

WAYS OF DEVELOPMENT OF SPEED AND STRENGTH WRESTLERS AGED 18-20

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Abstract: This article describes the development of the quick-strength qualities of 18-20-year-old Kurash wrestlers, their special quick-strength qualities, the method of their development, the development of exercise loads in training sessions, and the study of the training process on the method of their development.

Key words: struggle, quick-power, quality, method, development, training, anthropometric measurements, medical control, time of effect, speed ability, loading, training.

18-20 YOSH KURASHCHILARDA TEZLIK VA KUCH SIFATLARINI RIVOJLANTIRISH YO‘LLARI

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Annotatsiya: Ushbu maqolada 18-20 yoshli kurashchilarning tezkor kuch sifatлари, maxsus tez kuchli sifatлари, ularni rivojlantirish usullari, mashg‘ulotlarda jismoniy faollikni rivojlantirish, mashg‘ulot jarayonini o‘rganish masalalari muhokama qilinadi.

Tayanch so‘zlar: Kurash, tezlik, sifat, usul, ishlab chiqish, mashq qilish, antropometrik o‘lchovlar, tibbiy nazorat, ta‘sir qilish vaqti, tezlik qobiliyatlari, yuk, mashq.

ПУТИ РАЗВИТИЯ СКОРОСТНО-СИЛОВЫХ КАЧЕСТВ У БОРЦОВ 18-20 ЛЕТ

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Аннотация: В данной статье рассмотрено развитие быстро-силовых качеств борцов Кураша 18-20 лет, их специальные быстро-силовые качества, методика их развития, разработка физических нагрузок в тренировочных занятиях, изучение тренировочного процесса.

Ключевые слова: Быстрота, качество, метод, развитие, тренировка, антропометрические измерения, врачебный контроль, время воздействия, скоростные способности, нагрузка, тренировка.

Introduction. In our country, certain work is being carried out to popularize, develop and introduce kurash as a national sport, embodying the ideals of courage, courage, patriotism and humanism, turning it into a universal masterpiece.

The growing popularity of kurash means organizing prestigious international competitions, modernizing the existing infrastructure and material and technical base, improving the supply of sports equipment and clothing, expanding production in connection with this, as well as training qualified personnel, coaches and judges for the industry. needs more attention.

Therefore, the Decree of the President of the Republic of Uzbekistan PQ-4881 of November 4, 2020, «On measures to develop the national kurash sport and further increase its international authority» is a bold step in this direction. [1]

In this decision. The main directions of development for the national type of kurash are determined. Namely, to involve all segments of the population in kurash, make kurash a national sport in Uzbekistan, popularize kurash, make it a masterpiece of world sports, and include it in the program of the international Olympic Games.

- Formation of the necessary material, technical base, and infrastructure for kurash.

- Training of professional kurash coaches, judges, development of teaching aids, and strengthening of the scientific and methodological base of kurash.

Issues such as the creation of a brand of Uzbek kurash, the production of individual sportswear and kurash mats with the attraction of investments, and the widespread promotion of kurash among

the population, including through the media, were raised.

Analysis and methodology of the literature

In sports practice today, it is necessary to approach the issue of training talented athletes in a new way. This need is especially evident in kurash.

Our wrestlers win important victories on world sports grounds. But in order to maintain the achieved high positions, it will be necessary to continue research aimed at improving the training process.

Improving the training of fighters and the reserve is associated with the rational planning of new training loads, the solution of the problem of control.

1. To study the peculiarities of the impact of training with different loads and different directions on the body of athletes at the stages of training wrestlers.

2. Determine the effectiveness of the training process when planning the stages of training in groups of wrestlers, depending on the characteristics of the alternation of loads of different sizes and directions.

3. Determine the effectiveness of alternating loads of different sizes and directions during training at the various stages of the wrestlers' training.

4. Development of physical loads in training sessions to determine the special quick-strength qualities of wrestlers and determine the method of their development at the preparatory stage.

5. The study of the training process according to the methodology for identifying special quick-strength qualities in wrestlers and developing them at the preparatory stage.

The level of knowledge of the problem:

According to well-known scientists in the field of sports, in the process of training in sports training, there are differences of opinion from different points of view regarding the content of increasing the intensity of training and the effectiveness of training, especially in the training of a reserve of experienced athletes and qualified kurash athletes.

In this regard, as a result of a scientific and methodological approach to eliminating existing shortcomings, increasing the effectiveness of sports training in ensuring the participation of athletes in international competitions and achieving high results is one of the most pressing issues in sports practice today.

In particular, the volume and direction of pre-competitive preparatory classes organized and developed by specialists indicate the need for scientifically based training.

In the course of sports training, a large place in sports practice is occupied by the issue of performing rational loads, creating optimal programs based on microcycles to increase the amount of work, and increasing the efficiency of each training task. In the same way, the methods and structure of the main methodological principles of planning trainings planned for groups of qualified wrestlers, trainings with loads of different sizes and directions, rational coordination, and training stages carried out once or twice a day are not sufficiently defined.

