

Technical-Tactical Actions of Young Wrestlers at the Stage of Primary Training Analysis

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Abstract. *In this article, the analysis of the technical and tactical actions of young wrestlers at the initial training stage is considered.*

We know that the development of technical and tactical wrestling sports is in the first place. Correct use of pedagogical teaching methods during training is the most effective way to thoroughly develop technique.

Keywords: *wrestling sports, wrestling technique, wrestler, technique-tactical activity, convenient dynamic positioning, high quality wrestler, technique-tactical skill.*

Forming a healthy lifestyle in our society, creating conditions for the population, especially the young generation, to regularly engage in physical education and mass sports, strengthening the confidence of young people in their will, strength and capabilities through sports competitions, large-scale works aimed at developing courage and patriotism, feelings of loyalty to the Motherland, as well as systematic organization of selection of talented athletes from among young people and further development of physical education and mass sports are being carried out. Law No. 394 of the Republic of Uzbekistan dated September 5, 2015 "On Physical Education and Sports" and the Decree of the President of the Republic of Uzbekistan dated June 3, 2017 "On Measures for the Further Development of Physical Education and Mass Sports" "Resolution No. PQ-3031 was a great impetus for further development of physical education and sports in our country and increasing its popularity. Also, Decree No. PF-2821 dated March 9, 2017 "On the preparation of athletes of Uzbekistan for the XXXII Olympic Games and Paralympic Games to be held in Tokyo in 2020" and Decree No. 118 of the Cabinet of Ministers dated February 13, 2019 The Concept of physical education and mass sports development in the Republic of Uzbekistan in 2019-2023 serves as a normative legal document that makes a great contribution to the development of this field.

Decree No. PF-5368 of March 5, 2018 "On measures to fundamentally improve the track record of state management in the field of physical education and sports" as well as other regulatory legal documents related to this field, make highly qualified athletes authoritative and The tasks of preparing for responsible competitions, the importance of ensuring the successful participation of our athletes, the development of appropriate measures for the fundamental improvement of the management system in the implementation of necessary measures have been determined. It is possible to achieve a high level of sports skills that meet the requirements of the time only by placing the training process on a strict scientific basis. Freestyle wrestling, which combines the best aspects, is considered the most popular form of martial arts in Uzbekistan.

In modern wrestling, the requirements for obtaining high technical results and special training of wrestlers have increased significantly. Competitive efficiency and technical efficiency are related but not the same thing. In order to improve the efficiency of the technical training of 12-13-year-

old freestyle wrestlers, it is necessary to determine the methodical approach to mastering these things and promising technical features. In other words, an algorithm for quantitative assessment of technical training of young (adolescent) wrestlers is needed.

In the scientific literature, the requirements for technique and biomechanical distribution of wrestlers at the beginning of the training stage are not sufficiently developed, and this situation explains the urgency of the work. The relevance of this work is that it is very important to develop the new aspects of competition determined in the technique of the leading masters of the world wrestling sport and the approach to correcting the technique mistakes of 12-13-year-old wrestlers and improving their efficiency based on the model indicators of the technique.

In the special literature on sports wrestling, the sections on the methodology and technique of teaching various methods and movements were developed in the studies of many previous authors and experts, such as R.A. Piloyan (2007), B.A. Podlivaev (2001), A.A. Sitnik, A.V. Kirillova (2013), G.S. Tumanian (1997), J.K. Kholodov, V.S. Kuznetsov (2000) Some of the following authors were involved in creating a model of the modern perspective of technical training based on age-appropriate development of wrestlers and changes in wrestling itself: O.V. Kalekov, V.M. Primakov, A. V. Pristinsky (2012), A. A. Novikov (2012), B. V. Dagbaev (2013), Yu. Tropin, A. Chuev (2017).

The process of performance of technical methods by highly skilled and young wrestlers in competitions was chosen as the object of research, and the content, means and ways of evaluating the quality of technical methods for the prospects of training young wrestlers in freestyle wrestling constitute the basis of the research. The main goal of the work is to develop and strengthen ways to improve the technical training of 12-13-year-old freestyle wrestlers.

The tasks of our research are as follows:

1. Theoretical and experimental substantiation of the requirements for improving the tools aimed at increasing the efficiency of technical training of 12-13-year-old wrestlers (on the basis of the coach's skill, the results of observations and the study of special literature - summarizing everything).
2. Determining the level of effectiveness of the technical training of a freestyle wrestler based on the quantitative evaluation of the execution of technical methods.
3. Scientific and methodical substantiation of the integrated approach designed to increase the effectiveness of the technical equipment of young athletes based on the interaction of movement, sensor and game development.

The results of the study determine the new requirements for the modern technique of freestyle wrestling (based on the model characteristics of a wrestler at the world level), determine the leading factors of the theory of the proposed system of quantitative evaluation of the main technical methods in freestyle wrestling, and at the same time, the results of this work indicate the effectiveness of the use of promising techniques for correction (error correction).), allows to increase through games and physical exercises. Individual technical movements are separate, separated from other movements, usually with the help of which victory is achieved, but it is only part of the complex of complex movements of the wrestler during the competition. Personally, tactics are the general behavior of a wrestler during a competition. A separate tactical move is also considered a specific technical move. For example, flicking, pushing, movements performed for tactical purposes, which are to throw the opponent off balance and create a dynamic situation favorable for attack. They are specific technical actions (which can be performed correctly or incorrectly), methods of preparation of the attack, in particular, serve tactical purposes.

