

Peculiarities of planning freestyle wrestling training sessions

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Annotation: The paper considers approaches to automating the construction of training plans for athletes in the sport of freestyle wrestling, as well as the analysis of training plans using a specially developed program "Sport". The data of research work on the macro-structure and mesostructured of training athletes in sports in freestyle wrestling are presented.

Key words: Macrocycle, Mesocycle, Plan, Training.

Sports training planning is a prediction of the conditions, means and methods of solving the tasks of sports training, the results of the sport that the athlete should have. Proper planning of athlete training is the process of determining the main indicators of the training process based on the analysis of the characteristics of the contingent of athletes (or a single athlete) and their distribution over time. [1]

Recently, the perception of planning a training process in wrestling has changed significantly. This is due to some changes in the rules of the competition and the requirements of the International Wrestling Federation to increase the number of spectators. At present, a great deal of experimental material has been accumulated, and objective conditions have been created for a higher quality planning of athletes' training. Successful management of the training process requires consideration of two important conditions: first, a sharp increase in the volume and intensity of loads (in modern high-performance sports, loads are approaching the limits of biological norms); second, the equation of numerical parameters and skill level of training (in the experience of the world's leading athletes). That is why optimizing the training structure and creating optimal training programs remains of paramount importance.[2]

Planning the training process is first and foremost about creating a system of plans for different periods. During these periods, a set of interrelated goals must be achieved. Lessons are an integral part of the training process. On separate training sessions, a microcycle is formed, and the combination of several microcycles forms a new, relatively independent mesocycle, which is an integral part of the training process. The combination of several mesocysts forms a larger and relatively complete structure - the macrocycle (G.S.Tumanyan, 1984). Depending on the division of training into periods such as micro-, meso- and macro-cycles, the size, volume, intensity, means and methods of preparation change. The planning of the training process in wrestling is carried out in the following forms:

- prospective - for a stage, period, year, a number of years;
- daily - for training microcycles;
- fast - for one session.

The plan for the long-term training of wrestlers should take into account the development of wrestling and changes in the rules of the competition. Therefore, it is necessary to take into account changes in training tools, size and intensity of tasks. A forward-looking plan is developed for each individual wrestler, as well as for the entire training group. The general (group) plan of sports training includes the following sections: a brief description of the group; long-term training goals and objectives; stages of preparation and the main direction of the training process in stages (main tasks, their share at each stage); sports and technical indicators and control standards describing the training of athletes; pedagogical and medical supervision. Perspective planning of training definitely requires the development of annual plans. Annual plans include a detailed description of the tools used and training loads. The scientific laws of the dynamics of sports form (emergence, stabilization and temporal decline) are used in daily planning. The structure of daily planning is

influenced by various factors: the order of study and work, the content of training, the total number and number of loads, the specific characteristics of the reaction to training loads and the skills of wrestlers.

Rapid planning is done on a daily basis. This type of planning involves determining the tasks, tools, methods, workload, and intensity. The structure of training sessions is primarily determined by the fact that they are aimed at achieving maximum training results. In accordance with the operational plan of training, a syllabus is prepared, which describes the main and final parts of the training (warm-up), the number of repetitions, the duration of breaks and the nature of rest. [3]

There are three stages in the training process: preparation, competition, and transition. During the training period, the trainings are aimed at ensuring a gradual transition from active recreation to intense special work, further development of physical qualities, mastery of wrestling techniques and tactics. During this time, a solid foundation needs to be laid for athletes to succeed in the upcoming competition. The main tasks of the training period are to increase the functional capacity of the body, improve general physical fitness and develop the physical qualities necessary for the fighter, to master and improve technical and tactical actions, to eliminate shortcomings in their implementation, to cultivate will and spiritual qualities. The purpose of the training period is to prepare for and successfully participate in competitions. The main tasks of this period are to gain a high level of training, to further strengthen and improve technical and tactical skills, to expand and strengthen the knowledge of tactics of competition, to develop theoretical knowledge to achieve a high level of physical, will and spiritual qualities. [4]

It is known that modern sports training requires generalization and organization of existing theoretical and practical knowledge. A number of scientists A.P.Bondarchuk, L.P.Matveev, V.V.Petrovskiy, organizational models have been developed. They quantify the content of training loads, the most important parameters of the volume and the most important parameters of the distribution of training loads over time, depending on the competition calendar, the tasks to be solved at this stage, the cycle of traditional training and a number of other factors reflects. [5]

As a necessary condition for the development of training models for the annual cycle, the following should be done first:

- study and generalize the practical experience of organizing training of leading athletes and training of national teams;
- to check whether the dynamics of the athlete's condition depends on the content, size and distribution of the training load;
- to determine a reasonable direction in the dynamics of the level of special performance of athletes in the annual cycle according to the traditional cycle of training and the calendar of competitions.

