



**Scientific and Methodological Fundamentals of formation of basic elements in Wrestlers
(Uzbek Kurash)**

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ABSTRACT

There are two traditions – indigenous and international – that exist side by side and are followed with equal passion by their fans. The most famous local sport is kurash, a form of wrestling which has a history that stretches back over millennia. This article analyzes the existence of some factors that affect the process of organizing the training of young wrestlers in technical movements, their negative impact on the effectiveness of competition activities and the problem of forming effective technical movements in wrestling. The article offers suggestions and recommendations on improving the scientific and methodological basis for the formation of basic elements in young wrestlers, as well as the results of the analysis of scientific and methodological literature.

ARTICLE INFO

Article history:

Received 15 Feb 2021

Received in revised form 7 March 2021

Accepted 21 March 2021

Keywords: Young wrestlers, technique, tactics, movement, sports, efficiency, formation, basic, analysis, element, scientific-methodical, individual wrestling, adaptation.

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Introduction

Martial arts, including Uzbek kurash, is one of the most popular sports on all continents of the world. In many countries around the world, extensive research is being conducted to adapt the system

of training young athletes in these sports to modern requirements. Comprehensive training of wrestlers, the use of a combination of methods to increase the effectiveness of technical actions of young wrestlers, optimization of pre-competition training to increase the effectiveness of the competition, the development of various technical and tactical actions are among the pressing issues. In the theory and practice of training young wrestlers, a lot of research has been done to develop the most appropriate tools and methods to help master the basic technical elements, to develop the qualities of speed, strength, agility, endurance and flexibility, taking into account the age characteristics of trainees. . At various stages of training, scientific research was conducted on the methods of training young wrestlers in the basic elements of technical and tactical movements, modeling the characteristics of the competition. Today, the issue of developing a methodology for improving the basic elements of technical movements in young athletes engaged in various types of wrestling at different stages of training is gaining urgency.

In the years since independence, the Republic of Uzbekistan has paid special attention to the development and popularization of physical culture and sports. “Seventy medals at the VIII Asian Games in Jakarta, Indonesia, are a source of pride for us. That is why we need to pay more attention not only to the achievements in higher sports, but also to mass sports” [1]. In all regions of the country, a lot of work is being done to promote the importance of national wrestling in human and family life, to protect young people from harmful habits, to create the necessary conditions for them to realize their abilities and talents. To date, no special research has been conducted to improve the scientific and methodological basis for the formation of basic elements in young wrestlers engaged in the sport of national wrestling. This situation shows that this problem is very urgent.

The issues of formation of basic elements in young kurashmen (wrestlers) are in the focus of experts. Among the foreign scientists who have studied this problem, we can distinguish the following: A.A. Novikov, B.A.Podlivaev, Y.A.Shakhmuradov, Ch.T.Ivankov, G.S.Tumanyan, V.A.Vorobev [2]. Among the scientists of our country who have contributed to the solution of this problem are: F.A. Kerimov, N.A.Kerimov, A.Abdullaev, V.A.Kim, R.C.Salomov, A.R.Taymurodov, N.P.Tastanov, Sh.A.Mirzakulov, Sh.A.Abdullaev [3].

Today, the existence of some factors that affect the process of organizing the training of young wrestlers in technical movements requires the study of the negative impact on the effectiveness of their competitive activities.

The problem of forming effective technical movements in wrestling is very relevant. As a result of the analysis of the scientific and methodological literature, it was determined that this problem is adequately studied.

The purpose of the study is to provide suggestions and recommendations for improving the scientific and methodological basis for the formation of basic elements in young wrestlers.

Objectives of the study: to improve the specifics of the use of basic elements in the activities of wrestlers, the parameters that characterize the preparation of young wrestlers for the competition and the effectiveness of their technical training; substantiate the methods of performing the basic elements of technical movements at different speeds and distances in young wrestlers.

An analysis of the data in the literature suggests that experts generally agree that there are

different ways of shaping technical-tactical movements across different types of combat.

Scientific research has made it possible to identify the specific features of rational techniques at different stages of the long-term training process in kurash.

