

Planning the Training Process for Qualified Greco-Roman Wrestlers

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Annotation: The article substantiates the methods of teaching the technical and tactical actions of Greco-Roman wrestlers in the annual cycle.

Key words: physical development, technical training.

Relevance of the research problem.

In Uzbekistan, the "Law on Physical Culture and Sports" was amended and reissued three times (1992;2000;2015), which led to the best results in the international arena and within the country. As well as a number of government resolutions on the development of physical culture and specific sports aimed to improve the achievement of the highest sports results. One of the priority sports is Greco-Roman wrestling, which is one of the ancient sports. According to historical data, Greek-Roman wrestling originated from the time of the ancient Greeks and the Roman Empires. This type of wrestling has been Olympic since 1896.[6,9,12,14]

The successful performance of Greco-Roman wrestlers in competitions depends on the level of systematic training of athletes. A distinctive feature of modern Greco-Roman wrestling is a large load during fights at competitions. Proper planning of the educational and training process of Greco-Roman wrestlers is necessary throughout the training. The increase in the level of development of wrestling in the Greco-Roman style is associated with the improvement of the fundamental foundations for the optimal planning of the loads of Greco-Roman wrestlers. [8,11,15]

In the theory and methodology, the issues of optimal planning of the educational and training process are considered. From the analysis of scientific literature and the experience of sports practice, it follows that among the decisive factors for the successful performance of wrestlers includes and plays an important role in the annual cycle of training wrestlers. But the planning of the educational and training process of highly qualified Greco-Roman wrestlers in the annual cycle, taking into account modern changes in the rules of the competition, the opinions of specialists are different and remain problematic. In this regard, there is a need to optimize the annual cycle of preparation for the Olympic Games by searching for new, more rational ways to solve this problem, which determines the relevance of the work. [7,10,13]

The purpose of the study.

Optimization of the planning of the educational and training process of highly qualified Greco-Roman wrestlers in the annual cycle of preparation for the competition.

The hypothesis of the study.

It was assumed that the use of multi-cycle planning of the annual training cycle would increase the level of preparedness and quality of performance at responsible competitions of highly qualified Greco-Roman wrestlers.

Novelty of work.

The work will present a plan of the educational and training process of highly qualified Greco-Roman wrestlers in the annual training cycle, contributing to the development of training necessary in competitions.

Objectives of the study.

1. Study of the system of organization of training in the annual cycle of training highly qualified wrestlers of the Greco-Roman style.
2. Drawing up an effective annual cycle plan for highly qualified Greco-Roman wrestlers.
3. Based on the results of the study, develop recommendations and introduce highly qualified Greco-Roman wrestlers into the training process.

Pedagogical experiment and testing on physical and technical training:

It was carried out in order to determine the effectiveness of the program of the educational and training process developed by us for highly qualified Greco-Roman wrestlers in the annual cycle, the effectiveness of methods of current control over the level of preparedness. During the pedagogical experiment, a set of exercises for physical and special-motor (technical) training were checked and put 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:

- 1) running on (sec);30 метров
- 2) pull-up on the crossbar (number of times);
- 3) running on (sec);1500 метров
- 4) 10 throws through the back (sec);
- 5) shuttle run 3x10 meters (sec).

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

Organization of research:

The considered construction of the annual training cycle on the basis of multi-cycle planning also avoids a departure from the principles of traditional periodization of annual training and the not infrequently imposed approach, according to which one-year training after a relatively short preparatory period should be viewed only through the prism of intensive competitive activity, filling the intervals between competitions with short periods of rest, supportive training and direct preparation for the next starts.

Table 1
Proposed plan for a multi-cycle (six)year training cycle

1-cycle			2-cycle			3-cycle			4-cycle			5-cycle			6-cycle		
Podg-th p.	Sorev-th p.	Pereh-th p	Podg-th p.	Sorev-th p.	Pereh-th p	Podg-th p.	Sorev-th p.	Pereh-th p	Podg-th p.	Sorev-th p.	Pereh-th p	Podg-th p.	Sorev-th p.	Pereh-th p	Podg-th p.	Sorev-th p.	Pereh-th p
4 weeks	2 weeks	2 weeks	3 weeks	3 weeks	2 weeks	3 weeks	3 weeks	2 weeks	4 weeks	2 weeks	2 weeks	2 weeks	4 weeks	2 weeks	2 weeks	4 weeks	2 weeks
160 hours	80 hours	80 hours	120 hours	120 hours	80 hours	120 hours	120 hours	80 hours	160 hours	80 hours	80 hours	80 hours	160 hours	80 hours	80 hours	160 hours	80 hours
Preparation for the championship Uzbekistan			Preparation for the Asian Championship			Preparation for test competitions			Preparation for qualifying tournaments			Preparation for test competitions			Preparations for the Olympic Games		

320 hours	320 hours	320 hours	320 hours	320 hours	320 hours	320 hours	320 hours	320 hours	320 hours	320 hours	320 hours
1920 hours											
IX	X	XI	XII	I	II	III	IV	In	WE	VII	VIII
Annual cycle											

In order to obtain a quantitative assessment of the relationship between the level of physical fitness and technical training, it can be judged by the results of testing and pedagogical observations. A mathematical-static analysis was carried out, at the beginning of the research the control and experimental groups were homogeneous, at the end of the studies the indicators of both groups changed (Table No. 2; 3;).

