

IMPROVING THE FUNCTIONAL SKILLS OF THE BELT WRESTLER

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ABSTRACT

In the article, the method of preparing athletes for the competition by controlling the ability to perform work and improving the performance skills of wrestlers during the training of belt wrestlers and reserve athletes is researched.

Keywords: belt wrestling, ability, physical training, loading, functional activity.

ПОВЫШЕНИЕ ФУНКЦИОНАЛЬНЫХ НАВЫКОВ БОРЦОВ НА ПОЯСАХ

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АБСТРАКТНЫЙ

В статье исследуется метод подготовки спортсменов к соревнованиям путем контроля работоспособности и совершенствования исполнительского мастерства борцов в ходе тренировки борцов на поясах и спортсменов запаса.

Ключевые слова: борьба на поясах, работоспособность, физическая подготовка, нагрузка, функциональная активность.

INTRODUCTION

In the following years, great attention was paid to physical education and sports in our Republic. Our athletes have achieved good results in Asian and world competitions and are raising the flag of Uzbekistan high. Especially during today's pandemic, doing physical education and sports and strengthening health has become an urgent issue. A number of experts have recommended their method to increase the productivity of wrestlers. But nowadays, little attention is paid to general work in the training of athletes. First of all, it is necessary to properly distribute sports loads from childhood, and pay great attention to the development of general work skills.

LITERATURE ANALYSIS AND METHODOLOGY

The structure of training tables is one of the central sections of the methodology of training athletes. According to M.Ya. Nabatnikova, it is not appropriate to limit oneself to the knowledge of directions typical for the dynamics of the total size of the nagruzka. It is necessary to move from the general description of the weights to the precise and detailed disclosure of the various partial volumes. The system of training programs should ensure the development of special qualities specific to a particular specialty.

In his works, M.A. Godik based the general characteristics of the nagruzka - specialization, direction,

size and coordination complexity, and developed the methods of nagruzka control. However, the methods of planning the total and partial volumes of cargo in the stages of the annual training cycle were not described.

Yu.M. Portnov comes to the conclusion that in order to manage the development of the sports condition, first of all, it is necessary to know the relationship between various factors of weight lifting (volume, intensity, maximum tension, number of starts, etc.) and sports weight lifting.

Unfortunately, the author did not provide the methods and procedure for calculating the values.

V.N. Platonov recommends distinguishing three types of states of athletes during the planning of training sessions: the state of the stage - which is maintained for a relatively long time - for weeks and months; daily state - changes under the influence of one or several exercises; rapid state - changes under the influence of certain exercises and passes quickly.

RESULTS

Assessment of these situations allows to correctly determine the direction and structure of training sessions, microcycles and stages.

It is possible to rationally structure the training process when the structures of the competition activity are connected with the functional capabilities of the athlete's body, along with the indicators of the competition activity, with the exact numerical expression of the structure of the athletes' training.

Competition activity is primary in these cases. It determines the selection of training equipment and structures and the planning of exercises. However, proposals on the need to standardize the prices are not being implemented.

Controlling the load in training means ensuring its optimal volume and intensity. The problem of optimizing the load largely depends on its moderation in physical exercises. Moderation of the intensity of physical exercises is carried out through the method of direct and indirect management of movements.

Indirect controls include verbal instructions about the number of repetitions, speed, size of external weights used, and other parameters. Indirect control methods include changing the external conditions, for example, running on a lake or a paved road, running on a hill or on a flat road, introducing a competition method, etc.).

The load given by physical exercises has a certain effect on the body of the exerciser and is considered a factor of increasing the body's capabilities, but at the same time, many authors have different opinions about it.

Load is the level of functional activity experienced by the organism during exercise compared to the resting state, and at the same time, the state of experiencing difficulties.

Physical load means the volume and intensity of muscle work.

The main factor that determines the impact of training on the body of athletes is the volume of loading. The higher it is, the higher the fatigue and the functional shifts involved in maintaining the job.

These indicators of load sides are used in the assessment of load and its management in the process of physical education. The size of the outer part of the load is measured in cases where it is necessary, and it is adjusted depending on the reaction of the body. Taking care of human health and children's health is not only a set of sanitary and hygienic norms and rules, but also a set of requirements for regime, nutrition, work, and rest. It is, first of all, concern for the harmonic balance of all physical and mental energies, and the joy of creativity is the peak of this harmonic balance. Development means the

manifestation of the divine essence of a person, what he is passionate about, his innate qualities in his creative passions (speech, games, labor activity) in the process of continuous action. recommends "gifts" for children for play: balls, cubes, cylinders, as well as moving toys (these toys required the child to involuntarily imitate himself to the accompaniment of songs).

