

Techniques and Tactics of Fighting Movements

Achilov Telman Sadullayevich

Dean of the Faculty of Physical Culture dotsent p.f.f.d (PhD)

ABSTRACT

The article describes a summary of the training of wrestlers in technique and tactical movements.

ARTICLE INFO

Article history:

Received 23 Oct 2024

Received in revised form
24 Oct 2024

Accepted 25 Nov 2024

Keywords: Wrestling, mat, movement, method, tactics, technique, competition, single, distance.

Hosting by Innovatus Publishing Co. All rights reserved. © 2024

Wrestling movements consist of the wrestler's stances, moves along the mat, movements with arms and legs and body, and techniques of throwing movements, while the ability to effectively perform wrestling movements and throws during the competition process is understood as offensive and defensive tactics.

Stances of wrestlers: close stances, in which the wrestlers touch each other. Middle-distance stances are where the wrestlers stand at arm's length. Standing at a long distance, wrestlers stand at a distance of 1-2 meters. Wrestlers have high, medium and low stances. Wrestlers also stand on the right and left sides and stand upright.

The wrestlers move across the mat to get close to each other and grab each other's waist, arms and shoulders. Movements of the wrestler are performed by walking, running, stepping, double stepping, putting one leg in front of him, and moving to the sides. The set of movements of wrestlers to move, use methods and catch each other is divided into preparatory movements, main movements and methods.

Wrestlers hold each other in the following ways: belt and arm hold, belt and shoulder hold, waist and neck hold, belt and body parts hold. At the same time, grabbing by the belt and grabbing by the leg, grabbing by the shoulder and grabbing by the leg are also performed in the forms of catching. There are forms of grasping from the shoulder, hem of the collar, collar of the collar.

Wrestlers are taught throwing exercises from simple to complex in the initial sports preparation group. With the increase of fighting skill and skill, the possibility of personalization of fighting methods can be achieved. In wrestling, the throwing actions are divided into types: throwing over the shoulder, throwing from behind, throwing the opponent with one leg and the same leg from the outside, throwing from the shoulder. The most common forms of throwing are sitting and crouching over the shoulder: throwing from the hips: inside catch, left leg catch with the left leg or right leg of the opponent: inside catch, inside knockdown. .

Tactical actions are widely used in the effective use of throwing and knockdown methods in competitive processes. Tactical actions may include quick and decisive attack, counterattack, slow planned pressure, deception and feints, maneuver and reconnaissance, and the use of feints. Determining the sensitive areas of the opponent in attacking movements, using the speed and power of his movement and inertia requires

high sportsmanship.

In defense, the fighter prepares to defend himself, to resist the opponent's actions, to counterattack when there is an easy situation. In defense, the wrestler consists of being ready for the opponent's offensive actions, avoiding the actions or using countermeasures. A wrestler's counter-attack can be in the form of performing actions in response to the opponent's attack actions, anticipating the opponent's attack actions, performing counter-attack actions, and eliminating the opponent's attack actions, resisting and taking the initiative to attack actions.

In wrestling, defense with the hands is performed by moving out of the hold, hitting the opponent's hand and pushing him in the chest, grabbing his hands. When defending with the legs, one moves by pushing the legs, pulling the leg, kneeling on one leg, pulling back or pushing forward. When protecting with the body, it is done by throwing back, moving the body to the sides, bending back and forward.

The main goal of the wrestlers in the competition process is to throw the opponent off balance and be able to use the method. The wrestler performs arm and shoulder thrusts, head and neck bending movements to dislodge the opponent. You can lose your opponent's balance by kicking or grabbing.

By subordinating the opponent who has lost his balance to his actions, conditions are created for effective use of the method of throwing or knocking down. In wrestling competitions, movements to the right and left, pulling forward and pushing away from the opponent are performed in order to throw the opponent off balance.

Hand movements, body movements, and leg movements are used in fake actions such as deception and distraction.

In preparation for a throw, a wrestler can change his stance, move forward by shortening the distance, make fake movements to distract and deceive the opponent, and apply pressure using force. Preparation movements are also in the form of shifts, grabbing, unbalancing, hugging.

