

TEACHING STUDENTS FIGHTING TECHNIQUES AND TACTICS DURING TRAINING

Eshturdiyev Abbas Erkin o'g'li

Teacher of the National Research University

"Tashkent Institute of Irrigation and Agricultural Mechanization Engineers".

Abstract: In this article, the author discusses the stages of practical methodology for technical and tactical training of wrestlers in connection with the modern requirements of competitive activity, the specifics and features of wrestling competition activities, the methodological principles implemented in training methods, the stages of practical methodology for technical and tactical training of wrestlers, in the example of wrestling, increasing the role of practical skills in the education system, ensuring their consistency in theoretical and practical activities, and the stages of teaching wrestling to students in higher educational institutions and other similar systems.

Keywords: wrestling, physical education and sports, practical activity, development of practical skills, consolidation, improvement, training process.

INTRODUCTION

A number of works are being carried out to popularize our national sport, wrestling, which embodies the ancient values of the Uzbek people, the ideals of courage, bravery, patriotism, and humanism, to introduce it to the world, and to turn this value into a global masterpiece. In particular, the resolution of our president "On measures to develop the national sport of wrestling and further increase its international prestige" No. PQ-4881 aims to convey the rich traditions and values of wrestling inherited from our great ancestors to future generations, to increase the role of wrestling in the world arena under the name of the Uzbek sports brand, and to create the necessary conditions for young people, as well as peoples of the world, to engage in this sport by supporting their interest in national sports.

Today, the further development and popularization of the sport of wrestling is becoming a requirement of the times, attracting all segments of the population of our country, regardless of age, to a healthy lifestyle, educating young people to be loyal to the Motherland, making wrestling one of the favorite sports of the peoples of the world, further promoting its humanistic ideas such as honesty, justice, and tolerance to the world, commercializing it by actively attracting investments in this area, and popularizing the truly Uzbek wrestling brand.

Materials and methods. Wrestling technique - the manifestation of the individual characteristics of the athlete, including ethnopsychological factors, is aimed at defeating the opponent with low energy consumption, and the system of rapid-tactical actions, as well as the athlete's technical training, includes a wide range of specialized techniques as a process of learning wrestling techniques.

The technique of wrestling is distinguished from other types of wrestling by its uniqueness. In this, first of all, it is required to fight according to the established rules, and secondly, the wrestler is required to have strong physical training and psychological stability, as well as psychophysiological coordinated movement management. It is also necessary to avoid disrespecting the opponent, ensure focus, honor and dignity, a rational approach to each activity, avoid emotional aspects, and, if necessary, master the tactics of distracting the opponent.

Targeted teaching of movements in this sport requires the teacher to know the characteristics of teaching methods. All methods are conditionally divided into three main groups. Verbal (verbal) methods, demonstrative (demonstrative) and practical methods. In turn, each of the three groups consists of several methods.

The verbal methods used by the teacher activate the entire learning process, help to form a more complete and clear picture of the movements. With the help of these methods, the teacher analyzes and evaluates the mastery of the educational material.

Demonstrative methods ensure the perception of the movements being studied through sight and hearing. Demonstrative methods help to master the movements more quickly, deeply and firmly, and arouse interest in the movements being studied.

Practical methods are based on the motor activity of students. They are conditionally divided into the following, strictly and partially ordered exercise methods, movement patterns, load sizes, their increase, alternation with rest, etc., characterized by repeated repetition of movements in a strict order. As a result, it becomes possible to gradually form the necessary movements and selectively master individual movements .

The method of learning in parts involves initially learning individual parts of the movement, and then combining them into a whole to the required extent. Thus, in training sessions, all methods are used in various combinations, not in standard forms, but in modified forms, taking into account the specific requirements of sports training.

The methods used and their discussion. Stages of training The process of training in movement is carried out over a certain period of time. This period of time is conditionally divided into three stages: initial learning, learning in parts, consolidation, and further improvement.

The main task at the initial learning stage is to create in students the necessary ideas for the correct execution of the studied movement of the wrestling. The characteristics of this stage are as follows. Incorrect distribution of time, insufficient clarity of movements, uncertainty of muscle tension, the presence of excessive movements, violation of the integrity of the phases in the execution of wrestling technical movements.

In this case, students spend a lot of extra effort and perform techniques with tension in most of the body muscles. This is due to rapid fatigue and, especially, insufficient working capacity.

The stage of learning in parts. The main task of the stage of learning in parts is to form movement skills and improve them until they become a skill. At this stage, the time and force characteristics of individual wrestling techniques are determined. If the necessary conditions for the formation of movement skills were created in the previous stage, then its formation occurs in the second stage. To achieve the goal, the following tasks are solved.

The stage of consolidation and further improvement. In order to consolidate the technical and tactical movements of a wrestler, it is necessary to perform the following specific tasks:

- to teach the trainees to perform the acquired technical movements in various conditions and in combination with other methods of standing, such as on the ground;
- to teach the wrestler to perform the learned movement with opponents with different levels of preparation (physical, technical, tactical, etc.);
- to enrich the learned technical movements with new elements (tactical preparation methods, holds, final phases) in accordance with the individual characteristics of the trainees and taking into account the increase in their physical fitness;
- to ensure sufficient stability and variability, reliability of the learned technical movement in competitive competitions.

At these stages, the main task of training, namely the formation of movement skills and the formation of the ability to apply the acquired wrestling techniques in competitive competitions, should be solved.

CONCLUSION

To improve the effectiveness of wrestling, to regulate technical movements, to fight according to established rules, a wrestler is required to have strong physical training and psychological stability, as well as to manage psychophysiological coordinated movement activities. Thus, in training sessions,

all techniques are used in various combinations, not in standard forms, but in modified forms, taking into account the specific requirements of sports training. When choosing techniques, it is necessary to pay attention to the following. They must strictly comply with the special principles of sports training, the age characteristics of the participants, their qualifications and level of training.

References:

1. O‘zbekiston Respublikasi prezidentining «Kurash milliy sport turini rivojlantirish va uning xalqaro nufuzini yanada oshirish chora-tadbirlari to‘g‘risida»gi 2020 yil 4 noyabrdagi PQ-4881-son qarori.
2. Usmonxodjayev T., X. Isroilov Sh., Pulatov A., Pulatov Sh. “Milliy va harakatli o‘yinlar” Darslik. Toshkent -2015. -300 b.
3. Kerimov F.A. Sport kurashi nazariyasi va uslubiyoti. T.: O‘zDJTI 2009.
4. O.E.Toshmurodov, B.B.Kipchakov, A.T.Umarov. Kurash turlari va uni o‘qitish metodikasi (milliy kurash). O‘quv qo‘llanma. – Samarqand: Sam DU nashri, 2021. – 232 bet.
5. Моисеев, Н.М. Структура процесса обучения двигательным действиям / Н.М. Моисеев // Теория и методика физической культуры: Учебник / Под ред. проф. Ю.Ф. Курамшии. М.:, 2003. -С. 98-101.
6. Подливаев Б. А., Миндиашвили Д. Г., Грузных Г. М., Куп-цов А. П. волная борьба, программа. – М.: Советский спорт, 2003. – 216 с.
7. Тенденция развития спортивной борьбы в начале третьего тысячелетия / Под ред. левицкий А.Г., Тараканов Б.и. – СПб.: СПбГ АФК им. П.Ф. Лесгафта, 2003. – 174 с.
8. Тотоонти и.Х. 100 лет волной борьбе. – владикавказ: олимп, 2005. – 200 с.