

The Promotion of Single Sports Among Young People

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Abstract: This article contains the views of some experts on the study of individual wrestling and more effective management of the athlete's long-term training

Keywords: Martial arts, sports, human, athlete, wrestling, hand-to-hand combat, training, competition, regular

Any physical activity, even if not related to sports, has its own educational effect. As the load is carried out, the willpower of man is formed. For example, as physical activity progresses during training, it has a significant impact not only on physical development, but also on human behavior. Sports training is a year-round pedagogical process of sports improvement aimed at achieving high sports results. The purpose of sports training is to achieve the maximum possible technical, tactical, physical and mental training for this spot, as well as to show high results in the competition.

The main tasks to be solved during the training are:

- Thorough mastery of sports equipment and tactics:
- Ensuring the development of the necessary qualities of movement, increasing the functional capacity of trainees and strengthening their health:
- Education of moral and will qualities:
- Comprehensive development of various aspects of athlete training and its manifestation in competition activities:
- Acquisition of theoretical knowledge and practical experience required for successful training and competition activities.

The practice of martial arts shows that premature orientation to success in competitions leads to an unreasonable increase in results and limits the duration of active participation of the athlete. Pedagogical observations also show that in order to achieve maximum results, most athletes who have accelerated their training reached their limits ahead of time, and then were forced to end their sports activities early. M.Ya. Nabatnikova compares the scales of the three-stage model in the long-term training of athletes and, taking into account the specific training of adolescents, places the steps in the following order:

The first is the model of potential sports opportunities, the second is the skill model, and the third is the competition model.

Let's look at these concepts. The model of potential sports opportunities is determined by the length of sports, the characteristics of physical development, ie the age of the biological development of the adolescent, as well as the functional readiness of the athlete's body. The skill model is characterized by indicators that determine the level of development of key qualities and the level of mastery of technical and tactical actions. The competition model reflects the characteristics of the competitive activity during the competition. To more effectively manage the athlete's long-term training, some experts divide it into stages.

V.P.Filin, N.A. Fomin recommends four stages: initial training, primary sports specialization, in-depth training in the chosen sport and sports improvement. V.N. Platonov recommends dividing it into five stages: Initial, Preparatory, Preliminary Basic Training, Special Basic Training, Maximizing Special Opportunities, and Maintaining Success. Taking into account modern trends in the development of sports, summarizing the work experience of domestic and foreign trainers, TS Tumanyan distinguishes four cycles in multi-year training. They include six stages: basic, special training, in-depth special training, demonstration of high results, stabilization of sports achievements, gradual cessation of sports.

The growth of results in almost all sports in recent years is due to the development of sports and its approach to practice, advanced methods of planning and conducting training sessions, increasing the volume and intensity of physical activity, strengthening the material and technical sports base, etc. can be explained

by. One of the most important factors in ensuring the growth of sports results is to improve the organization of the training process. The effectiveness of training in the conditions of specially organized training sessions will be very high. This explains the holding of training sessions for highly qualified athletes. However, in the case of unsatisfactory organization of training sessions, incorrect choice of venue and poorly equipped training facilities, as well as improper planning of training loads, when the educational work and discipline are empty, the necessary results are achieved. will not happen.

Training sessions are provided in the annual calendar of sporting events. The venue of the meetings is chosen in accordance with the specific goals and objectives. The curriculum of the meeting is the main document. Theoretical training is also important. Such training provides athletes with a comprehensive systematized knowledge of the scientific basis of training methods, its planning, accounting and analysis.

Training sessions are scheduled for each week and include a 2- or 3-week microcycle. The volume and direction of training loads are planned so that the number of special training tasks should increase, and the general training load should decrease by the time of the start of the competition. Immediately before the competition, a bath and 1-2 days of rest are planned. The day before such competitions, it is necessary to get acquainted with the venue, equipment and other conditions of the upcoming competitions. Successful participation of athletes in competitions depends on the correctness of the training load in the final training sessions. When planning, keep in mind that the most difficult competitions often take place on the last day of the competition. Such planning of training sessions promotes the rapid formation of the sports uniform, creates a reserve of endurance and mental strength, as well as leads athletes to high results.

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