

EDUCATION OF ENDURANCE - AGILITY OF THE WRESTLER

Akhtamov Jamshed Bahromovich

Head of the Department of "Physical Education", Samarkand

Institute of Economics and Service, Samarkand Uzbekistan

Samarkand, st. A. Temur 9, Index: 140100

zhamshed.akhtamov@mail.ru

+998 91 547 73 88

Abstract:

In this article performing exercises to develop strength, popularizing physical education and sports, it was discussed about the strength of the wrestler without increasing his weight, the ability of the body to withstand fatigue and restore the work ability after the increase, the high level of development of physical training and the wealth of technical methods.

Keywords: keeping the muscles unchanged, the possibility of advantage over the opponent, developing strength, within the scope of the opportunity, with a large load, highly qualified athletes, developing strength, the basic structure of the movement technique, exercises performed with a partner.

INTRODUCTION

Most of the movement that a wrestler uses when he is directly facing an opponent is done in a quick - strength or dynamic position. A slow, full-force hold or push without movement is understood as holding the muscles in place or isometrically exerting force. Thus, the nervous-muscular system of the wrestler should be ready for both dynamic and static action. During the competition, the ability of the muscles to show maximum force during the "Eruption force", in other words, short and long, is of particular importance, giving the wrestler an advantage over his opponent in the competition follows. Well-known wrestlers not only have a high level of development of physical training and a wealth of technical methods, but are also distinguished¹ by their ability to show great strength in their time.

Numerous studies have shown that athletes can develop strength without significantly increasing muscle mass or increasing it.

- in exercises aimed at developing strength without increasing muscle mass, it is necessary to work with as few repetitions as possible (1-3 times) with a large load and with increased rest intervals between movements;

- it is necessary to work with weight loss in exercises aimed at developing strength while increasing muscle mass - 50% of the load carried by the wrestler is repeated 8-10 times.

It is not recommended to do strength training immediately after the competition. But rest should not exceed ten hours, otherwise the body will cool down.

¹ Kerimov F.A "Theory and methodology of sports wrestling" Tashkent, 2001. Kerimov FA I will fight. Tashkent 1990 174 p.

Maximum tension style. He aims to use exercises that are as heavy as possible and as heavy as possible. 90 % of the maximum k is calculated for the highest weighted wrestler. This type of exercise is good for the body In the case of a cold, it should not be done more than one or two times in one attempt. The exchange process does not reach the maximum level and the muscle mass does not increase during exercise. Improvement in neuromuscular regulation increases strength by h. This technique is beneficial because it helps the wrestler increase strength without increasing his weight. It is recommended to be used only by highly qualified athletes.

Q say tension style. He trained "to the last strength" while stealing an infinite amount of energy (40-70 % of the maximum) holds the interest. When a wrestler loses strength or weight it will die if it is used too. The exercise is performed 8-12 times. In a direct fight, it is used to ²reduce the need to bend to the back, escape from being caught, and so on (14, 17).

Dynamic tension style. It is used for the purpose of developing quick - strength abilities. Its content is to perform weight lifting while maintaining the basic structure of the movement technique (bending, twisting, lifting the partner from the carpet sit down).

Isothermal stress method. It involves the use of a static direction in certain situations (pull - ups and exercises) with five to ten repetitions of such exercises lasting up to 8 seconds . All weights are selected based on weight and physical fitness (13 , 15) .

and special exercises for strength development. General development exercises include:

exercise with a barbell q ilish, mash with stone qclimbing, rope climbing, floor exercises, partner training (partner lifting), partner bending, partner turning, partner jumping and others.

Special exercises include those at home:

- exercises performed with a partner are aimed at increasing the wrestler's strength , while performing some elements of the wrestling technique (lifting the partner with various grips, etc.).

- Exercise according to the task (selecting a certain element of the coach's method and putting the wrestlers in the appropriate initial position , he offers them to perform the exercise with full force),

Among the factors in improving the sports form of wrestlers, special endurance is especially important. Because with the change of the rules of the competition, it is necessary to conduct the fight at a high speed , to perform technical actions without getting tired (9, 5).

