

## DEVELOPING TECHNICAL TRAINING OF WRESTLERS WITH SPECIALMOVING GAMES

Moydinov Iqboljon Abdukhamidovich  
Kokand State Pedagogical Institute  
Associate Professor of the Department of Sports and Action Games.  
Email: iqbolmuydinov@gmail.com

### ABSTRACT

This article deals with improving the skills of wrestlers, a high level of technical training, the qualities of fatigue, the impact of fatigue on the functional state of the body, the dependence of physical activity on movement games.

**Keywords:** training, loading, kurash, judo, static load, work ability.

## РАЗВИТИЕ ТЕХНИЧЕСКОЙ ПОДГОТОВКИ БОРЦОВ С ПОМОЩЬЮ СПЕЦИАЛЬНЫХ ПЕРЕДВИЖНЫХ ИГР

Мойдинов Икболжон Абдухамидович  
Кокандский государственный педагогический институт  
Доцент кафедры спорта и подвижных игр.  
Электронная почта: iqbolmuydinov@gmail.com

### АБСТРАКТНЫЙ

В данной статье речь идет о совершенствовании мастерства борцов, высоком уровне технической подготовки, качествах утомления, влиянии утомления на функциональное состояние организма, зависимости физической нагрузки от двигательных игр.

**Ключевые слова:** тренировка, нагрузка, кураш, дзюдо, статическая нагрузка, работоспособность.

## MAXSUS HARAKATLI O'YINLAR YORDAMIDA KURASHCHILARNING TEXNIK TAYYORGARLIGINI RIVOJLANTIRISH

Mo'ydinov Iqboljon Abduxamidovich  
Qo'qon davlat pedagogika instituti  
Sport va harakarli o'yinlar kafedrasini dotsenti.  
Elektron pochta: iqbolmuydinov@gmail.com

### ANNATATSIYA

Ushbu maqolada kurashchilarning mahoratini oshirish, texnik tayyorgarlikning yuqori darajasi, charchoq fazilatlarini, charchoqning tananing funktsional holatiga ta'siri, jismoniy faoliyatning vosita o'yinlariga bog'liqligi haqida gap boradi.

**Kalit so'zlar:** mashg'ulot, yuklama, kurash, dzyudo, statik yuk, ishlash.

## **INTRODUCTION**

It is known that long-term movement activity gradually leads to a decrease in working capacity and causes complications of fatigue. Bioenergetic resources decrease, heart-blood-vessel, breathing, muscles, MNS activities become passive. However, as a result of resting between exercises or after training, the functional activity of the body, as well as the ability to work, slowly begin to recover. In the circle of functional capacity or alternately, a load that is given a little more and a little less (in terms of volume and intensity) causes the organism to adapt to this load, and the working capacity increases from the initial level. In addition, excessive use of large-scale and high-intensity exercises leads to negative consequences such as tension and deep fatigue.

## **LITERATURE ANALYSIS AND METHODOLOGY**

Work ability is interpreted differently by many researchers. For example, according to the well-known Russian physiologist, work capacity is defined as the ability to perform a certain movement activity within the scope of more or less time and quality. "Work 26 ability" is the ability to realize the functional state and capabilities of the organism and its organs at a high level. They interpret work ability as "a person's ability to perform work in a certain activity for a certain period of time and at a certain level of efficiency."

The effectiveness of training qualified athletes in the long-term sports process depends on how the initial training stage is organized and how planned this stage is. In the practice of training of sports equipment, there is a preponderance of such situations that some trainers conducting training with young athletes do not pay serious attention to the initial training stage. They increase the frequency and intensity of teaching and improving (training) exercises with the intention of training a qualified athlete in a short period of time, they often do not take into account the physical and functional capabilities of children. As a result, training (exercises) in accordance with the norm in terms of volume and intensity bring negative functional changes in the body of engaged children, internal organs (muscles, cardiovascular system, lungs, kidneys, liver and pancreas) symptoms of stress and extreme fatigue appear in the activity. Moreover, neither in the practice of trainers, nor in the programs intended for the BO`SMs, exercises that restore the functional state of the children's body, increase work capacity, or other activities (sauna, massage, auto training, vitamin therapy, and hokoza) are not taken into account. Concepts such as load (load), the body's ability to bear this load, fatigue, strain, work ability and its recovery are interrelated terms, extending the term of fatigue and strain. or searching for and implementing ways to shorten the recovery period will lead to the formation of working capacity.

