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**DEVELOPMENT OF SPECIAL PHYSICAL FITNESS IN IMPLEMENTING TECHNICAL
MOVEMENTS IN WRESTLING STUDENTS*****Masharipov Ravkat Madrakhimovich****Senior Teacher Of The "Technology And Physical Culture" Department Urganch State Pedagogical
Institute, Uzbekistan***ABOUT ARTICLE****Key words:** Sports activity, wrestling, physical training, technical and tactical training.**Received:** 06.06.2023**Accepted:** 11.06.2023**Published:** 16.06.2023**Abstract:** In this article, a discussion was held about the theoretical foundations of the formation of special physical training in the implementation of technical actions in wrestling.**INTRODUCTION**

Sport is recognized as a means of human education. In this regard, all types of sports serve to educate and form certain qualities of a person. For this reason, people are familiar with sports. They strive to engage young people in sports. The development of sports occurred due to certain reasons and conditions. Some sports have appeared in the world with the ideas and initiatives of certain people or individuals. A certain person directly plays a special role in the emergence of such sports. There are also some types of sports, the author of such sports and the force that develops them are considered to be a specific people or nation. Such sports are inextricably linked with the history and lifestyle of a nation or nation. Wrestling is a sport recognized as just such a sport.

Wrestling is a sport formed on the basis of the culture and traditions of the Uzbek people. For this reason, its creator is the people. The established regime was enough of an obstacle for the development of the struggle. At that time, no effort was made to develop and popularize the struggle. Literally, the struggle, which is the pride of the Uzbek people, has been insulted. Independence restored and developed Uzbek culture, customs and traditions. Along these lines, the struggle also flourished. The Government of Uzbekistan carried out practical work to appreciate and develop wrestling as a national sport and a symbol of national pride. The Law of the Republic of Uzbekistan "On Physical Education and Sports", decrees and decisions of the President of the Republic of Uzbekistan on the development of wrestling had a huge positive impact on the development of wrestling.

Today, many young people around the world are engaged in wrestling. It was recognized by experts that wrestling is a means of all-round education. For this reason, it is necessary to use all opportunities to further develop wrestling, to take a worthy place in the program of the Olympic Games. Organization of wrestling training and training of wrestlers is unique. This process requires practical knowledge and experience from a trainer or specialist. That is why coaches, specialists working with wrestlers should have in-depth knowledge of effective organization of training and comprehensive training of wrestlers.

It is known that the precise, perfect, fast and purposeful performance of a certain movement in the total life activity of a person directly depends on the functional capacity of the vestibular analyzer. Accelerations performed in different directions directly affect the vestibular receptors, causing eye nystagmus, voluntary movement of the eyelids and head, and the reaction of nystagmus continues for a long time after the end of angular acceleration. However, this nystagmus oscillation moves in the direction opposite to the direction of this acceleration, during and after the acceleration, the tone of the muscles changes except for the nystagmus. These conditions indicate that the functional connection between the vestibular apparatus and the control organs (brain, cerebellum, red nucleus, spinal cord and hakoza) is temporarily interrupted, as well as extremely limiting movement in the right direction. puts, a person sharply reduces the ability to maintain balance, does not allow the action to be performed accurately and efficiently.

In sports practice, improvement of movement excellence (accuracy, speed and final effect) is carried out on the basis of regular use of various specialized exercises in accordance with the competition model. But, in most cases, external extreme influences reveal that this perfect movement is not stable. In our opinion, in the course of sports training, regularly engaging in a complex of various exercises related to rotational acceleration for a long period of time creates an opportunity to increase the accuracy, perfection and efficiency of movement. If these acceleration exercises are used together (alternately) with exercises related to the formation of physical qualities and technical-tactical skills, the expected effect will increase to a higher level.

Yu.M. Chuyko, F.A. Kerimov recommended the following test exercises to assess the physical qualities of wrestlers:

- 30 meter run from a high start:
- Determining the strength of arm, shoulder and back muscles:
- standing up jump:
- 2 x 800 meter run:
- throw the mannequin at high speed (20 seconds).

Based on the results of their research, the authors divided wrestlers into 3 conditional groups, "fast-strength wrestlers, wrestlers with special endurance and universal" wrestlers. F.A. Kerimov, as a result of conducting research on wrestlers of different ages and qualifications for many years, emphasizes that physical qualities are directly related to technical skills and the process of competition (wrestling). In his opinion, the higher the physical qualities are formed, the more perfect the sports skills will grow.

