

DISTINCTIVE FEATURES OF PHYSICAL TRAINING FOR 11-12 YEAR OLD WRESTLERS AT THE INITIAL PREPARATION STAGE

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Annotation: This article provides information on the features of the development of injuries associated with injuries in young wrestlers, explains the peculiarities of the manifestation of minor injuries as follows: in minor injuries, the pathological process develops gradually, with metabolic disorders and weak inflammation in individual groups of cells and tissues; with repeated exposure to damaging factors, not only functional, but also significant structural changes occur in the tissues, becoming increasingly widespread; in the early stages of development, minor injuries are asymptomatic, often without pain or other discomfort, and only later, with the development of widespread lesions, clear signs appear; the main danger of minor injuries is that they are prone to the occurrence of acute severe forms of injuries, especially chronic ones that are difficult to treat.

Keywords: coordination, means, coordination, development, didactic, didactic, principle, intensity, combination, load, sports-technical, quality, sports specialization, stands, cycle, level, rational, macrocycle, regulation, technical-tactical, psychomotor, elements, psychoactive, ligaments, coordination, injury.

Introduction: In an era when modern sports are rapidly developing worldwide, the national sport of kurash is also gaining unprecedented popularity. Kurash competitions have become an integral part of many national celebrations. Simultaneously, one of the main objectives in encouraging the population to engage in regular physical education and sports is the development of national sports. Just as every nation and ethnic group around the world has its own unique national sports, the national sport of kurash is also experiencing rapid development in our country.

Numerous scientific research studies have been conducted both abroad and in our country on the effectiveness of technical and tactical training techniques using targeted development of coordination abilities in young wrestlers. The most effective means of developing coordination abilities in 11-12 year old kurash wrestlers have been studied and systematized based on years of experimentation. In the process of teaching wrestling techniques, a positive influence on the general and specialized physical preparation of young wrestlers has been identified. It has been noted that there are several positive correlations between the level of development of coordination abilities and the success of young athletes in mastering wrestling techniques.

Currently, special attention is paid in our country to the development and popularization of the national sport of kurash. "Raising national sports in our country to a high level, scientific and theoretical generalization, and special emphasis on its connection with modern civilization" shows that we should not limit ourselves to achievements in elite sports, but also pay great attention to mass sports. The current situation makes it difficult for the athlete to eliminate the shortcomings that he acquired during the study of initial technical-tactical actions throughout his entire activity, narrows his physical and functional capabilities, especially the scope of technical-tactical capabilities. Currently, there is a need for the development and popularization of the

national sport of kurash in almost all educational institutions, the development of a scientific and methodological algorithm for teaching the elements of basic technical movements of the chosen sport. This further elevates Kurash to the level of world standards.

The Decree of the President of the Republic of Uzbekistan No. UP-5368 "On Measures for the Fundamental Improvement of the State Administration System in the Field of Physical Education and Sports" dated March 5, 2018, the Resolution of the President of the Republic of Uzbekistan No. PP-3306 "On Measures for Further Development of the National Sport of Kurash" dated October 2, 2017, the Resolution of the President of the Republic of Uzbekistan No. PP-4881 "On Measures for Developing the National Sport of Kurash and Further Enhancing its International Prestige" dated November 4, 2020, as well as other relevant regulatory legal documents in this field, serve to a high degree in implementing the tasks outlined for the development of Kurash sports.

In teaching special technical elements of wrestling at the initial stage of training, I.Kh.Boymurov and I.K.Karimov gave the following idea, dividing it into 4 parts:

1. The possibility of widespread use of optimal dosed weights of an intensive nature in the training of young wrestlers has been scientifically substantiated.
2. Based on the application of a holistic approach and analysis of the state of physical development and the main physical qualities of young wrestlers and their engagement in sports during adolescence, the features of their physical condition were revealed.
3. The possibility of using different values of dosed weights in the special physical training of young wrestlers, taking into account their sports specialization, is substantiated.
4. Pedagogical characteristics and assessments of the level of strength training of young wrestlers have been developed.

