



Forms and Means of Organizing Kurash Training

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ABSTRACT

In this article, give brief information about the forms and means of organizing wrestling training.

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Kurash training is a pedagogical process aimed at training young athletes in 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. Strengthening the health and development of physical qualities of those engaged in wrestling training are also defined as important tasks.

Kurash training equipment. General development exercises, special exercises for wrestlers and auxiliary exercises are the main means of wrestling training. The processes of training with the help of natural factors, compliance with the rules of hygiene also serve as means of organizing sports training for wrestlers.

General development exercises are important in organizing wrestling training, warming up the body of wrestlers, increasing the tone of the muscles and musculoskeletal system, and preparing them for physical exertion. At the same time, wrestlers widely use general development exercises in morning physical training sessions, as well as in the processes of developing physical qualities.

The special exercises of the wrestlers consist of a series of exercises specific to the types of wrestling. In wrestling, special exercises are mainly divided into groups of throwing exercises, attack and defense exercises, pain giving, choking and holding exercises. Special exercises of wrestlers are often used in competitions.

A set of movements and exercises that help wrestlers master special exercises and movements are called auxiliary exercises. Such exercises can include exercises on equipment, exercises performed with mannequins, exercises performed in various forms and with changes in the size, amount, and intensity of physical loads. In training processes, auxiliary exercises are widely used to improve the technical and tactical skills of wrestlers.

Natural factors, water treatments, the health-giving effect of fresh air and sunlight, along with training the wrestlers' organism, greatly help in the complete organization of sports preparation processes. That is why training camps, which are considered preparatory processes for prestigious competitions, are organized in mountainous areas, under the influence of fresh air. Water treatments, saunas, baths and swimming exercises play an important role in the elimination of physical fatigue and exhaustion of wrestlers, as well as in the treatment and recovery of minor injuries. Due to the training effect of sunlight, the resistance of the body of wrestlers to external influences and infectious diseases increases.

Keeping the body clean during the training process, taking a regular shower, washing, keeping sports clothes and shoes clean and in good condition, ensuring that training, living and resting places meet hygienic requirements can effectively increase sports performance. it's a secret.

Correct and high-quality nutrition is also required to eliminate the effects of heavy physical exertion, fatigue and exhaustion, and restore spent energy. In the recovery process, it is advisable to take vitamins along with a nutritious diet, to treat the body with the help of drugs and physiotherapeutic procedures.

The main form of wrestling training consists of improving technical and tactical training, which are sports training. The level of technical and tactical training of wrestlers determines their sports skills and shows the level of preparation for competitions. The level of sports training is expressed by the improvement of physical qualities, technical tactical skills and preparation of mental and spiritual will.

The stages of sports preparation of wrestlers consist of the stage of initial training, the stage of achieving specialization and the stages of achieving high results in wrestling. The dream of every wrestler is to achieve high results in sports, the foundation of this goal is formed at the initial training stage. That is why, when forming a group of wrestlers, coaches should work with the aim of getting many famous athletes from the group. For this, it is advisable to pay attention to the following processes:

It is necessary to attract more children who have physical training, personal interests and abilities to wrestling.

It should also be noted that in Uzbek families, dealing with fighting methods has risen to the level of national tradition and custom.

At the stage of initial training of wrestlers, physical qualities that provide the basis for technical and

tactical training and are developed for wrestlers are carried out. In addition to mastering the techniques and tactics of fighting movements during training, it is necessary to train and improve physical qualities such as quickness, strength, endurance, agility and flexibility, as well as the ability to maintain balance and sense of space and time.

The results of many scientific studies show that the correct organization of the pedagogical process at the initial professional stage of training athletes is the main factor for achieving high results in sports. Effective organization of this process will ensure the expansion of the ranks of famous wrestlers in our country and the waving of the flag of Uzbekistan all over the world. Therefore, such a prestigious task is the duty of every wrestling coach. Correct organization of the initial preparation process of wrestling training can be the main factor for achieving high results in the future.

Plans for wrestling training should be made in accordance with the requirements of the school year. The training plan is made according to the state of health of the wrestlers, as well as their personal characteristics and interests. When drawing up a training plan, wrestlers should improve their physical and sports training, increase their sports skills, gain a high level of mastery in physical education, achieve high results in wrestling competitions, in addition, strengthen their health, achieve high results in sports. the formation of abilities is defined as the goal.

Planning taking into account the characteristics of wrestling training requires increasing regular physical loads. An important aspect of this process is the strengthening of wrestling training, the development of physical qualities, and the increase of achievements in wrestling competitions.

When organizing wrestling training, a number of requirements must be studied: study the goals and objectives of the training, determine the individual age, gender and physical fitness indicators of the participants, coordinate the training plans, the content of the training and analysis of forms, methods, requirements and tools. Constant monitoring of the participants' activity in the training process, the development of their physical qualities, and the level of improvement of the fighting skills and skills evaluates the effectiveness of the training. During the training, participants learn the techniques and tactics of wrestling, the level of development of physical qualities and wrestling skills are monitored in group competitions, wrestling competitions between teams, and qualifying competitions.

Before the wrestlers organize preliminary training sessions, the state of health of the body, indicators of the development of physical qualities are determined. During the training, the positive effects of physical loads on the body of the participants are analyzed. The number of trainings, their duration, volume, quantity and speed of physical loads, participation of participants in sports competitions, achieved results, results of control tests are studied. Mutual competitions organized in groups and teams greatly help to evaluate the positive changes in the body of the participants, the development of physical qualities and the level of increase in fighting skills.

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