Endurance of a wrestler is the ability to work effectively at a certain intensity during a competition (5, 6).

The maximum duration of work is limited to full - time work. Therefore, endurance is characterized by the ability of the body to withstand fatigue and to restore the ability to work

²Kerimov F., Yusupov N. "Action games for fighting" Medical publishing house named after T. Abu Ali Ibn Sina 2003.

Kipchakov BB The method of conducting an action game with elements of martial arts in the physical education of lower grade students . Methodical guide. Tashkent. 2011 year.

again after recovery. All physical qualities and all aspects of sports preparation (technical, qualities and ideological -will) are expressed in endurance.

The functional endurance of the body depends on the equal readiness of all its organs, the ability of nerve cells, respiration, blood circulation and other factors (17,), great changes in the cardiovascular and respiratory systems occur. For example, breathing speeds up, increases in depth, and heart rate reaches 220 beats per minute, the maximum increases significantly, and the minimum (AB) decreases. Increases significantly (from the liver, other organs), the preparation system and internal secretion organs also work with a large load. Under such changes, the wrestler continues to fight and faces increasing fatigue, i.e. and in this case, all organs and systems are used more actively and intensively (5,6).

Durability is determined according to the signs b in the house q during the process:

1. Slowing down the pulse rate
2. A certain decrease in maximum AB
3. On vacation. A slight decrease in the rate of breathing
4. Holding it during breathing and increasing qt
5. Change in the type of hormonal reaction in the process of recovery of strength of the organism after loading.

Training k 'indicator with mash q It is possible to determine qat home: in the morning, when k opens himself, he notices a pulse on the front of the bed. The increase of this difference, and the decrease of the change in the functional nature of the body, indicates that the training of endurance is organized correctly.

The coaches' answers to the questionnaires show the difference: 40 percent of people think that general endurance plays a big role in national wrestling, while 60 percent of coaches think special endurance is important in national wrestling.

general and special competence. In sports practice, general and special endurance are distinguished.

General endurance is the endurance of long and short - term work of moderate intensity, which uses all muscle groups. It creates the ground for training special endurance. Those in the k house are considered to be a source of general endurance education. Types of sports: swimming, cross-country and other races at a moderate pace.

A wrestler thrives on cultivating and maintaining overall endurance throughout his training career.

Special tolerance is acquired by developing endurance against the ever-changing competitive pace of the national struggle, long - lasting activities under constant threat from the opponent. Its working ability is ensured by the fact that it reaches the highest point in some cases, until it is significantly full under the influence of the load of the machine. That's why every competition should be given close loading.

Wrestlers are often offered spurts (510 seconds) in competitions. With this, a situation is formed that is capable of changing the nature of the competition are used to cultivate endurance in wrestling practice:

- A uniform exercise method is used to develop general endurance . This technique is characterized by the maximum non-stop work (up to 40 beats per minute) performed at a regular intensity, with the pulse of the wrestler not exceeding 130 beats per minute . It is mainly used during the training period of the mash ghulot, in shooting competitions. Many people in this case, it can be considered that the load performed in the style of an evenly performed exercise is low.

- Variable training methods are used to train general and specific endurance . When he dies at 180 b at the maximum pulse characterized by continuous work performed at variable intensity.

- It is used in running, sports games, wrestling with the use of spurts, changing the speed with the quality and speed of the training.

- Repetitive training method is used to prepare wrestlers for a certain size and intensity of training . It is characterized by repeating the same exercises with rest intervals to restore performance, some three-way competitions are used, and then they are combined. Repeating the loadings from the competitions is the result , and at the end of this, the working capacity of the wrestler will increase even more.

- Interval exercises are used to increase the special endurance of the wrestler in one direction . It is also characterized by the repetition of the same exercises as a repetition exercise method, with certain rest intervals.

- The competition style is used to prepare the wrestler directly for the competition. It is not necessary to use this technique a lot during training.

- In the process of physical training of a wrestler, the game style is used for the purpose of increasing general and special physical training .

- Rotation training method is used for various purposes during training . Its essence is that the exercises are performed in the conditions where the wrestlers are moving.

