

**PROCESSES OF ORGANIZATION OF TECHNICAL, TACTICAL AND PHYSICAL
PREPARATION IN NATIONAL WRESTLING TRAINING**

Uraimov Sanjar Ruzmatovich

Head of the Department of Exact Department

"Exact and Natural Sciences" Fergana State University Ph.D.

Kadyrov Shohbozjon Gayratjon ogli

*Fergana State University Correspondence Department Teacher of
"Exact and Natural Sciences"*

Annotation. *The main row exercises in this article are: rowing, counting, reporting, greeting: concepts front of the front row, right or left side of the flank row, distance, opening the middle of the intermediate row, joining the row, standing and turning while walking, standing and standing step, such as stepping forward, backward, sideways.*

Keywords. *wrestling, runners, rowing exercises, basic rowing exercises, walking, running, jumping.*

The rules of national wrestling are characterized by their humanity. This is manifested in the emphasis on methods that are dangerous to the health of wrestlers, not being able to hold below the waist, not applying leg movements to the opponent without lifting him off the ground, not releasing the belt during the competition. In the pre-revolutionary period on the territory of modern Uzbekistan there were two types of national wrestling - Bukhara and Fergana. In Bukhara wrestling, there is a method of knocking down a squat without holding it below the waist. The main methods of this struggle are to overtake the opponent, to catch him by the elbow, to knock him over, to overtake him from the inside, to overtake him by the knee, to overtake him by the knee. Bukhara wrestling was a picture in Bukhara, Khorezm, Samarkand, Kashkadarya, Surkhandarya, Jizzakh regions and territories [1,2,3,4,5,6,7,8,9].

In the Fergana wrestling, the opponents stand up, grab their belts in advance, and do not let go during the competition.

They lift the opponent off the ground and knock him down with leg movements. Characteristic methods of this wrestling are throwing the opponent off the ground first, throwing the opponent by bending and turning his head without touching the carpet, knocking the opponent down, grabbing the opponent by the thighs, twisting and knocking him over the shoulder [11,12,13,14,15,16,17,18].

The complex of movement qualities of national wrestlers has such important functions as strength, speed, agility, endurance, which help the wrestler to achieve high sports results. Because these qualities are interrelated, it is inseparable from such willpower qualities as purposefulness, initiative, perseverance, courage, self-control, self-sacrifice in any situation, high level of diligence and independence. It also depends on how well the athlete is able to mobilize himself to achieve the goal he has set for himself.

Combining and constantly improving a set of qualities and willpower aimed at overcoming various difficulties in the field of labor and socially useful activities in sports serves to nurture strong, moral, resilient and strong-willed athletes who are able to achieve high sports results [21,22,23,24,25].

Rowing exercises serve to develop the speed of targeting, the ability to act cohesively in a team, to cultivate the right posture, discipline, cohesiveness and other qualities, as well as to warm the body and increase the emotional state.

The line exercises are mainly performed in the preparatory part of the training with a vigorous movement on a specific team, according to the unexpected signal, signals and delivery of the trainer.

Basic rowing exercises: rowing, counting, reporting, greeting: concepts front of the front row, right or left side of the flank row, distance, opening the middle of the intermediate row, joining the row, standing and turning while walking, step and row step, forward, back, sideways, stepping, walking, running, changing the length of the step. Perform various tasks of the trainer. For example: run and spread, lie down, stand, sit, line up for five minutes, and so on[19,20].

Alternate between walking, running, and jumping. Athletic walking with a change of direction, deep walking.

Kneeling, knees high, arms moving, jumping, walking at maximum speed and standing position, running: walking and running over natural obstacles, turning forward, jumping forward, backward, sideways.

Exercises performed by a person without items. They will focus on contracting, stretching, and relaxing key muscle groups, as well as coordinating movements to develop flexibility, speed, agility, and flexibility. Exercises performed without objects are performed standing, sitting and lying down in one place. They are smooth with a large amplitude, gradually increasing the speed and executed quickly.

Approximate exercises.

Raise the tip of the foot in a variety of ways, extending the arms up, to the sides, down, and bending the body so that the tip of the hand or palm touches the floor. Bend the body to the left and pull the ten arms in that direction with a chopstick. Do this exercise in reverse, then take a deep step forward and pull the other arm.