Throwing movements in wrestling are divided into hand throwing, leg throwing and body throwing. When throwing with hands, it is thrown by holding the opponent's arms, body, and waist. Seizures can take many forms. Throwing with the legs involves hitting the legs, hooking the legs, lifting the legs and throwing them. Throwing movements with the help of a gavda can be in the form of throwing by holding the hips and shoulders, throwing by joining hands and throwing, and throwing by the waist.

A wrestler's transition to a counter attack can take three forms. In the first form, the wrestler organizes a counterattack before the opponent uses the technique, in the second form, the wrestler resists and counterattacks during the opponent's attack movement, and the counterattack is carried out when the opponent completes the technique. Counterattacking skills improve as wrestlers develop their athletic skills. In martial arts, counter techniques are performed by countering each of the opponent's moves. Counter techniques include counter-throws and counter-throw attempts, as well as counter-techniques in defense.

Nevertheless, wrestlers will have strategies for conducting competitions according to their personal characteristics. For example, some wrestlers fight only on the strategy of the competition based on the counter attack. And some wrestlers only achieve victory with a quick and decisive attack. There are also wrestlers with a mixed strategy.

In the technical training of wrestlers, the method of striving from simple to complex is effective. Young wrestlers learn the postures characteristic of a wrestler, the movements of a wrestler walking, running, jumping, stepping along the mat, bending, sitting, twisting, and turning while performing the movements. As these movements improve, the throwing movements of the wrestlers are studied. Throwing and wrestling methods are complicated and improved according to the skills and learning abilities of young wrestlers.

In addition to the principle of ability for wrestlers to perform in the initial sports training, it is also important to follow the requirements of the principle of privatization. According to the principle of customization, some forms of wrestling actions and methods can be customized according to the wrestler's physical abilities, personal characteristics, and body structure indicators, that is, they can be

changed in shape and adapted to the wrestler's actions. According to this principle, even if the form of fighting methods changes, its goal is to knock down the opponent and the process of positively completing the method remains unchanged.

Also, the principle of consistency and sequence of education and upbringing is considered important in improving the technical and tactical skills of wrestlers. Regular participation in training, skillful mastering of methods, techniques and tactics, regular elimination of mistakes and shortcomings in the execution of wrestling actions with the help of methodical instructions, effective use of physical loads to increase technical and tactical skills are part of the content of the principles of education and training of wrestlers. is considered lib.

The training of the spiritual and mental will is considered to be of great importance in training wrestlers in offensive and defensive tactics, in educating them to believe in victory and perseverance. In the process of mental will training, moral qualities such as bravery, bravery, perseverance and thoroughness are eliminated, as well as negative manifestations such as "confusion" of competition. Formation of "confusion" of the competition inhibits the movement of the wrestler's basic movement apparatus, muscle movement, the negative excitation in the central nervous system increases. The heart beats faster, cold sweats, legs tremble, vision darkens, sometimes the hearing of voices decreases. In this case, in the competition, the wrestler cannot fully perform the techniques, cannot defend himself sufficiently, cannot use counterattacks, and as a result, is defeated. Such negative situations can often be encountered among the wrestlers of the preliminary training group.

In wrestling training, it is important to improve the technical and tactical training of wrestlers and develop their physical qualities on the basis of education and training methods, education and principles. The principles and methods of education and upbringing have their own goals and tasks at each stage of training wrestlers. The aim and task of the principles and methods of education and training of Olympic reserve wrestlers at the initial stage of sports preparation is to increase interest in wrestling and improve physical abilities of young wrestlers.

The principles of education and training at the stage of professional sports training are aimed at organizing technical and tactical training as well as moral and spiritual training. In the training of highly qualified athletes, the principles and methods of education and training are important in increasing sports skills and in methodological and refereeing training.

References

1. Kurash sport pedagogy mahoratni oshirish. A.Taymurodov, S.Atajanov. Toshkent, 2018
2. Yunon-rim va erkin kurash sports pedagogy mahoratni oshirish. N.Tastanov, Sh.Abdullayev, Sh.Tursunov, S.Adilov. Toshkent, 2018
3. Theory and methods of sports wrestling. FA Kerimov. - Tashkent, 2018.
4. Greco-Roman wrestling. I.A. Tursunaliyev. - Tashkent, 2018 Judo. L.P. South., D.E. Nuryshov. - Tashkent, 2018