

Development of Tactical Training of Wrestlers

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Abstract: The article substantiates the methods of teaching the technical and tactical actions of wrestlers by using means from other types of wrestling.

Key words: physical development, technical and tactical training, complex attacking actions.

Presidential decrees and resolutions of the Cabinet of Ministers adopted in order to develop physical culture and sports in our country, frequent holding of many international competitions in our country, high results of Uzbek athletes at the Olympic Games and other major competitions glorify our independent republic. Taking into account the role of physical culture and sports in the healthy education of a harmoniously developed generation, targeted measures are being developed and implemented at the state level to further improve sports, increase the material and technical bases to modern standards. (1). But in order to achieve high sports results, it is still necessary to constantly search for ways to improve all aspects of sports training - physical, functional, psychological, technical and tactical. At the same time, technical and tactical skill is understood as the basic laws and principles of performing actions characteristic of various wrestlers of the highest category (2,3).

The purpose of the study: to develop a methodology for improving the tactical training of wrestlers, taking into account the indicators of competitive activity during the annual cycle of sports training.

Object of research: the educational and training process of wrestlers and the structure of their competitive activities.

Subject of research: Greco-Roman wrestlers aged 15-16 years.

Organization and materials of the study. To determine the level of tactical training of wrestlers, a number of pedagogical experiments were conducted. The number of hours allotted to wrestlers to study, perform and consolidate tactical techniques in the process of training was increased to 45%, and the features of competitive activity were also determined. The study participants were divided into two groups: control and experimental (n = 10). In September 2019, the occupying groups were tested using control test exercises and continued to participate in training from the first day of observation. For 2 months (from September 15, 2019 to November 30, 2019), the research group used targeted means to form tactical training. Exercises in the preparatory part of the training (in combination with special ones) (Wrestler exercises): running, ORU (standing and walking), SRU (walking and running in the bridge position, stretching the legs and warming up the shoulders). During the study, we taught the experimental group 2 techniques from other types of wrestling, such as grips, arm and leg movements (4).

Table 1 Resource requirements by component

Test results obtained at the beginning of the study in the control and experimental groups

№	Test exercise	Control group			t _{cr}	P	Experimental group			t _{cr}	P
		\bar{X}	S	In%			\bar{X}	s	In%		
1	4x10 m. shuttle running	10,1	0,2	1,98 %	1,33	≤0,2	9,9	0,5	5,05 %	3,5	<0,001
2	body lift (10 sec).	5,8	0,8	13,70 %	1,5	>0,1	6,6	0,8	12,1 %	5,5	<0,001
3	push-ups (10 sec).	5,8	0,8	13,79 %	1,5	>0,1	6,6	0,8	12,1 %	4	<0,001
4	npulling (once)	14,6	0,5	3,42 %	10	<0,001	15,2	1,2	7,89 %	8,8	<0,001

During the competitions of wrestlers of the Uzbek State University of Physical Culture and Sports, after the pedagogical experiment, there were no changes in the representatives of the control group, but in some cases, representatives of the experimental group used painful techniques on the hands, which were taught during the experiment.

Thus, representatives of the experimental group used elements of SAMBO techniques in the attack, that is, they formed the tactical movement created by them with the help of these elements.

The results of the study and their discussion. According to the results of the study, which lasted 2 months, there were no significant changes in the level of tactical readiness of the control group. In the experimental group, in the sequence of techniques, some elements of sambo wrestling techniques were observed, which kept the opponent in competitive fights and caused him inconvenience. If the level of tactical readiness in the control group increased from 2.5% to 3.5%, then in the research group this figure increased from 2.5% to 5.8%. These percentages were based on tactical attacks used by wrestlers during competitions (Table 2)

Table 2 Resource requirements by component
Test results obtained in the skate of the study in the control and experimental groups

№	Test exercise	Control group			t _{cr}	P	Experimental group			t _{cr}	P
		\bar{X}	S	In%			\bar{X}	s	In%		
1	4x10 m. shuttle running	10,1	0,2	1,98 %	1,33	≤0,2	9,9	0,5	5,05 %	3,5	<0,001
2	body lift (10 sec).	5,8	0,8	13,70 %	1,5	>0,1	6,6	0,8	12,1 %	5,5	<0,001
3	push-ups (10 sec).	5,8	0,8	13,79 %	1,5	>0,1	6,6	0,8	12,1 %	4	<0,001
4	pull-up (once)	14,6	0,5	3,42 %	10	<0,001	15,2	1,2	7,89 %	8,8	<0,001

Conclusion.

Athletes engaged in two different types of wrestling have been found to use certain techniques and elements in the second kind of wrestling to create tactical maneuvers for the main form of wrestling, which further enhances the tactical attack. Martial arts athletes are more likely to develop tactical attacks by applying technical elements of a different kind. Fight. According to the results of the experiment, it was found that training in the techniques of other types of wrestling also enhances their tactical training. At the same time, along with the strength and agility of the wrestlers, the level of physical fitness was also improved.

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