

Methods of Development of Improvement of Special Physical Training of Sambists

Bayturaev Yerlan Isakovich

Uzbek State University of Physical Culture and Sports

Associate Professor of the Department of Theory and Methods of International Wrestling Chirchik,
Uzbekistan

Annotation: This article presents scientific research on ways to improve the general and special physical training of sambists in the training process.

Keywords: physical training, technical training, tactical training, methodology, training process.

Under the speed abilities of the athlete should be understood a complex of functional properties that ensure the performance of motor actions in the minimum time. There are elementary and complex forms of manifestation of speed abilities. Elementary forms are manifested in the latent time of simple and complex motor reactions, the speed of performing a single movement with insignificant external resistance, the frequency of movements. It should be borne in mind that speed abilities in all elementary forms of their manifestation are mainly determined by two factors: the efficiency of the neuromotor mechanism and the ability to quickly mobilize the composition of motor action. The first factor is largely genetically determined and is improved to a very small extent. Thus, the time of a simple reaction in persons who are not involved in sports usually ranges from 0.2-0.3 s, in qualified athletes - 0.1-0.2 s. Thus, in the process of training, the reaction time usually cannot be increased by more than 0.1 s. The second factor is amenable to training and represents the main reserve in the development of elementary forms of speed. Therefore, the speed of a particular motor action is ensured mainly by adapting the motor apparatus to the given conditions for solving the motor problem and mastering rational muscular coordination, contributing to the full use of the individual capabilities of the nervous muscular system inherent in this person.

Flexibility is understood as the morphofunctional properties of the apparatus of movement and support, which determine the amplitude of the athlete's movements. The term "flexibility" is more acceptable for assessing total mobility in the joints of the whole body. When it comes to individual joints, it is more correct to talk about their mobility (mobility in the ankle joints, mobility in the shoulder joints, etc.). Flexibility largely determines the level of sportsmanship in various sports. With insufficient flexibility, the process of mastering motor skills becomes more complicated and slows down, the level of manifestation of strength, speed and coordination abilities is limited, intramuscular and intermuscular coordination deteriorates, the efficiency of work decreases, the likelihood of damage to muscles, tendons, ligaments and joints increases. Insufficient level of flexibility is also the reason for the decrease in the effectiveness of training aimed at developing other motor qualities. It is known that insufficient mobility in the joints does not allow to properly use the elastic properties of pre-stretched muscles to increase the effectiveness of strength training, limits the possibilities of training methods aimed at improving the efficiency of work, increasing the power of working movements, improving coordination abilities. Different sports have specific requirements for flexibility, which is primarily due to the biomechanical structure of the competitive exercise.

Human strength should be understood as its ability to overcome resistance or counteract it through muscle activity. Strength can manifest itself in the isometric (static) mode of muscle operation, when they do not change their length under tension, and in the isotonic (dynamic) mode, when tension is associated with a change in muscle length. In the isotonic mode, two options are distinguished: concentric (overcoming), in which resistance is overcome by muscle tension with a decrease in their length, and eccentric (yielding), when resistance is counteracted with simultaneous stretching, increasing muscle length. There are such basic types of power qualities: maximum strength, speed force and power endurance. Maximum strength should be understood as the highest capabilities that an athlete is able to show with the maximum voluntary muscle contraction. The level of maximum strength is manifested in the magnitude of external resistances that the athlete overcomes or neutralizes with a complete voluntary mobilization of the capabilities of the neuromuscular system. The maximum strength of a person should not be identified with absolute strength,

which reflects the reserve capabilities of the neuromuscular system. As studies show, these possibilities cannot fully manifest themselves even with extreme volitional stimulation, but can be detected only in conditions of special external influences (electrical stimulation of muscles, forced stretching of extremely reduced muscles). Maximum strength largely determines the sports result in such sports as weightlifting, athletic throwing, jumping and sprinting, various types of wrestling, gymnastics.

The purpose of the study was to develop recommendations for the development of physical qualities of sambists 11-12 years old.

Based on the objectives of the study, the following **tasks** were chosen:

- to study ways to develop the quality of flexibility in young people;
- techniques with and without objects in the development of the amplitude of exercises;
- to study ways to improve the quality of endurance;
- To study ways to improve the quality of speed in young men;
- To study ways to improve the quality of strength in young people.