Of course, the amount and intensity of the physical and technical-tactical exercises used for this purpose is much higher than the level of the athlete's body can bear this load, and the load should be increased in the process of many years of training based on the wave principle. In any case, the management of this process requires regular monitoring and scientific analysis of the results.

The load (or loading) means the effect of the size, intensity, duration and frequency of a certain movement activity (or training session) on the body. The functional changes that occur in the body as a result of this effect determine the level of influence of this drug.

So, there will be "external" indicators (volume, intensity and volume) and "internal" indicators (MNS, heart, blood vessels, respiration and volume) of the load.

Static load has a different effect on the functional activity of the body in terms of its size and intensity. Small-volume, high-intensity static pressure, for example, has a dramatic effect on the heart. Disrupts

the rhythmic activity of the heart, strains its muscles, accelerates the pulse and breathing. Moderate or large volume and low intensity static exercise slows down the heart

- creates the ground for slow adaptation.

In sports practice, "ability to work" means the combination of high physical and technical-tactical training of the athlete. Therefore, achieving high results in sports competitions depends on physical qualities and the level of formation of technical and tactical skills. The duration of competitions in various sports is determined by the rules of international competitions. During these competitions, the longer the athlete is able to maintain his work ability in terms of quality and efficiency or has the "power" to increase it, the more success will inevitably "smile" at him. In other words, the quality and efficiency level of work capacity is maintained for a longer or shorter period of time. Types of general and special endurance qualities (speed, strength, quick-strength endurance, jumping endurance, "technical-tactical endurance" and others) ) is determined by how developed it is.

It is known that when it comes to work ability, especially if the word refers to its quality and efficiency, the essence and the final "heart" of the matter depends on whether other physical qualities are formed or not. That is, general and special endurance suitable for an effective result will embody the qualities of strength, quickness, agility, and flexibility. The integral result of the interdependence of these qualities and their high level determines the specific fate of sports skills.

Physical training planned according to the purpose is one of the most important factors in the formation of sports skills and achieving high results during the competition. However, in sports practice, there are often cases where planned physical exercises do not give the expected result in the development of appropriate movement qualities. One of the main reasons for this is that the volume and intensity of one or another physical exercise used in training and the level of influence of these parameters on the body of the participants (the reaction of the body to the load) are not objectively evaluated. Therefore, the physical load (physical exercises) used in the training process affects the functional capabilities of the participants' body.

taking into account the compatibility makes it possible to plan this event according to the purpose.

## **DISCUSSION**

At the level of our country, rational organization of long-term training of young judokas on a scientific basis requires the development and implementation of the laws and principles, descriptions and standards of such training. This is related to the in-depth development of training standards. In the training of skilled athletes, special attention is paid to two interrelated aspects of the movement function:

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

The concept of general physical fitness refers to the level of comprehensive (harmonious) development of the athlete's movement qualities. Approaching the issue in this way is appropriate from the point of view of shaping the health of an ordinary person (including an athlete).

Of course, this is also necessary in the "Big" sport. However, such practice and the training methodology based on it are likely to reduce the effectiveness of training qualified athletes and achieving high competition results. Because, due to the existence of unique and suitable features of each sport, if in one sport the quality of strength and speed prevails, in the second sport, the quality of endurance plays a leading role, or in the third sport, the quality of flexibility is the main one. will be important. However,

it does not follow from the mentioned opinion that a certain physical quality is very necessary in a certain sport, and another is not important. On the contrary, each quality has more or less, but important "share" in a specific sports situation. The above-mentioned opinions and considerations are especially evident in judo sports. In order to increase the physical fitness of school-aged children and their desire for physical education and sports, the school needs to improve the form, tools and methods of physical education.

They emphasized the incomparable importance of the level of general and special physical training in the training of qualified judokas and showed that this process serves as the main factor in the formation of technical skills.

They have proved on the basis of research how significantly the technical-tactical skills and other abilities of judokas can be formed as a result of regular practice for a long time with exercises aimed at developing quick-strength and special endurance qualities.

It was emphasized that it is necessary to diligently develop the qualities of strength and quickness - strength endurance in young athletes, and trying to forcefully develop these qualities with high-load exercises is likely to lead to negative consequences.

The fact that the indicators in the current world sports are rapidly updated, requires the search for new, more effective means, methods and forms of training young athletes.

The above-mentioned information shows that improving the special physical fitness of young judokas is important in the formation of their technical skills. So, in the training of highly qualified judokas, special physical qualities play an important role in improving their basic game skills. It has been proven from the beginning that building the qualities of strength and speed in a mutually compatible way has a positive effect on the training of the athlete.

