

BASIC PHYSICAL QUALITIES IN WRESTLERS AND METHODS OF IMPROVING THEM

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Abstract: In this article, the main physical qualities and methods of their improvement are studied in the types of wrestling. Physical qualities, including strength, speed, endurance, flexibility and coordination, play an important role in the development of technical and tactical skills of wrestlers. The article presents the importance of each physical quality in the fight, as well as the methods and techniques used for their effective development. The importance of individual approach and regular training in the process of improvement is also emphasized. The research provides practical recommendations to improve the physical training of wrestlers and help athletes achieve better results.

Key words: Fighting, physical qualities, strength, speed, endurance, flexibility, coordination, physical training, athlete, technical skills, tactics, improvement, individual approach, sports psychology.

INTRODUCTION Wrestling is one of the oldest and most popular martial arts in the world, which requires the development of not only technical and tactical skills, but also physical qualities. Every wrestler is faced with the need to perfect physical factors such as strength, speed, endurance, flexibility and coordination in order to achieve high results. These qualities not only increase the readiness of the athlete's body and improve his technical skills, but also play a big role in gaining an advantage over the opponent. Therefore, effective methods of improving physical qualities and influencing them are important for a wrestler not only in achieving the goal, but also in ensuring long-term success in sports.

This article analyzes the role and importance of physical qualities in wrestling, as well as studies methods of influencing and improving them. The article presents practical approaches and methods aimed at improving the physical fitness of wrestlers, which will help athletes achieve high results.

LITERATURE ANALYSIS: Many research scientists have achieved certain effectiveness by using various methods and tools in the training of well-developed highly qualified wrestlers in order to strengthen the health of athletes and provide comprehensive physical development. In particular, scientists of our republic such as F.A. Kerimov, T.S. Achilov, N.A. Tastanov, K. Yusupov, O.E. Toshmurodov, I. Turakulov studied various problems in the field of physical education and sports.

RESEARCH METHODOLOGY. In this study, a combination of qualitative and quantitative methods was used to analyze the methods of improving the physical qualities of wrestlers. The main methodological approach of the research is as follows:

1. Literature analysis: In the study, the latest scientific and practical literature was analyzed to study the impact of physical qualities on wrestling. This process contributed to a deep understanding of the importance of physical qualities in wrestling. Experimental method:

Experiments were conducted to evaluate the efficiency in the process of improving physical qualities. The level of fitness of the wrestlers was measured, including strength, endurance, speed and coordination. Experiments were conducted in several groups and the effects of different training methods were compared. Statistical analysis: The data obtained in the study were processed through statistical analysis, and the effectiveness of the methods of developing different physical qualities was evaluated. Also, differences between training methods and correlations between physical indicators were determined and statistical conclusions were drawn. **ANALYSIS AND RESULTS.** Improving the physical qualities of those engaged in wrestling circles and mastering the techniques of technical and tactical training can give the expected results in competitions.

Ways to develop quickness, agility and flexibility in wrestlers Quickness of a wrestler is his ability to perform certain movements and techniques in the shortest possible time. It is impossible to achieve high results in the fight without developing the quality of speed. A wrestler who moves even a hundredth of a second faster than his opponent will have a significant advantage over him. A fighter's agility depends largely on the mobility of his nervous processes, the conditions, the degree to which he has developed sensitivity to perceive invisible changes in the opponent's actions, the ability to instantly accept and correctly assess the situation in the competition. depending on the timely and accurate performance of actions. Exercises performed at maximum speed (which are usually called speed exercises) are used to train the agility of the wrestler.

Speed refers to functional characteristics that determine the speed characteristics of human movements, as well as the time of movement reaction. There are three main forms of speed manifestation:

- 1) latent time of movement reaction; 2) the speed of certain actions;
- 3) frequency of actions.

The forms of manifestation of speed are not related to each other. This is especially the case with time indicators, where the movement speed of the movement reaction is often not related to the indicators.

Reactions are simple and complex. A normal reaction is to respond to a known signal with a known action. All other types of reactions are complex reactions. Speed is characteristic of many simple reactions: people who come to a decision quickly in some situations will come to an idea faster in other conditions. Practicing a variety of fast-paced exercises improves normal reaction speed. Exercises on the speed of reaction do not affect the slowness of actions in practice. Several methods are used to train normal reaction speed. The most common of these is the method of reacting as quickly as possible to a sudden signal or a change in the surrounding situation. This technique will quickly show positive results in training sessions with new athletes. In cases where the speed of the reaction is of great importance, special methods are used to improve it. One of these methodologies - the analytical approach methodology - consists in improving the speed of reaction under reduced conditions and the subsequent speed of movement.

