

Didactic Principles of Belt Wrestling Training

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Abstract: The coach helps the wrestler about implementing the principles expressing the basic patterns of the organization of the pedagogical process, quickly and effectively acquire special knowledge, skills and abilities. All the principles are interrelated and complement each other. If one principle is ignored, none of the others can be fully implemented. Only by applying them together, you can achieve high results in training wrestlers with belts.

Keywords: Belt wrestling, training principles, sport, skill, sports training, general and special physical training, coach..

PRINCIPLES OF BELT WRESTLING TRAINING

The principles of training belt wrestlers are the general-theoretical principles of training wrestlers and teaching methods.

The following principles are implemented in the training of belt wrestlers.

1. Pedagogical (didactic) principles (the principle of awareness and activity, the principle of demonstrability, the principle of regularity and sequence, the principle of comprehensibility and individualization).
2. Principles of improvement of sports skills (principle of strength and variability of skills, principle of compatibility and principle of joint conduct in a directed manner).
3. Principles of sports training (the principle of achieving the unity of general and special physical training, the principle of repetition and continuity of the training process, the principle of gradation, the principle of gradually increasing training loads).

The coach helps the wrestler to acquire special knowledge, skills and abilities quickly and effectively, while implementing the principles that represent the main laws of organizing the pedagogical process. All principles are interrelated and complement each other. If one principle is not taken into account, none of the others can be fully implemented. High results can be achieved in the training of a belt wrestler only if they are used together. However, the importance of the above-mentioned principles is not the same at different stages of the formation of a belt wrestler's sports training. Pedagogical (didactic) principles are more important at the stage of primary training. As the skill of a belt wrestler increases, the importance of sportsmanship and the principles of sports training increases.

THE PRINCIPLE OF DEMONSTRABILITY

The essence of the principle of demonstrability is the maximum use of athlete analyzers to solve training tasks in belt wrestling. The principle of demonstrability is based on the fact that the acquisition of movement skills depends on perception through the senses. It represents the need to ensure the wrestler's vision, movement and other ideas about the movement being studied. Receptive types are distinguished - visual, motor and acoustic. These three types are combined in different people and each of them can be more dominant. It is necessary for the coach to know which triggers are perceived more by this or that student. This helps him to effectively implement the principle of demonstration.

Demonstration of techniques in training with belt wrestlers serves as a basis for training and improvement. A coach can use various videos, photos, posters, or show a coach about the technique with an athlete, verbally explain, perform the technique on his or her own athlete, or have the athlete perform the technique himself. It is part of this principle to perform on someone else. In order to understand this principle well, it is often necessary to involve the senses. Practical tools are used in the application of specific pedagogical issues (with practical tools) sequentially and separately in connection with each other. Only after the participants have a correct idea about the method, their attention should be directed to important details, because the technique of performing the method depends on it. The coach should demonstrate the method several times, and it is very important that the trainees can see it from different angles. Also, it is more effective to use a holistic method of demonstrating the method when working with teenagers. In this case, the main task is facilitated by a system of approximation and preparatory exercises. In order to increase the effectiveness of training with belt wrestlers, the trainer uses visual aids that help to create an idea of the studied method or its main details. should be used as much as possible.

THE PRINCIPLE OF COMPREHENSIBILITY AND INDIVIDUALIZATION

The principle of comprehensibility and individualization is to take into account the group, age-specific and individual differences of belt wrestlers when choosing the optimal loads in the training process. If he knows, he can choose a reasonable method of training. it is necessary to approach groups in a stratified manner, to choose various training materials and to determine the physical loads allowed in training. What is easy for a skilled belt wrestler is not always the case for a novice athlete. . In a state of high training, a wrestler with different belts can easily carry a large load, but this load can be heavy for an untrained or young athlete.

If the coach gives young wrestlers complex technical and tactical tasks in pursuit of high sports results, it will be difficult for the young wrestler and may lead to loss of self-confidence and, in some cases, injury. Therefore, the coach should choose and adjust the exercises in such a way that the load should exactly match the capabilities of the participants. Learning material can be mastered only when it is understandable to athletes. This means overcoming difficulties that require effort. The study of the effect of training loads on the body of young belt wrestlers shows that if the training load does not match the capabilities of the trainees, in a number of cases, nervous disorders occur in their health. The principle of comprehensibility and individualization requires that, when grouping together, the trainer should select athletes who are approximately the same height, experience in sports, and level of training. Control exercises and tests are important in choosing the right training groups. Based on the indicators he can get from his trainees as a result of accepting the standard requirements, as well as based on their level of special physical fitness, the coach makes adjustments to the training program material, the size of the loads in this training stage and defines the limits of the content, as well as future goals and ways to achieve them.