Table 1 Resource requirements by component

Dynamics of the results of the implementation of technical techniques of the experimental and control groups (at the beginning)

№	Throw over the back		Throw over the shoulder		Throw over the shoulders	
	Eth Group	K-th group	Eth Group	K-th group	Eth Group	K-th group
1	15,2	15,2	15,9	15	15,2	15,2
2	15,9	15	15,8	15	15,6	15,6
3	15	15	15,8	15,8	15,7	15,7
4	15,8	15	15,2	15,2	15,9	15
5	15,2	15,2	15,9	15	15,2	15,2
6	15,9	15	15,8	15,8	15,8	15
7	15,4	15,4	15,6	15,6	15,1	15,1
8	15,9	15	15,8	15	15,6	15,6
9	15,8	15,8	15	15	15,6	15,6
10	15,6	15,6	15,8	15	15,2	15,2
	155,7	152,2	156,6	152,4	154,9	153,2
\bar{X}	15,57	15,22	15,66	15,24	15,49	15,32
σ	0,33	0,27	0,309	0,34	0,288	0,27

Based on the results, an experimental group was organized to perform the anaerobic exercises we selected on a regular basis during each workout.

In the preparatory part of the exercise, anaerobic exercises were chosen, which were used in the preparatory part.

1. Short-distance running.
2. Moximon run (5 meters).
3. Bend your arms 5 times in 10 seconds and sit down.
4. From the standing position in front of the partner, the hands are transferred to the support position, and the arms are bent and unbent once, and the method is performed once standing (repeat after 15 seconds).
5. Swim 20 meters in the pool. (one day a week)
6. Running exercises, holding the opponent by the pelvis, holding him by the shoulders and arms (pushing and pulling up).

Table 2 Resource requirements by component
Dynamics of the results of the implementation of technical techniques of the experimental and control groups (in skate)

№	Throw over the back		Throw over the shoulder		Throw over the shoulders	
	Eth Group	K-th group	Eth Group	Eth Group	K-th group	Eth Group
1	14,2	15,2	14,2	15,9	14	15,2
2	14,2	15,9	14,1	15,8	14,2	15,6
3	14,6	15	14,5	15,8	14,5	15,7
4	14,4	15,8	14,4	15,2	14,4	15,9
5	14,5	15,2	14,6	15,9	14,6	15,2
6	14,5	15,9	14,4	15,8	14,4	15,8
7	14,6	15,4	14,4	15,6	14,4	15,1
8	14,2	15,9	14,1	15,8	14,2	15,6
9	14,1	15,8	14,2	15	14,2	15,6
10	14,2	15,6	14	15,8	14	15,2
	143,5	155,7	142,9	156,6	142,9	154,9
\bar{X}	14,35	15,57	14,29	15,6	14,29	15,4
σ	0,17	0,343	0,19	0,30	0,20	0,28
t_{ct}	11	2,5	12,4	3	10,9	1,41
P	P<0,001	P>0,01	P<0,001	P>0,01	P<0,001	P>0,1

Conclusion:

For a complex effect on the strength abilities of the participants and increase the excitement of training, it is necessary to use such exercises, pair and group exercises with resistance, the struggle "fight for the ball", acrobatics, gymnastic exercises on projectiles, etc.

If the main task for middle-aged adolescents is the development of muscles in general, without focusing on this, it is necessary to focus on the development of muscle groups that are crucial in such a chosen sport, then in the training of older adolescents more attention should be paid to the development of this muscle group. At the same time, it is necessary to take into account the "structural compatibility" of strength exercises with the main (competitive) exercises. The first step is to choose the right tools. An appropriate physical activity similar to the main exercise program should be developed.

Studies have shown that the correct systematization of the levels of physical fitness of young athletes is important for mastering their technique. The development of special physical qualities in the development of technical techniques is a vivid proof of this in the competitive process

References

1. Tastanov N.A. – "Theory and Style of Wrestling Types" Lesson. T. 2015.
2. Bayturayev E.I. "Theory and Style of Sambo Wrestling" T., 2016.
3. Bayturayev E.I., Odilov B.B. Sports pedagogy mahoratini oshirish. T., 2017.
4. Tastanov N.A. – "Theory and Style of Wrestling Types" Lesson.T. 2017.
5. Bayturayev E.I., Odilov B.B. Sports pedagogy mahoratini oshirish. T., 2019.
6. Bayturayev E.I., Radjapov M.A., Odilov B.B. "Theory and Style of International Fighting Types" Lesson T. 2020
7. V.N. Platonov - System of training athletes in Olympic sports. General theory and its practical applications Approved by the Ministry of Education and Science of Ukraine as a textbook for students of higher educational institutions of physical education and sports Kiev • Olympic literature • 2004
8. Kerimov F.A. Theory and Style of Sports Wrestling. T., 2009.
9. Ташназаров Д. Ю. ЭРКИН КУРАШЧИ ҚИЗЛАРНИНГ ЖИСМОНИЙ СИФАТЛАРИНИ РИВОЖЛАНТИРИШ //Фан-Спортга. – 2019. – №. 4. – С. 56-60.
10. Yuldashevich T. J. THE ROLE OF MODERN DEVELOPMENT IN TECHNICAL PREPARATION //European Journal of Research and Reflection in Educational Sciences Vol. – 2019. – Т. 7. – №. 11.