The size and content of the exercises are determined by the task of the pedagogue. For example, for five wrestlers, stations are made of five gymnastic shells, in which the task of training strength and power endurance can be solved.

Agility can be considered, firstly, as the ability to quickly learn new movements, and secondly, as the ability to quickly repeat movement activities in accordance with the requirements of suddenly changing conditions.

A wrestler needs general and special training to perform the action correctly in changing conditions . In addition , it is appropriate for a wrestler to act in a certain name . This is his reaction and qti and it depends on the thief's willingness to act. That's why it's always a great wrestler it will show well in the condition. Chaqq is manifested in the level of sufficient moral -ideal preparation (boldness, determination) , as well as in a high state of mind . The main advantage of a wrestler who performs fast work is the ability to quickly develop a new complex movement (17 , 18).

Of strength, the fighter has a great importance of avoiding muscle tension and muscle tension, that is keeping the working muscles tense and replacing muscle tension (7).

When using physical training resources for the purpose of developing youth, it is necessary to keep in mind the following:

- every exercise used to develop certain qualities (strength, endurance, quickness) should serve to develop agility at the same time. For this purpose, as in mastering special exercises, it is necessary to consciously learn the technique of performing each exercise. Only then can you increase the intensity of these exercises.
- Agility is the process of mastering new actions , performing actions in new conditions, and successfully developing new actions in complex situations.
- in order to develop agility, it is necessary to use the method of complicating previously mastered exercises. For this, it is possible to make some changes to the structure of the movement or the technique of its execution, to change the conditions and conditions for performing the exercises.
- To develop mobility , it is necessary to use methodological methods of mastering bilateral exercises (right and left).

FOYDALANILGAN ADABIYOTLAR

1. Kerimov F.A. «Sport kurashi nazariyasi va usuliyoti» Toshkent, 2001y.
2. Kerimov F.A. Kurash tushaman. Toshkent 1990 y. 174 b.
3. Goncharova O.V. “Yosh sportchilarning jismoniy qobiliyatlarini rivojlantirish” O‘quv qo‘llanma. Toshkent, 2005 y.
4. Kipchakov B.B. Quyí sinf o‘quvchilari jismoniy tarbiyasida yakkakurash elementlari bo‘lgan harakatli o‘yinlarni o‘tkazish usuliyati. Uslubiy qo‘llanma. Toshkent. 2011 yil.
5. Nurshin J.M., Salomov R.S., Kerimov F.A. O‘zbekcha milliy sport kurashi. Darslik, Toshkent, 1993 y. 207 b.
6. Atoyev A. “Yosh o‘smirlarga o‘zbek kurashini o‘rgatish uslubiyati”. Toshkent. O‘zDJTI 2005 y.
7. Kerimov F., Yusupov N. “Kurash uchun harakatli o‘yinlar” T. Abu Ali Ibn Sino nomidagi tibbiyot nashriyoti 2003 y.
8. Mattiev, I. B. (2022, February). INNOVATION TECHNOLOGIES IN EDUCATION SYSTEM AND THEIR USE. In Conference Zone (pp. 167-168).
9. Маттеев И. Б. (2022). Социально-педагогическая необходимость развития здравоохранения для студентов. Web of Scientist: International Scientific Research Journal, 3(4), 300-304.
10. Mattiev, I. B. (2022, February). INNOVATION TECHNOLOGIES IN EDUCATION SYSTEM AND THEIR USE. In Conference Zone (pp. 167-168).
11. Маттеев, И. Б. (2011). Культура здорового образа жизни: взгляды прошлых цивилизаций (на примере Узбекистана). In Педагогика: традиции и инновации (pp. 49-51).
12. Маттеев, И. Б. (2016). Некоторые направления государственной политики здоровьесбережения как педагогический фактор формирования здорового поколения. Бюллетень науки и практики, (10 (11)), 358-363.
13. Маттеев И. Б. (2022). Социально-педагогическая необходимость развития здравоохранения для студентов. Web of Scientist: International Scientific Research Journal, 3(4), 300-304.