

TEACHING OF THE NATIONAL SPORTS CENTER OF WRESTLING IN HIGHER EDUCATION

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ANNOTATION

In this article, the historical development of the national wrestling sport, directions, methods, wrestling, the development of the strength of wrestlers, the main principles of training, the importance of right and left hands in wrestling, the methodology of teaching wrestling, the role of wrestling, sports wrestling, the specific features of sports wrestling are highlighted. Improving the training of wrestlers. The long-term structure of the process of training skilled wrestlers is based on the laws of objective formation of sports skills characteristic of some types of martial arts. There is a lot of physical evidence that scientifically supports the history of our struggle. For example, from Pajikent found two warrior hero described fresco Sogd of statehood unique monument, that is. Medium young – Serious mistakes made during many years or years of training, that is, long-lasting structural elements that are difficult to fill in the future, mistakes in the development of individual training. programs or microcycles relatively easily next meaningful the work with overcome.

KEY WORDS: wrestling, national wrestling, belt wrestling, wrestling terms, preliminary training, strength development experience.

INTRODUCTION

Under the slogan of a new worldview, the way to reforms was opened in Uzbekistan not only in politics, but also in the fields of physical education and sports. In particular, on the basis of the decision of the President of the Republic of Uzbekistan dated November 4, 2020 "On measures to develop national wrestling and further increase its international prestige" No. struggle and its influence in the world community. created the basis for its growth.

Wrestling has been one of the most famous and favorite national games of the Uzbek people for centuries. Wrestling is an ancient form of individual wrestling, whose roots originate from the territory of present-day Uzbekistan. There is a lot of physical evidence that scientifically supports the history of our struggle. For example, from Pajikent found two warrior hero described fresco Sogd of statehood unique monument, that is. Medium young – Rare finds, artifacts and stone resources art from Surkhandarya, Zaravshan oases, Ferghana Valleys, Sarmishsay gorges, as well as a number of ancient settlements with a history of three and a half thousand years. East literature masterpieces, that's it such as "Shakhnoma", "Qabusnoma", "Zafarnoma", "Baburnoma" also contain bright lines, colorful images about the image of wrestlers, descriptions and descriptions that excite their spiritual world. Such as – heroes Alpomish, Alp Ha Tonga, Pahlavon Great and holy In our country born grown up, blessed names Mahmud, who entered the legends and epics, glorified the Uzbek land to the whole world with his struggles. According to ethnographic studies, wrestling developed widely in our country in the 9th-10th centuries of our era, and wrestling competitions became commonplace on all holidays. Abu Ali ibn Sina Kitab Al - Momo Air fittib also will give valuable battle about information. Struggle was source physical training and strength troops Amira Temur. In particular, Amir Temur paid big Attention competitions and conducted the types of fighting and called his troops to learn the science of fighting. Amir Temur was it's not only state character, intelligent, enlightened, a historical person who knows military affairs perfectly, and at the same time,

a strong fighter who knows the art of fighting. Mahmoud Kashgari writes _ own in the book famous book Devoni lugatit - turkish " bu wrestlers each other from the waist keep the opponents lift with legs. Incomparable heroes of warriors and feats Tabiri 's "History", Firdav 's "Shahnom", Shiraz 's "Devon", Nizami 's "Khamsa", Navoi's "Khamsa" sung _ Farhad and Sweet and Boburskaya Boburnoma. It is known that Uzbek wrestling developed in the 9th-13th centuries. During this period, wrestling became one of the most popular forms of entertainment. Wrestlers so _ How Pakhlavon Mahmud, Jalaluddin In this Manguberdi, Darveshmuhammad _ time Uzbek struggle glory spreading

Prestigious competitions have been held in our country since 1992. dedicated international tournaments memory of Amira Temur Shahrisabzda, At- Termizi In Surkhandarya, Bahauddin in Bukhara Naqshband, Babur _ in Andijan Contribution of Mirza, Pakhlavon _ Mahmud Khorezm added the climb Uzbek struggle on new level and his entry into world sport. On September 6, 1998, the founding congress of the International Wrestling Association (IKA) was held in Tashkent with the participation of representatives of 28 countries of Latin America, Europe and Asia. At the same congress, the ICA Executive Committee was formed and the rules of international wrestling were unanimously approved. Islam Karimov elected honorary President International struggle association. Like "Kurash", "Tazim", "Stop", "Side", "Chala", "Dakki", "Honest" Uzbek words different to the nation belongs to judges in the language tall in the voice sounded and this the words brought great joy to the hearts. judges. judges. our people.