The analysis of the state of study of these issues led to the conclusion that in the early stages of mastering the basic elements allows to optimize the training process of young wrestlers and, most importantly, to manage the process of formation of motor skills, taking into account the development trends of sports.

An analysis of the scientific and methodological literature on the problem under study shows that experts do not have a common opinion on many issues of methods and techniques used to teach the technical movements of wrestling.

Observing the sequence of teaching wrestling techniques during many years of training, G.S.Tumanyan came to the conclusion that it is necessary to teach reasonable basic techniques of wrestling from the very beginning of training (Figure 1).

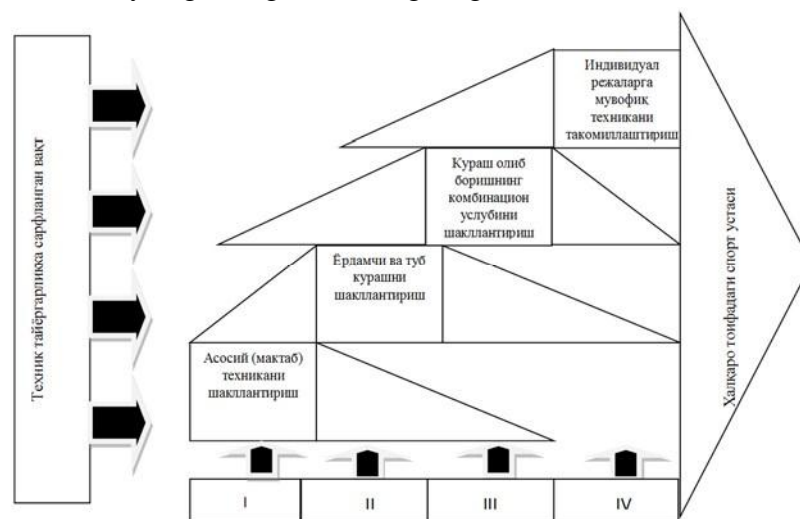


Figure 1. A graphical representation of the typical ratio of time spent on training in different areas during the multi-year technical training phases on G.S.Tumanyan (the configuration of the phases represents the recommended dynamics of the workload).

The author bases his conclusion from a physiological point of view as the predominant effect of the first stimulus during the initial training period. Most importantly, the first stimulus promotes the formation of appropriate connections in the cerebral cortex that are characterized by great stability.

A number of experts believe that training in technical movements in wrestling is largely focused on learning techniques that are considered final technical movements, and coaches spend only 20% of their training time learning techniques from standard situations. However, coaches spend 2-3% of their training on creating the right conditions for technical action.

It is well known that in the formation of motor skills, the first impression, improved by many repetitions, should prevail and be taken into account in future competition activities.

Hence, it is necessary to restructure the methodology of initial training of the basic elements of

technical movements, to direct it to the development of techniques that can be successfully applied in competition, that is, technical movements that are effective in competition conditions at the modern stage of development.

An original method of analyzing the competitive performance of young wrestlers and mathematically processing the results of the research is presented. Tests are given to assess the general physical and specific physical fitness of young wrestlers.

Analysis of the practical experience of leading wrestling coaches, analysis of competitive activities of highly qualified wrestlers, characteristics of technical and tactical actions of wrestlers of different ages Analysis of competitive activities of wrestlers of three different age groups and survey of leading coaches working with wrestlers covers, considers a wide range of issues at the same time and allows important generalizations. The survey was conducted among 126 wrestling coaches. The survey was attended by all coaches with at least 3 years of work experience, all of whom have a master of sports degree in wrestling.

According to the results of the survey, there is no consensus among wrestling coaches on the organization and conduct of the training process aimed at forming the basic elements of technical and tactical movements in young wrestlers. The system of training wrestling coaches in higher education also needs to be further improved.

For example, the performance of the studied technical movement was improved from different distances (near, medium, long) and at different speeds of execution of the method (small, medium, large). Possible options for performing the methods are given in Table 1.

Table 1.