Discussion and results

Despite the fact that the use of loads of different sizes and directions in kurash training is of great importance in solving this problem, the problem of their impact on the bodies of athletes has not yet been solved.

Determine the special quick-strength qualities of wrestlers aged 18-20 and analyze the effectiveness of their development in the training process.

Scientific novelty of the study: the results of a study of the influence of large and various loads on the body in the wrestlers' training system were obtained, and the following new methods were applied to increase the effectiveness of training loads in groups of young men. wrestlers:

- fitness, days, daily, and weekly microcycles (MS) of wrestlers aged 18-20;

The expediency of additional trainings aimed at increasing the efficiency of the mechanism of influence on the body of wrestlers in the process of training, increasing the total number of trainings, and, as a result, the effectiveness of special performances, was studied;

- in the process of planning the stages of training of wrestlers, the control of the implementation of training loads, the different magnitudes and directions of loads, the strength of the type of training, and the characteristics of the impact were studied;

- assessed the variability of the duration of the wrestlers' training stages and the effectiveness of the results of loads performed in different directions in the system of a weekly microcycle;

Raise the results in activity to a higher level due to the new distribution of training loads in the

development of special quick-strength qualities in wrestlers.

- in the course of the study, the structure of the stages of wrestlers' training, methods of various loads and directions were studied, and their effectiveness in research was proved. As one of the factors for increasing the efficiency of wrestlers aged 18-20, methods have been developed for a consistent and effortless increase in the number of exercises with a large load at the preparatory stages, including the widespread use of weights in practical exercises. systematized and determined the active effects of high-load training on recovery after training;

On the basis of a rational exchange of trainings, experimental indicators were obtained for the organization of trainings aimed at variants of microcycles of the preparatory stages of wrestlers, of different volume and direction.

The development of special speed qualities in the course of training sessions with young wrestlers makes it possible to achieve high results in competitions.

To improve the systems of volume and direction of training at the preparatory stages of wrestlers aged 18-20, to combine additional training with the development of special qualities of physical fitness, to rationally alternate microcycle training, to increase the total number of high-load training sessions, and, as a result, to effectively develop the special performance of wrestlers, optimal planning of loads in training by identifying special fast-strength qualities in wrestlers and their development will give high results in competitions.

The development of quick-strength qualities in wrestlers is understood as the ability of a wrestler to overcome the opponent's resistance or resist him due to muscle tension. There are the following types of strength: general and special, absolute and relative, fast and explosive, and strength endurance.

Based on the foregoing, it can be concluded that the magnitude, intensity, and number of repetitions of training loads are determined individually depending on the personal characteristics of the athlete's body and the level of training of each wrestler. To ensure that the results of the study were not influenced by the level of training and personal characteristics of each wrestler, we used variants of a comparative study in accordance with the data of scientific studies.

At the same time, wrestlers can easily perform long-term intensive work after 24 hours, and short-term intensive work after 2 days.

Analysis of the development of special quick-strength qualities in wrestlers:

We worked on identifying the special quick-strength qualities of wrestlers and developing them at the training stage. In order to study the issues facing us, the training process with wrestlers and the experience of leading coaches and specialists were summarized, and a study was conducted. Based on the results obtained, it was determined that the special quick-strength qualities of wrestlers are of great importance in actions requiring fast-strength actions.

In wrestlers, the increase in the strength of different muscle groups is uneven and reaches a high intensity. Engaging in such a struggle will leave an imprint on the topography of fast-strength qualities, that is, on the ratio of the maximum strength of different muscle groups.

It is carried out in order to analyze the sum of the value of the training load of the wrestlers, the special quick-strength qualities of the wrestlers, and to obtain high sports results for the wrestlers. 22 wrestlers were selected for control. The analysis of training loads that develop special quick-strength qualities in wrestlers in the main part of the training was carried out.

Differences in the sizes of the main means of preparation for the training stage, the average size, and the standard deviation are given. The division of training exercises according to the level of wrestlers and the coefficient of complexity is accepted. All special exercises include advanced training means, that is, a fight with a partner, a conditional fight, and exercises performed with a partner to improve technical and tactical skills.

Specialized training exercises were divided according to the degree of their complexity in terms of volume. Observations show that some coaches heavily use exercises that develop physical qualities to prepare wrestlers in a short period of time. In this regard, the education of special quick-strength qualities determines the need to take into account the physical capabilities of the child.

It is inevitable that chronic fast-strength exercises, which are given more than the norm, will introduce the child into a state of tension. Therefore, before using special fast-strength exercises, it is advisable to use popular special test exercises that evaluate the quality of special fast-strength exercises.