An analytical review of the scientific and methodological literature showed that at present the literary sources contain quite a lot of information about the planning of the training process of highly qualified Greco-Roman wrestlers. However, to date, there are no purposeful methodological recommendations for optimizing the planning of the training process in the annual cycle, contributing to the effective development of sports results in the Olympic Games. As a result of the study, we found that by the end of the pedagogical experiment, the level of physical and technical fitness had increased in the control and experimental groups, however, the experimental group training, according to the proposed plan, showed the highest results.

Thus, the statistical analysis obtained in the pedagogical experiment indicates the advantage of six-cycle planning in the annual cycle of training highly qualified Greco-Roman wrestlers. The results of the studies also reveal the effectiveness of the developed training plan, which is based on a six-cycle planning of the annual cycle. The use of the developed plan contributes to the effective and purposeful management of the training process. And also has a positive effect on the competitive activity of wrestlers

Table 2
Test scores of the experimental group and the control group before the experiment

№	F.I.	experimental group					№	F.I.	control group				
		1	2	3	4	5			1	2	3	4	5
1	E-in	4,8	14	315	12,9	6,9	1	A-b	4,8	16	320	12,8	6,8
2	E-c	4,8	15	321	13,3	7,1	2	In-v	4,8	15	330	13,4	7
3	In-v	4,8	15	312	12,6	6,8	3	K-v	4,9	15	315	12,7	6,9
4	S-v	4,9	15	330	12,8	7,2	4	X-v	4,8	15	320	12,9	7,3
5	M-v	5	14	329	12,5	7,1	5	F-v	4,8	15	319	12,6	7,1
6	K-v	5	15	325	13,4	6,8	6	L-v	4,8	16	315	13,5	6,9
7	L-v	4,8	14	314	13,9	6,7	7	U-v	4,6	14	324	13,8	6,6
8	D-v	4,8	15	322	12,7	6,9	8	Fro m-in	4,8	15	332	12,8	6,8
9	F-v	4,9	14	316	13,5	6,8	9	U-c	4,9	16	326	13,6	6,9
10	H-v	4,8	14	316	13,1	6,8	10	E-in	4,8	15	326	13,2	6,7
11	U-v	4,9	15	325	12,4	6,9	11	S-v	4,8	13	315	12,2	6,8
12	X-v	5	14	326	13,6	6,7	12	W-v	4,7	16	329	13,4	6,8
average		4,88	14,50	320,9 2	13,06	6,89	average		4,79	15,08	322,5 8	13,08	6,88
stud.reje ct		0,09	0,52	6,17	0,48	0,16	stud.rejec t		0,08	0,90	6,10	0,48	0,19
V%		1,78	3,60	1,92	3,69	2,35	V%		1,65	5,97	1,89	3,66	2,69

Table 3
Testing indicators of the experimental group and the control group after the experiment

№	F.I.	experimental group					№	F.I.	control group				
		1	2	3	4	5			1	2	3	4	5
1	E-in	4,6	17	310	13,2	7	1	A-b	4,7	16	320	12,9	6,9
2	E-c	4,5	18	312	12,3	6,9	2	In-v	4,6	15	329	12,3	6,9
3	In-v	4,6	16	302	13,1	6,9	3	K-v	4,8	15	318	13,1	6,9
4	S-v	4,6	15	320	12,4	6,8	4	X-v	4,8	15	318	12,4	6,8
5	M-v	4,7	18	322	12,2	7,1	5	F-v	4,8	15	315	12,2	7
6	K-v	4,7	15	320	13,8	7	6	L-v	4,7	16	310	11,5	7,1
7	L-v	4,5	15	311	13,3	6,7	7	U-v	4,7	14	311	13,3	6,7
8	D-v	4,6	15	308	12,8	6,8	8	Fro m-in	4,8	16	308	12,8	6,6
9	F-v	4,7	18	312	12,3	7	9	U-c	4,8	17	312	12,3	6,8
10	H-v	4,6	18	315	12,5	6,8	10	E-in	4,7	16	315	12,5	6,8
11	U-v	4,7	17	321	11,2	6,7	11	S-v	4,7	14	321	12,2	6,7
12	X-v	4,7	18	331	13,9	7	12	W-v	4,7	17	331	13,9	7
average		4,63	16,67	315,33	12,75	6,89	average		4,73	15,5	317,33	12,62	6,85
stud.reject		0,08	1,37	7,78	0,76	0,13	stud.reject		0,07	1,00	7,16	0,63	0,14
V%		1,63	8,22	2,47	5,96	1,90	V%		1,38	6,45	2,26	4,97	2,11

Findings

1.A review of the scientific and methodological literature showed that at present the literary sources contain a lot of information about the educational and training processes of training highly qualified Greco-Roman wrestlers. However, to date, there are insufficient targeted methodological recommendations for improving the training process in the annual cycle of preparation for the Olympic Games that contribute to the effective planning of training loads.

2. As a result of the study, we found that by the end of the pedagogical experiment, the level of technical, tactical, physical and psychological fitness had increased in the control and experimental groups. However, the experimental group training, according to the developed program of training sessions, showed the highest results. The results of the studies reveal the effectiveness of the developed program of technical and tactical the training of highly qualified Greco-Roman wrestlers in the annual cycle.

3.The use of the developed plan of the six-cycle annual cycle of training, contributed to the desired results. And also positively influenced the competitive activities of highly qualified wrestlers of the Greco-Roman style

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