Main conclusions and results

The phrase "Uzbek wrestling" has become an important and effective tool for showing the qualities of honesty and humanity, tolerance and fighting among world athletes. National wrestling federations of 127 countries are full members of the International Wrestling Association. Wrestling is considered a national sport in extensive scientific research conducted by the leading scientists of our country. Uzbek wrestlers Abdullah Tangriev, Rishad Sobirov, Khushvakta Roziklov, Sabir Kurbanov, Sayfiddin Khodiev and others started his struggle career.

The main part. The main task is to form the main components of the wrestling training system, to develop the competition and training system in higher educational institutions. Proper planning of undergraduate education is one of the factors of managing the sports training system, which requires large financial costs and prior organization of the following components: national sports competition schedule, training schedule and others, as well as material and technical support of sports. sports training. It starts with security issues. Only after these plans are approved will sports activities be scheduled. The long-term structure of the process of training skilled wrestlers is based on the laws of objective formation of sports skills characteristic of some types of martial arts. These rules determine the effectiveness of competitions and the optimal structure of training, adaptive features of the national wrestling sport, means and methods of pedagogical influence, the duration of the main competitions and the age of achieving their best results, long-term training, macrocycles. duration and other reasons. These various factors a lot yearly teaching stages duration, purposefulness and content defines, macrocycles, cycles, meso - and microcycles, training of the process relatively integral, independent and mutually depends structures.

It would be very wrong to distinguish between primary and secondary components in the training system. For example periods or phases to consider the main wrong elements structures, microcycles and actions How second level elements, and on the contrary, microcycles or actions, weeks or months of the structure main cannot be considered as elements. Each element of the structure, regardless of its duration, is related to the solution of clear, precise and specific tasks. The educational process should be considered as a combination of various structural elements.

These elements are subordinated to the main strategic task of training - to ensure full technical-tactical, physical, psychological and comprehensive training of wrestlers in accordance with the laws

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of formation of high sports skills in a specific national type of sport. Serious mistakes made during many years or years of training, that is, long-lasting structural elements that are difficult to fill in the future, mistakes in the development of individual training. programs or microcycles relatively easily next meaningful the work with overcome _ However, this is certainly not a basis for dividing various elements of the preparatory structure into primary and secondary elements. In the monograph "Improving the methodology of initial training for national wrestling", the author emphasized the need to improve the initial stage of wrestling training in higher educational institutions, increase hours and loads, and conduct it in an intensive stage.

The main components of the management system of the training process of wrestlers can be justified by the following tasks:

1. Creation of a unified system of accounting and analysis of educational and competitive loads.
2. Determine the most effective means and methods of teaching.
3. Optimizing the construction of the educational process, that is, looking for ways to rationally distribute teaching tools and methods at different stages of education.
4. Development and unification of the system of control of the level of preparation of the wrestler.

In wrestling, high results cannot be achieved if physical qualities, especially mental abilities, especially quick thinking, visual memory, distribution of attention, and the ability to switch from one thing to another are not well developed. Over time, the demands on the fighter's mental abilities will increase significantly, because only a high level of these qualities will allow:

- 1). Conducting competitions in a mode characterized by a high concentration of intellectual operations under conditions of increased physical fatigue, which ultimately determines the efficiency and stability of the results;
- 2). Equipping the fighter with tactical combat tools, as he chooses the best option from a large number of actions that can be used in the absence of opportunities, planning the nature of combat interaction and directly with the enemy It takes ten times to fight.