Holding the arms empty, turn the torso back and forth 8-10 times to the right and left, then bend the torso to the right and left leg with two springy movements. Rotate the body from left to right and from right to left. Different squats with both feet, complete with the soles of the feet touching the ground, jumping in place while squatting.

Leaning on the ground with his hands, writing buki shva with his hands, then pushing him off the floor and clapping twice. Lying on your back on the floor, lift both legs 3-5 times until a right angle is formed, then bend the legs over the head and bend again in the initial position. Repeat this 2-3 times.

Repeat 6-10 times, jumping while leaning on the knees, swinging arms forward and squatting with legs. Passing the right and left arm over the head in turn, swinging the body to the right and left twice during each bend. Transferring the weight of the body from the right leg to the left leg with the legs wide apart from the squat position, and vice versa. From the main upright position, bend the legs forward shoulder-width apart and turn the body to the right and left.

Relaxation exercises.

Release and shake hands freely lowered while standing or walking, arms raised-loosen and shake.

Move the arms to the side, then bend the torso forward to relax the shoulder muscles and shake the arms. It is beneficial to do a series of relaxation exercises after strenuous exercise. For example, shaking hands and relaxing the body.

Relax the arm muscles and make circular motions first one, then the other. Stand up straight with legs wide apart, arms relaxed at the waist, and body turned left and right.

Relax the wrist and shoulder muscles, shake and stretch forward, massage the left arm with the right hand and vice versa.

Shake and massage the muscles of both legs relaxed. After an intense workout, it is helpful to lie down on something with your legs raised below 45 degrees.

LITERATURE

1. Khakimjonovich A. I. PEDAGOGICAL FORMATION OF THE IDEA OF PEACE IN THE STUDENTS OF MILITARY MILITARY EDUCATION FUNDAMENTALS //Web of Scientist: International Scientific Research Journal. – 2022. – Т. 3. – №. 1. – С. 739-743.
2. Ruzmatovich U. S., Omonboevich T. S. CHANGES IN THE FUNCTIONAL ACTIVITY OF THE BODY IN THE PROCESS OF HEALTH TRAINING //World Bulletin of Social Sciences. – 2022. – Т. 9. – С. 41-43.
3. Omonboevich T. S. CLASSIFICATION OF PHYSICAL MOVEMENTS BY CONTENT, STRUCTURE, STATUS OF TIME AND SPACE //Web of Scientist: International Scientific Research Journal. – 2022. – Т. 3. – №. 1. – С. 733-738.
4. Orifjon M. NO ONE CAN MAKE THE COUNTRY FAMOUS IN SPORTS //Galaxy International Interdisciplinary Research Journal. – 2021. – Т. 9. – №. 12. – С. 908-911.
5. Khalilovich G. K. et al. Eriosoma Lanigerum Hausm Juice Damage Properties And Effects Of Entomophagy Against It //Texas Journal of Multidisciplinary Studies. – 2022. – Т. 7. – С. 78-84.
6. Mirzakhililovich Y. M., Nabibullaevich K. F., Abdulazizovna K. B. ECOLOGICAL-GEOGRAPHICAL DISTRIBUTION OF APHIDS (HOMOPTERA APHIDINEA, APHIDIDAE) IN THE FERGANA VALLEY. – 2021.
7. Kizi M. I. B., Khasanbaevna R. D., Abdulazizovna K. B. USE AND PROTECTION OF WATER RESOURCES IN UZBEKISTAN: CURRENT STATE AND DEVELOPMENT PATHS //Достижения науки и образования. – 2021. – №. 3 (75). – С. 10-12.
8. Ruzmatovich U. S., Abdknabievna Q. D. HEALTH EXERCISES FOCUSED ON THE DEVELOPMENT OF STRONG PHYSICAL QUALITIES //World Bulletin of Social Sciences. – 2022. – Т. 8. – С. 46-48.
9. Ruzmatovich U. S. et al. CHANGES EXPECTED TO COME IN OUR LIFE MOVEMENTS //Web of Scientist: International Scientific Research Journal. – 2022. – Т. 3. – №. 3. – С. 485-489.
10. Sh A. et al. Research Of The Physical Education Of Students Of The Military-Technical Lyceum" School Of Temurbeks" Taking Into Account The Influence Of Regional Factors //Turkish Journal of Computer and Mathematics Education (TURCOMAT). – 2021. – Т. 12. – №. 11. – С. 7009-7011.
11. УРАИМОВ С. ВОЕННО-ТЕХНИЧЕСКОГО ЛИЦЕЯ //Фан-Спортга.–2019. – 2019. – Т. 2. – С. 68-71.
12. Ханкельдиев Ш. Х., Ураимов С. Р. Пульсовая оценка беговых упражнений первокурсников Военно-технического лицея на занятиях по физическому воспитанию //Теория и методика физической культуры. – 2017. – №. 1. – С. 15-19.
13. Uraimov S. R., Qambarov O. F. Qualifications of physical education teachers forms of growth //Конференции. – 2020.
14. Ураимов, Санжар Рўзматович. "Теоретическая подготовка по физической культуре учащихся школьной системы образования." Педагогика ва психологияда инновациялар 11.3 (2020).
15. Ураимов С. Р. Влияние гиподинамического фактора на физическое состояние учащихся военно-технического лицея //материалы. – 2019. – С. 117.

