Planning Technical Training in Training Methods in Sambo Wrestling

Davletova Nilufar Ruzmetovna
MIA Academy Combat and Physical teacher of the preparatory department
nilufardavletova@mail.com

Abstract: The fact that after the independence of Uzbekistan, the attention paid to the sport of sambo today is more important than in previous days, as evidenced by the honorable places of our athletes in the World and Asian competitions.

Keywords: pain method, special training, technical-tactical, coordination, model, proprioceptive, m training - structure physical training.

In describing the techniques, tactics and methodology of sambo wrestlers, the materials are interrelated. At the same time in the methodology of teaching and upbringing is based on a system of tasks for long-distance medium, short-distance entry, exit movements and maneuvers for creative independent activity.

1. Put a special task in front of the trainees.
2. Organize sambo wrestlers and provide information about actions.
3. Actions and tasks to perform them.

What the coach should pay attention to in teaching painful methods in Sambo wrestlers, methodical instructions on how to eliminate shortcomings and mistakes, personal assessment of technical actions. In the methodology of training, it is important to have a good understanding of the structure of the training, the task and the content of the training parts, as well as the three tasks of its implementation: preparation, conduct and completion of the training. The structure of the lesson the structural content of the lesson is based on the appropriate use of time, taking into account the contingent of students and their ability to work.

The structure of the exercise is the interconnected parts of the exercise, arranged in a certain order, in a more purposeful sequence. The structure of the training describes and explains the sequence and interdependence of the coach's actions, as well as the work done by the participants. The successful completion of training tasks depends on the correct interaction between the coach and the athletes in training. The three-part structure of the training with sambo wrestlers ensures the normal functioning of the body, the performance of basic loads and relative calmness. The structure of the training consists of the following 3 parts: preparation, main and final parts.

The lesson plan is based on a plan or schedule for each session. The task and content of the training will depend on the number of trainees, their number, conditions, preparation period and methods used.

The Thai part of the lesson should take 25-40 minutes. At this time, the necessary conditions are created for the main part of the training. They have access from long distance to medium, short distance, exit actions and prohibitions.

Objectives: Primary organizational work, gaining the attention of trainees, acquainting them with the tasks of the training and giving a positive direction to the training. Functional preparation of the musculoskeletal system and all systems of the body to the gradually increased loads Heating the body and preparing it for specific work. Light exercises that are mastered or quickly
mastered by the trainees: different cleansing and re-cleansing according to the signal, signs: different walking, running, general training and special gymnastics exercises: strength, flexibility, stretching and muscle relaxation exercises, exercises on purity of movement, gradually increasing the loads.

The main part of the session lasts 60-100 minutes. During this time, general and special tasks in the field of education, rehabilitation, struggle will be solved. Training in sambo techniques and tactics and its improvement in combination with increasing the level of physical development and functional training of trainees; In the main part of sambo training, as in other parts of it, the tasks of psychological training, moral and aesthetic education are solved, as well as special tasks related to sports training.

The final part of the session is 5-10 minutes, and the session ends with a relatively calm state of the body.

The first phase is a well-thought-out plan of training in accordance with the conditions of preparation for the training. It is important to take into account the presence of well-prepared team leaders, referees, discharge athletes, informants, etc. in the training plan.

The second phase is to start the training on time and clearly organize the participants, briefly describe the topic of the training, explain the individual tasks and assignments for the independent work of athletes. All this is accompanied by the need to provide general and individual methodological guidelines and how to eliminate shortcomings, including the evaluation of actions. This will help the lesson to be successful, and such a lesson will increase students' creative independence:

Completion of the third phase In the final part of the workout, the coach concludes for himself and the athletes. Analyzes the stated material and identifies future lessons. To do this, he notes in the training plan how the material has been mastered, how the load has affected the athletes, what new methods or techniques have been used, what to look for in education, independent work, homework, and so on.

The structure of the competition period of sambo wrestlers can be simple and complex. In the first case, it consists of race and load-throwing microcycles of the same basic type. In the second case, it consists of two (sometimes more) race stages separated by a special intermediate stage of 4-6 weeks. The use of this or that structure depends on the characteristics of the sport, the schedule of competitions in the sport and other conditions, in which all other conditions are equal, the length of the period plays a decisive role: a simple structure for a relatively short period (up to 2-3 months), the complex structure is long-term (approximately 4-5 months). Once a sports uniform is in place, the task of maintaining it throughout all responsible competitions and turning it into a sporting achievement arises. As we have already said, the sports form is not only a condition, but also a process - a process that constantly improves all the qualities, skills and abilities that show the readiness to succeed in sports. During the maintenance of the sports uniform, some of its components may undergo significant changes due to the need to adapt to the specific conditions of the next competition. However, no radical changes could be made during this period, as they would have led to the loss of the sport’s uniform and thus deprived it of the opportunity to compete successfully.

