's professional activity. This concept includes the education of knowledge and skills, scientific thinking styles, conscious and creative attitude to practical activities in participants. The theory of sports wrestling and teaching methods reflect the specific conditions and features of the academic discipline, the general tasks are:

- to ensure the optimal size, comprehensiveness and sufficient depth of knowledge on the theory and methods of teaching a sport;
- Improving opportunities for creative comprehension;
- formation and improvement of wrestler's qualifications for general training exercises;
- formation and improvement of the performance of methods of wrestling techniques, defenses and counter methods;
- to form the optimal volume and variety of technical and tactical actions in the competition;
- formation of skills and qualifications for educational, educational, controlling, competitions and exhibitions;
- formation and improvement of knowledge, qualifications and skills in the analysis of methods of struggle;
- Mastering the ability to show and explain wrestling techniques.

References:

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2. Yusupov K. Technique and tactics of the international rules of wrestling. Tashkent 2005.
3. Salomov R.S. "Theoretical foundations of sports training", State Institute of Physical Culture of Uzbekistan, Tashkent, 2005. (Fifth paragraph of paragraph 3)
4. Enlistment of the Decree of the President of the Republic of Uzbekistan dated January 15, 2022, No. UP-52 decision Decision Legislative Database of 15.01.2022, Decision 06/22/52/0029)
5. (Paragraph three of Point 2 as amended by the Decree of the President of the Republic of Uzbekistan dated April 6, 2022, No. UP-98 decision Decision On the introduction of amendments and supplements, as well as consideration null and void of the National Legislative Information, dated April 7, 2022, No. 06/22/98/0279).

