

Analysis of the Interrelationship of the Technical-Tactical Indicators of the Wrestlers

Erimbetov Bayrambay Karlibaevich,

Ph.D., Associate professor

Karakalpak State University Head of the Department of Theory and Methodology of Physical Culture

Abstract. This article examines the interrelationship of technical and tactical indicators of wrestlers. Recommendations for the development of technical and tactical indicators and the introduction of effective innovative approaches have been developed.

Key words: National, struggle, technique, tactics, connection, connection, competition, modernity, coherence, system, education, science, integration

A systematic approach to the issues of physical education and sports development creates an opportunity for comprehensive development of all its links. As a result of the introduction of such an approach to physical education and sports in our country, victories are being achieved in many types of sports. Achieving high results in sports is directly related to the athlete's technical and tactical performance during the competition. In modern sports, the technical and tactical profile of the athlete in the competitive activity is important for recording stable results, and the issue of developing effective training programs and implementing an appropriate training system is related to several factors. In particular, training based on various technical and tactical actions performed in changing conditions is important. Also, the regular change of refereeing rules for wrestling has a direct impact on the technical and tactical indicators of the competition, and regular research of this process is effective. In order to organize the training process of qualified wrestlers in accordance with the conditions of the competition activity, it is very important to regularly analyze the competition activity, which gives an opportunity to develop the necessary measures. Different parts of the competition, technical and tactical features, duration of time for different periods, their differences in different weight and gender categories should be changed together with the change of refereeing rules. Therefore, constant analysis of these indicators is recognized as a component of preparation. This shows that trainers should constantly organize training in accordance with the requirements of competition activities.

In wrestling, it was assumed that the identification of the main factors of competitive credibility would allow development. Implementation of the methodology of training highly qualified wrestlers and the general system of preparation for major competitions allows to significantly increase the results of individual sports and the results of team wrestling in general. Educational tools and methods are acceptable for the development of individual abilities of athletes.

The relationship between the modern requirements of competitive activity in wrestling and the individual methods of preparation for the main competitions of the annual cycle has been determined. There are also major confounding factors that limit the reliability of martial arts implementation.

By developing the technology of creating algorithms of training process and individual training equipment aimed at increasing the level of competitiveness of highly qualified wrestlers:

- to determine the characteristics of the competitive activity of wrestlers, which ensure the achievement of high results in competitions of any type;
- development of the main laws of training effects methodology (training process technology) aimed at increasing the reliability of individual competition of wrestlers;
- individual algorithms of training tools are created in the stages of preparation for the main competitions of the annual cycle.

The results of the study of the technical and tactical skills of the world's leading fighters revealed a significant decrease in effective offensive moves in their arsenal. This is explained by the shortcomings of modern competition rules and teaching methods.

One of these shortcomings is the underestimation of modeling of conflict factors in teaching conditions. It should be noted that the noise immunity of the athlete's special motor movements in competitive conditions depends on many variables and the influence of various confounding factors.

For this reason, the main purpose of the research conducted should be to help wrestling coaches develop effective training programs. Analyzing the competitions in order to help improve the efficiency of the wrestlers in the competition is effective. The grades earned by wrestlers determine their skill level. Approached from a training point of view, it creates the need to act intuitively throughout the competition. Research has shown that competitions at such a level require high physiological, physical and psychological potential of the wrestler at the same time. At this point, there is no chance of winning the competition by any tactical means.

Constant monitoring and analysis of the competition activity is a sign that one of the factors guaranteeing a stable result. In the absence of a scientific approach to the field of physical education and sports, it is impossible to achieve stable results in the development of mass sports and the training of highly qualified athletes. Scientific achievements entering this system from other fields are creating great opportunities. Therefore, if we want to achieve high results in the sport of wrestling, it is necessary to develop the training of qualified specialists along with the application of scientific achievements to the system (Fig. 1).