When it comes to the importance of physical training and the importance of building movement qualities (speed, strength, endurance, agility, flexibility) in the training of athletes, it is appropriate to emphasize the quality of speed and strength in this regard. Physical quality is a crucial factor in every sport. For example,

quick to perform an attack shot over the net in volleyball - the quality of power is a factor that ensures the success of this skill;

and in judo, this quality is reduced in the use of attack or counterattack methods with great force in a short period of time.

In fact, according to the results of observation, most of the judokas who won in the World, Olympic, European, Asian and other international judo competitions have highly developed quickness and strength abilities. Endurance quality is one of the main sources of victory in judo. The role of special endurance in judo is incomparable.

One of the relatively different features of technical skills in individual judo sports is complex movement skills performed on the basis of speed and strength in a changing competition situation. It is this quality that shows its leadership in decisive situations. At the same time, it is not necessary to prove that the performance of technical skills with high efficiency during a long-term competition is directly related to the quality of special endurance.

According to the observations of Yu. V. Verkhoshansky, the technical skills performed by the participants of the World Free Judo Championship during the competition were significantly reduced in the 3rd period of training. This situation is due to the fact that the special endurance of these judokas is not formed at a high level points. So, it can be seen from this that the quality of special endurance

occupies a special place in maintaining the effect of technical skill for a long time during competitions. It is known that it has been proven that special endurance is effectively formed when general endurance is well developed. To develop special endurance, a judoka needs to perform special technical exercises for a long time, even when there are complications of fatigue. General endurance is formed on the basis of long-term performance of high-volume exercises (long-distance running, rowing, swimming, cycling and jogging) at moderate intensity. The quality of flexibility is also one of the necessary factors in the training of judokas and the formation of technical skills. A judoka with highly developed flexibility will be able to skillfully perform technical skills such as sharp halos from the "most" position, bending and lifting.

Flexibility is formed gradually through long-term training. If the exercises related to the development of flexibility are stopped for a while, this quality can be sharply lost or reduced. The methods used in judo form (technical) skills and flexibility. However, this alone does not give the opportunity to fully develop this quality. In order to effectively improve this quality, it is necessary to slowly and regularly use special exercises such as stretching, bending, spreading, squeezing, and twisting of muscles, tendons, and joints. It is desirable to form flexibility from a young age. At the same time, developing this quality requires diligence. Exercising - exercises that are used violently or sharply can cause damage to muscles, tendons, joints, or even serious injuries.

## **THE RESULT**

In training of skilled judokas, in addition, the development of agility and strength qualities is of particular importance.

It should be noted that the harmonious development of all physical qualities during the educational and training process is the guarantee of training skilled judokas. Effective performance and high results in modern volleyball can only be achieved through well-formed physical training. For volleyball players, the most important physical qualities are jumping ability and jumping endurance. It is these qualities that affect the effective performance of most game skills. However, such a conclusion cannot lead to the conclusion that other physical qualities are less important for volleyball players.

On the contrary, the ability to move quickly, strike with force, and perform skills efficiently for a long time without reducing work ability is also a leading position. Therefore, it is appropriate to pay special attention to the qualities of quickness, strength, agility, endurance and flexibility during sports training. Because the sufficiently developed of these qualities leads to the effective formation of sports skills. In other words, these qualities are the most necessary foundation for the rapid and perfect growth of sports skills.

They have proved on the basis of research how significantly the technical and tactical skills and other abilities of judokas can be formed as a result of long-term regular practice of exercises aimed at developing quick-strength and special endurance qualities. Strength and quickness - it is necessary to develop the qualities of power endurance in young athletes very enthusiastically, with exercises with a large load, these qualities are enhanced

- it is emphasized that the desire for forced cultivation may lead to negative consequences.

He emphasizes that physical qualities are closely related to technical skill and competition process. According to scientists, the higher the physical qualities are formed, the more perfect the sports skills will grow.

Lessons with an emotional environment based on action games increase activity, children get less tired,

and their bodies prepare for certain functional loads.

In the example of vertical jump, it was shown that it is preferable for skilled volleyball players to develop the quality of quickness and strength in a "percussive" style. In his opinion, the use of this method in developing "explosive" strength gives good results, but such training should be conducted 3 times 10-12 weeks before the competition.

## CONCLUSION

As a result of studying the level of impact of physical education lessons combined with elements of volleyball on the physical fitness of junior high school students, Zuoza Aurelius - Kazis Kazevich [1989] came to the conclusion that volleyball lessons aimed at specific goals not only help young It is considered to be an effective tool in educating students, and it allows to admit them to the volleyball club on the basis of preliminary selection and to determine their game specialty with the help of predictions.

