

Methods of Improving the Technical and Tactical Movements of Highly Qualified Greco-Roman Wrestlers

Tursunov Shukhrat Sabitjonovich

Uzbek State University of Physical Culture and Sports.
Acting Associate Professor of the Department of Theory and Methods of International Types of Wrestling, Doctor of Philosophy in Pedagogical Sciences (PhD),

Annotation: In the article, the main objectives were to identify and record effective and evaluated technical and tactical actions in a competitive duel according to Greco-Roman wrestling rules.

Key words: physical development, technical and tactical training.

Relevance of the research problem.

The technical and tactical training of the wrestler is aimed at mastering the main components of the upcoming competitive activity. This is due to the fact that the technique in combination with tactics is the basis of the wrestler's sportsmanship and is evaluated on the basis of the rules of the competition, while the other aspects of sports training play a supporting role in relation to this resulting component of the activity.

In Greco-Roman wrestling, the result of the entire educational and training process is the success of the athlete's performance in the duel in particular and in the competition as a whole. Sports activities are characterized by the presence of conflict interaction between athletes, which is regulated by the rules of competition.

The purpose of the study.

Optimization of the planning of the educational and training process of Greco-Roman wrestlers.

In classical wrestling, you can influence the opponent with techniques made with your hands and torso.

Tactics of using technical actions (techniques) implies a set of ways to use techniques in accordance with the tasks solved by the wrestler in conflict interaction with the enemy. Tactics should be as close as possible to the practical activities of the athlete in the fight. The level of its development, the quality of tactical training largely predetermine the achievement of victory in the duel. Tactical training is the most dynamic of all types of wrestling training. The need to single out the basic stage of training in Greco-Roman wrestling is beyond doubt, since it technically makes it possible to master the basics of rational technique and at the stage of improvement allows you to quickly master new, more complex, technical actions due to previously mastered coordination-like motor actions. In tactical terms, on the basis of mastering a certain limited set of preparatory and specialized actions, basic techniques, studying their semantic structure in conflict interaction, according to the rules of struggle, a minimum arsenal of technical actions is formed to solve tactical problems that arise in a competitive duel.

It should also be noted that changes in tactics occur much faster than in technique (for example, when changing the rules of the competition or the time parameters of the match). At the same time, the most important thing is that the tactics largely depend on the technical arsenal of the wrestler, that is, on the methods of influencing the opponent allowed by the rules of the competition.

Pedagogical experiment and testing on physical and technical training were conducted in order to determine the effectiveness of the program of the educational and training process of Greco-Roman wrestlers developed by us, the effectiveness of the methods of current control over the level of preparedness. In the course of the pedagogical experiment, a set of exercises for physical and special-motor (technical) training were checked and implemented into practice.

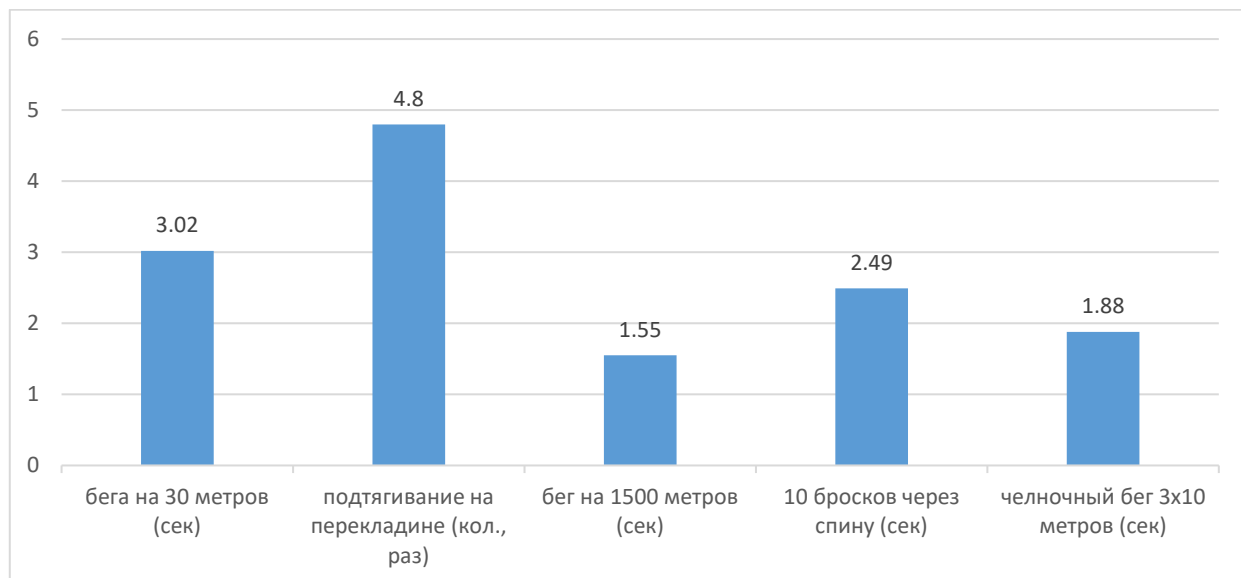
In the course of the experiment, the planned requirements of the types and means of training, the growth rate of the level of development of physical qualities, the technical and functional training of the wrestlers of the experimental and control groups, in which the structure and content of the training program was different,

were compared. In order to quantify the relationship between the level of physical fitness and technical training, the following control tests were applied:

For the organization of pedagogical control, complexes for the educational and training process of greco-Roman style wrestlers were used, which were scientifically substantiated and proposed for practice.

Table-1

№	Exercises	At the beginning of the experiment		At the end of the experiment		P
		\bar{X}	s	\bar{X}	s	
1.	running on (sec)30 метров	31,21	3,30	34,23	3,22	<0,05
2.	pull-up on the crossbar (col., times)	1,209	0,11	1,101	0,13	<0,05
3.	running on (sec)1500 метров	0,773	0,09	0,667	0,08	<0,01
4.	10 throws through the back (sec)	0,631	0,06	0,599	0,05	>0,05
5.	shuttle run 3x10 meters (sec)	17,13	2,07	19,01	2,01	<0,05



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Since any sports activity is carried out in specific conditions, and in wrestling the conditions of activity are dictated by the existing rules of competition, that is why the purpose of our work is to highlight the place and importance of studying the rules of competition at the basic stage of technical and tactical training of the wrestler.

At the basic stage of technical and tactical training, wrestlers master preparatory and specialized actions, basic wrestling techniques based on the study of their semantic biomechanical models. It is the technical implementation of wrestling techniques that is evaluated by the rules of the competition and based on this assessment, the winner in a sports match is determined. At the same time, the method of technical and tactical training should be based on the use of basic didactic principles and the use of this training method, and the content of training should be correlated with the rules of wrestling, since they directly highlight permitted and prohibited technical actions, determine assessments for conducting technical actions, formalize the requirements for organizing and conducting a competitive duel between wrestlers. Proceeding from this, the

didactic value of the rules of competition at the basic stage of technical and tactical training is to determine the totality of preparing and specialized actions, clarify the content and volume of basic techniques, formalize and streamline the simulated typical conflict situations of the duel. The approach proposed by us at the basic stage of technical and tactical training will allow: to create the necessary basis for the further successful development of techniques and tactics of struggle; to create prerequisites for the development of many tactical options for the application of technical actions in simulated variable-conflict situations of struggle; to develop in students situational thinking and imaginative perception of actions that develop in the process of conflict interaction with the enemy.

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