

THE STRUCTURE OF THE TRAINING PROCESS IN INCREASING THE PHYSICAL TRAINING OF WRESTLERS

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Abstract: The preparation of the readiness of the population, creating a healthy loyalty and athletes in the article, especially the young generation of the population, as well as the article wrestling lesson, determination of the tops of the age of sports and systematically the main indicators. Improvement information is provided.

Keywords: Folishing, sports, coach, physical education, Olympic Games, Asian Games.

Introduction. The struggle planning is to advance the results of sports, conditions, means and styles of sports preparation, sports, the athlete. Proper planning of the training of athletes is to determine the key indicators during the preparation process, and divide them in preparation (V.P. Filin, N.A. Fomin, 1980).

The idea of planning the training process in sports recently changed significantly. This tournament is related to the requirements of some changes to the rules of the competition and increase the competition competitions of the International City Federation.

Extensive conditions have now been created to plan a higher level plan of the training of a large experimental material, which is prepared to the higher level of education.

The successful management of the training process requires taking into account two important conditions:

First, the sharp increase in loads and violators (current high results are approaching the border of biological standards in the sports of modern results):

Second, the equation of the number of coercive parameters and skill levels (in the experience of the world's leading athletes). Therefore, the optimization of the training structure and the compilation of optimal training programs remains the importance of the first level (M.P. Matveev, 1977). Planning the training process is primarily the creation of a system for plans for different periods. Interrogation objectives should be carried out in the download. (Training) The elementary component of the training process. The day of classes, including microtics, formed a microticobi, and the association of microlyss is a larger and relatively completed union. (G.S. Distrocated, 1984). Depending on periods such as micro-and microcytes, sizes, volume, intapsing means and methods of the preparations will change.

The planning process in the struggle is carried out in the following forms:

- Prospective - stage, period, years, for a number of years:
- Daily - for the training microtorical:
- Quickly - for a session:

In creating a plan for many years of wrestlers, the development of the sports struggle should follow changes in the rules of the sports. Therefore, it is necessary to refer to the tasks of the session. Presenters: pedagogical and medical supervision (V.P. Filin, N.A. The promising planning of the autonomy requires the development of annual plans. A detailed description of the tools and training loads applied to annual plans will be included. The Scientific Legislation of the Dynamics of Sports in Daily Planning (Orientation, Stability and Temporary Decline). Various factors: a reaction of the content, number and downloads of training, number and wrestling affects the skills of the reaction.

The operational planning is based on daily planning. Such a planning envisages the assassination of tasks, compatos, styles, load size and sharpness. The structure of the training is primarily determined that the maximum session is to achieve. A capture in accordance with the operational plan of the training is made, in which the preparatory (heating of the body) is described in which the main and final partitions, the number of repetitions, duration of breaks, and recreation.

Three periods: preparations, competitions, transition periods are separated during the training. During the career, training is actively resting

It is a gradual transition to the development of a violent special task and physical qualities, to cover and master and improve tactics and improvement. During this period, athletes should be created a solid foundation for the successful operation during ahead of the previous competition. The main tasks of the preparation periods are to eliminate the functional capacity, improve the overall physical training, the development of technical-tactilic actions, to prepare for competitions and successfully participate in it. The main tasks of this period will be the development of high-level practical knowledge, expandment and strengthening the theoretical knowledge, participates in this stage. The main tasks of the period are: health strengthening and the strengthening of the organism, increase the level of general physical training. Basic tools: sports games, swimming, et. The correctly structured transition period will further develop the functional capacity and create favorable conditions for the improvement of special training.

Conclusions: Sulse, to plan a struggle planning - the conditions, means and methods of the sports training tasks, etc. Holding the centuries test, courses and worthy opponents, Uzbek wrestling, became diverse by independence and reached the world. He also contributes to the world as the sport of Uzbek wrestling as a world, and further increasing the international prestige of the country.

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