

# Methods of Improving Technical Training of Belt Wrestlers

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**Annotation:** In this research paper, the role of the quality of flexibility in the training and development of belt wrestlers in technical movements in the competition process and the effective scientific basis are given.

**Keywords:** physical training, technical training, training process, mass sports.

## Introduction.

Since the first years of independence in the Republic of Uzbekistan, special attention has been paid to the development and popularization of physical culture and sports. Despite the fact that many efforts are being made in Uzbekistan to further develop physical culture and mass sports, the issues of sports training, as a pedagogical process, remain open.

## Topicality.

In Uzbekistan, the national types of wrestling - kurash and belbogly kurash (belt wrestling) are very popular. Federations in these sports are actively engaged, with the aim of further development and popularization of national wrestling not only in our country, but also in the world. International competitions that have been held since 1998 have shown the leadership of our wrestlers among others, but over the years we see that

leadership does not always belong to our representatives, and wrestlers from different countries have mastered the technical and tactical skills of belt wrestling, quite successfully. [2.4] In this regard, the further search for ways to improve the sports training of wrestlers becomes the most relevant. [2]

Technical training is known to play an important role in achieving high competitive results in belt wrestling. Improving the quality of flexibility plays a key role in improving the technical training of belt wrestlers. You can achieve the expected results by developing this physical quality. Here it is necessary to correctly build the methodology of the training process, according to the laws of long-term sports training. [1.3] Especially important is the correctness of technical training at the stage of improving sportsmanship. [4.5]

**The purpose of the study:** to develop a methodology for improving the quality of flexibility in order to improve the indicators of technical training of wrestlers on belts.

### Objectives of the study:

1. Determine the initial level of physical and technical training of wrestlers
2. To develop a methodology for improving the technical training of wrestlers on belts by improving the quality of gibbiness

**Research methods:** theoretical analysis, pedagogical testing, pedagogical experiment, methods of mathematical statistics

**Organization and materials of the study.** The study took place in January - April 2021, the wrestlers were formed into two groups: control and experimental (n-10).. Taking into account the level of development of technical training of wrestlers at the competitions, data on the dynamics of competitive activity for the study period were analyzed.

In order to determine the level of development of technical training of wrestlers on belts, control testing was conducted at the beginning of the study.

In the experimentally organized training process, the following tasks were solved - to master the techniques, countermeasures and defense options that best meet the individual characteristics of the athlete (the quality of flexibility) of all types of equipment;

- take into account the peculiarities of the technique of struggle of the main competitors and choose technical actions that will give good results in the fight against them;
- pay more attention to the quality of technical actions and flexibility, which makes it possible to increase the possibilities of using more than studied technical actions;
- the use of special exercises that can be used in combinations and compounds with the techniques available in the wrestling reserve;

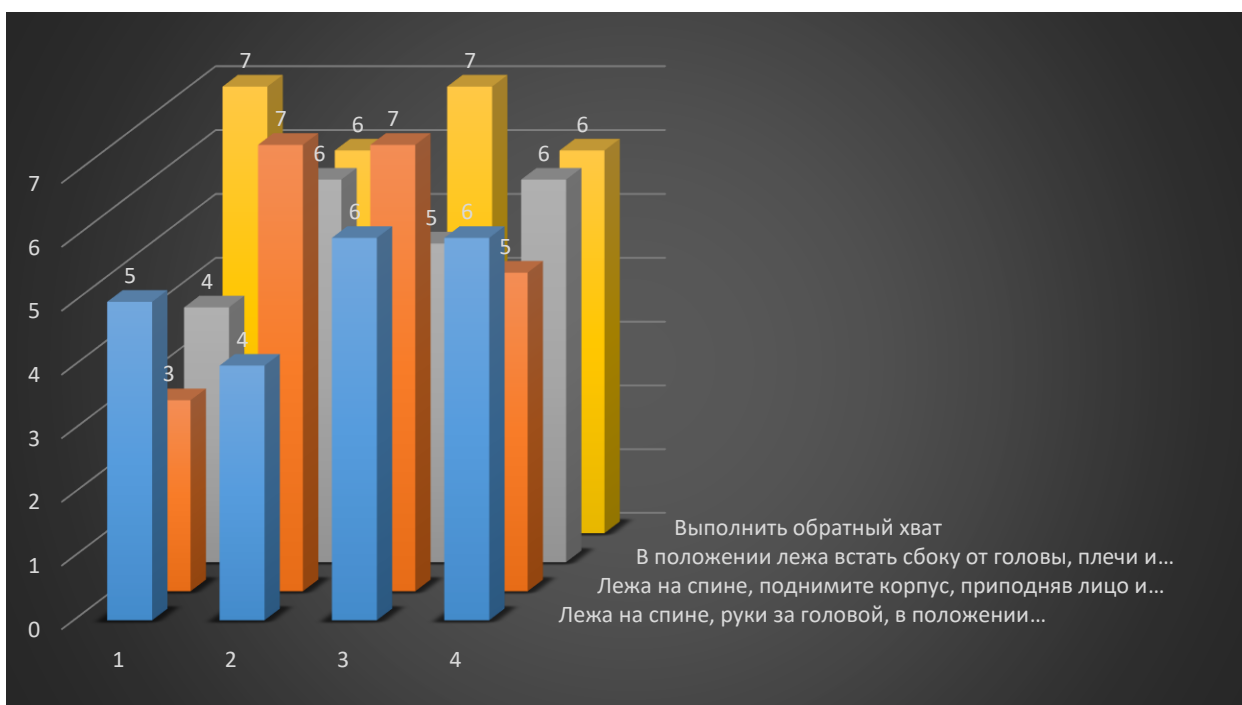
- master the basics of technology and general motor skills, eliminating unnecessary movements and excessive muscle tension;

Focus on the development of technical skills during training is one of the most important conditions for the training of wrestlers. The results recorded by testing, before the pedagogical experiment, showed almost the same initial level of development of the studied indicators in wrestlers.

**Table -1**

**The results of the pedagogical experiment of technical actions of wrestlers on belts. (n=10)**

№	Testing exercises	Indicators			
		At the beginning of the study		At the end of the study	
		Experi- mental group	Control group	Experi- mental group	Control group
1.	Lying on your back, hands behind your head, in the "bridge" position (for 10 seconds)	50,45±	40,35±	60,45±	60,35±
2.	Lying on your back, lift the body, lifting your face and legs.	30,22±	70,34±	70,22±	50,34±
3.	In the supine position, stand on the side of the head, shoulders and legs on the left side, without completely raising the torso.	40,23±	60,69±	50,23±	60,45±
4.	Perform a reverse grip	70,16±	60,39±	70,16±	60,49±



**1-diagram. The results of the pedagogical experiment of technical movements of wrestlers on belts**

**In conclusion**, the level of physical qualities plays an important role in improving the technical training of belt wrestlers. In addition, flexibility is important for improving movement technique. Exercises that develop flexibility should increase the amplitude of the direction of movement of body parts. The flexibility reserve acquired a young athlete with such training makes it much easier for him to perform movements in his chosen sport. To develop flexibility, it is necessary to use a variety of exercises from various sports, global exercises in motion (with objects and without), combine flexibility exercises with exercises to strengthen joints and muscles. The pace of flexibility exercises should be chosen depending on their nature and purpose, as well as the level of training of the participants

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