

## EDUCATION OF SPECIFIC PHYSICAL FITNESS AND SPEED OF THE WRESTLER

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### Abstract:

In this article training of national wrestlers , development of agility and strength qualities , effective formation of sports skills as the most important foundation in training of wrestlers , exercises related to flexibility development , physical training, development of special action skills issues were discussed.

**Keywords:** complex movement skills, physical training, young wrestlers, possibility of development, necessary factors, used methods, development, stretching, bending, spreading, compression, twisting of joints, special importance.

### INTRODUCTION

In addition, the development of agility and strength qualities is of particular importance in the training of qualified national wrestlers. It should be noted that the harmonious development of all physical qualities during training is the guarantee of training skilled wrestlers.

In wrestling, the quality of endurance is also one of the main sources leading to victory. At the same time, the role of special endurance related to the national struggle is indispensable. In this regard, a well - known researcher - scientist provides <sup>1</sup> very important information that attracts attention.

there is a relative difference in technical skills in martial arts One of the characteristics of the athlete is complex movement skills performed on the basis of speed and strength during a changing competition. It is this quality that shows its leadership in decisive situations.

of conducting research on wrestlers of different ages and skills for many years, Kerimov FA directly relates<sup>2</sup> physical qualities to technical skills and the process of competition (competition) states that. In his opinion, the more physical qualities are formed, the more perfect sports skills grow.

The analytical review of the above - mentioned scientific literature indicates that the chosen topic is very relevant. Strength, physical training, as the most important foundation in the training of young wrestlers, is an incomparable factor in the effective formation of sports skills his calculated. At the same time, according to the analysis of scientific data Any

<sup>1</sup> Kerimov FA "Theory and methodology of sports wrestling" Tashkent, 2001.

<sup>2</sup> Goncharova O.V " Development of physical abilities of young athletes " Instructional manual. Tashkent, 2005.

physical training process does not lead to the effective development of physical qualities and may not have a positive effect on the formation of technical and tactical skills. On the contrary, in most cases, it is possible to have a negative effect on sports skills.

The quality of flexibility is one of the necessary factors in the training of national wrestlers and the formation of technical skills. A wrestler with highly developed flexibility will be able to skillfully perform technical skills such as a sudden escape from the "bridge" position, bending and lifting.

Flexibility is formed gradually, due to long-term exercises. If the exercises for the development of flexibility are stopped for a while, this quality can take a sharp turn or decrease.

The methods (technical) skills used in the national struggle form flexibility. But this alone does not allow to fully develop this quality. In order to effectively improve this quality, it is necessary to slowly and regularly use special exercises such as stretching, bending, spreading, tight work, and twisting of muscles, tendons, and joints.

Building resilience from a young age is a goal. At the same time, the development of this quality requires carefulness, hard and sharp exercises can cause damage to muscles, tendons, and even injuries can lead to at (9).

General physical training tools help the all-round development of the wrestler and affect the improvement of the special qualities necessary for him. It is necessary to focus on the development of a complex of qualities that serve as a tool.

When choosing general physical training equipment for national wrestlers, it is necessary to take into account the following important rules:

- exercises should be close to the nature of the neuromuscular performance and the working order of all systems in the body. Exercises should help to develop specific qualities. For example, some acrobatic exercises with elements of one-on-one combat, exercises performed in pairs in the case of competition with a partner, etc;

- exercises - should develop movement coordination and enrich the athlete's activity with various movement actions in changing situations. For example, sports games: basketball, mini-football, gymnastics and others;

- exercises should serve to speed up recovery of other activities and central nervous system activity of the athlete. These include canoeing, cross-country skiing, jogging, action games, leisurely sailing, and outdoor activities. Includes other games held in special conditions in the air. Auxiliary physical training is designed to create a special basis necessary for the effective performance of large-scale work aimed at the development of special movement skills. It is quite narrow and has its own directions, and solves the tasks in the house:

1. Mainly to develop qualities that are special for the national struggle;
2. Selective development of the muscle groups that participate to a large extent in the actions of the national wrestler.

Advanced means of auxiliary physical training, such exercises are used, which, according to their kinematic and dynamic structure, as well as the nature of neuromuscular tension, are

suitable for the main movements performed in the competitive activity of national wrestling.

Among such exercises, the following can be distinguished:

- performing different methods of national struggle by reference;
- exercises performed on special training devices;
- exercises with wrestlers' mannequins.

The natural factors of physical health are from hygienic conditions during sports training and exercise, as well as in conditions outside of training (special hygienic factors, access to sauna, massage, general health lifestyle, food system, etc.) are also used.

Of these factors and conditions in sports activities increases as training loads increase. The special physical training of national wrestling is aimed at developing the qualities of movement of wrestlers in strict accordance with the requirements imposed by the characteristics of competition activities. Therefore, as the main means of special physical training, competition exercises involving various possible complications are used.

Such complex exercises increase the impact on the body of the wrestler. For example, throwing a partner in a heavier weight category, shooting competitions are performed after changing partners, etc. These throws have a complex effect on the formation of one or another mechanism of energy supply, and at the same time increases his physical and technical-tactical training (9).

All the mentioned types of physical training are inextricably linked. Inadequate assessment of any types of physical training during the training will eventually lead to an increase in sports skills. Therefore, it is very important to observe the optimal ratio of the specified types of physical training during training.

The special physical training of an athlete consists of the process of educating the physical qualities that can meet the specific requirements of the chosen sport.