Physical training will have the character of direct functional preparation for the most energy-intensive stresses during the competition (for this cycle) with a special exercise aimed at achieving the maximum level of fitness, maintaining it at that level and maintaining the overall exercise achieved. The technical training of sambo wrestlers ensures the improvement of selected forms of movement activity at the highest possible level. This implies, on the one hand, the consolidation of previously acquired skills and abilities, and, on the other hand, increases the variability, the ability to coordinate movements, the ability to compete in sambo based on the development of tactical thinking and special knowledge. Spiritual-volitional training is of special importance in direct psychological preparation for competitions during the competitions, in
mobilizing the athlete to the highest level of physical and mental strength. At the same time, it is very important to ensure that you have the right attitude to possible sports defeats and maintain a positive emotional state. If the competition period is long, then the training will perform an additional function related to the expansion of the foundation of the sports uniform. The intermediate stages encountered in this case are in a sense reminiscent of the Thai period.

ratio of general and special training. During this period, sports competitions are the most important means and method of further development. The conditions of the competition and the separate physiological and emotional background created by the competition process itself increase the impact of exercise at the expense of invisible reserves in the process and contribute to a high level of functional capacity of the organism. At the same time, competitions play an unprecedented role in the process of training the will and improving sports skills. All this emphasizes that in the era of sports form, competitions should be widely used not only as a means of activating sporting opportunities, but also as the most influential factor in achieving more. The amount of competitions, of course, depends on the nature of the sport and the qualifications of the athletes.

While highly skilled sambo wrestlers can compete almost every week during the entire competition period, such a mode of competition is not suitable for endurance sports, as well as individual wrestling and multi-sport. However, the total number of competitions, not only in the selected types of sports, but also in additional types, should always be sufficient to effectively nurture the physical and willpower qualities of the athlete, to improve his skills.

One can get some idea of the importance of competitions in the practical activities of strong sambo wrestlers. It shows the total number of competitions throughout the year. Some of the competitions (up to about 10-20%) are in the second stage of the training period, the rest are in the competition period. It should be noted that the number of attempts (starts) of informal competitions, as well as in some sports, the number of attempts (starts) of 10 or more times in one competition and 100 or more times a year is not specified.

When using different methods of verbal influence - persuasion, explanation, persuasion, it is necessary to take into account the type of higher nervous activity of Sambochi. Logical explanations are more useful for thinking-type athletes, while stimulation (feeling) is more effective for artistic-type athletes. Sports practice has developed offensive, defensive and counter-attack structures of technical and tactical movements. About 400 method options have been recorded in major competitions.

The current level of development of wrestling requires Sambochi to master all types of technical and tactical movements, to apply them and to coordinate them in accordance with the purpose. However, offensive technical tactical actions are the most important because they are related to the nature of wrestling. Offensive tactics are the best way to win because they are more in line with modern rules as well as the way refereeing in major competitions. The best sambo wrestlers in the world are well-represented offensive-style athletes. Offensive tactics require high activity from sambo wrestler. Such activity is excellently functional and emotional preparation, the ability to use different variants of technical-tactical actions in the combination method depends on the fact that the continuous deceptive and offensive actions are replaced by instantaneous sport attacks. The principle of the leading importance of offensive actions was an important component of the technical and tactical training of highly qualified sambo wrestlers. Sambo wrestlers who are idle in technical and tactical moves usually perform useless, irrational techniques designed to overcome their opponent’s resistance. Such moves can only be successful if the attacking Sambochi has the upper hand in terms of power. Highly skilled sambo wrestlers use sensible technical-tactical moves (such moves bring their structure closer to a “biomechanical model”), even defeating an opponent who is physically strong. When the internal and external forces are properly combined and activated, the structure of the technical and tactical actions of the attack is formed. This structure provides either power or time absorption.
An analysis of the sambo wrestlers' attack movement structure showed a unit of motion mechanism that generated a pair of forces to roll the opponent down with his back in 8 directions at an angle of 90° to 270° around different axes of his body. In a throw attack, a pair of forces is formed with two active movements directed in different directions and the total center of gravity of the body is turned up and down (so that the opponent's body rotates around the centers of instantaneous rotation). When attacking with flipping and turning, a pair of forces is created by an active, other sluggish force generated by the base reaction and the frictional force, its body rotating around the arrows located at the points where it touches the opponent.

The location and direction of the force (holding and holding the upper part of the opponent's body or knocking him off his feet) is of great importance. It is important that these areas are far from the axis of rotation and that the thief is at an angle. It is advisable to make turns on the ground floor around the longitudinal axis. When constructing the structure of attack movements, it is necessary to create connections between the movements of the elements that distinguish the movements of maximum amplitude (biomechanical model). The appropriateness of the structure of the counter-attack action used is determined by the rotational speed of the body of the attacked opponent. The principle of mastering the rational structure of counter-attacks is an important aspect of the technical and tactical skills of sambo wrestlers.

**Conclusion.** Sambo players can play an important role in achieving the highest results in teaching the pain method and winning with effective methods.

The judicious technique of sambo wrestlers in performing the painful method allows the sambo wrestler to perform technical movements sparingly.

**References**

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