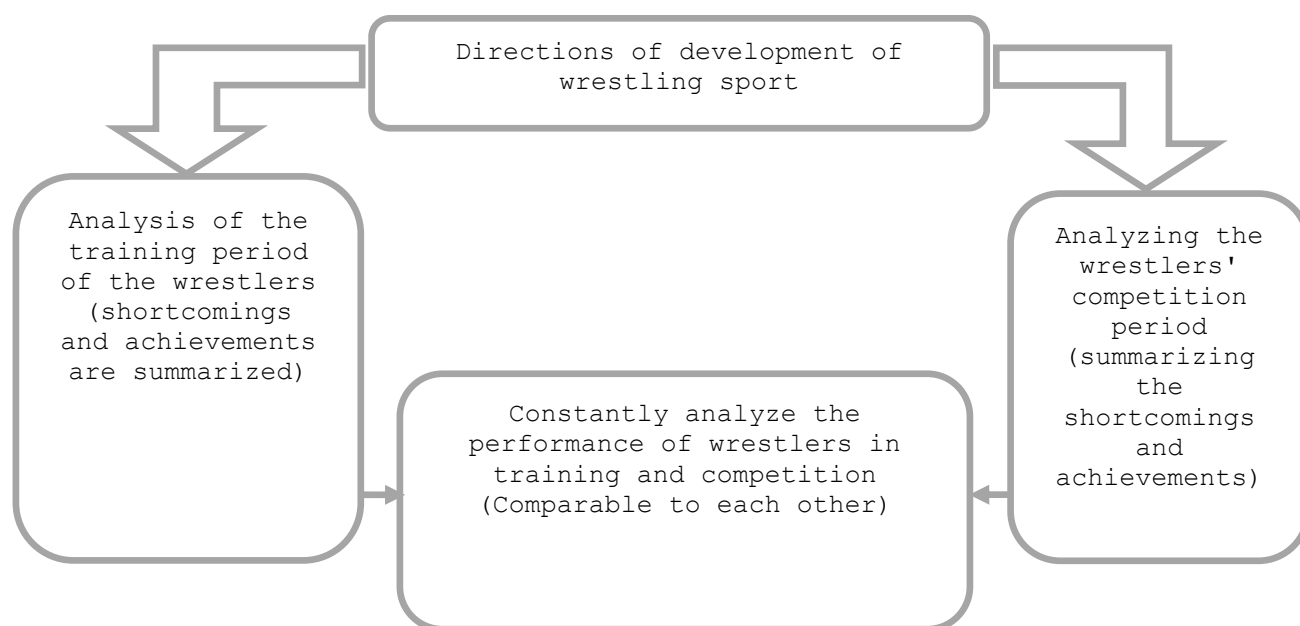


Figure 1. The scheme of analyzing the performance of wrestlers in training and competition activities.

Through Figure 1, we tried to show the importance of constantly analyzing the performance of wrestlers during training and competition, using scientific achievements, and gaining experience during practice periods. Through a questionnaire, we studied the attitude of wrestlers to the processes of development of disciplines aimed at combining professional disciplines and coaching activities and mastering practice periods. "Do you think that the knowledge in professional sciences and practical periods is compatible with each other?" 63% of students answered "No", 15% "Yes", 22% "Partially" (Figure 2).

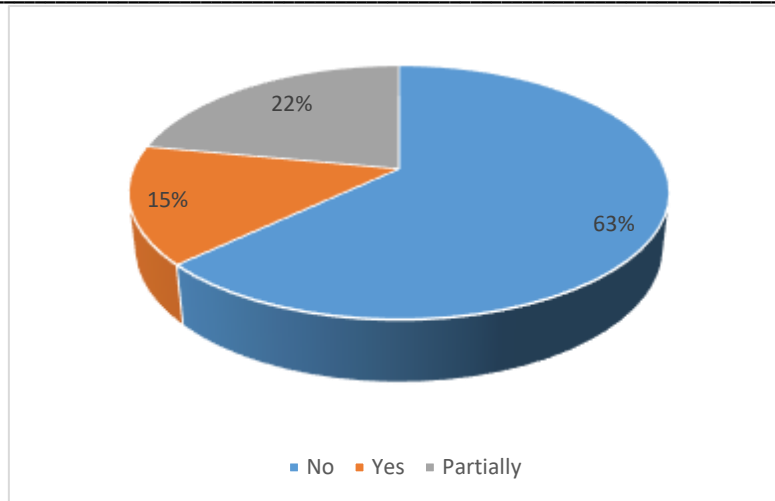


Figure 2. "Do you think that the knowledge in professional sciences and practical periods is compatible with each other?" diagram of the answers to the question.

If we analyze the results given to the questions, it is clearly visible that the wrestlers need to harmonize their knowledge in professional disciplines and practice periods.

1. It is necessary to pay attention to the development of tactical thinking of students and students. In this case, it is necessary to improve the tactical way of thinking due to object-oriented, creative thinking and adapting them to the physical quality of quickness during training.

In general, the following conclusions can be made based on the above-mentioned opinions and the results of the research.

2. It is necessary to develop educational programs aimed at improving the skills of rational change of "individual", "group", "collective" tactical action methods in future wrestlers, to develop the skills of applying them in the field of practical training. In this, the possibility of mastering tactical knowledge and skills of wrestling students is developed.

3. The development and implementation of educational and practical training programs aimed at developing creative thinking, non-standard approach, creative activity competences in future wrestlers will bear fruit.

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