The use and systematization of the main means and training methods for training wrestlers of various qualifications made it possible to determine the most effective of these means, as well as their rational proportions within the framework of the annual macrocycle. Priority positions of practitioners on the main aspects of the problem of optimal implementation of various types of physical training in the training process of wrestlers were determined. The results of a comparative analysis of the degree of influence of general physical training means of various nature are new, and attention is paid to the training indicators of young wrestlers. The dynamics of the sports and technical indicators of the competitive activity of wrestlers under the influence of various combinations of physical education means were determined. Based on the above characteristics and parameters, an experimental methodology for training young kurash wrestlers within the framework of a one-year training cycle was developed and tested, which ensures a significant increase in most indicators of general and special physical training, sports and technical indicators, and sports results [1; 97-b].

According to M.G. Kaladeznikova, K.S. Kaladeznikov, and P.I. Sidorov, the importance of planning training sessions and utilizing pedagogical-psychological and medical-biological methods in preparing wrestlers for competitions is emphasized. Due to changes in competition regulations, trends have been identified showing an increase in the proportion of techniques related to lifting opponents among wrestlers of all age categories. A technical device has been developed, manufactured, and implemented that allows for correcting the process of forming proper standing skills when lifting an opponent while simultaneously providing safety and assistance. This has also proven to be one of the effective means of preventing spinal cord injuries. Additionally, for the first time, methods for gradually training young wrestlers in complex technical techniques related to lifting opponents on stands have been developed. These methods are based on strict adherence to the didactic principles of training and the use of technical aids [2; 5-12-b].

B.A. Padlivayev, V.P. Uvarov, and N.N. Rojin conducted research on developing methodological foundations for planning training sessions in the preparation of highly qualified

kurash wrestlers. They scientifically substantiated the following approach to training in the process of preparing young wrestlers:

1. The importance of the movement coordination component in training young wrestlers has been proven as the main criterion for implementing training programs to achieve high physical, technical-tactical preparedness and sports results in the process of competitive activity.
2. The interconnection between the physical and technical-tactical preparedness of wrestlers of different ages and their success in competitive activity has been established.
3. A technique for the conjugated development of coordination abilities in young wrestlers has been developed, which involves the use of various means to influence individual components of coordination abilities in combination with technical and speed-strength exercises.
4. For the first time, training tool blocks have been developed that effectively regulate the ratio of general developmental and special exercises of various directions for young wrestlers, ensuring a high level of coordination preparedness and achievement of sports results.

An important theoretical justification for the methodology of joint development of the ability to coordinate technical movements of young kurash wrestlers was noted, the application of which predetermined an increase in the level of development of the main means of special physical and technical-tactical training of young kurash wrestlers to a complex level [3; [p. 90].

According to such scholars as D.B.Brown, J.E.McKenzie, K.K.Denis, R.W.Culen, on the preparation of wrestlers for competitions, the selection of wrestlers for the sport is carried out taking into account their comprehensive parameters:

Results of important local competitions for young kurash wrestlers;

the structure of effective technical and tactical actions in kurash aligned with modern competitive requirements;

new data on the development of physical and psychomotor qualities in young wrestlers;

a technology for modeling training tasks has been developed for the harmonious development of physical and mental qualities in young kurash wrestlers, corresponding to the modern requirements of competitive activity [4; 24-32].

Based on the scientific work of R.N.Apoiko, he wrote about the influence of psychoactive substances. The state of physical development, the ability to coordinate movements, psychophysiological and psychomotor qualities, and the psycho-emotional state of 11-12 year old adolescents prone to the use of psychoactive substances, sports games have a positive effect on the formation of psychophysical resistance to the use of psychoactive substances. Taking into account individual characteristics, a program for the correction of the psychophysical state of adolescents 11-12 years old prone to the use of psychoactive substances with the help of physical culture and sports has been developed [5; 17-23].

In the scientific works of A.S. Davtyan and A.A. Chatinyan, the following points are noted:

1. Stretching of muscles and ligaments, bruises, and injuries to muscles and tendons are the most common, accounting for up to 80% of injuries in young wrestlers.
2. They provided information on the characteristics of injury development in young wrestlers:
 - The peculiarities of minor injuries are explained as follows: in minor injuries, the pathological process develops gradually, with metabolic disorders and mild inflammation in individual groups of cells and tissues; with repeated exposure to damaging factors, not only functional but also significant structural changes occur in the tissues, becoming increasingly widespread; in the early stages of development, minor injuries are asymptomatic, often without pain or other discomfort, and only later, with the development of widespread lesions, clear signs appear; the main danger of minor injuries is that they are a condition prone to the occurrence of acute severe forms of injuries, especially chronic ones that are difficult to treat.
3. A correlation was established, according to which the more minor injuries a young wrestler suffers in adolescence, the shorter their sports career.
4. Factors determining the high level of injuries in young wrestlers were identified: excessive strain from forced training in adolescence; overtraining due to excessive loads when

transitioning adolescents to the adult category; frequent weight loss; forced weight loss before competitions; repeated participation in important competitions with limited training periods; frequent relapses of chronic diseases; conducting intensive training while experiencing pain after injuries due to insufficient rehabilitation periods.

