

Analysis of the Pedagogical Basis for the Development of Physical Endurance Qualities in Wrestlers

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ABSTRACT

The content and essence of the analysis of editorial principles in the development of physical and endurance qualities in wrestlers are described in the article.

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It is known that in modern sports all the skills of the game are in most situations without support at a very high speed (while jumping, falling on the chest and receiving the net). is performed. Therefore, in the organization of the special physical movement process, jumping, jumping in different directions for short distances, "falling", "stopping", "learning" according to the periods and stages of the movement of the body. Special physical qualities must be mastered in order to achieve special exercises and games. Below, we will present the thoughts on the formation of the most necessary physical qualities in volleyball.

Development of special strength A number of game skills require a high level of development of netting, striking, blocking strength. In order to perform these skills effectively, the muscles of the arms and legs, as well as the body parts in general, should be able to contract quickly and strongly. In other words, the contraction of the muscles must be done with a rotatory force

Therefore, when building strength, wrestlers should pay special attention to special exercises related to the development of quick-strength quality. Mastering these special exercises at the same time as playing skills will have a good effect.

Training of quick-strength qualities, especially with weight equipment (leg and waist lead equipment, wrist weight equipment when striking) and various exercises with the help of development is carried out at the stage of general physical fitness. Sit-ups with a barbell weighing 50-70% of your own weight:

- standing up sharply from a semi-sitting position with a barbell weighing no more than 50% of its weight on the shoulders;
- jumping with devices of different weights;
- exercise leg muscles in exercises;
- jump rope at different speeds;
- jumping over obstacles of different heights, etc.

The special speed of sport games is determined by its movement across the field in a short period of time and the effective performance of game skills in accordance with the requirements of the situation.

Speed comes in three forms in volleyball:

- understanding of different signs and situations;
- speed (teammate's gesture, change of the game situation and its assessment, position of the opponent player, etc.);
- act quickly and appropriately in relation to these situations;
- the speed of movement or blind execution of several actions;
- quick and accurate response to the coach's signal with various actions.

For example, if the coach blows once, he imitates the skill of falling down the net, if he blows twice, he imitates a jump shot, if he raises one hand up, he jumps and passes the net, etc.

- improving the speed of solving various tactical tasks in a short period of time (assessment and correct acceptance of a tactical task) on a model of a volleyball court;
- in each part, imitating the functional movement (skill) of the player of this part (general speed is evaluated). M: Part 1 mesh input; Part 6: knocking down the net directed by the opponent; 5th part transfer the net entered by the opponent to 2nd part; Part 4: Jumping and hitting a high net; Part 3: jump shot to a short net; Part 2 In Parts 2, 3, and 4, fencing etc. Special endurance of various contents (jumping endurance, fast and quick-power endurance, game endurance) is recognized as a decisive factor in Zamonaviu volleyball. These adjectives show their "I" especially in the last stanzas. Because endurance, including the above-mentioned types of endurance, means effective performance of the same quality or game skills at a high level of performance for a long time without getting tired.

Speed and quick-endurance means the ability to move across the court and execute game skills at high speeds blindly efficiently. The development of these qualities is carried out by blind repetition of special exercises performed at high speed [76; p. 141-142].

In order to prevent extreme fatigue or strain in the development of these qualities, one repetition of the exercises (or set of exercises) performed at high speed is 20-30 s. it is desirable that the exercise interval (rest) should be 1-3 minutes, and the number of repetitions should be 4-10 times.

Wrestling is a team game, the goal of which is to score as many blind nets as possible into the opposing team's goal, while at the same time resisting the opposing team's goal and keeping their own goal intact. Therefore, the main challenge is to create favorable conditions for the team and individual players to be a whole team and to solve tactical and strategic tasks. During the match, the Wrestlers are in direct contact with the members of the opposing team. And the quality of the game is evident from their every move. Situations in the game change very quickly. Wrestlers need to make the most correct and best decisions based on the conditions of previous matches.

The odd form includes the latent (hidden) period of simple and complex movement reactions, the duration of a single movement at maximum speed, and the maximum number of simple movements. A complex form that produces speed consists of the ability to accelerate sharply at the start, perform movements at high speed, swing and throw in wrestling, jump in gymnastics, punch in boxing, and the like. Different speed reserves are mobilized in different sizes. As a result of training, the improvement of quickness qualities, the increase in the elasticity of muscles and tendons during movement, their elasticity, and the ability to relax are expressed by similar changes. The quality of movement techniques increases, the possibility of rapid mobilization of anaerobic energy sources and biochemical mechanisms of energy recovery increases. The speed of movement depends more on the speed of mobilization of energy stores (adenasine triphosphate and creatine phosphate) and their chemical energy in the muscles. Therefore, the speed of movement is determined by the power of physical exercises performed with speed and strength, functional morphological and biochemical characteristics of movement.

These characteristics improve and cause an increase in movement speed when regularly engaged in high-intensity basic physical exercises. In movements performed with speed and strength, maximum power occurs as a result of developed strength and speed. The higher the power of the work, the faster the shooter moves the projectile and his body.

Physical training of a wrestler is one of the important components of sports training and is a process aimed at developing physical qualities - strength, endurance, flexibility, agility and quickness.

The main tasks of physical training are:

- increase the level of health of athletes and the functional capabilities of various systems of their body;
- development of physical qualities in a unit that meets the unique characteristics of the national struggle.

Physical training is divided into general, auxiliary and special training.

The general physical fitness of the wrestler is the foundation, necessary basis for achieving high results. It mainly provides the solution of the following tasks:

- all-round harmonious development of the wrestler's body, increase of its functional capabilities, development of physical qualities;
- increase the level of health;
- the correct use of active rest during intense training and competitive loads.

General physical training includes the collection of various tools. Among them are exercises performed on and with equipment, exercises performed with a partner on special trainers, general developmental exercises from other sports: acrobatics, athletics, sports games, swimming, etc.

Auxiliary physical training is designed to create a special basis necessary for the effective performance of a large volume of work aimed at the development of special movement skills. It has a rather narrow and specific focus and solves the following tasks:

- to develop the qualities that are more typical for fighting;
- selective development of muscle groups that are largely involved in the wrestler's movements.

As advanced means of auxiliary physical training, such exercises are used, which, according to their kinematic and dynamic structure and neuromuscular tension, are suitable for the main actions performed by the wrestler during the competition. Among such exercises, the following can be distinguished:

- execution of various methods of struggle by pointing;
- exercises performed on special simulators;
- Exercises with wrestlers' mannequins.

The special physical training of a wrestler is aimed at developing the qualities of movement in strict accordance with the requirements set by the characteristics of the wrestlers' competition.

Special physical training of wrestlers is mainly conducted on the wrestling mat and is aimed at developing the most important movement qualities in movement skills. That's why competition exercises involving various possible complications are used as the main means of special physical training. Such complex exercises increase the effect on the body of the wrestler. For example, throwing a partner of a heavier weight category, training competitions are performed by changing partners, etc. All these exercises provide an opportunity to develop one or another mechanism of energy supply, have a comprehensive effect on the wrestler's training and at the same time increase his physical and technical-tactical readiness.

All the indicated types of physical training are closely related to each other. Inadequate evaluation of any types of physical training during the training process will ultimately prevent the improvement of sports skills. Therefore, it is very important to observe the optimal ratio of the types of physical training shown during training. Its numerical expression is not considered a constant size, but changes depending on the skills of the wrestlers, their special characteristics, the period of the training process and the current state of the organism.

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