

Efficiency of Modeling Methods in Sports Training of Greco-Roman Wrestlers

Kubitdinov Jamshed Abdurakhmonovich

Uzbek State Foam University of Physical Culture and Sports
Lecturer at the Department of Theory and Methods of International Wrestling

Abstract: The relevance of the work lies in the fact that physical culture and sports serve as an important means of preserving and strengthening human health. The importance of physical culture and sports in the multifaceted process of educating a person, developing his physical qualities, strengthening health, and increasing efficiency is undeniable

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The relevance of the work lies in the fact that physical culture and sports serve as an important means of preserving and strengthening human health. The importance of physical culture and sports in the multifaceted process of educating a person, developing his physical qualities, strengthening health, and increasing efficiency is undeniable. Various types of wrestling play an important role in the system of physical education, which contributes to the upbringing of a healthy generation. [1] There are enough studies aimed at studying ways to improve physical education and sports training. So V.M. Koretsky, in the course of research, developed a three-block model for physical education specialists. Model includes:

- the first block - the personality block (functions of morality, ideology, spirituality and other qualities, mind, level of spiritual development).
 - the second block - the block of professional activity, (the totality of all types of labor and the main work of a specialist and the tasks to be solved.
 - the third block - a block of knowledge, skills, knowledge, skills in performing certain tasks of the profession.
- Other researchers suggested (V.I. Kozlovsky et al., 1978) proposed a block model of athlete training, consisting of three levels.
- the first level - the result of the athlete's actions during attacking or defensive technical actions
 - the second level - improvement of technical and tactical training, special physical and psychological training
 - the third level - characteristics of functional training, morphological features, sports experience [1,5,8]. Thus, having studied the possible methods of modeling in sports training, we assumed that the use of the modeling method would be effective in the preparation of Greco-Roman wrestlers.

The purpose of the study: to determine the effectiveness and applicability of the modeling method in the sports training of Greco-Roman wrestlers

Research objectives:

- To analyze the scientific and methodological literature on the application of the modeling method in sports training.
- To study the role and effectiveness of modeling methods in the training of Greco-Roman style wrestlers in technical actions.

It is known that the modeling method is used in many sciences, especially in cybernetics, biology, medicine, pedagogy, sports. All models are divided into categories depending on their formation. The materialistic conceptual model is reflected as a tool in organizing the division into categories, focusing on further knowledge in the reconstruction of an event [1,2,3].

The following types of models are also proposed, taking into account the nature of the developed aspect

- 1) meaningful;
- 2) structural;
- 3) functional;
- 4) mixed;

A.N. Kochergin divides modeling into 3 types:

- 1) functional - imitation of symbolic behavior;
- 2) informational, embodying the processes occurring in the image only in informational aspects;
- 3) substrate - structural, taking into account not only the behavior of the system, but also its material basis. [1,6,8].

In the scientific literature, there are several more types of modeling and prototyping.

Although there is a big difference between these types of models, and it is advisable to determine the scope of their application in modeling and reliability in sports activities [1,4,7].

A survey was conducted to study the level of knowledge of current trainers about the modeling method and their attitude towards it. The test questionnaire was developed on the basis of conversations between coaches who have been working in the field of wrestling for many years.

In the course of a survey of trainers participating in the study (a total of 84 people), the following was revealed:
- trainers familiar with the modeling method - 70%.

Of them:

- used the modeling method - 30%
- do not know about this method - 58%
- read in books and scientific articles - 10%
- heard about the modeling method at scientific conferences and lectures - 2%. The opinions of coaches on the need to use simulation in sports training were divided as follows:

1 modeling method is "necessary" - 88%

2 Coaches who consider the modeling method "unnecessary" - 2%

3 Coaches who consider modeling "uninteresting" - 10%

Judging by the difference in the results of the above survey, it can be seen that modeling in the field of sports occupies an important place. Although some research has been carried out in this area, foreign scientists have deepened their knowledge of modeling methods for the development of their sport.

Conclusion:

After analyzing the research of scientists and the experience of specialists, we can conclude that the modeling method can be used with high efficiency in various sports training schemes, while observing all the principles of its application. As a practical recommendation, when using the modeling method in the training of young athletes, it is necessary to carefully study the object taken as a model and take into account its shortcomings.

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