

Efficiency of Technical and Tactical Actions of 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 use of the developed program of distribution of training loads for the development of the sides of preparedness that contributes to the development of technical and tactical preparedness through the selection of various tactical solutions allows to effectively and purposefully manage the training process in the pre-competition period.

Key words: PFT - general physical training; SFP - special physical training; TTP - technical and tactical training; SPC - special comprehensive training.

The relevance of the work. - In modern conditions, the interest of scientists, philosophers, sociologists, psychologists, physiologists and representatives of a number of other scientific disciplines has increased in clarifying the essence of the science of sports, the laws of its development, in understanding the psychofunctional and physical reserve capabilities of the human body.

The path that the science of sports has passed, attracting the attention of an increasing number of representatives of various fields of knowledge, allows us to seriously raise and discuss the issue of the formation of a unified science of sports at the present stage.[1,4,6]

There is a huge number of works that reveal the exceptional and multifaceted role of highly active purposeful activity as a factor in self-development, self-improvement, self-education, self-expression, self-affirmation and education of a person. [2,7,12]

According to various historical data, another 3 thousand years BC. e. in China, a "day of wrestling" was held and there were schools in which various wrestling techniques were taught.

Cultural monuments dating back to the period of the history of Ancient Egypt confirm the popularity of wrestling, the various techniques of which are imprinted on the walls of the tomb in the village of Beni Gassan (266 BC). Wrestling is one of the most ancient types of physical exercises related to martial arts. [3,9,11]

The need to form a system of knowledge about sports as a single science, to develop methods for its knowledge is dictated by both the demands of practice and the needs of developing theoretical and methodological problems of the science of sports itself as an independent scientific discipline in the system of sports sciences.[5,8,10]

The aim of the study is to optimize the technical and tactical training of Greco-Roman wrestlers in order to achieve high results in competitive activities.

The study was conducted during the training process, in the pre-competitive period of the annual cycle. Greco-Roman wrestlers of the training group of sports improvement of the year of study (CMS and MS) took part in the study.

Control tests were carried out at the beginning and at the end of the ongoing pedagogical experiment. The structure of general physical fitness was assessed using a set of control and pedagogical tests. Organization of the training process during the pedagogical experiment was carried out according to the developed program. The purpose of the control and pedagogical tests was to identify the effectiveness of the Greco-Roman wrestlers' training process in the pre-competitive period. The research was carried out in the city of Chirchik, with the participation of Greco-Roman wrestlers, in the amount of 20 people. The studies were carried out according to the following plan from 4.09. by 4.11. Note: OFP - SFP - TTP - SKP.

As a result of 10 input values of technical and tactical actions of wrestlers, using an automated program, 8 indicators were obtained that characterize the competitive activity of Greco-Roman style wrestlers. A large

amount of processed information determined that the average value of the TTD indicators of the study participants is. (Table 1)

As a result of 18 indicators, digital data on TPP were obtained. After the training process for the experimental group, a number of tips were recommended to increase the further development of the preparedness sides.

It is recommended to improve the integral characteristics of technical and tactical mastery, such as:

1. Focusing on the effectiveness of the implementation of attacking actions up to 70%, especially the implementation of set pieces (the attack efficiency ratio).

2. Conduct training bouts with stronger partners (protection reliability should be at the level of 30%)

Pay attention to ways to protect against the following technical actions:

- passages to the body (miss 32%);
- throws over the shoulders (miss 35%);
- throws through the back (miss 35%);
- tilt throws (miss 30%);
- coasting rolls (miss 37%);
- coups by reverse grip of the torso (miss 44%).
- protection from the implementation of standard provisions (31% do not have time).

Table 1
 Technical action Greco-Roman wrestling

№	Technical actions	Skip%
1	passages to the body	32
2	shoulder throws	35
3	back throws	35
4	tilted throws	30
5	coasting coups	37
6	body rollovers	44
7	defense against implementation of standard provisions	31

In the training process, the value of the wrestlers' loads was taken into account and controlled.

For the group, it was recommended to increase the intensity of the loads, with the exception of one. By the end of the training camp, only one wrestler's performance was unsatisfactory.



1-diagram. Technical action Greco-Roman wrestling

Conducted tests on orientation and specialization to analyze the state of the group. As a result of the analysis of the test indicators for GPP and SPT of the group at the end of the study, the wrestlers, on average, improved the control standards by 5.3% compared to the initial indicators.

It is recommended to increase the focus of training processes of a speed-strength and explosive nature, taking into account the specifics of competitive activity for the entire group.

Findings

1. Analytical and review of scientific and methodological literature showed that at present the literary sources contain a lot of information about the educational and training processes of preparing Greco-Roman wrestlers. However, targeted methodological recommendations for improving the training process in the pre-competitive period, which contribute to the effective distribution of training loads for the development of training sides, are insufficient today, taking into account the requirements of modern competition rules.
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 readiness 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 conducted research reveal the effectiveness of the developed program of technical and tactical readiness of Greco-Roman wrestlers in the pre-competitive period.
3. The use of the developed program for the distribution of training loads on the development of sides of readiness, which contributes to the development of technical and tactical readiness through the choice of various tactical decisions, allows you to effectively and purposefully manage the training process in the pre-competitive period. It also has a positive effect on the competitive activity of Greco-Roman wrestlers.

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