

Scientific and Methodological Basis of The System of Special Exercises in Improving the Physical Fitness of Wrestlers

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Abstract: This scientific article analyzes the scientific and methodological foundations of the system of special exercises for improving the physical fitness of wrestlers. The study highlights the importance of physical qualities - strength, speed, endurance, agility and balance - in achieving high results in wrestling, and reveals the content of special exercises aimed at their development. Also, the methodological aspects of combining general and special physical training means in the training process, gradually increasing loads, and taking into account the individual characteristics of athletes are considered.

Keywords: Wrestling, physical training, special exercises, strength, speed, endurance, agility, balance, training process, sportsmanship, methodological foundations.

INTRODUCTION:

Wrestling is one of the national sports that requires a high level of physical fitness, technical skill, quick decision-making and willpower. The success of a wrestler in the competition process directly depends not only on the correct execution of technical and tactical movements, but also on the level of development of such physical qualities as strength, speed, endurance, agility, balance and coordination of movements. Therefore, along with general physical training, the purposeful use of a system of special exercises specific to wrestling during training is of great importance in expanding the functional capabilities of athletes, maintaining high performance during competitions and effectively performing technical movements.

The relevance of this topic is that in practice, when increasing the physical fitness of wrestlers, exercises are often aimed at general physical development, but their organization on the basis of a system of special exercises directly related to wrestling movements is not always sufficiently established. As a result,

athletes may not have the skills necessary in competitive conditions for explosive power, quick reaction, maintaining balance in a wrestling situation, withstanding opponent resistance and stable performance of technical movements. Therefore, scientifically and methodologically substantiating a system of special exercises, taking into account the age, physical and individual characteristics of wrestlers, step-by-step planning of training loads and combining them with technical and tactical training are urgent scientific and practical tasks for sports pedagogy.

The purpose of the study. To determine the scientific and methodological foundations of the system of special exercises in improving the physical fitness of wrestlers and to develop methodological recommendations for the effective use of these exercises in the training process.

Research objectives

1. Theoretically analyze the role and importance of special exercises in the development of the physical

fitness of wrestlers.

2. To identify a system of special exercises that serve to develop the qualities of strength, speed, endurance, agility and balance in wrestlers.

3. To develop scientific and methodological recommendations for the use of special exercises in the training process.

LITERATURE REVIEW

The issue of improving the physical fitness of wrestlers is one of the important scientific and practical directions in sports pedagogy, training theory and the system of long-term training of athletes. Achieving high results in wrestling is directly related to the athlete's strength, speed, endurance, agility, balance and coordination abilities. Therefore, the organization of a system of special exercises on a scientific and methodological basis is of particular importance in increasing the readiness of wrestlers for competitive activities.

F.I. Kurbonov analyzes modern scientific approaches to planning long-term training for wrestlers and substantiates that the training of athletes is a long-term, gradual and goal-oriented process. According to the author, it is important to plan training loads in the training of wrestlers in accordance with their age, physical capabilities and level of sportsmanship. This approach indicates the need to rely on the principles of consistency, gradualness and an individual approach when creating a system of special exercises.

I.Kh. Boymurodov highlights the specific features of the scientific-methodological approach to improving the physical fitness of wrestlers, drawing attention to the inextricable link between general and special physical training. The author emphasizes that the physical fitness of a wrestler should not be limited only to increasing general strength or endurance, but should be developed in harmony with the movements specific to the sport. This idea serves to justify the closeness of wrestlers to the conditions of competition and their connection with technical and tactical movements when choosing special exercises.

D.R. Rakhimjonov, having studied the issue of tactics for preparing wrestlers' offensive movements, shows that for a successful attack in wrestling, the athlete's agility, explosive power, ability to maintain balance and the ability to act in accordance with the situation

are important. Based on this study, it can be said that the system of special exercises should be aimed not only at developing physical qualities, but also at using them in offensive and counterattack movements. Therefore, physical training should be organized in an inseparable way from technical and tactical activities.

B.M. Rakhimov and N.A. Khudaiberdiev, analyzing the pre-competition psychological preparation of freestyle wrestlers, emphasize that the athlete's result in the competition process is associated not only with physical and technical preparation, but also with mental stability, self-confidence and emotional control. This approach shows the need to take into account psychological factors when organizing a system of special exercises for wrestlers. Because high-load exercises, tasks that are close to the opponent's resistance, and modeling competition conditions strengthen not only the athlete's physical, but also the willpower and psychological preparation.

F.A. Sadullayev sheds light on the issue of technical preparation in the training process of wrestlers and shows that physical preparation plays an important role in the effective performance of technical movements. The author substantiates that the technical skill of a wrestler is associated with his accuracy of movement, correct distribution of force, maintaining balance and adaptation to the opponent's movements. This confirms that the system of special exercises gives high results only when combined with technical preparation.

The analyzed literature shows that the issue of improving the physical fitness of wrestlers is closely related to planning long-term training, developing general and special physical qualities, tactics of offensive actions, psychological preparation and technical skills. However, in existing studies, the issues of choosing special exercises as a single system in improving the physical fitness of wrestlers, their step-by-step planning and inextricably linking them with technical and tactical activities still require a deeper scientific and methodological substantiation.

