

# CHARACTERISTICS OF TECHNICAL TRAINING OF YOUNG WRESTLERS

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## ANNOTATION:

Based on this information, brief conclusion was made about the training of young wrestles, and their technical training. The system of advanced sports training requires that the technical and tactical actions are strictly consistent with the individual characteristics of the wrestler.

**KEYWORDS:** Multi-year training of young wrestlers, training, practice, special and general features, tactics, offensive tactics, activism.

## INTRODUCTION:

It is well known that in childhood, adolescence and youth, the foundations are laid for high and stable results in sports. This confirms once again that youth sports play an important role in the system of training sports resources. At the same time, the steady growth of results in world sports, the intensification of competition in international competitions and the significant decline in the age of active athletes require a consistent continuation of the search for new, more effective means and methods of training young athletes.

## MAIN PART:

This research has been conducted by wrestling experts since the 1960s in a number of areas, including:

- Identify the long-term training stages for young wrestlers and the priorities of the training process at each of these stages;
- substantiation of means and methods of development of physical qualities;
- to study the effects of wrestling on the body of young athletes;
- qualifying issues and development of sports specialization;
- Determining the characteristics of style in the training of young athletes, taking into account age, sports skills and type of wrestling.

As the individual scientific disciplines are considered in more detail in terms of their development in accordance with the requirements of modern wrestling practice, the priorities of these disciplines can be identified as follows:

- a. to establish the appropriate ratio of general and special training equipment at each stage of long-term training of young wrestlers;
- b. rational organization of the content and structure of training and competition loads;
- c. to determine the adequacy of wrestling to the extent that it affects the physical development and health of children and adolescents;
- d. to establish the content, structure and dosage of general and special exercises, taking into account as much as possible the age characteristics of young wrestlers;

e. development of a comprehensive system of pedagogical control using strong information tests and methods of evaluating test results.

Tactics include strengths, weaknesses, the use of individual techniques, the ability to distract an opponent with distracting movements, the use of methods that affect the moment of competition, the use of energy, the possibilities set by the rules, the size of the carpet, morphological and physiological information. The system of advanced sports training requires that the technical and tactical actions are strictly consistent with the individual characteristics of the wrestler. The structure of technical-tactical actions should clearly correspond to its morphological features, physical development, functional characteristics, and psychological readiness.

Research in the field of sports morphology has shown that wrestlers with certain overall dimensions and body proportions are more likely to use certain techniques. For example, the longer the wrist, the greater the relative strength of the flexor and extension muscles. The longer the hips and legs, the greater the absolute strength and the lower the relative strength of the flexor and extensor muscles. Therefore, it is likely that wrestlers with shorter arms and legs will perform the lifts much more easily, as the effectiveness of the work will depend on the relative strength. For long-legged wrestlers, it is more convenient to use unstable balance (favorable dynamic situation) conditions and methods of movement without removing the opponent from the carpet.

In addition, the long arms and legs allow you to swallow on the road and at speed. At the same time, technical and tactical capabilities also depend on the individual characteristics of strength training. Therefore, tall wrestlers with well-developed extensor shoulder muscles can perform the technical movements associated with tearing an opponent off the mat relatively easily. To date, there is no consensus on the minimum level of technical and tactical attack that a highly skilled fighter should have.

Well-known wrestlers have mastered and successfully used a "royal" method that suits them. Some wrestlers have developed about 30 moves that end in a single method. At the same time, famous wrestlers began to appear, who had several options for the successful completion of the attack. Such wrestlers were usually rewarded for the best technique in competitions. Due to the high level of competition in major competitions, highly skilled wrestlers expanded their tactical capabilities while maintaining the "royal" methods in their technical and tactical movements. Some wrestlers have mastered two and sometimes three "royal" methods. Research on modern wrestling techniques shows that famous wrestlers use 16-20 different technical and tactical attack options during a competition. In addition, the strongest fighters attack effectively and reliably enough. Only when the attack is tactically well prepared do they use the highest power and speed. By using tactical movements that do not require large voltages, they save energy and maintain performance until the end of the competition. The competition judges rate more than 50% of offensive actions as an advantage. The most important tactical move is an offensive move made using deceptive moves. If the current attack is 1: 2 relative to the deception, this indicates a 0.5-point attack probability. This possibility is more difficult for the opponent to know, and it is more difficult for him to defend himself from the current attack. Sports practice has developed offensive, defensive and counter-offensive structures of technical-tactical movements.

Offensive tactics require a high level of activity from the wrestler, with excellent functional and psychological readiness, the ability to use a variety of techniques combined with technical and tactical actions, continuous deception and alternating offensive movements with random sports attacks. Typically, wrestlers who are idle in technical and tactical maneuvers often resort to useless, erroneous methods aimed at defeating their opponents. Such actions will only be successful if the offensive force has the upper hand. High-class wrestlers often use sensible technical tactics that approach the "biomechanical model" in their structure, defeating even the most

physically strong opponent. The correct combination and use of internal and external forces creates an offensive technical-tactical structure that provides power or time.

An analysis of the wrestler's attacking structure shows that at an angle of  $90^\circ$  to  $270^\circ$ , there is a movement mechanism that generates a pair of forces to turn the opponent's body upside down in eight directions around the various axes. In a throw attack, a pair of forces must be directed in different directions and two active movements placed above and below the common center, so that the opponent's body rotates around the centers of instantaneous rotation, must generate the weight of the body. In an overturning and rotation attack, the active force, the other by the deceleration force generated by the base reaction and friction force, generates one pair of forces and the opponent's body rolls around the arrows at the opponent's point of contact with the carpet. The location and direction of the tension are important (grabbing the opponent's upper body or knocking it down). Of course, all this is gradually formed into three stages for young wrestlers.

### **CONCLUSION:**

In conclusion, the training of young wrestlers requires the skill of the coach and the ability of the trainee. They need to be taught step-by-step methods of pre-competition special training.

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