11. Xolmatov, Azizjon Ibrohimovich, Djasur Yuldashevich Tashnazarov, and Oybek Nuritdinovich Kurganov. "YUNON-RIM KURASHCHILARIGA TEXNIK USULLARNI O „RGATISHDA MODELLASHTIRISH USULINING SAMARADORLIGI." *Academic research in educational sciences* 2.4 (2021): 1708-1716.
12. Tashnazarov D. Y. KURASHCHILARNI TEKHNİK TAYYORGARLIKLARINI RIVOZHLANTIRISDA MODELLASHTYRISHNING ŸRNI // KHABARSHYSY. – 2019. – T. 4. p. 58.
13. Tashnazarov J. Y. THE EFFICIENCY OF MODERN TEACHING IN TECHNICAL GREETOMERS // Вестник КГУ им. Бердаха. №. – 2020. – Т. 4. – С. 91.
14. Yuldashevich T. J. Application Of The" Crossfit" System in Sports Training of Highly Qualified Greco-Roman Style Wrestlers //Texas Journal of Multidisciplinary Studies. – 2022. – Т. 4. – С. 68-70.
15. Tursunov Sh. S., Tashnazarov D. Y. ISSLEDOVANIE OTSATURAB SPORTIVHEZHNOEZHESTVENNYKH CLASSES PO TYPES OF MARTIAL ARTS // PROBLEMS AND PROSPECTS OF PHYSICAL EDUCATION, SPORTS TRAINING AND ADAPTIVE PHYSICAL CULTURE. – 2016. – S. 380-381.
16. Usmankhodjaev T. S., Tangriev A. Zh., Tashnazarov D. Y. ORIENTAL MASSAGE AS A NATURAL AND EFFECTIVE METHOD OF RESTORING AND STIMULATING THE FUNCTIONS OF YOUNG WRESTLERS // PROBLEMS AND PROSPECTS OF PHYSICAL EDUCATION, SPORTS TRAINING AND ADAPTIVE PHYSICAL CULTURE. – 2016. – S. 612-613.
17. Tashnazarov D. Yu., Tursunov SH. S. SPORTIVNYE KONTSIIVA I OBRAZOVANIE ATHLETEA // PROBLEMY I PROSPECTS OF PHYSICAL EDUCATION, SPORTS TRAINING AND ADAPTIVE PHYSICAL CULTURE. – 2016. – S. 610-611.
18. Usmankhodjaev T. S., Umarov D. Kh., Tashnazarov D. Y. Formation of a healthy lifestyle of youth by means of folk games with access to mass sport // Man, health, physical culture and sport in a changing world. – 2016. – P. 569-571
19. Tursunov Sh. S., Tashnazarov D. Yu., Islomov I. S. SUBJECTIVE AND OBJECTIVE INDICATORS OF SELF-CONTROL // PROBLEMS AND PROSPECTS OF PHYSICAL EDUCATION, SPORTS TRAINING AND ADAPTIVE PHYSICAL CULTURE. – 2016. – S. 382-383.
20. Yuldashevich T. J. Methodological Features of The Application of Unconventional Means of General Physical Training in The Teaching and Training Process of Young Greco-Risk Style Wrestlers //Texas Journal of Multidisciplinary Studies. – 2022. – Т. 4. – С. 58-62.
21. Yuldashevich T. J. Application Of the Means of Hatha Yoga as An Unconventional Pedagogical Technology In The Organization of Physical Education at The University //Texas Journal of Multidisciplinary Studies. – 2022. – Т. 4. – С. 63-67.
22. N.A.Tastanov. Sh.S.Tursunov. J.Y. Tashnazarov. - ABOUT THE REASONS FOR THE UNSUCCESSFUL PERFORMANCE OF THE NATIONAL TEAM OF UZBEKISTAN IN GRECO-ROMAN WRESTLING AT THE OLYMPIC GAMES TOKYO-2020. JOURNAL OF NEW CENTRY INNOVATIONS. Volume – 1_ march 2022. 405.