The coach should follow the general principles of teaching and training, taking into account the characteristics of age, skills and training, and organize the training process in such a way that it is

necessary to individualize the training of athletes as much as possible. The importance of individualized training increases (especially) in the stage of formation of high sports skills of a belt wrestler. no two athletes meet. Therefore, one of the main tasks of the coach is to strictly individualize the training process of each belt wrestler as early as possible.

PRINCIPLES OF IMPROVING SPORTS SKILLS

The level of acquisition of solid movement skills of a belt wrestler is one of the main indicators of his level of sportsmanship. Competition conditions depend on the skills of the wrestler, in which the wrestler's asthenic emotions, fatigue, the reaction of the audience, unfamiliar sound situations have a negative effect. The main difference between a high-skilled belt wrestler and a lower-skilled belt wrestler is that his actions are performed correctly and precisely, regardless of the characteristics of the opponent, regardless of the intensity of the competition. Therefore, the trainer should monitor the solid assimilation of the training material by the participants. Consistency of the skill means performing it many times without reducing the efficiency of the method in the competition situation. It will be possible to master the methods of belt wrestling only with regular and long-term training tasks. During the performance of these tasks, after many repetitions, movement skills increase.

Movement skill is an automated method of movement control, in which the method can be performed without the participation of the athlete's mind. can justify tactically. Thus, with the formation of skills, the main object of the belt wrestler's attention is not the movement itself, but the result of the movement, the conditions and situations of the competition. Teaching skills does not have to follow different methods in the same way. A wrestler with a belt should consciously occupy the maximum in various tactical situations. It is important for the coach and the wrestler to choose opponents with different techniques and styles of competition when improving methods in training sessions.

In addition to the strength of skills, the ability to exchange movement skills within possible limits is one of the signs that represent the skill level of a belt wrestler. The solid mastery of the skills and the level of their technical performance is determined in the conditions of direct one-on-one competition with the opponent. Conditional and free competitions, as well as competitions, are the most effective tools for solid acquisition of technical and tactical skills. In the practice of training work, when teaching new methods, there are cases when a wrestler with a belt for one reason or another acquires the wrong skill of movement. Learning the wrong skills can be dangerous.

THE PRINCIPLE OF FITNESS AND IMPROVEMENT OF SPORTSMANSHIP

The sportsmanship of a wrestler with a belt cannot grow rapidly if the principle of conformity is not strictly followed. The principle of conformity includes comprehensive requirements. Their main goal is to rationally structure the training and competition activities of a wrestler with a belt. First of all, the effectiveness of the competition depends on which of them uses the methods and actions that are appropriate to the situation in the competition.

The coach should plan the training process in such a way that the used tools, teaching methods, characteristics and content of the exercises should be in accordance with the size and amount of the load and the capabilities of the wrestlers. For example, when training special physical qualities, the athlete should strive not only to improve them, but also to develop them based on the specific characteristics of belt wrestling. In the development of general and special training of an athlete, his physical qualities should not be at the same high level. It is necessary to rationally combine them in accordance with the nature of this sport. The content of the general and special physical training of the wrestler and the question of their interdependence is very important, because any comprehensive physical training does not have a positive effect on the interaction with special

training and does not contribute to the development of fitness. Therefore, when working with an athlete, the coach should use among the general physical training tools, exercises that are closer to the specialty of wrestling according to their biomechanical and physiological characteristics: sports games, core (rock) throwing, lifting and swinging with weights. weight training, wrestling, cross country, etc. should try to use it as much as possible.

The principle of conformity requires the wrestler to form the necessary mental instructions for performing in certain training and competitions. Adherence to the principle of consistency in improving the sports skills of a belt wrestler is important in the period of preparation for upcoming competitions. In this case, the coach should take into account a number of important aspects in the preparation of the wrestler. Without them, it is impossible to achieve a high result in sports. Among them are issues of training with belt wrestlers, rest, nutrition and planning in accordance with the features of upcoming competitions. The training of a belt wrestler should be organized taking into account the characteristics of his future main opponents and the intensity of the competition.

THE PRINCIPLE OF IMPROVEMENT IN SPORTS SKILLS

At different stages of the formation of a wrestler's sports skills, the amount of technical and tactical tools mastered by him, the level of manifestation of physical and mental qualities, and functional capabilities are different. Some special features and qualities of a wrestler with a belt stand at a high level of manifestation.

- average, and the third may lag behind in development. Differences in the degree of manifestation of special characteristics and qualities of a belt wrestler depend on many reasons. The most important of them include the time spent on training the characteristics and skills of the athlete, the actual ratio of the time used for the wrestler to improve each aspect of technical, tactical, physical and mental training during the training process. The implementation of the principle of accumulation in improving the sports skills of a belt wrestler begins when the coach determines the skills and capabilities of the athletes and begins to form the method of conducting the competition. In this case, the coach primarily relies on the more developed qualities and abilities of the trainee.

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