



METHODS OF PLANNING MULTI-YEAR PREPARATION STAGES IN STUDENT ATHLETES ENGAGED IN WRESTLING

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ABOUT ARTICLE

Key words: Sports activity, wrestling, physical training, technical and tactical training.

Abstract: In this article, there are opinions about the methods of systematizing the stages of sports training for students who are engaged in wrestling.

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INTRODUCTION

Sport is one of the factors that increase the prestige of our country. To comprehensively solve the problems of sports development in our country, to educate physically healthy and spiritually mature individuals, to inculcate a healthy lifestyle and a sense of love for sports, as well as to raise the level of coordination of the implementation of state policy in the management of the sports sector, the review of all work activities is given primary importance. In the development of physical education and sports in our country, it is very important that several laws, decrees and decisions are adopted and consistently implemented in life, which ensure the development of sports and physical education, in order to attract the general public to sports, first of all, the growing young generation.

In addition to the development of the mass sports movement, among the talented athletes who are currently developing in the republic and are active in the country's national teams, who can show high results in the Olympic and Asian Games, as well as the world championships and championships. special importance is attached to the provision of highly qualified sports experts, who are inextricably linked to the training of skilled athletes, to bring their sports skills to the level of world requirements. From the first days of independence in our country, great attention was paid to improving the welfare of the people, developing our country economically, socially and culturally.

Literature review (analysis)

In recent years, scientists have been increasingly interested in the role of physical training in the training of skilled athletes, including the interdependence of physical qualities and their impact on sports skills V.N, Matveev, L.P, Anisimov V.K, Filin V.P, Shiyan V.V., Ataev A.K, Abdiev A.N, Nurillaev A.K, Ro'ziev A.A, F.A.Kerimov and etc). It has already been proven that building the qualities of strength and speed in a mutually compatible way has a positive effect on the training of the athlete V.N, Matveev, L.P,

Anisimov V.K, Filin V.P, Shiyan V.V., Ataev A.K, Abdiev A.N, Kerimov F.A, Nurillaev A.K, Ro'ziev A.A, Po'latov F.M and etc.

When it comes to the importance of physical training and, in particular, the formation of 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 an important source of movement skill in every sport.

Karimov F.A. The training of wrestlers and the development of strength qualities are also of particular importance. It should be noted that the harmonious development of all physical qualities during training is the key to training skilled wrestlers.

Methodical rules of the multi-year training process:

High sports results in almost all sports are usually associated with improving the quality of training, further improvement of training methods, and implementation of new achievements of science and technology. Long-term regular training of a young athlete can be successfully carried out only by strictly taking into account the age characteristics of a person's development, the level of his training, the specific characteristics of the chosen sport. In order to properly organize the long-term training process, it is necessary to pay attention to the optimal age limits (at these age limits, athletes achieve their best results). Athletes who work diligently receive the title of master of sports at the age of 18-19. At the age of 20-22, strong wrestlers meet the standard of international class master of sports. The average age of Olympic athletes is 25-26 years. The long-term training process of a young athlete should be carried out on the basis of the following methodological rules:

☒ Consistency of tasks, means and methods of training of children, teenagers, teenagers and older athletes;

☒ gradual increase in the volume of general and special physical training equipment.

The ratio between them changes gradually (the share of special physical training increases in the total volume of the training load, and accordingly the share of the total physical training decreases) regular improvement of sports technique.

The main task of the first stage of education is to acquire the basics of reasonable sports technique, and the task of the stage of sports improvement is to achieve high level of movement coordination, to polish individual parts of the technique. Proper planning of training and competition loads. He ensured the increase of the functional capabilities of the teenage athlete on the basis of the plan, the improvement of movement skills and skills in the course of many years of training, and the volume and intensity of competition loads. It is necessary to increase the size and intensity of training loads, to achieve consistency in the process, to realize their continuous growth during many years of training. Strict adherence to the principle of gradually increasing training and competition loads during many years of training. If the load fully corresponds to the age, individual and functional capabilities of the athlete's organism at all stages of long-term training, then the athlete's training will be improved.