At the same time, special technical actions (methods) can be the main types of tactical actions (attack, defense, counterattack). Later we will use the terms "technical-tactical skill" or "technical-tactical action". In this case, technical-tactical skill is understood as the basic laws and principles of performing actions typical of various high-class wrestlers.

We will try to create a unique model of high sports skills based on these principles. These include the following principles:

- interdependence of technical and tactical skills and fighting rules;
- interdependence of technical and tactical skills and special features of the wrestler;
- optimal size, diversity and effectiveness of attack actions;
- leading importance of offensive actions;
- perform an attack during a favorable dynamic situation;
- preparing to use a favorable dynamic situation to attack;
- use of main and compensatory factors;
- to influence both advanced and backward aspects of technical and tactical skills.

In order to analyze and study the technical and tactical actions of young wrestlers at the initial training stage, the annual training volume and the effectiveness of the competition process were analyzed.

The sample annual training volume of young wrestlers is planned in such a way that when organizing the training process of 12-13-year-old freestyle wrestlers, the individual characteristics of athletes are taken into account, as well as the selection of training aspects and their allocated hours, their place in the weekly cycle and their number according to their age and level of training. it's worth it.

By studying the effectiveness of the technical and tactical training of freestyle wrestlers trained on the basis of this plan, they are evaluated in terms of the technique of performing the methods taught to them, the teaching methodology, the level of mastery and, most importantly, the efficiency of the competition. The richer the reserve of technical movements of the wrestler, the more skillfully he can use them, the higher his technical skill. Wrestling technique is the basis of a wrestler's skills and largely determines his capabilities. There are dozens of ways to fight and their variants. However, this does not mean that a wrestler should know all of them perfectly. As the athlete acquires more and more new methods, counter-methods and defenses, some of the methods that meet his special characteristics and habits and are successfully performed by him are included in the plan for further improvement. Comprehensive technical training of a wrestler is one of the important requirements for the modern level of development of various sports.

Based on the above information, the following was determined from the technical training of 12-13-year-old freestyle wrestlers in the training sessions of young freestyle wrestlers: It is not possible to achieve high results simply by creating training cycles. After the competitions, athletes are limited to a specific victory. In addition, before the main competitions, the athlete is observed to be weak, tired. In this case, the training process was not structured incorrectly, but the training plan was incorrectly developed. In order to solve such problems, after studying the literature and before planning the training process, our coaches and pedagogues should follow the following tasks, effectively solve the difficulties in training and achieve positive results: - helping to master the technique and tactics of the chosen sport development of training options in general, auxiliary and special training, closer to the technique and tactics of the sport; - to ensure the development of the quality of movement at the necessary level, to increase the functional capabilities of the participants and to strengthen their health, to include in the training plan a meeting about the treatment physical education;

- to gather meetings about the morals and will of athletes who have shown high sports results in the education of moral and willful qualities; - inventing artificial competition situations and different situations to develop the athlete's various aspects in a comprehensive way and to make him invisible in the competition activity; acquisition and strengthening of theoretical knowledge and practical experience necessary for successful training and competition activities. Another important aspect is to take into account the rules of sports, type of

competition, to study the process of the competition, to statistically study the techniques that are often used, and to draw up tactical plans against it. In this process, training is planned based on the annual competition calendar, the general and special fitness of the athletes is compared to the teams that have passed certain standard tests, i.e., the general and special fitness, to improve the good results they have shown, to eliminate their shortcomings, this is Depending on the size of the load, it is necessary to prepare the students after 6 training sessions or every month, until the period of annual competitions, and at the end, to evaluate the effect of the loadings in the training on the athlete's body on a daily and weekly basis. allows you to evaluate whether it is correctly or incorrectly configured.

In order to successfully apply techniques in wrestling, especially complex attack movements, a highly skilled wrestler must master the methods of preparing dynamic situations and know how to create special attack and movement ensembles.

The analysis of the competitive activity of young wrestlers showed that the athletes mainly lift the legs above the knees while standing, grab the legs with a half-jump (Transition to the legs), grab the arms and neck and throw them above the waist, and d) Arms and thighs grab and throw over the shoulders. In the parterre, it was found that many methods were performed: a) Crossing the shins and twisting them, b) Turning the long thigh upside down and turning them over, c) Connecting the neck and shoulders and twisting them from the front, d) holding the slave and the waist and half turning them. In competitions with a large number of participants, an athlete must hold at least four competitions to reach the finals.

Taking into account the great stress, it is necessary for the wrestler to restore his physical strength and mental abilities during the breaks between competitions, and to be free from excessive physical and mental stress. It was found out from the research that the number of those who performed the 5-point method is 1.2 less than those who performed the 4-point method. If we compare the efficiency of technical actions (methods) (1.90 ± 0.04), this indicator indicates that there are many shortcomings in the technical and tactical base of athletes. In team competitions, the coach develops a preliminary tactical plan for each match. He sets a specific task for each participant: a clear victory, with a clear advantage or predicts victory by points.

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