That each type of sport makes special demands on the athlete's physical qualities, different physical qualities require to be developed and demonstrated. For example, a wrestler is required to have speed-strength qualities in a special proportion, as well as speed endurance based on anaerobic use of energy resources of muscle contraction. Individual manifestation of various physical qualities and training of such specific abilities based on domestication is achieved through special physical training of the athlete.

Of young athletes, purposefully planned physical training is one of the most important factors in building skills and achieving high results during the competition. However, in sports practice, there are always planned physical exercises. There are frequent cases of not giving the expected result in the development of action qualities. The main reason for this is that the size and intensity of one or another physical exercises used in the training sessions, as well as the degree of influence of these parameters on the body of these users, cannot be objectively assessed.

One of the main tools for the effective development of a wrestler's special endurance is the methods of training performed on the mat - technical skills.

<sup>3</sup>Atoyev A.K Wrestling. Methods and means of teaching teenagers and young people to fight. Tashkent, 1987.

<sup>4</sup> Kerimov F.A "Scientific research in the field of sports". Tashkent. Zar kalam 2004.

At the same time, it is not necessary to prove that the performance of technical skills with high efficiency during a long - term competition is primarily directly related to the quality of special endurance .

has been proved that specific endurance is effective formation before general endurance is well developed.

AN According to Lance, in order to develop special endurance, a fighter should perform special technical exercises for long periods of time, even in the presence of fatigue complications ham, he must perform.

Yu.I. Chuyko recommended home test exercises to assess the physical qualities of wrestlers:

- 30-meter run from a high start;
- walking without the help of legs over the back ( 5 m);
- determine the strength of arm, shoulder and back muscles;
- jumping from place to place;
- 20- 2x800 meter run;
- at a high speed (20 s) to sweep the mannequin.

The quickness of a wrestler is his ability to perform a certain action in a short period of time (48, 89). If we talk about the speed of the wrestler, as an ideal movement, the wrestler spends the least amount of energy on his reaction, quickly catches the opponent, uses a certain technique or uses a defensive and counter - attacking movement we understand.

For the national struggle, the reaction speed of the movement has a special place. It includes b and q from the time the signal is given to the start of the response action. The time of simple and complex motor reaction is different ( from 0.15 seconds to 0.5 seconds).

The action reaction depends on the complexity of the required response action. For example, if the movement is simple , the reaction time is from 0.15 seconds to 0.25 seconds, if it is complex, the reaction time is from 0.25 to 0.5 seconds.

It depends on personal characteristics of the wrestler and his condition in his sports uniform , practical experience in evaluating the movement and the condition of the opponent , the degree of complexity of the response movement, the ability to perform the response movement very quickly, and his fatigue .

technical actions are performed is different for simple and complex actions . The more simple and economical the structure of a complex operation is , the faster it is performed.

Cultivating reaction and agility. It is somewhat difficult to notice that a favorable situation has arisen during an active attack or a counter attack , and knowing it is directly related to the practical experience of the fighter. There are 3 main types of reaction in struggle: simple reaction, selection reaction, observation reaction <sup>5(7)</sup>.

A normal reaction occurs when one perceives that the method has been used in the national struggle, as well as at the beginning of a defensive or counter- offensive action. A simple

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<sup>5</sup> Atoyev A. " Methodology of teaching Uzbek wrestling to teenagers " . Tashkent. UzDJTI 2005 .

reaction is very important, through which a wrestler gets initial information about the competition, for intermediate wrestlers a simple reaction and 220 - 260 milliseconds.

Choice reaction occurs when the wrestler determines that one of two or more signal options corresponds to the prepared action. Selective response and require 280-320 milliseconds.

- Up reaction is seen at the beginning of the wrestler's movement after the opponent in the movement has reached a certain state. If the wrestler starts his action at the right time, the value of the observation reaction can be positive, if he acts late, it can be negative. So it must be zero. It is possible. Cultivating the tracking reaction needed in national wrestling is best done when training in pairs with a partner.

The speed of performing certain actions is one of the forms of quickness. In order to increase the speed of execution of the movement, it is necessary to use the technique as effectively as possible, to develop the appropriate muscle group to the required level, and to achieve the best combination of execution of the movement with many repetitions. Also, it is necessary that the muscles are sufficiently flexible and the joints are mobile. It is very important for the wrestler to be able to relax his muscles in time. Because the constant tension of the muscles can have a negative effect on the ability to show speed.

For the purpose of training speed, it is desirable to increase the complexity of the conditions, as close as possible to the competition conditions or more difficult conditions (for example, training with a much higher skill athlete or another heavy weight athlete is used) (11, 13, 14). For this purpose, the complexity of exercises performed at a certain speed is used, which represents the exact structure of the movement necessary for the development of the necessary muscle groups.

Along with the complication, the relaxation of the conditions is also used (a light projectile, movement imitation, an unresisting opponent, a partner in a slightly lighter weight category, etc.).

The use of general development and special exercises in the development of speed ability.

General development exercises for speed development:

- short distance running (depending on time);
- includes long and high jump exercises. It is important to include competitive elements in each exercise. Various sports games help to develop quickness abilities (football, basketball, handball and others).

Special exercises at home are used to develop speed abilities:

1. Approach exercises for methods performed independently and with a training model while standing or with hands on the ground.
2. Exercises performed with a partner:
  - gymnastics exercises;
  - exercises to quickly perform some elements of the technique ;
  - Qarama - exercises performed with Qarchi and repeated attacks .

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