International Journal on Integrated Education
https://journals.researchparks.org/index.php/IJIE
e-ISSN : 2620 - 3502
p-ISSN : 2615 - 3785

GENERAL PHYSICAL PREPARATION OF FREESTYLE WRESTLERS: AN ADVANCED APPROACH

Nodir Khanturaev
A senior teacher at Jizzakh state pedagogical university

Abstract: The attainment of superior athletic outcomes in Freestyle wrestling hinges significantly upon the elevated physical conditioning of the wrestler, coupled with the refinement of key physical attributes such as flexibility, speed, strength, agility, and endurance. Consequently, the intricately intertwined processes of honing wrestling techniques and advancing physical preparedness assume pivotal roles in the realm of Freestyle wrestling. The absence of proficient technique not only exposes athletes to the risk of injury but also necessitates expeditious rectification to ensure the athlete's readiness for both training and competitive endeavors. Moreover, a critical facet involves a meticulous evaluation of the requisite levels of physical fitness tailored to the demands of the training regimen and competitive landscape. Wrestlers must attune their physical prowess, encompassing both health-related and skill-specific components, to the exacting standards mandated by Freestyle wrestling and its performance metrics. This article elucidates the array of exercises strategically employed to elevate the physical preparedness of Freestyle wrestlers, focusing on both general and targeted facets of physical conditioning.
Keywords: physical preparation, physical qualities, general and specific physical preparation, physical development, technical and tactical preparation.

INTRODUCTION

The primary objective of physical preparation is to complement athletic training endeavors, enhancing one's capacity to engage in sports activities. This facet significantly contributes to the refinement of physical attributes and overall performance augmentation. Moreover, it serves a pivotal role in averting injuries and expediting recovery. Achieving comprehensive physical readiness necessitates the meticulous reconstruction of all physiological functions within the body, encompassing the distinctive actions and properties of organs or body parts. This process involves understanding the nuanced effects of exercise on both the functional and structural aspects of the body.

In pursuit of elevated athletic achievements, the athlete's level of general physical preparedness assumes paramount importance, alongside the cultivation of specific physical qualities. During the phase of general physical preparation, athletes in disciplines such as wrestling dedicate efforts to enhance overall conditioning. This entails targeted improvements in physical traits such as strength, speed, endurance, and flexibility, collectively contributing to a well-rounded and harmonious development of the entire organism.

MATERIALS AND METHODS

The research endeavors to elucidate the nuances of general physical conditioning for freestyle wrestlers, offering insights into a repertoire of exercises designed not only for employment with adjustable barbells and dumbbells but also tailored for deployment on a Multifunctional Fitness System. This apparatus, replete with high and low pulleys, extends its versatility to accommodate

Copyright (c) 2023 Author (s). This is an open-access article distributed under the terms of Creative Commons Attribution License (CC BY).To view a copy of this license, visit https://creativecommons.org/licenses/by/4.0/

e-ISSN : 26203502
p-ISSN : 26153785

an extensive array of upper and lower body exercises. Its design ensures a seamless and fluid motion throughout each movement, concurrently fortifying diverse muscle groups across the back, arms, and core.

The prescribed exercises are advocated for fostering comprehensive physical preparedness. Additionally, this article undertakes a comprehensive examination utilizing the following methodologies:

- scrutiny of scientific and methodological literature;
- observational analysis;
- conducting interviews;
- Implementation of surveys.

General Physical Preparation – is used firstly to uplift the level of physical fitness, but it must be directed toward a particular type of sport. When many people think of being physically fit and healthy, Freestyle Wrestling crosses their minds. While freestyle wrestling's training goal is to bring an athlete a high level of physical fitness, it is also aimed at the person competing in the international competitions where the wrestlers are incredibly fit [7]. Exercises that increase general physical fitness are listed below:

GPP serves to improve the quality of the set of movements that are not directly related to the competition, consists of the important knowledge and skills not only for further technical-tactical but also physical preparation that helps to conduct training effectively. To exemplify, if a wrestler does not have enough aerobic endurance, he gets tired quickly when performing speed-strength exercises, in that case, GPP prevents such a situation.

Three-time world champion and winner of the XVIII Olympic Games Anatoly Kolesov said that after the victory in Tokyo, it is of paramount importance to increase his general physical preparedness. The recognition of the athlete's inadequate level of general physical preparedness, which the world press has written that nobody compares to him, once again demonstrates the importance of GPP in achieving high results in Freestyle Wrestling.