Taking into account the functional capabilities of the body of those engaged in physical exercise during the training process of athletes makes it possible to plan this exercise accordingly. Properly planned

physical training in the training of wrestlers is one of the important factors in the formation of technical and tactical skills and in achieving a high result during the competition. However, in sports practice, there are often situations where the expected result is not always planned. One of the main reasons for this is that the volume and duration of one or another physical exercise used in training and the level of influence of these parameters on the body of the participants are not objectively evaluated. In the training of athletes, movement function is divided into two interdependent directions:

Education of the physical qualities of the athlete in accordance with the nature of the chosen sport;	Training the athlete in technical and tactical skills and improving them
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According to F.A. Kerimov , the concept of general physical fitness means the level of comprehensive (harmonious) development of an athlete's movement qualities, and this approach to the issue is in line with the goal of shaping the health of a normal person (including the athlete). Of course, this is also necessary in big sports, but such practice and training methods based on it are not without the possibility of reducing the effectiveness of training young athletes and achieving high competition results. Because, due to the existence of specific and appropriate features of each sport, if in one sport the quality of quickness and strength prevails, in another sport the quality of endurance plays a leading role, or in a third sport the quality of flexibility is of primary importance. However, it is not possible to conclude that a certain physical quality is very necessary in a particular sport, and another is not. On the contrary, each quality has more or less, but important, share in a specific sports situation.

The above-mentioned ideas and considerations are clearly visible in the wrestling type of sport. The quality of flexibility is one of the necessary factors in the training of wrestlers and the formation of technical skills. A wrestler with a highly developed flexibility will be able to skillfully perform technical skills such as getting out of a tight position, bending and lifting.

When it comes to physical training and especially the importance of forming movement qualities (speed, strength, endurance, agility, flexibility) in the training of athletes, it is appropriate to emphasize the quality of speed in this regard. The quality of speed is considered to be an important resource for the skill of movement performed in any sport. For example, in volleyball, the quality of speed is a factor that ensures the success of this skill in order to perform an attack over the net: in wrestling, this quality is necessary for the use of attack or counter-attack methods in a short time. In fact, according to the results of observation, most of the wrestlers who have won in the World, Olympic, European, Asian and other international competitions in wrestling have developed the quality of speed at a high level.

In wrestling, the quality of endurance is one of the main sources of victory. The role of special endurance especially in wrestling is incomparable. In this regard, the well-known research scientist F. A. Kerimov provides very important information that attracts attention. For example, one of the relatively different characteristics of technical skills in martial arts is complex movement skills performed on the basis of speed and strength in a changing competition situation. It is this quality that shows its leadership in decisive situations. At the same time, performance of technical skills with high efficiency during the long-term competition, first of all, compared to direct observations of the quality of special endurance, the performance of the technical skills of the participants of the World Wrestling Championship during

the competition decreased sharply in the 3rd period of the recipient. This situation points to the fact that the special endurance of these fighters is not developed at a high level. So, it can be seen that the quality of special endurance takes place in maintaining the effect of technical skill for a long time during competitions.

The stage of sports development: the main tasks of this stage are as follows: increasing the size and intensity of training loads, improving the technical and tactical actions of the wrestler, achieving the maximum development of the leading physical quality, improving competition preparation, overcoming difficulties in training and competitions education of moral-will qualities in the process of transition . The main methods of training: repetition, rotation, change, game, competition.

Means of wrestling training: training matches, wrestler's special exercises, competitive matches, acrobatics and gymnastic exercises. Adolescent wrestlers reach this stage having mastered the basics of technical and tactical skills, so the main activity of a wrestler is aimed at improving movement skills. It is necessary to repeat the learned methods of struggle many times in a row. It is necessary to pay attention to the fact that wrestlers use this method in training competitions and to achieve this. Therefore, at this stage, training competitions on special tasks can be planned. It is necessary to give complete information to the wrestlers about the tactics of conducting the competition.

At the stage of sports improvement, it is necessary to pay great attention to the education of physical quality. As mentioned above, success in competitive sports depends on the development of speed-strength and special endurance. At the stage of sports improvement, it is advisable to use the following methods of training quick-strength qualities: the method of repeatedly changing the exercise, the method of dynamic tensions, the method of repeatedly performing technical movements with opponents of different weights. It is advisable to use physical exercises that are close to technical-tactical movements in terms of structure in order to develop quick-strength character in teenage wrestlers. Training of speed and strength should be combined with improvement in the technique of the chosen sport, using the combined method of training. Developing the general and specific endurance of a wrestler is one of the main parts of the training process. Cross-country running, sports games, and swimming are the main means of increasing the general endurance of a wrestler. When performing exercises aimed at training general endurance, it is necessary to pay attention to five components of the load:

- exercise intensity (speed of movement);
- exercise duration;
- rest distance;
- recreation, leisure and other types of activities;
- number of repetitions.

In order to train the special endurance of a wrestler, training competitions with changing opponents, conducting competitions in a special order, etc.

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