Problems of adaptation to training and competition loads in sports - the complexity of the problem of managing the training of wrestlers is determined by the multifactorial nature of the components that determine the state of preparation, and the sports result depends on its manifestation. The interaction of physical and mental factors in the sport of national wrestling is determined by the complexity of actions, the unpredictability of tactics, and the high emotional intensity of the activity. The high intensity of motor movements, as well as not only running, but also the extremes of training conditions, especially in competitions and competitions, cause great reactions to loads. The accumulation of such loads leads to changes in adaptation processes, which can lead to their incompatibility and failure to adapt to loads.

Training improves adaptation not only in a certain direction, but also in intermediate mechanisms of adaptation, increases the tone of the body, develops its general flexibility. However, the customization options are not unlimited, so downloads may result in incorrect customizations. Therefore, it is necessary to interpret physical exercise as a complex contradictory process, a process that includes the simultaneous regression of a number of functions and structures of the body. Many years during determined pedagogical experience optimal options loads (this including that's it including increased load, intensity and specialization) provides efficiency in the circumstances exercise to do high Degree morphofunctional development organism qualified wrestlers.

Short-term adaptation to working conditions is prepared and is based on well-formed physiological and psychological mechanisms. Such reactions appear immediately after the appearance of the stimulus, but can only adapt to its relatively short-term effect. Long-term adaptation includes reactions that do not have ready-made mechanisms for implementation, only genetic conditions that allow gradual formation of environmental factors with repeated and long-term

exposure. Controlling the athlete's training process is long-term adaptation, that is, the gradual formation of mechanisms necessary to achieve high physical fitness.

The development and application of effective means of teaching wrestling is considered at the level of practical mastery of the skill, emotional-rational perception and memorization, that is, mastering the skill at the skill level. When starting to teach OO students basic technical skills, it is necessary to consider the nature of the training process. This is determined, first of all, by the requirements (content and content) of competitions in each type of sport, their effective conduct, actions and conditions of competitions, physiological laws of development of movement abilities. One of the ways to improve the sports training system is to strictly coordinate the training system of athletes with the specific requirements of the chosen sport. The development of competitive activity takes place in the reverse order: first, the initial quality-balance and functional base is created, on the basis of which special physical qualities and abilities are developed, then the techniques and tactics of competitive actions are mastered and used in a complex manner. technical and tactical arsenal and game activity in competitions.

In parallel with the algorithm of mastering competitive actions, there are exercises and competitive tools used to develop competitive skills. As a result, all this is expressed in training activities - training components: general and special physical training, technical, tactical, complex training. The structure of the educational process includes theoretical and psychological preparation: acquisition of special knowledge and development of personal will. Preparation of a novice wrestler for special throwing movements is carried out based on the skillful application of certain methodological principles:

- 1) the principle of consciousness and activity;
- 2) principle of universality;
- 3) principle of regularity;
- 4) principle of accuracy;
- 5) the principle of stability.

The application of these principles to the coach's practical activity in working with novice athletes is achieved by using a methodically based system of teaching technical and tactical movements. When training wrestlers, you need to know three main principles:

1. The principle of sequential learning from simple to complex, taking into account the movement of the body and its parts at the required speed in time and space.
2. The principle of adapting the speed and duration of movement to the training goals and the safety of the training process, depending on the certain level of muscle tension and relaxation.
3. Strict adherence to the principle of safety of the training process, which requires special measures to ensure the safety of the participants. It is desirable to build the process of teaching technical and tactical movements in wrestling based on the principles of universality and consistency, which requires the selection of individual exercises depending on the strength and capabilities of the participants. It is important to take into account the age and individual characteristics of students, that is, differentiated education. The principle of gradually increasing the load is mainly related to the development of the quality of movements, and both of these rules are related to the process of acquiring knowledge and skills. New motor skills build on previously acquired skills. According to the "I learned or I didn't learn" principle, the content of each previous lesson serves as a stepping stone to the content of the next lesson. For example, in wrestling, interval exercises should be used to train the back.