16. Akhmadjonova S. et al. USE OF ADVANCED TECHNOLOGIES IN TEACHING THE TOPIC OF “ANALYZERS” IN THE FIELD OF HUMAN HEALTH //CURRENT RESEARCH JOURNAL OF PEDAGOGICS. – 2022. – Т. 3. – №. 01. – С. 9-16.
17. Каюмова, Ё. К., Мухамедиева, И. Б. К., Гофурова, О. М., & Туйчиева, Х. З. К. (2021). ВОПРОСЫ ИСПОЛЬЗОВАНИЯ ПЕДАГОГИЧЕСКИХ ТЕХНОЛОГИЙ В ПРЕПОДАВАНИИ ВАЛЕОЛОГИИ. Вестник науки и образования, (9-2 (112)), 16-20.
18. Kamalova N., Tuychieva N. Improving the spiritual immunological education of academic lyceum students specific issues //ASIAN JOURNAL OF MULTIDIMENSIONAL RESEARCH. – 2021. – Т. 10. – №. 4. – С. 616-620.
19. Abdullaeva Mavsumakhon Kuldoshevna, Rakhimova Dilfuza Khasanbaevna, Tuychieva Khilola Zokirjon Kizi, Shodmonov Usmonbek Bakhodir Ugli FORMATION OF KEY COMPETENCIES IN CHEMISTRY AND BIOLOGY // Вестник науки и образования. 2021. №8-2 (111). URL: <https://cyberleninka.ru/article/n/formation-of-key-competencies-in-chemistry-and-biology> (дата обращения: 05.05.2022).-in-chemistry-and-biology (дата обращения: 05.05.2022).
20. Baltabayeva M., Kodirova D. The need to provide the priority of spiritual and educational processes in the modern education system //ACADEMICIA: An International Multidisciplinary Research Journal. – 2022. – Т. 12. – №. 1. – С. 423-427.
21. Matluba M. The Role of Effective Use of Information Technologies in Teaching Natural Sciences //International Journal of Culture and Modernity. – 2022. – Т. 14. – С. 82-85.
22. Tursunalievich F. I. MOVEMENT OF CHILDREN ON THE BASIS OF THE MEANS OF OPTIMAL DAILY PHYSICAL ACTIVITY AND THEIR TRAINING //Web of Scientist: International Scientific Research Journal. – 2022. – Т. 3. – №. 1. – С. 744-750.
23. Ruzmatovich U. S. et al. INCREASING THE ACTIVITY OF SCHOOL-AGED CHILDREN //World Bulletin of Social Sciences. – 2022. – Т. 8. – С. 49-51.
24. Shahbazova G. Physical Culture Of Preschool Children //Journal of Academic Leadership. – 2022. – Т. 21. – №. 1.
25. Akhmadjonova, S., & Kamalova, K. (2022). USE OF ADVANCED TECHNOLOGIES IN TEACHING THE TOPIC OF “ANALYZERS” IN THE FIELD OF HUMAN HEALTH. CURRENT RESEARCH JOURNAL OF PEDAGOGICS, 3(01), 9-16.