

# THE IMPORTANCE OF SPORT ACTIVITIES IN THE FORMATION OF QUALITIES SUCCESSFULNESS, ACHIEVEMENT, CONTROL, ENDURANCE

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***Annotation:** This article analyzes the role of sports in the formation of such qualities in wrestlers as the desire to win, willpower, agility, self-control, endurance.*

***Keywords:** aspiration to win, willpower, agility, self-control, endurance.*

Today, the issues of physical development of our youth are considered at the level of state policy. As a result, over the past period, all conditions have been created for the physical development of young people. After all, our government, which recognizes that it is impossible to build a great state of the future without educating and bringing up a person who is fully developed, is taking special care of this issue. It is no exaggeration to say that due to the created opportunities, physical culture and sports, especially wrestling, have become a truly national movement. It is known that wrestling is one of the main means of improving the physical culture of young people. In addition, wrestling is the oldest, most popular and widespread sport. In ancient times, wrestling was the decoration of all holidays and celebrations. The Uzbek people called the famous wrestlers "wrestlers" who won these holidays and had high physical qualities: technical and tactical skills. We aimed to study the results

of special technical exercises in the process of training young national wrestlers in technical and tactical movements.

In belt wrestlers, the formation of the will is very important in the positive solution of physical training and sports competitions. In order to solve this problem in a way that leaves a strong impression, it is necessary to take into account the developmental aspects of the psychological laws of the will. The role of sports in the formation of such qualities as willpower, aspiration to victory, agility, self-control, endurance in wrestlers. In this sense, the willpower qualities of the athlete gradually emerge in sports activities, and later these qualities become his constant character.

For example, an athlete with well-developed willpower achieves high results in competitions. This is an indication that the athlete is both willpower and physically fit and has a strong character. But his stable character traits, positive moral and volitional qualities are formed in sports and competitions, in the process of education and upbringing, in labor. Continuation of this process will lead to higher results for the athlete.

On the contrary, the negative qualities of an athlete, such as indiscipline in training, inability to train, refusal to study and work, rudeness or deception, lead to his inability to cope with obstacles in both sports and life, depression. Each period of life has its own beauty. In this sense, the athlete must strengthen his will in order to acquire a thorough knowledge during his student years, to form universal qualities, to be active in social life and to grow up as a person who is not afraid of difficulties. To do this, the athlete must be able to form the following volitional qualities:

- 1) the habit of creating a state of productive mental activity in all spheres of life;
- 2) development of good behavior, creative knowledge and qualities necessary for athletes;
- 3) to be conscientious in the face of difficult and complex situations in life or to achieve their goals in solving problematic issues, and to be able to choose a clear and correct path.

Some athletes are unable to overcome even insignificant obstacles and shortcomings due to a lack of will or weakness of character. At the same time, if athletes are

cowardly, timid, and face a little difficulty or failure, they stop their exercise for a while, change their decisions, and are ready to give up their goal. They fail to show the level of perseverance, patience, tenacity and endurance required in sports activities. Such athletes are heartless, lazy, bored. Their behavior is usually governed by more conditions than themselves. Athletes of this character are prone to frustration and change sports frequently, but are unable to perform well in any sport because they lack the will and determination. They only appear on the negative side all the time, everywhere, in all athletes. They blame the coach for all their personal shortcomings. Spotters of this character tend to be careless, reluctant. The coach should conduct special educational work with athletes with such involuntary character traits and look for ways to eliminate the misbehavior in the athlete's behavior, but rather to strengthen in them positive, useful habits. In order to increase endurance in wrestlers, to perform exercises with high skill, to perform some exercises to the maximum, to achieve accurate results in a short time, to achieve high results on the basis of performing exercises in difficult conditions with high technical and tactical skills (high jump, cross-country running jumping, repeated jumping exercises to complicate the situation). It is also important to train athletes in voluntary coercion based on exerting themselves in the process of wrestling in order to develop willpower qualities in athletes.

The method of willpower can be divided into external and internal types:

- external will power depends on external phenomena and stimuli that affect the sensory organs of the athlete;
- Internal willpower arises on the basis of the direction in which the athlete is present in sports training and competition.

We recommend that athletes use the following techniques to nurture willpower in athletes during training and competitions.

1. Require homework to be done correctly;
2. Educate the athlete in the spirit of self-confidence;
3. Evaluate correctly performed exercises;
4. coercion, competition, praise,

5. training to perform difficult exercises;
6. self-influence, self-satisfaction, self-command, etc.

The following steps in self-education give positive results only if properly organized:

- to teach athletes to overcome these shortcomings, to develop in them the ideological aspects of self-education, to form the characteristics of self-defense, to take into account the harmonious development of moral, volitional and physical qualities in wrestlers at the stage. to further develop the qualities of physical strength, it is necessary to get used to working independently, to form the need for active participation in sports.

In the training of athletes in the development of volitional qualities, the coach should give an idea of the purpose, conditions and methods of movement, all the elements of the main point of movement, as well as the correction of mistakes and generalization of movements. It is also necessary to evaluate each correct action performed by the athlete, to form in them an understanding of the actions performed. To do this, the coach must carefully monitor every movement performed by athletes. The harder the exercise, the more willpower it will take to get it to the end. The best part is that the will is strengthened in the same struggle. Advanced beliefs and will are at the core of a morally high character. In practice, an athlete who fails to overcome difficulties with will and skill becomes an observer who slows down the success of others. Nothing can adorn such an athlete - neither humility and gentleness, nor honesty and sincerity.

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