It is necessary to develop a principled (logical) model of the annual cycle, and then to develop an individual (numerical) model based on it. An analysis of the specialized literature and practical experience of training has allowed experts to conclude that the traditional forms and principles of training organization, which emerged many years ago, today do not meet the tasks of training highly qualified athletes. The development of special physical qualities of highly qualified athletes has reached such a level that it is necessary to find new, more effective training tools and methods for their further improvement. It is also necessary to reconsider the role of special physical training in the annual cycle and to identify the forms of its interaction with other types of training. It is now known that one of the prerequisites for the development of a training model is the analysis of practical experience. This analysis involves studying the existing methods of organizing the annual cycle training of highly qualified athletes, as well as determining the exact size of the training load (competition, if necessary) used by athletes. Professor Yu.V.Verxoshanskiy the authors also distinguish the general laws of the relationship between the state of athletes and the training load, as well as the laws of the transition of the wrestler's body from one state to another under the influence of regular training as the main factors determining the principles and forms of training. [6] In each case, the specific conditions that affect the implementation of these principles include: the traditional cycle of the annual training cycle and the calendar of specific competitions for the current year, the level of skill and special training of the athlete, the nature of training in previous stages and direction, the tasks set before the athlete, the intensity of competition activities, etc. However, it should be borne in mind that such a division, proposed by scientists, is conditional. The major phase can last up to 5 months. The proposed form of training is very different from the traditional one, and we will consider them.

It is known that in the traditional form of organization of the training process, special physical and technical training is carried out almost simultaneously. It should be noted that in this form of training, the intensity of the workload increases as the total volume increases. Then the volume decreases and the intensity continues to increase. A number of researchers Yu.V.Veroxshanskiy 1979; A.R.Levchenko, 1982; T.A.Antonova. 1983; I.N.Mironenko, 1983 is a completely new form of work organization, proposed by resulting in an in-depth improvement in technical skills. In this case, unlike the traditional form, the load of the first stage is relatively low intensity then it will increase rapidly, mainly due to technical training. Special working ability level first decreases in the microbiome, then increases rapidly. However, this does not mean that special work will be done on the level of improving the specific physical qualities of athletes. Technical training is carried out during the entire phase of training. However, its volume is not large within the "block" of the combined power load. At this time, the basic elements of the technique, the individual phases of the exercise and the rhythmic image of the whole movement scheme are perfected.

The effect of the missed workout of the concentrated power work during implementation (in the second micro phase) the volume and intensity of technical work gradually increases. In the mode close to or equal to the conditions of the competition, the share of performance of the main exercise increases.

The form of training in question is general physical preparation means to use a wide range of tools and to some extent combine them with specific work. The main task of general physical training is the ability of the athlete to work, which is drastically different from special work and the effect of switching to a low-intensity activity that helps to restore its motor apparatus.

It is justified to include two major phases in the annual cycle. This cycle can include one or two race seasons. The second "block" of the combined force load must be smaller than the first.

Based on the principle model, a specific numerical model of training is created. It takes into account the following:

- Experience in training in this sport and the characteristics of the training of athletes at an earlier stage;
- Calendar of specific competitions;
- The daily level of special training of athletes and individual tasks;
- Objectively necessary values of the volume of training and competition loads for the implementation of the set tasks;
- Certain conditions and training of athletes.

According to both practicing coaches and supervising scientists in the field of physical education and sports, it is necessary to focus on the planning and organization of training of athletes. In modern wrestling, the volume and intensity (intensity, intensity) of competitions and trainings has increased significantly. Wrestling competitions are divided into annual cycles according to the schedule. Therefore, the annual cycle is divided into three main periods - the preparatory period, the competition period and the transition period.

It is not possible to directly "download" the training loads and systematize the training loads related to cyclical sports, because wrestling is a specific sport.

The annual cycle of wrestlers' training usually begins after an active rest period of at least two months. This is followed by a training period of less than five months, which consists of general training and special training stages, at the end of which ("previous") is intended to take the "initial" sports uniform and participate in the competition. The competition period lasts around five months. The participation of wrestlers in competitions is replaced by active rest and preparation for the next competitions. The interval between competitions includes micro-stages: transition (active rest) and training. The continuation of the active rest phase after the competition depends on the physical and psychological load received, and the duration of the preparatory phase and its parts depend on the scale and difficulty of the upcoming competitions. Such a multi-cycle cycle of the annual cycle has become a picture in the struggle. [7]

The fact that wrestlers compete in competitions means that they have to prepare for each competition with a sense of responsibility for its outcome. The intensity of the competition calendar forces wrestlers to pay a lot of attention to long-term pre-competition training and the rational organization of training sessions, which are repeated many times a year. Thus, an athlete who has participated in a number of competitions is forced

to switch from one type of training to another, with such varying levels of change being repeated many times throughout the annual cycle.

The wrestler excludes the possibility of using multi-cycle training, periods and stages in a timely manner, participating in 5-7 competitions throughout the year.

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