

METHODS OF TRAINING TECHNICAL-TACTICAL TRAINING OF BELT WRESTLERS

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Annotation: The author highlighted the importance of physical qualities and the process of acquiring skills and competencies through a complex of actions close to technical methods while highlighting the scientific and methodological aspects of the technical and tactical training of belt wrestlers.

Keywords: Sport, belt wrestling, technique, tactics, competition, improvement, methodology, development, method, action.

The attention paid to the sport of belt wrestling in our republic is unparalleled. Especially among our people, the number of people involved in this national sport is also extremely high. Therefore, the fact that many problems in belt wrestling have not been sufficiently studied scientifically and theoretically is especially relevant in terms of the relevance of the time to study in detail the defenses and subtleties of the technical and tactical methods of belt wrestlers. Belt wrestling tactics are the skillful use of technical will and physical capabilities, taking into account the characteristics of the opponent in specific situations arising in competitions and tournaments. Preparations for an attack are the belt wrestler's offensive actions performed in order to provoke the opponent's expected and defensive action necessary for the execution of an attack. Tactical preparation methods are the belt wrestler's actions, with the help of which he creates favorable conditions for an attack or counterattack. Intelligence is the belt wrestler's tactical actions aimed at obtaining information about the opponent. Concealment is a tactical move by a belt wrestler, with the help of which he hides his true intentions from his opponent. Threatening is a tactical move by a belt wrestler, which forces his opponent to go on the defensive. Deceptive move (deception - methods, counter-methods, grabs, throws, pushes and other actions that are not completed by the attacker and force the opponent to defend himself. Deceptive move - a tactical move of a belt wrestler, showing the real method to the opponent as a deceptive method. Charlash - a tactical move of a belt wrestler, through which he forces the opponent to take active actions.

The uncompromising holding of the Olympic Games, which are considered the highest peak of sports competitions, as well as the world and Asian

championships and other prestigious international competitions, is causing an increase in interest in sports among young people. All countries of the world are taking a number of measures to raise the level of state policy in physical education and sports among the population, to improve the health of the population and attract them to sports. The sharp increase in world-wide competition in wrestling has led to the scientific consideration of the problems of reviewing and improving the optimal aspects of training athletes. A number of scientists are conducting scientific and practical research on the development of coordination abilities in the performance of technical and tactical movements of athletes involved in wrestling.

However, there has not been enough scientific research on increasing the effectiveness of technical and tactical methods in wrestlers using special coordination exercises aimed at improving strength and reaction speed. A number of resolutions and decrees have been developed in the republic aimed at the formation of a targeted system in the field of physical education and sports, the attention paid to youth, and the development of mass sports, which are considered a normative basis for regulating this area. The task is set to “further develop and popularize the national sport of wrestling among the population, especially minors and youth, strengthen the sense of national pride and patriotism in the growing generation, as well as promote a healthy lifestyle in society.”

The growing interest and competition among representatives of many nationalities in wrestling competitions held at the republican and world levels, taking into account the development of this sport, requires the systematic preparation of our wrestlers for competitions of various scales, the use of modern technologies to increase the efficiency of technical and tactical movements, and the development of a modular system of exercises aimed at developing the coordination abilities of children engaged in wrestling. Based on this, there is a need to develop and implement a set of tests that determine the abilities of the sport of wrestling. For this purpose, in today's scientific research, the development of coordination abilities using special sports equipment in improving the technical and tactical movements of young wrestlers is of particular importance. Decree of the President of the Republic of Uzbekistan No. PF-5368 dated March 5, 2018 “On measures to radically improve the state administration system in the field of physical education and sports”, No. PQ-4881 dated November 4, 2020 “On measures to develop the national sport of wrestling and further increase its international prestige”, No. PQ-3306 dated October 2, 2017 “On measures to further develop the national sport of wrestling”, No. PQ-3031 dated June 3, 2017 “On measures to further develop physical education and

mass sports”, No. PQ-450 dated December 20, 2024 “On measures to bring the development and popularization of the national sport of wrestling to a new level” and other relevant resolutions in this area This research serves to a certain extent in implementing the tasks set out in regulatory legal documents.