Strength training. Usually, when a person is moving very fast, he has to overcome a lot of external resistance. In such cases, the amount of speed achieved depends on the strength capabilities of the person.

There are basically two ways to increase speed in a single move:

- 1) in order to increase the maximum speed,
- 2) to increase maximum strength.

Significantly increasing maximum strength is very difficult; and the increase of power capabilities is solved somewhat lightly. In the process of strength training aimed at increasing the speed of movements, two main tasks are solved:

- 1) increase the level of maximum muscle strength;
- 2) training the ability to show maximum strength in conditions of fast movements.

The agility of a wrestler is the ability to control movements, to move quickly and precisely in a situation that changes suddenly in the competition, and to perform appropriate actions wisely. Agility means the sum of coordination abilities of an athlete. One such ability is the speed of acquiring new actions, and the second is the rapid reconstruction of actions in accordance with the requirements of a suddenly changing situation. Any exercise can be used to develop agility, but they must have elements of novelty. The second way to develop agility is to increase the coordination complexity of the exercise. The third way is to deal with unreasonable muscle tension, because the demonstration of agility depends to a large extent on the ability to relax the muscles when necessary. It is appropriate to divide all means of developing the agility of a wrestler into two sections: means of developing general agility and means of developing special agility. General agility tools are aimed at enriching the overall movement experience and movement coordination. Special agility development tools are aimed at improving the wrestler's unique special movement coordination and the ability to evaluate and reconstruct his movement in emergency conditions of competition activity.

Any movement is aimed at solving a specific task: jumping as high as possible, catching a ball, lifting a barbell, etc. The complexity of the movement task is determined by many reasons, including the requirements for the coherence of simultaneous and sequential actions. Coordination complexity of movements is the first measure of agility. If the space-time and force characteristics of the movement correspond to the movement task, that is, if the movement is clear, the movement task is performed. The concept of accuracy of movement consists of the accuracy of space, time and force characteristics of movement. Accuracy of movement is the second measure of agility. All actions that can be encountered in life and physical education can be conditionally divided into two groups:

- 1) relatively stereotyped actions
- 2) nonstereotyped actions.

Running on the athletics track, throwing and jumping in athletics, gymnastic exercises, walking on flat ground for the first group; cross country and sports games are an example of the second group. Agility can be called the ability to quickly learn new movements, the ability to quickly adjust movement activities in accordance with the requirements of suddenly changing conditions. A vitally important type of agility is to perform precise movements with the hands with relatively little movement of the body. According to the physiological basis of agility, the information received through the analyzers is analyzed in the central nervous system and transmitted to the muscles, and the muscles perform work according to the command.

The main way to develop agility is to learn new movement skills and abilities. This action leads to increased skills and effectively affects the functionality of the motion analyzer. Changes in the load aimed at increasing agility occur by increasing the coordination difficulties that the exercisers can overcome. These difficulties mainly consist of the following requirements: clarity

of actions; their compatibility; sudden change of circumstances. Exercises aimed at developing agility lead to fatigue relatively quickly.

A number of methods are used to train agility. They can be as follows. Any movement is, in a certain sense, the result of the unity of excitation and relaxation of muscles. As much as it is necessary to be excited for the successful execution of movements, it is equally important to relax certain muscles at the right time. Muscle strain can occur for a variety of reasons and can appear in three forms:

- 1) increased tension in the muscles during inactivity;
- 2) insufficient speed of relaxation;
- 3) as a result of unimproved coordinated movement, the muscle remains more or less excited during the relaxation task.

Tonic to combat tension. It is known from physiology that even in the absence of visible movement activity, there is some tension. The nature of this tension is twofold, the muscle itself has a certain visco-elastic properties, impulses almost always come to the muscle.

The fight against tonic stress is carried out by changing the elasticity of the muscle, and by reducing the level of stretch reflexes manifested in immobility. For this, exercises that relax the muscles of the type of free movements with arms, legs and body are used.

In the process of training agility, the general coordination tension gradually disappears. However, special methods are used to combat it:

1. To explain to the participants the need to perform the movements without strain, easily and freely.
2. Special relaxation exercises.