## REFERENCES

1. Якубжонов И.А., Муйдинов И.А., Хамрақулов Т.Т. "ЭФФЕКТИВНЫЕ СИСТЕМЫ РАЗВИТИЯ В ФИЗИЧЕСКОЙ ВОСПИТАНИИ И СПОРТЕ." International scientific conference "INNOVATIVE TRENDS IN SCIENCE, PRACTICE AND EDUCATION" (2022): 93-98.
2. Муйдинов И. А., Хамрақулов Т.Т., Якубжонова Ф. И. "СПОРТИВНОЕ-ОЗДОРОВИТЕЛЬНОЕ ВОСПИТАНИЕ СТУДЕНТОВ." International scientific conference "INNOVATIVE TRENDS IN SCIENCE, PRACTICE AND EDUCATION" (2022): 99-105.
3. Yakubjonov Ikrom Akramjonovich 1, Umarov Abdusamat Abdumalikovich 2, Umarova Zulxumor Urinboyevna 3, Mo'yudinov Iqbol Abduxamidovich 4, Azizov Muxammad Azamovich 5, Aminov Botir Umidovich 6, et al. "Main Characteristics Of Table Tennis In International Sport And Technologies Of Playing It." Journal of Positive School Psychology 6.10 (2022): 2183-2189.
4. Xatamov Z. N., Ahmedova N.A., "Importance of travelling and tourism at the formation of healthy lifestyle of the pupils of beginning classes." International journal of social science & interdisciplinary research issn: 2277-3630 impact factor: 7.429. (2022): 81-86.
5. Xatamov Z. N., Ahmedova N.A., "The importance of travel and tourism in the formation of a Healthy lifestyle danang primary school students." International journal of social science & interdisciplinary research issn: 2277-3630 impact factor: 7.429. (2022): 75-80.
6. Xatamov Z. N., "Педагогические условия формирования спортивной мотивации." International scientific and practical conference "the time of scientific progress "(2022): 35-45.
7. Xatamov Z. N., "Special physical of students of higher education preparation." Educational Research in Universal Sciences. (2022): 151-157.
8. Alikulov Akmal Akramovich, Yakubjonova Feruzakhon Ismoilovna, Xatamov Zafar Nazirjonovich. "Technologies for developing of future physical education teachers through media education tools." ACADEMICIA: AN INTERNATIONAL MULTIDISCIPLINARY RESEARCH JOURNAL 11.2 (2021): 885-890.
9. Khatamov Zafarjon Nazirjonovich. "The use of modern educational technologies in the organization of physical education is a guarantee to increase the effectiveness of education." ACADEMICIA: An International Multidisciplinary Research Journal 11.10 (2021): 477-480.

10. Хатамов Зафаржон Назиржонович. "Педагогические условия формирования спортивной мотивации." International scientific and practical conference "the time of scientificprogress (2022): 32-45.
11. Muydinov Iqbol Abduhamidovich, Muydinov Shuhrat Mansurovich, Akhmedov Umid Usmonovich "SELECTION OF TALENTED WRESTLERS AND EDUCATION OF PHYSICAL PERFECTION IN THE PROCESS OF WRESTLING ACTIVITIES IN SPORTS SCHOOLS."Asian Journal of Research in Social Sciences and Humanities (2022): 166-167
12. Talipdjanov, A. A., Axmedova N. A., ""UzBridge" электрон журналы."
13. Boltaboyev H. The theoretical foundation of a healthy lifestyle, physical education and physical activity of pupils //european journal of research and Reflection in educational science in Voles. – 2019. – Т. 7. – n. 12.
14. Boltaboyev H. The opportunities for independence: traditions and renewed postmodernism //Ghafur Ghulam publishing house. – 2006.
15. Boltaboyev H look at the physical health lifestyle b. k. a new culture of student youth //Konferentsii. – 2020.
16. Ziyayev Abduraxmon Abdullayevich The effectiveness and developing young basketball player of the technique metho your play through special exercises. //Asia pacific journal of marketing & management review 2319-2836 2022. – Т. 11. n. 12. S. 123-125.
17. Ziyayev Military Affairs. Abdullayevich young sambo wrestlers in the power of Improving the quality of the process in your deal with sambo wrestling. International journal of social science & interdisciplinary research (2022): 231-233.
18. Ziyayev Abduraxmon Abdullayevich Uzbekistan" superligasi" latest football of governors of physical activity indicators on special training to the level of analyze to. Innovative development of the global science /2/1 (2023) 29-37.