As a result of the research, the following was taken as a basis:

1. Work with special rubber for 30 seconds.

2. To develop special quick-strength qualities, perform kicks in front of the feet with a partner less than their own weight for 15 seconds.

3.20 seconds from a prone position, holding the body from behind, lifting a partner (times).

4. In 10 seconds, bend and spread your arms on a gymnastic double pole (one).

5. Move the large hammer to the right and left for one minute (once). In the activities of wrestlers, and especially in competitions, all kinds of special quick-strength qualities (general and special, absolute and relative, static and dynamic, quick-explosive) can be of decisive importance.

Therefore, the orientation towards the development of special operational forces in the training process is one of the important conditions for the training of wrestlers. The study of various types of special speed-strength qualities in wrestlers showed that the recorded indicators were significantly shallow at the beginning of the study. In particular, even when participants were included in the experimental and control groups, their performance did not differ significantly before the start of the study.

The results of the level of development of special quick-strength qualities in wrestlers (control group of 11 people, experimental group of 11 people) Table 1

№	Rapid Strength Tests	Research group		Control group		After "T" difference	
		Before "T"	After "T"	Before "T"	After "T"	T	N
		Average	Average	Average	Average		
1	Work with special rubber for 30 seconds (times).	24	28	21	23	4	2
2	To develop special quick-strength qualities, perform kicks with a partner less than your own weight for 15 seconds (times).	7	10	8	9	3	1
3	20 seconds from a prone position to raise a partner, holding the body from behind (times).	16	18	15	16	2	1
4	in 10 seconds, bend and spread your arms on a gymnastic double pole (one).	10	13	9	10	3	1
5	Move the large hammer to the right and left for one minute (once).	27	30	29	30	3	1

For example, when working with special rubber, the research group made the arithmetic mean of the wrestlers 24. The arithmetic mean of the wrestlers in the control group was 21 points.

In order to develop special speed-strength qualities, the average arithmetic value of the wrestlers in the research group when performing shock techniques with a partner less than their own weight for 15 seconds was 7.

The arithmetic mean value of the wrestlers in the control group was 8. The arithmetic mean value of a 20-second push-up from a prone position is 16 for the wrestlers in the study group. The arithmetic mean value of the wrestlers in the control group was 15. The arithmetic mean value of a 10-second gymnastic push-up among the wrestlers in the study group was 10.

The arithmetic mean of the wrestlers in the control group was 9. The study group, which moved the big hammer to the right and left for one minute, had an arithmetic mean of 27 for the wrestlers.

The arithmetic mean value of the wrestlers in the control group was 29. As a result of the research, it was found that the speed and strength qualities of young wrestlers are not sufficiently developed.

After a pedagogical study was conducted with the aim of developing special fast-strength qualities in wrestlers, a statistical analysis of the indicators of wrestlers belonging to the study and control groups was carried out to assess the effectiveness of the study. For example, when working with special rubber, the research team found that the arithmetic mean of the wrestlers was 28.

The arithmetic mean of the wrestlers in the control group was 23 points. In order to develop specific speed, the arithmetic mean value of the studied group of wrestlers who performed kicks in front of them with a partner less than their own weight for 15 seconds was 10. The arithmetic mean value of the wrestlers in the control group was 9. The arithmetic mean value of a 20-second push-up from the prone position was 18 in the studied group of wrestlers.

The arithmetic mean of the wrestlers in the control group was 16. The arithmetic mean of the 10-second gymnastic curls in the study group of wrestlers was 13. The arithmetic mean of the wrestlers in the control group was 10. The research group that moved the big hammer to the right and left for one minute obtained the mean the arithmetic value of 30 for wrestlers.

The arithmetic mean value of the wrestlers in the control group was 30. It turned out that these indicators were dominant in the study group. The development of speed-strength qualities in the wrestlers involved in the study can serve as a basis for a conclusion about a high level of development. Perhaps the fact that this situation is in the area of special attention for young wrestlers who are part of the pedagogical research group lies in the fact that their psycho-emotional state has slightly increased to a positive level.

CONCLUSION

1. Analysis of the scientific and methodological literature has shown that in recent years much attention has been paid to improving the size of the preparatory stages of wrestlers and improving orienteering systems. The effectiveness of exercises aimed at developing motor skills associated with practice, and the special fast-strength qualities associated with them in extra-training forms, were studied by leading experts in kurash.

2. It is necessary to pay special attention to the development of special quick-strength qualities in wrestlers at the preparatory stage, which is of great importance for wrestlers to achieve high results in competitions.

3. When preparing athletes for kurash, a rational change in training in terms of the magnitude and direction of loads, microcycles created in accordance with the program of the direction chosen in practice on the basis of the experimental results, show the special performance of athletes and a serious increase in sports results. ' gives thousand. One of the main directions in the development of special quick-strength qualities of wrestlers is the use of standardized exercises.

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