As we all know, it is not the right approach to focus on specific exercises in Freestyle Wrestling, on the contrary, the training should include a set of exercises aimed at developing both specific and general physical preparedness. The main point of general physical preparedness is to develop the qualities of speed, strength, agility, flexibility and endurance, as well as is the fundamental part of training, so running, walking, swimming and gymnastics help to improve GPP.

Speed is extremely important. Being quicker and faster than your opponent on the mat gives you an incredible advantage on the offensive or defensive. While speed is very important, strength is the other part of the equation. Power is "Strength x Speed" and very important on things like finishing a double leg, or driving your opponent onto their back. Without the strength, speed is not as effective, and vice versa [9]. The choice of exercises that develop GPP has a positive effect on the physical development of the freestyle wrestler.

In addition to wrestling, they should be able to run, walk, jump, climb ropes, play sports, lift weights, perform complex acrobatic exercises and other similar exercises. General physical preparedness expands the functional capacity of an athlete in all respects, allows to increase the load, helps to achieve high sports results.

Freestyle wrestlers who after their competitive season take 2-3 weeks off doing nothing, to get them back into form it might take twelve weeks to build them back up to where they had been previously when they were in in-season shape. According to the theory, the first two to three weeks for wrestlers can be laying down the foundation of GPP [10].

Copyright (c) 2023 Author (s). This is an open-access article distributed under the terms of Creative Commons Attribution License (CC BY).To view a copy of this license, visit https://creativecommons.org/licenses/by/4.0/

e-ISSN : 26203502
p-ISSN : 26153785

CONCLUSION.

General physical preparedness days are of paramount importance so as to get to push our bodies but in a less intense structure. When we pay great attention to the quality of movement we are able to raise our endurance and the amount of weight we are capable of moving over periods of time. We have the possibilities to provide our bodies an opportunity to adapt to new weights and unexpected movements. Unfortunately, a lot of people see General physical preparedness days as their designated rest days. Trust us or not, the more you work on your overall preparedness by working on your weaknesses, the better you will perform on the short workouts. In fact, most people find themselves enhancing their lifts after adding General physical preparedness days to their training, so believe in the importance of working on quality movements that will make your whole body stronger, and try not to skip those above-mentioned days.

REFERENCES:

[1]. The Law of the Republic of Uzbekistan “On Physical Education and Sports” (new edition, 2015).

[2]. The Resolution of the President of the Republic of Uzbekistan signed on June 3, 2017, № PK-3031. “On measures for further development of physical culture and mass sports”.

[3]. Decree of the President of the Republic of Uzbekistan “On measures to radically improve the system of governing the field of physical culture and sport” (March 5, 2018).

[4]. Decree of the President of the Republic of Uzbekistan "On the Action Strategy for the five priority areas of development of the Republic of Uzbekistan" for 2017-2021. T.: February 7, 2017, No. PD-4947.

[5]. "On measures to further improve and popularize physical education and mass sports in the Republic of Uzbekistan" (January 24, 2020 No PF-5924).

[6]. Salomov R.S. "Theory and methodology of physical education." Volume I, Textbook. ITA-PRESS. T. -2014 y. 297 pages.

[7]. Adilov Sarvar Kakhramonovich, “Improving sports and pedagogical skills (Freestyle wrestling) textbook, Toshkent-2019; 197 pages.

[8]. Khanturayev, N. (2022). GENERAL PHYSICAL PREPARATION OF FREESTYLE WRESTLERS. Журнал иностранных языков и лингвистики, 6(6), 150-161.

[9]. Общая физическая подготовка. Знать и уметь: учебное пособие / Ю. И. Гришина — Ростов н/Д: Феникс, 2010. — 249 с.: ил. — (Высшее образование).

[10]. Kerimov F.A. “Scientific researches in sports”, Toshkent-2004; 334 pages.

[11]. Khonturaev, N. A. (2023). THEORETICAL PEDAGOGICAL BASES OF THE PROFESSIONAL COMPETENCE OF THE FUTURE PHYSICAL EDUCATION TEACHERS. Educational Research in Universal Sciences, 2(3), 1288-1292

Copyright (c) 2023 Author (s). This is an open-access article distributed under the terms of Creative Commons Attribution License (CC BY).To view a copy of this license, visit https://creativecommons.org/licenses/by/4.0/