Equal development of physical qualities at all stages of long-term training and development of more specific qualities at the most favorable age periods. The above-mentioned basic methodological rules allow optimal management of the process of multi-year training of young athletes. Optimal management is manifested in the creation of conditions for the effective implementation of the objective laws of sports training. Optimal training management is an effective system of organizing the training process on a scientific basis. It is aimed at consistently transferring the complex of various aspects of the athlete's training to a qualitatively new, pre-programmed state. In order to more effectively manage the athlete's multi-year training, we recommend dividing it into four stages:

- preliminary preparation;
- primary sports specialization;
- in-depth training in the chosen sport;
- sports improvement;
- retention of achievements.

Organization and planning of various aspects of training of young wrestlers: Modern sports wrestling requires good physical, technical-tactical, functional and psychological preparation from the athlete. According to the classification of sports, wrestling belongs to the third group. It is characterized by a high degree of movement in conditions of compensatory fatigue and variable work intensity. The analysis of the specific features of the competitive activity testifies to the need to develop classifications within the types of sports wrestling (Greco-Roman, freestyle wrestling, national wrestling, sambo, judo). Blindly copying the training methods of one group of sports is not effective, and in some cases, it has a negative effect on the results of the sport. It requires good speed-strength training and special training from athletes. In addition, the ability to master new movements, improvisation, mastering combinations in the process of movement activity, classification of various movement descriptions and control skills is required. The analysis of competition activities in sports wrestling revealed a great demand for quick-strength training and special endurance typical of all types of wrestling. This should be taken into account when planning the long-term training of young wrestlers. Sports competitions are a component of the training process in the preparation of a wrestler. Depending on the age and training of the wrestler, the competition program and loading standards have been developed. At the initial stage of wrestling, the duration of children's training for participation in competitions is one year. Modeling the training organization system in the annual training cycle: It is known that modern sports training requires generalization and organization of existing theoretical and practical knowledge. A number of scientists have developed training organization models in annual and multi-year cycles. They are important parameters of the content and size of training programs, and they are the best way to distribute the content, volume and time of training programs based on the competition calendar, the tasks to be solved at this stage, the period of training that has become traditional and a number of other factors. numerically reflects its important parameters. As necessary conditions for the development of training models in the annual cycle, the following must be fulfilled first:

- to study and generalize the practical experience in organizing the training of leading athletes and preparing the national team; - checking the dependence of the dynamics of the athlete's condition on the content, size and distribution of the training session;
- to determine the rational direction in the dynamics of the level of special work ability of athletes in the annual cycle according to the traditional cycle of training and the calendar of competitions.

It is necessary to develop a principled (logical) model of the annual cycle, and then an individual (numerical) model based on it. The analysis of special literature and practical experience of training allowed experts to come to the conclusion that the traditional forms and principles of organizing training, which appeared many years ago, do not satisfy the tasks of training highly qualified athletes today. The development of special physical qualities of highly skilled athletes has reached such a level that it requires to find new, more effective training tools and methods for further improvement. In addition, it is necessary to reconsider the place of special physical training in the annual cycle and determine the forms of its interdependence with other types of training.

Currently, it is known that one of the necessary conditions for developing a training model is the analysis of practical experience. In the process of such an analysis, it is assumed to study the methods

of organizing the training of highly qualified athletes in the annual cycle, as well as to determine the exact dimensions of the size of training (if necessary, competition) bags used by athletes. Professor Yu.V. Verkhoshansky (1983) with his co-authors, as the main factors that determine the principles and forms of training model, the general laws of the interdependence of the athletes' condition and the training load, as well as the transformation of the wrestler's body from one state under the influence of regular training separates the law of transition to another.

Among the special conditions that affect the methods of implementation of this principle in each specific case are: the traditional periodization of the annual training cycle and the calendar of specific competitions for the current year, the specific characteristics of the athlete's skill level and special training, training in the previous stages of preparation. nature and direction of the team, tasks set before the athlete, intensity of the competition, etc. However, it should be taken into account that such a division recommended by scientists is conditional.

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