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**MECHANISMS FOR IMPROVING STUDENTS' BELT WRESTLING TRAINING (IN THE EXAMPLE OF TECHNICAL PREPARATION)****Isakov Shukhratbek Muydinovich***Senior Teacher Of The Department Of Interfaculty Physical Culture And Sports Of Andijan State University, Uzbekistan***ABOUT ARTICLE**

Key words: belt wrestlers, myrabbiy, voluntary training, technical training, training, sports, belt wrestling, physical qualities, wrestling methods.

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Abstract: The training of highly qualified athletes and wrestlers is the honorable duty of every coach. The merits of our country's wrestlers in carrying the flag of Uzbekistan high in international competitions at the world sports fields are incomparable. In the article, the issues of improving the technical training of belt wrestlers, which are the main mechanisms for improving belt wrestling training among students, were analyzed.

INTRODUCTION

Physical education and sports in our country since the first years of independence special attention is being paid to development and popularization. Although there are many initiatives on the prospects of further development of physical education and mass sports in Uzbekistan, improving the technical methods of belt wrestlers in order to bring the national wrestling type to the world arenas and maintain leadership, the development of physical qualities is one of the urgent topics. remains.

The requirements for knowledge and skills of the state educational standard of higher professional education in the cycle of general humanitarian and socio-economic sciences indicate that a future bachelor in the field of physical education and sports:

- understanding the role of physical culture in human development and training of specialists;
- to know the basics of physical culture and healthy lifestyle;
- to maintain and strengthen health, develop and improve psychophysical abilities and qualities, to have a system of practical skills that ensure self-determination in physical culture;
- to gain experience using physical education and sports training to achieve life and professional goals.

Wrestling training is a pedagogical process aimed at teaching young athletes to exercises and movements specific to wrestling. The goal of wrestling training is to educate young wrestlers as highly qualified athletes and to achieve the highest results in sports in wrestling, as well as to educate them as

spiritually mature and physically fit people. The processes of strengthening the health and development of physical qualities of those engaged in belt wrestling are also defined as important tasks.

DISCUSSION AND RESULTS

Many scientific methodological instructions and developments have been created by leading scientists on belt wrestling, and at the same time, there are still issues that need to be studied, namely, the improvement of the mechanisms of technical training of belt wrestlers. There are many problems with technical preparation plays an important role in achieving high results in belt wrestling. Development of physical qualities plays a key role in improving the technical training of belt wrestlers. It is possible to get the expected results due to its development. In order to further enrich the above results, it is necessary to deepen the specialization and pay more attention to the stages of improvement in sports. It is at these stages that the technical training of athletes takes its basic form. At these stages, qualified belt wrestlers correspond to periods of high qualification. For this reason, it is necessary not to ignore the technical training of belt wrestlers.

Optimizing the methodology of developing the technical training of belt wrestlers is relevant in the field. If technical training, which is a part of the training, can be developed to the level of demand, one of the current issues would be a positive solution. By developing the technical training of belt wrestlers, a positive change in sports results can be expected. In the struggle, methods, techniques and tactics of actions are shown as a whole. The method of performing technical-wrestling exercises, and tactics is the method of using technical movements to solve various tasks during the fight. It is necessary to take into account the possibility of himself and his opponent.

It is necessary to teach fighting methods and actions, to improve them on the basis of the following principle, that is, to teach technical actions and to improve them on the basis of understanding the mechanisms of each technical action.

Technical training is the most important aspect of the educational process, which is improved and individualized during the academic years. That is why it is given great attention. The richer the athlete's technique, the better the athlete understands the opponent's technical methods and tactics of action, the higher his tactical skill.

The high level of technical training of a wrestler should be based on the fact that it depends on technical training, that is, on the improvement of movement skills in the field of wrestling, and at the same time on the development of the most important physical and willpower qualities. Therefore, it is important not only to acquire the techniques of the techniques in the development of the specified movement techniques, but also to skillfully apply these techniques when fighting different opponents.

This means that an athlete should have a high level of mastery of wrestling techniques, and in order to win in a wrestling situation, he should master this technique, that is, he should have colorful tactics. All this shows that technique and tactics are not only closely connected with each other, but also in terms of moral and willful preparation.

To get a general idea of the technical methods of the wrestler, the preparatory and main groups are given. In the training group of the methods, the main position and movements of the wrestler, throwing, defense and counter methods are revealed in the main group.

Groups 1 and 2 can have various combined actions.

It is necessary to study the scheme of tactical actions in the fight in order to understand the relationship between the methods of fighting techniques and the tactics of actions. From it, we can see that there are 3 groups of actions, that is, the first is the preparatory actions - these are the main actions: reconnaissance, searching for the weak points of the opponent, maneuvering, using tricks, masking,

should ensure the success of distracting the opponent. The second main tactical actions are offensive and defensive actions, counter-attack actions.

The third is to conduct educational competitions, tournaments, competitions, etc. during training sessions.

We recommend the following to coaches. Coaches should set the following goals when training skilled belt wrestlers:

- to study the general physical fitness level of belt wrestlers;
- to develop a method of improving the technical and tactical training of belt wrestlers by developing special physical quality levels;
- individual approach.

Improvement of offensive movements, superiority of technical skills, superiority of flexibility quality, superiority of intensity in training of wrestlers are of great importance.

- mastering methods, counter-methods and protection options that best meet the special characteristics of the athlete (flexibility quality) from among all types of techniques in training processes;
- taking into account the skill characteristics of the main competitors and choosing technical actions that will give good results in fighting with them;
- to focus more on the quality of technical movements and flexibility, which can expand the possibility of using previously learned methods and counter-methods;
- use of special exercises that can be used in combinations and connections with the methods available in the wrestler's reserve;
- it is necessary to teach the technique of movement, which has the characteristic of solving the movement task in the most reasonable way; it saves you from relearning in the future;
- mastering the fundamentals of technique and general movement skills by eliminating unnecessary movements and excessive muscle tension;

Focusing on the development of technical movements during training is one of the important conditions for training wrestlers. At the beginning of the study, the recorded indicators of the wrestlers in the training of technical movements showed that they were significantly shallow. The performance of the wrestlers in the experimental and control groups did not differ much before the start of the study.

CONCLUSION

The level of physical quality is considered important in improving the technical training of belt wrestlers, the role and effectiveness of physical qualities in teaching and developing technical methods is incomparable.

When choosing exercises that develop physical qualities, the coach should take into account the level of physical fitness of the wrestlers. In the development of wrestlers' physical qualities, the trainer's individual approach to each wrestler gives the expected result.

To develop the physical qualities of the wrestlers, we recommend the use of elements of various movement games, sports games, swimming, sprinting and long-distance cross-country running.

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