5. Pedagogical conditions necessary for injury prevention among young wrestlers have been substantiated: the presence of a scientifically based method of special physical training for injury prevention; grouping individuals with the same level of physical training; strict adherence to general principles of the training regime (frequency and duration, dosage, type of load on various parts of the musculoskeletal system, etc.); correct selection of special exercises that best correspond to the wrestler's physical and neuropsychological capabilities for injury prevention; grouping athletes of the same age and weight category; the presence of a well-equipped material and technical base for training and competitions; a high level of methodological training for coaches on injury prevention; daily medical supervision of the training process of young wrestlers; gradual transition from simple and easy wrestling methods to more complex ones requiring long-term training; thorough warm-up before fights during competitions and training; maintaining high discipline during training.

6. Four stages of training young athletes: initial preparation (10-12 year old adolescents); specialized training (13-14 year old adolescents); in-depth specialization (15-16 year old boys) and sports improvement (17-18 years old). At each of these stages, teaching aids, methods, and forms corresponding to the specified age periods are provided.

7. It has been shown that in the first stage, to prevent injuries, the special physical training of young wrestlers focuses on developing aerobic and aerobic-anaerobic mechanisms of energy supply for muscle activity; in the second stage - on strengthening aerobic-anaerobic and glycolytic mechanisms, as well as the ligamentous-muscular apparatus of the joints and spine; in the third stage - on the anaerobic-alactate (creatine phosphate) mechanism, as well as increasing muscle strength and developing tissue adaptation to loads; in the fourth stage - on special endurance for wrestling, increasing muscle strength, strengthening joint capsules, and the ligamentous-muscular apparatus of the limbs and torso.

8. Objective criteria for assessing the physical performance of young freestyle wrestlers have been developed as the main indicator of the effectiveness of the methodology designed for using special training tools to prevent injuries.

9. A positive influence of the developed methodology of special physical training on the prevention and reduction of injuries in young wrestlers was identified [6;10-15-p].

According to Y.Tropin and A.Shuday, regarding the improvement of the results of heavyweight wrestlers, the following was written: As a result of the research, the main technical movements used by heavyweight wrestlers in competitive activity were studied and systematized, training methods of preparation were determined, which made it possible to determine the most suitable methods and means for the experimental part of the study.

Fundamental differences in the indicators of technical and tactical preparedness in the competitive activity of wrestlers in heavy weight categories compared to athletes in other weight categories were revealed. The physiometric and somatometric characteristics of heavyweight athletes were determined, and on this basis, complexes of technical and tactical actions were developed. The above allowed us to develop and test an experimental methodology for preparing heavyweight wrestlers at the pre-competition stage [7; 106-109].

Conclusion The physical training of 11-12-year-old kurash wrestlers plays an important role in their future sports activities. At this stage, attention should be paid to the comprehensive development of physical qualities, teaching wrestling techniques, and forming a healthy lifestyle. Classes should be organized in an interesting and safe way, taking into account the age characteristics of the children.

- Comprehensive development: All fundamental aspects of physical fitness (strength, speed, endurance, flexibility, agility) should be developed equally.

- Integration with technical training: Physical preparation should be conducted in conjunction with learning and perfecting wrestling techniques.
- Consideration of age-specific characteristics: Training sessions should be structured according to children's age, avoiding overexertion and allocating sufficient time for rest.
- Motivation: It is crucial to spark children's interest in sports, boost their self-confidence, and encourage consistent participation in training.
- Healthy lifestyle: Proper nutrition, adequate sleep and rest, and abstaining from harmful habits are essential components of physical preparation.

These conclusions will help to properly organize the physical training of 11-12 year old kurash wrestlers and ensure their success in sports.

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