

Classification, Systematization and Terminology of Technical Methods in Greco-Roman Wrestling

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Abstract: The following is information and suggestions about the idea you are trying to convey.

Keywords: Physical training, physical qualities, wrestling, types of Greco-Roman wrestling.

Physical education and sports, as well as all kinds of sports, serve as an important tool for maintaining and strengthening human health. The importance of physical culture and sports in the multifaceted process of educating a person, developing his physical qualities, strengthening his health, increasing his ability to work, creating the necessary mental environment in athletes is high. Different types of wrestling play an important role in the system of physical education, which helps to educate healthy people. In particular, the Greco-Roman wrestling has its place in the system of allied education. Greco-Roman and freestyle wrestling are among the most popular Olympic sports in our country. Such widespread popularity of Greco-Roman and freestyle wrestling is explained by its high spectatorship, the high emotional intensity of the competition, and its ability to have a profound effect on a person's motor, physical, mental, and volitional qualities. Greco-Roman and freestyle wrestling is becoming more and more popular among children and teenagers. Every year, the ranks of high-profile freestyle wrestlers are replenished by young, talented and highly skilled athletes who are achieving great success. The widespread popularity of freestyle wrestling among teenagers and the upbringing of high-quality freestyle wrestlers from young athletes place high demands on the quality of coaches' work, experience, their pedagogical skills. At a young age, qualities such as tactical thinking, agility, agility require the athlete to develop not only physically but also mentally at a high level. Their training must constantly improve the effectiveness of their defenses.

Greco-Roman wrestling technique is a combination of methods, countermeasures and defenses allowed in the rules of the competition. Techniques are goal-directed attacks that use a wrestler to gain an advantage over an opponent. Each method consists of two parts. The first part is to hold on to the method. The grips are divided into top, bottom, back, front, side, and other grips. The catch is of great importance in the successful execution of the method. The quality of the whole process depends on how well the capture is done. In the second part, there are different movements: standing - passing, throwing, overturning; on the ground floor - there may be turns and throws on the floor.

In Greco-Roman wrestling, freestyle wrestling, sambo, judo, and wrestling involve the simultaneous performance of various movements with the legs, such as squats, stumbles, hooks, front hooks, snags, and backstrokes. not allowed. In Greco-Roman wrestling, the athlete's technical movements are many and varied, making him different from other sports. Classification, classification and terminology of wrestling techniques have been developed to regulate the technical movements of Greco-Roman wrestlers and to create an opportunity for communication between specialists in this field. Classification is a list of interdependent concepts (classes, objects, events) in a particular field of knowledge. The classification is based on the general characteristics of the objects and the legal relationship between them. Classification helps to behave correctly in different objects and is a source of knowledge about them. Dividing each method of struggle according to the general characteristics (classifications) of the link allows professionals to develop theoretical and practical knowledge of the science, and at the same time helps to identify gaps in this knowledge. The interrelationships between the methods of struggle are considered on the basis of systematization. Systematization means putting wrestling techniques into one system, placing them in a certain order, defining a certain sequence.

Achieving high results in sports, achieving high results, creating all the conditions for the formation and training of the necessary physical qualities in athletes Physical training of Greco-Roman wrestlers is such a unique pedagogical process that it will be aimed at improving physical quality and achieving high sports

results. The process of physical training has a specific structure, which includes: the concept of a person's physical qualities; one's perception of one's physical qualities; Perception of physical quality in the complex manifestation of the link. The concept of physical quality of a person is acquired first of all in the process of his motor activity and taking into account the specific and important aspects of this process of movement. In the theory and practice of physical education, there are a number of concepts that have developed in a unique way, including strength, endurance, speed, agility, endurance at speed, endurance of force.

In a sense, these concepts are common. The clarity and clarity of the link depends on the type and specific characteristics of the movement activity in the sport. Increasing competition in wrestling requires wrestlers not only physical, technical and tactical training, but also the ability to control their emotions, emotional state, moral behavior during the competition. After all, extreme situations in the competition: negative emotions, feelings, behaviors, objective and subjective obstacles that arise during the competition can increase or decrease the effectiveness of technical and tactical skills of young wrestlers. That is why it is very important to prepare mentally in competitions.

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