Possible options for performing wrestling technical moves at different speeds and intermediate distances of wrestlers

As can be seen from the table above, the number of options for performing wrestling technical moves at different speeds and distance between wrestlers is nine. Based on this table, in order to improve the technical actions studied, we selected the exercises in the following proportions:

- 1) the speed of execution of the basic elements of technical actions and the resistance of the opponent (small, medium, large);
- 2) the speed of execution of the basic elements of technical actions and the weight category of the opponent (below the norm, norm, above the norm);
- 3) the speed of execution of the basic elements of technical actions and the height of the opponent (short, uniform, tall);
- 4) different distances and resistance of the opponent;
- 5) different distances and weight category of the opponent (less than the norm, norm, more than the norm);
- 6) different intermediate distances and the height of the opponent (short, the same, tall).

Thus, the trainer can plan to improve each technical element in different positions and combinations using the above-mentioned technical movement training organization scheme, which allows to increase the number of technical movements performed in different situations of wrestling.

In pedagogical experience with young wrestlers, it was proved that the effectiveness of training wrestlers is determined not by the number of technical actions, but by the quality of implementation of dynamic situations in the training process.

According to the results of pedagogical experience, the effectiveness of the competition is determined not by the number of technical actions, but by the quality of the implementation of dynamic situations in the competition. Clarification of the laws allows to a certain extent to clarify the theoretical assumptions about the characteristics of the competition activities of wrestlers and provides a more effective management of the activities of athletes.

A number of tests were used to determine the level of general and specific physical fitness during the initial examinations in the control and experimental groups.

A comparative analysis of the initial studies did not show statistically significant differences ($p > 0.05$) between the control and experimental groups of athletes, which allows us to speak about the similarity of their training.

The developed methodology of formation of technical movements of young wrestlers on the basis of application of specially selected exercises allowed to increase efficiency of process of mastering of methods by athletes.

At the end of the experiment, control groups and experimental groups participated in official competitions, the results of which assessed the performance of technical actions by wrestlers of both groups. The number of attacks, the total number of attacks and the reliability of the attacks were selected as indicators of the level of mastery of movement actions in wrestlers.

Thus, the analysis of test results during the pedagogical experiment showed that the proposed methodology for the formation of basic elements of technical action allowed to increase the speed of use of methods in training and competition conditions.

CONCLUSION. An in-depth theoretical analysis of previously published work on the research topic; unresolved issues identified; real practice was studied to solve this problem; practical measures have been taken to support the solution of the problem studied in the theory and practice of physical education.

Development of a scientifically based methodology for the formation of basic elements of technical training in young wrestlers requires the solution of the following problems. The effectiveness of the formation of the basic elements of technical and tactical movements in the initial stage of training in wrestling depends on the level of development of the set of qualities of movement. The following features of this connection are distinguished:

- Young wrestlers with high and balanced movement qualities, most of them to the skill stage of all complex technical movements the simplest are mastered to the level of qualification;
- Young wrestlers with a high level of maximum and explosive power, but not enough endurance, master the technical moves to the skill stage, but with many mistakes. Error correction is interrupted by repeated attempts not to repeat the required technical actions for a long time;
- Young wrestlers with insufficient maximum strength and endurance slowly master complex technical movements.

2. The analysis of the competition activity showed that the young wrestlers of the experimental

group had a significant advantage in the indicators that have the highest correlation with the results of the competition.

3. The methodology aimed at the development of combinatorial movements in young wrestlers in the context of the training process allowed to increase the effectiveness of training activities. A methodology for learning the basic elements of technical movements of wrestlers has been developed, which includes acquaintance with technical movements, demonstration of technical movements to trainers, stages of training, demonstration of videos, movies and pictures of technical movements, preliminary study, technical movements at different distances and speeds. perform technical movements from different distances and with different resistance of the opponent, in-depth study, speed of technical movement and different resistance of the opponent, speed of technical movement with different height opponent, speed of method performance, different weight categories of the opponent, improvement of technical movement, technical movement from different distance and performing with opponents of different weights, performing technical movements with competitors of different distance and height, performing technical movements with different distance and resistance of the opponent.

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