

## THE PROBLEM OF IMPROVING THE MECHANISMS OF DEVELOPING PRACTICAL SKILLS ON KURASH IN STUDENTS

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### Abstract

This article is devoted to the issues of improving the technical and tactical training of student wrestlers, and it reveals the specific aspects of the formation of complex technical and tactical movements of wrestlers.

**Keywords:** kurash sport, kurash technique, wrestler, technical-tactical action, favorable dynamic situation, highly skilled wrestler, technical-tactical skill.

### INTRODUCTION

During the years of independence in our country, practical measures were gradually implemented to ensure the active formation of the free time of the population, especially children and students, through mass participation in sports. The issues of further development of physical education and sports in the country, raising a healthy generation have become of primary importance in the state policy of Uzbekistan.

To achieve a high level of health and basic physical fitness of children and adolescents in the compulsory system of physical education in the development of children's and adolescents' sports, to use sports training technology based on the development of schoolchildren's physical capabilities according to age characteristics, to show and develop talented athletes. The use of improved methods and scientifically based guidance in individual choice of sport is a meaningful basis<sup>1</sup>.

### MATERIALS AND METHODS

Information about the sport of wrestling is provided by the leading experts in the field of physical education and sports training - A.A. Novikov, Yu.V. Verkhoshansky, Y.M. Dyachkov, M.A. Godick, D.D. Donskoy, V.M. Zatsiorsky, M.Y. Nabatnikova, L.P. Matveyev, N.G. Ozolin, V.N. Platonov, Y.P. Filin, A.V. Rodionov, wrestling specialists — Alikhanov, R.A. Piloyan, R. Petrov, A.I. Lance, W.M. Igumenov, B.M. Rybalko, E.M. Chumakov, F.A. Kerimov, A.P. Kupsov, H.Tunneman, G.S. Tumanyan, V.V. Shiyan, O.P. Yushkov, Ch.T.Ivankov's works are high-level sources.

### RESULTS AND DISCUSSION

Recently, the term "technical and tactical skill" is widely used in the practice of the sport of wrestling. Kurash technique, in a narrow sense, means the most reasonable ways of performing actions that bring victory to the wrestler. In this case, the technique is based on actions based on biomechanical and physiological laws characteristic of all of them, regardless of the individual characteristics of the

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<sup>1</sup> Kerimov F.A. Theory and method of sports wrestling. - T.: UzDJTI, 2011.

wrestlers. Tactics in sports means forms and methods of achieving high results and all methods and forms of winning over the opponent<sup>2</sup>.



Tactics are the strengths and weaknesses of the opponent, the use of individual characteristics in the ability to use techniques, distracting the opponent with distracting actions, using effective methods at favorable moments of the competition, using energy sparingly, opportunities defined by the rules. , it is made up of a set of factors such as the size of the carpet, morphological and physiological information about itself, etc.

In martial arts, especially in kurash, technique and tactics are so closely related that when examining the wrestler's actions, some experts have different opinions about which actions are technical and which are tactical. In fact, they form a dialectical unity<sup>3</sup>.

At the beginning of the development of the sport of kurash, rules defining technical and tactical actions were created depending on the techniques used by wrestlers. This is how different types of struggle came about. Later, these rules were changed separately for the types of kurash. With their help, they tried to limit some actions and encourage others. Depending on the number and quality of technical-tactical actions used, attempts were made to change the rules in such a way that these changes had the effect of improving the sports and entertainment characteristics of kurash.



<sup>2</sup> Matveev L.P. Theory and methodology of physical culture. - M.: FiS, 2018.

<sup>3</sup> Platonov V.N. General theory of training athletes in Olympic sports. - Kyiv: "Olympic Literature", 2017.

Highly qualified wrestlers can always use technical and tactical actions appropriately depending on the changes in the rules. How the new rules affect the skills of leading wrestlers can be seen in the increase in their ability to use offensive moves.

The system of high sports training requires that the performed technical and tactical actions strictly correspond to the specific individual characteristics of the wrestler. The structure of technical-tactical actions should clearly respond to his morphological signs, physical development, functional characteristics, and psychological readiness.

According to scientific studies in the field of sports morphology, wrestlers with certain overall dimensions and body proportions use certain techniques more successfully. For example, the longer the wrist, the greater the relative strength of the flexor and extensor muscles. The longer the hip and leg, the greater the absolute strength of the hip flexors and extensors, and the smaller their relative strength.

According to the research of modern techniques of kurash, famous wrestlers use 16-20 options of different technical and tactical attacks during one competition. In addition, the strongest fighters attack effectively and reliably. Only when the attack is tactically well prepared will they use maximum power and speed. By using tactical movements that do not require great stresses, they save energy and maintain performance until the end of the competition. More than 50% of offensive actions are evaluated by referees as advantages<sup>4</sup>.

The most important tactical action is the offensive action, which is carried out with the help of deception. A 1:2 ratio of actual attack moves to decoy moves indicates a 0.5 odds attack probability. It is more difficult for the opponent to find out about such a probability, and it is difficult for him to defend against an actual attack<sup>5</sup>.

Sports practice has developed structures of attack, defense and counter-attack of technical and tactical actions. About 400 variants of different methods have been recorded in major competitions. The current level of kurash development requires a wrestler to master all types of technical and tactical actions, to be able to use them and to carry them together according to the purpose. But technical and tactical offensive actions are the main ones because they depend on the nature of the fight<sup>6</sup>.

## CONCLUSION

Highly skilled wrestlers are adept at staying static in a fight, and because of this, it is difficult to notice when a dynamic situation is favorable to execute a style with such opponents. They quickly recover the lost balance, and in a non-steady state, they are on their own initiative only in two situations: at the beginning of an attack, when moving from a standing position to performing a technique, and after a failed attack, when returning to the original (standing) position.

Allowing an opponent to attack himself in order to catch him during a favorable dynamic situation is dangerous and inappropriate. Also, it is not necessary to consider that the opponent himself occupies a favorable position for the planned style. Especially from an experienced wrestler, mistakes and loss of stability are not to be expected. Thus, a highly qualified wrestler must know how to prepare a

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<sup>4</sup> Mindiashvili D.G., Podlivaev B.A. Free wrestling: history, events, people. - M.: "Soviet sport", 2017.

<sup>5</sup> Tumanyan G.S. Sports wrestling. Manual. - M.: "Soviet sport", 2010.

<sup>6</sup> Bobomurodov Feruz Ismailjonovich, "Theory and Methodology of National Wrestling Types", Study Guide, Chirchik 2020

favorable dynamic situation with his technical-tactical actions during the fight while standing and getting on the mat.

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