Many specialists in the field of sports theory and methodology - A.A. Ruziyev, T.S. Usmonkhodjayev, F. Kerimov, N. Yusupov, A.M. Achilov, M.A. Qurbonova, A.A. Pulatov and others - have covered the system of training young athletes in the field of theory and methodology of children's and youth sports in their manuals and textbooks, including the planning of loads and the development of training methods taking into account the age-specific characteristics of the children's body. The dissertation research conducted by J.M. Ishtayev, Sh.S. Mirzanov, Z.S. Artikov, M. Kyrgyzboyev and A.U. Khamidjanov for the degree of Doctor of Philosophy in Pedagogical Sciences in Wrestling comprehensively studied the explosive ability of wrestlers, statokinetic and statodynamic balance, and selection problems. In a number of studies conducted on the topic in the Commonwealth of Independent States and abroad, V.I. Filimonov, V.P. Filin, V.G. Nikitushkin, A.G. Shiryayev, L.V. Volkov; V.Ye. Koteshev, D.A. Tishler, A.D. Movshovich, G.D. Tishler, T. Bompa, L.P. Fateyeva, L.V. Volkov, N.V. Lutkova, L.N. Mishina, O.P. Bauer, J. Hoffman J. Samuel, David Grácio Pedro, Paulo Martins, E.S. Ozolin, L.V. Bileyeva, A.V. Kanatov and others have emphasized the special importance of active games in the psychological, technical-tactical, general and special physical training of young athletes. The scientific significance of the research results is that, based on the pedagogical experiments conducted and the results obtained, modern tools and methods of training young wrestlers were developed and the scientific aspects of their use were revealed. In the process of scientific research, the inextricable link between the development of the basic movements of belt wrestlers using exercises aimed at balance, as well as the increase in the effectiveness of their technical movements, was practically proven. The information obtained provides an opportunity to enrich theoretical knowledge in the field of belt wrestling theory and methodology. The practical significance of the research results is that the widespread use of modern equipment to increase the effectiveness of the basic movements of belt wrestlers, as well as sports equipment used to develop the general technical and tactical training of wrestlers, allows for the correct formation of basic movements of athletes from the training stage of training, rational distribution of loads, and, as a result, increased effectiveness in training and competition activities at the later stages of training, and the implementation

of the differentiated assessment scale testing methodology, a program for assessing technical and tactical preparation parameters in the training process.

Wrestling methods were formed and developed in accordance with the places of residence and conditions of the peoples and customs. The belt wrestling method (Fergana method) was formed among the peoples and nations living in the Eastern part of Central Asia, while the International Wrestling Method (Bukhara method) was formed among the peoples living in the Northern and Southern parts of Central Asia.

The development and popularization of wrestling methods was greatly influenced by the coexistence of peoples, the harmonization of their national traditions and customs. At the same time, the passage of the "Great Silk Road" through the territory of Central Asian countries also had a great influence on the development and popularization of physical exercises and martial arts among peoples. For example, wrestling methods similar to Fergana wrestling methods were formed among the Mongols and Kareys.

Wrestling methods have an ancient history, and today they are widespread in all countries of Asia and among a number of European nations. Eastern thinkers have written about wrestling methods, their formation, types and skilled wrestlers in their works. For example, in the "Baburnama", the famous commander and ruler of the Timurid dynasty, Muhammad Babur, describing one of his military campaigns, wrote that wrestlers fought at the settlement; that the boatman wrestler Lahuri fought Dost Yosin with a wrestler named Khair; Dost Yosin defeated his opponent with great difficulty.

Babur highly appreciated the famous wrestler of that era, Muhammad Abu Said, and called him an unparalleled wrestler. Babur wrote in his memoirs that among his contemporaries there were people who could knock down a horse with one blow.

In Ibn Sina's "Canon of Medicine", wrestling methods are also described as follows. There are several types of wrestling. One of them: each of the two wrestlers grabs the belt of his opponent and pulls him towards him, while the wrestler tries to get rid of his opponent. The second one tries not to let go. Another type: one of the two wrestlers hugs the other tightly with both hands and pulls him towards him and turns him over, at this time he must pass under the right hand of the first wrestler, the wrestlers sometimes straighten their postures and sometimes bend over. The types of wrestling also include returning blows with the chest, holding another person by the neck and bending them down,

entangling each other's legs with their own, or tearing each other's legs with their feet, and other movements that wrestlers use.

Our wrestlers have participated in world wrestling competitions since the beginning of the last century. They have defeated all their opponents in the wrestling arenas of foreign countries and European countries and have been recognized as unparalleled wrestlers.

The Uzbek land has long been considered a land of great scholars, wrestlers and champions. Our people are fundamentally different from other nations with their national pride, honor, hospitality and dignity. After gaining independence, the Republic of Uzbekistan gained the right to choose its own path of development in all areas. Many of our skilled athletes have won victories in international competitions and raised our flag high under the sounds of our national anthem, thus demonstrating their identity to the peoples of the world.

The current popularity of Uzbek wrestling methods is a sign that our national values are being restored and the eternal dreams of our ancestors are coming true.

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