Achieving training goals and solving set tasks is carried out by organizing participants using various tools and methods accepted in the theory of physical education and sports methods and integrated into the classroom influence system. In each case, the feasibility of using one or another method is ensured by a number of requirements.

The lack of training in wrestling techniques and the lack of specific tasks do not allow choosing the right training methods, for example, the task of training a participant to lift a belt. The task was defined and the learning method had to be divided into parts:

1. a) capturing the enemy; b) cutting the opponent off the carpet; c) opponent's game; d) Throwing the opponent and throwing him over the belt.
2. The principles of the teaching methodology should be based on the relevance and implementation of the entire system. As you know, this principle is implemented through the entire system of methods.
3. Correspondence to the specific characteristics of the studied material. There is a correlation between teaching methods and types of exercises. In some cases, it may be appropriate to limit the verbal method, while in other cases, more complex problems may require the demonstration method. For example, games, compressions, attempts, etc. However, each of these types tends to use more of one type of style and less of the other. The deeper this connection, the better the educational outcome.
4. Adequacy of individual and group training of students. For example, well-prepared students may benefit from learning some movements step by step, while less-prepared students may be better off starting with introductory exercises. When using oral methods, special attention should be paid to the general knowledge level of students.
5. Matching the coach's individual characteristics and capabilities. It goes without saying that every teacher should master all teaching methods. Both methods are expected to yield approximately the same results in each case, but it is best to use the one the trainer is most familiar with.
6. No style is considered unique and basic, universal. Great success is achieved in many ways.

The use of standardized or differentiated exercises in the formation of technical-tactical movements (techniques) specific to a particular sport, depending on the size, intensity, physical qualities of the participants in sports practice, depending on their age, gender and physical capabilities., has a positive systemic methodological effect. It is known that the effectiveness of training or the formation of technical and tactical skills is determined by the appropriate development of physical qualities characteristic of the chosen sport. However, in all sports, especially in situational games, in addition to specific physical qualities, physical and functional components play an important role in the structure of physical, technical and tactical abilities, in which the fate of the athlete is at a high level. may depend. competition. These include right and left rotation under static and dynamic stresses of movements, as well as components that maintain balance under the influence of this process. As mentioned above, such components are of prime importance in wrestling, especially in the practice of belt wrestling. Pedagogical observations, surveys and modern studies have shown that in the training of wrestlers, little attention is paid to the formation of balanced components capable of increasing the effectiveness of technical and tactical methods. In the wrestlers who participated in the study, these components turned out to be very poorly formed. However, experience shows that such components, which expand the range of physical and technical capabilities and increase their functional value, can be effectively formed with long-term regular use of special exercises developed by us. The implementation of this complex of exercises in the practice of wrestling training and its application requires compliance with certain methodological techniques, normative requirements and technological instructions.

CONCLUSION

It is necessary to modernize the system of training wrestlers in vocational education institutions based on innovative technologies and modern methods. The main goals and objectives of the research discussed above are to clarify the curriculum, develop a plan for the implementation of foreign joint programs, attract qualified trainers, improve existing methods, systematically implement initial training, and other stages. It is important to popularize the complex modeling system, establish

a system of regular training of general and individual sports-pedagogical skills, as well as create a generation of modern literature, develop and develop multimedia tools in this regard.

Studying world experience, conducting skill classes by local coaches in foreign sports schools, and establishing practical cooperation relations also serve the further development of wrestling. Wrestling also creates opportunities for research institutions and representatives of the private sector in national sports, and creates a healthy and competitive personnel and environment in the system.

Including scientifically analyzed the development of small business and business, and the legal basis, at this time financially support small business and business, the latter is amended and the rules for this branch of national legislation are added.

Now studying scientific heritage, socio-political activities and acquaintance youth charity of our above-stated ancestors is considered one of the main urgent objectives of the modern intellectuals.

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