

Development of Physical Fitness of Wrestlers

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Annotation. This article analyzes the work on the development of national sports and develops proposals and recommendations for the development of wrestling sports.

Keywords: physical education, sports, wrestling, national sports, ethnosport, education, system

Great opportunities are being created in our country for development and especially for regular engagement in wrestling, which is one of the national sports, and for achieving high results in competitions. In this regard, the Decree of the President of the Republic of Uzbekistan dated November 4, 2020 "On measures to develop the national sport of wrestling and further increase its international prestige" PQ-4881, May 25, 2022 "On measures to popularize and develop ethnic sports" - Adoption of decisions No. 259 is proof of the attention paid to national sport

Wrestling tactics is the purposeful use of technical and physical capabilities in certain circumstances to achieve the best results in competitions.

Tactics in wrestling consists of 3 main sections: tactics of preparation of attack movements, tactics of competition formation, tactics of participation in competitions.

In today's competitions, during the competition, the wrestler mainly takes into account the level of preparation of the opponent and correctly prepares the tactics of the competition, knowing what attack moves the opponent uses, how to defend himself and his physical fitness.

In modern wrestling competitions, it is necessary to form the tactics of qualified wrestlers to deceive the opponent, to escape from dangerous situations with the qualities of quickness and agility, from the initial training stage, organizing offensive tactics from defense to the last attack in the training stage gives effective results.

Wrestling has a special place in the world of sports. Currently, it is developing, and at the same time, a lot of scientific research is being conducted. In this regard, a lot of work has been done by our scientists, but it is noticeable that the work done is not up to the required level. Our wrestlers achieved high results in international tournaments, Asian and world championships. But the demands of modern combat are getting stronger. In order for our wrestlers to maintain the results they have achieved, it is necessary to make changes to the training system based on today's requirements. Competition at a high pace and performing technical movements before the opponent creates new demands on the wrestler's physical fitness. In technical training, especially the implementation of methods and the development of protection is an urgent issue. Searching for ways to use effective techniques in improving the defensive actions of wrestlers remains an urgent issue.

Sports training of skilled wrestlers is a long-term process, the result of which is effective selection and improvement of the management system of sports reserve and training of national teams. In fact, the system of training qualified athletes is the base of the "pyramid" of the sports improvement system. For this reason, multi-year all-round training of wrestlers is extremely relevant for the current stage of development of sports theory and methodology.

The problem of managing the state of readiness of wrestlers is becoming especially urgent. This problem is one of the most important in practice and one of the most complex problems in theory. The complexity of such a problem is determined by the multi-factorial nature of the structures that determine this situation and the fact that the sports result is largely dependent on its manifestations.

The high intensity of the action, not only the competition, but also the extremity of the training situations, causes great adaptation reactions of the athlete's organism to loads. As a result of the cumulation (accumulation) of such loads, changes in adaptation functions occur, which can lead to the structure of proportionality in them and inadequate reaction to loads. Development of scientifically based technology of training of skilled wrestlers, taking into account objective data on physiological mechanisms of adaptation to training loads, allows effective management of the process of achieving a high level of training of skilled wrestlers.

In the system of sports training, such a small system as integral training is of particular importance, it occupies an important place in the training of qualified wrestlers. In turn, integrated training creates a unique system, the elements of which are physical, technical, tactical and psychological training that are inextricably linked to each other.

Therefore, the development of the problem of organizing and managing the system of multi-year training of qualified wrestlers is an urgent scientific direction, its development allows to increase the efficiency of the sports reserve, as well as the training of qualified wrestlers in current conditions.

It was found that in the national sport of wrestling, in the process of adaptation of athletes to training and competition loads, the foundation of sportsmanship - the physiological mechanisms of the activity of various organs and systems, are relatively conservatively involved, they are formed over a long period of time. The description of competition activities, the nature of target instructions for athletes, the general and specific laws of mastering appropriate physical and technical-tactical improvement programs at the training stage form the basis for the creation of tools and methods for managing the training process of qualified wrestlers.

One of the conditions for effective training of skilled wrestlers is planned multi-year training. It implies strict consistency in choosing training tools and methods in setting and solving tasks, in choosing permissible training loads in accordance with the age characteristics and training level of the participants.

The reason for the increased scores on tests used to assess strength, speed, and speed endurance, which are more commonly used in wrestling, is an indication of the superiority of the chosen techniques. But it gives a positive result if the main attention is focused on load control.

The results of our analysis allow us to draw the following conclusions:

1. The analysis of the literature shows that defensive actions in the parter position are of decisive importance in the conditions of the competition. The analysis of the data recorded in the literature shows that defensive actions play an important role in the formation of the technical skills of each wrestler during training.
2. The use of selected methods, tests and exercises in the preparatory and main parts of the lesson to improve the defensive actions of wrestlers gives effective results.

List of used literature:

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