The purpose of these is to teach the perception of the relaxed state of the muscles and how to relax the muscles freely. Exercises used to transfer muscles from a tense state to a relaxed state are exercises in which the relaxation of some muscles is combined with the tension of others. In the process of performing physical exercises, it is recommended to independently determine the time of rest and to fully relax the muscles at this time. When performing relaxation exercises, the tension of the muscles should correspond to breathing and holding the breath, and relaxation should correspond to active exhalation.

The ability to maintain balance and the methodology of its education. Balance means the ability to keep the body in a stable position. Equilibrium can be static or dynamic. When standing in a certain position, the body of a person is not completely motionless, it constantly vibrates. A person loses balance for a moment and regains it again. The more a person's balance function is improved, the faster he restores balance, the smaller the vibration amplitude.

Balance training is done by improving the movements and postures of exercises called balance exercises. Methodology of "making the space comfortable" and educating it. One of the most common location errors is the error in determining the distance to an object. The accuracy in this, the accuracy of movements decreases as the distance increases. At first, it is necessary to teach to distinguish tasks that are sharply different from each other, and then gradually bring these tasks closer together. This method is more effective than the method of repeating exercises many times. Flexibility is the wrestler's ability to perform movements in a large amplitude. Flexibility is determined by joint mobility. There are several types of flexibility. Active flexibility is the ability to perform movements with a large amplitude at the expense of individual muscle tension. Poor elasticity is the ability to perform movements with a large amplitude due to external forces:

weights, opponent's movements. Dynamic flexibility is the flexibility shown in exercises with dynamic properties. Static flexibility is the flexibility shown in exercises with static flexibility. General flexibility is the ability to perform movements with a large amplitude in the largest joints in different directions. Special flexibility is the ability to perform movements with a large amplitude in the joints and directions related to the technical and tactical characteristics of the fighter.

Flexibility refers to the morphofunctional properties of the locomotor apparatus, and these properties determine the mobility of these apparatus links. The maximum amplitude of movements serves as a measure of flexibility. It is expressed in angular measurements or linear measurements. Flexibility is active and passive. Flexibility depends on the elasticity of muscles and tissues. The properties of muscle elasticity can be changed under the influence of the central nervous system. Competitive elation increases resilience, while disengagement reduces resilience. As the flexibility increases, the extensor muscles move to a state of strong excitation.

Manifestation of elasticity depends on the external temperature of the environment: with an increase in temperature, the elasticity also increases. Time of day has a greater effect on flexibility than other physical attributes. In the morning, flexibility is much less. When training, it is necessary to take into account the fact that the elastic mesh changes under the influence of conditions.

Unfavorable conditions that lead to deterioration of flexibility can be eliminated by heating with the help of razminka. Flexibility changes significantly under the influence of fatigue, including a decrease in active flexibility indicators, and an increase in passive flexibility indicators. Children are more flexible. But this is only due to the mortality and weakness of the basic movement apparatus. Therefore, it is easy to train flexibility in children.

Active exercises differ from each other according to the nature of their performance: one-phase exercises and spring-like exercises; shaking exercises; exercises performed without loading with loading. In addition to these, static exercises that keep the body motionless under conditions of maximum amplitude also belong to this group. Passive static exercises are less effective than dynamic exercises for developing active flexibility, but allow for higher performance in passive flexibility.

In conclusion, this study is aimed at studying the development of physical qualities in wrestling and methods of their improvement. The results of the study showed that the successful performance of wrestlers does not depend only on technical skills, but is also directly related to the effective development of physical qualities such as strength, speed, endurance, flexibility and coordination. is liq. In the process of improving physical qualities, various methods, including intensive training, individual approach, psychological training and experimental approaches lead to effective results. Based on the information obtained in the research, the most successful methods of developing physical qualities were determined, and the importance of using these methods in training processes was also emphasized.

In addition, it was determined that in order to increase the effectiveness of training methods, it is necessary to constantly monitor and analyze, as well as take into account the individual needs of athletes. The cooperation of trainers, sports psychologists and health professionals plays an important role in improving the physical fitness of wrestlers. In the future, it is necessary to conduct more in-depth research on the improvement of physical qualities, to better understand the individuality of athletes, and to introduce new technologies for further development of

training methods. Also, the development of new methods aimed at integrating physical and psychological training will find its place.

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