Physical education is expressed as a part of physical education and it was shown how closely related it is with mental, work, moral and aesthetic education. The purpose of their physical education is regular exercise and play. they recognize that it consists in making the child physically strong and strengthening his health by walking and exercising the body. In this work, they assign the most important role to the regime that represents the exchange of work and rest, normalizing sleep and nutrition, because they believe that this regime is the most necessary basis for every person to be mentally fresh and capable of effective work.

An excellent pedagogue attaches great importance to children's play, gymnastics and their outdoor activities. He recommended organizing small breaks during training with children to perform short-term physical activities that help restore their attention. He placed great demands on teachers and coaches, and in order not to make mistakes while guiding the child, he found it necessary for them to have a thorough knowledge of anatomy, physiology, psychology, and pedagogy.

He created the original theory of physical education (48). He developed a comprehensive system of physical exercises for children, which is inextricably linked with physical education.

The selection of physical exercises is based on the anatomical, physiological and psychological characteristics of different ages, gradually increasing the complexity of the exercises and different movements. He proved that it is possible to achieve the development of the students' organism, the smooth and correct performance of their functions, and the gradual exercise of physical strength through training in a certain system. Physical development comes only with intellectual, moral and aesthetic development, as well as with work. Recognizes the process of performing physical training as the only process of simultaneous spiritual and physical development of the human personality.

Observations of doctors have also proven that a young organism is used to the character of quickness and strength. Remotilyanskaya emphasizes that rapid training in the strengthening of the morphological and functional features of the organism remains a powerful process in improving the general level and functional capabilities of young students in physical development.

From the point of view of modern physical education theory, training of quick qualities, quick strength and personal strength are considered effective with the help of exercises. Speed exercises include: jumps and throws in athletics, throwing the ball in sports, punches in boxing, throws in wrestling, etc. The degree of manifestation of the qualities of quick strength consists not only of the strength of the muscles, but also of the high concentration of the athlete's nerves and muscles and the possibilities of functional mobilization of the body.

A lot of work has been done to study the root of the physiological mechanisms of rapid strength qualities.

Pedagogical and medical-biological tests should be used regularly to evaluate the training process and increase physical fitness. In the process of training endurance, it is required to solve a number of tasks of comprehensive development of the functional characteristics of the organism that determine general endurance and special types of endurance.

DISCUSSION

Pedagogical tools of belt recovery include:

- rational planning of training, compliance of the load with the athlete's functional capabilities; necessary combination of general and special means of physical and technical-tactical training; rational organization of micro-, meso- and macrocycles of training and competition, undulation and variability of training, non-specialized physical training, proper combination of work and rest, introduction of special recovery microcycles, in the middle of mountain conditions use of training;
- creating a separate training session using the necessary recovery tools in order to quickly stop fatigue; a full-fledged separate warm-up and the final part in accordance with the training tasks, the place of training, the correct selection of shells, the introduction of special exercises for relaxation and relaxation, creating a positive emotional state, etc.

Medical-biological means of recovery This system includes:

- health assessment and accounting; information about the current functional state in the express control procedure;
- rational nutrition using medicines and products with high biological value;
- use of a complex of pharmacological agents taking into account the requirements of anti-doping control;
- physiotherapy and balneology methods (including sauna, massage and other treatments);
- moderate mountain conditions, climatic therapy, use of sanatorium-resort methods, etc.

One of the factors to accelerate recovery in the body of athletes is the means of influence aimed at metabolism. This is achieved through the use of various drugs and complexes, some pharmacological compounds, and products with high biological value.

CONCLUSION

Physical and functional training is important in training highly skilled wrestlers. It is physical and functional training that is the foundation of improving sports skills and working ability. This problem is interpreted in scientific literature based on different directions and approaches. It is known that in sports practice, there are often cases where planned physical exercises do not give the expected result in improving movement skills. That's the main thing

one of the reasons can be expressed by the fact that the size and intensity of one or another physical exercise used in training does not correspond to the functional capacity of the participant. Therefore, it is a very urgent problem to use the physical load given during training on the basis of a regular study of the level of influence (reverse effect) on the body of the participants. Therefore, the question of increasing the working capacity of athletes and forming a "sports form" requires special attention to be paid to two interrelated aspects of the movement function:

- training and improving the athlete's technical and tactical skills;
- training of physical qualities in accordance with the nature of the chosen sport.

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