The analysis of the literature shows the need to develop a system of special exercises on a scientific basis in improving the physical fitness of wrestlers, correctly determine the ratio of load and rest during training, take into account the individual capabilities

of athletes and organize physical, technical and tactical and psychological training in a comprehensive manner. This circumstance determines the relevance of the topic of this article and creates the need to develop methodological recommendations aimed at improving the fitness of wrestlers.

METHODOLOGY

The methodological basis of this study is based on sports pedagogy, physical education theory and modern scientific approaches to training athletes. The study studied the process of improving the physical fitness of wrestlers based on systematic, step-by-step, individualized and activity-oriented approaches. Taking into account the specific features of wrestling, the development of physical qualities was interpreted as being inextricably linked with technical and tactical activities. From this perspective, the system of special exercises was considered as a pedagogical tool aimed at the comprehensive development of such qualities of wrestlers as strength, speed, endurance, agility and balance. In the process of research, the methods of analysis, comparison, generalization and systematization of scientific and pedagogical, sports and methodological and psychological literature were used as theoretical methods. Through these methods, existing approaches to improving the physical fitness of wrestlers, the content of the system of special exercises and the methodological principles of their application were clarified. Also, the system of long-term training of athletes and the scientific foundations of the development of physical qualities were studied, and a theoretical model for the selection and planning of special exercises was developed.

At the empirical stage, methods of pedagogical observation, analysis of the training process, and study of athletes' physical fitness indicators were used. With the help of these methods, the use of special exercises in the training process, the quality of their performance, and the impact on the physical development of athletes were studied. Through observations, the wrestlers' adaptation to training, the level of load acceptance, and the dynamics of physical qualities growth were determined.

The study also developed a methodological model for the use of special exercises, in which the main criteria were a gradual increase in training loads, selection of exercises based on the principle of simple to complex, combination of general and special physical training, and consideration of the individual characteristics of athletes. This model was analyzed as an effective pedagogical tool for improving the physical fitness of wrestlers.

RESULTS AND DISCUSSION

The results of the study showed that the targeted use of a system of special exercises in improving the physical fitness of wrestlers is an important factor in developing the general motor activity, strength, speed, endurance, agility and balance qualities of athletes. In wrestling, each technical and tactical movement is performed in conditions of opponent resistance, time constraints and quick decision-making. Therefore, the use of special exercises based on wrestling-specific movements, not limited to general physical exercises, during training gives high efficiency.

The analysis showed that the system of special exercises primarily serves to develop explosive strength, quick reaction, endurance, coordination of movements and balance in wrestlers. For example, exercises such as lifting, pulling, pushing, unbalancing an opponent, quick turns and switching from defense to attack allow athletes to prepare in conditions close to competitive activities. Such exercises help to perform technical movements stably, adapt to opponent resistance and maintain high performance during the competition.

During the study, it was found that combining special exercises with general physical training exercises is one of the most effective approaches. While general exercises strengthen the athlete's physical base, special exercises allow you to apply these qualities directly in wrestling movements. Therefore, in the training process, in addition to running, jumping, general developmental exercises, flexibility and strength exercises, it is advisable to use special tasks performed with an opponent, pair exercises, movements on the mat and exercises that are closer to technical elements.

Table 1

Special exercises and their effects on improving the physical fitness of wrestlers

Direction of Special Exercises	Exercise Content	Developed Qualities	Expected Result
Strength Development	Pulling, pushing, lifting the opponent, resistance exercises with elastic bands	Strength, explosive power	Performing technical actions powerfully and stably
Speed Development	Quick turns, starting movements, short-distance sprinting	Speed, reaction	Rapid transition to attack and defense actions
Endurance Development	Continuous wrestling elements, circuit training, interval loads	General and special endurance	Maintaining performance throughout the match
Agility and Coordination	Changing direction on the mat, moving in pairs	Agility, coordination	Performing movements according to the situation
Balance Development	Maintaining position against opponent resistance, counteractions to being unbalanced	Balance, body control	Ensuring stability in attack and defense

As can be seen from the table, special exercises develop not only individual physical qualities of wrestlers, but also their comprehensive preparation related to technical and tactical activities. In particular, exercises performed with an opponent form the skills of athletes to adapt to competition conditions, correctly distribute strength, quickly assess the situation and perform technical movements in a timely manner.

During the discussion, it was found that the effectiveness of the system of special exercises is directly related to the sequence in which they are introduced into the training process. Initially, the athlete's body is prepared for the load through general preparatory exercises, at the next stage special physical exercises are used, and at the final stage exercises are performed that are combined with technical and tactical tasks. Such an approach, along with the gradual development of the athletes' physical qualities, teaches them to effectively use them in real wrestling conditions.

The results of the study showed that when choosing special exercises, it is important to take into account the age, level of physical fitness, weight category and individual capabilities of athletes. The same load does not have the same effect on all athletes. Therefore, it is necessary to have an individual approach during training, regulate the volume and intensity of the load, correctly determine the rest interval, and

gradually complicate the exercises.

Also, during the study, it was found that special exercises have a positive effect on the psychological stability of wrestlers. Exercises performed against an opponent form determination, quick thinking, self-confidence, and skills to act under stress in athletes. This helps the athlete to effectively use his abilities before and during the competition.

Some methodological problems were also observed. In particular, the wrong choice of special exercises or overloading can increase the risk of fatigue, technical errors, and injuries in athletes. Also, if during training only strength or endurance is emphasized, and agility, balance, and coordination are not sufficiently developed, there is a possibility that the wrestler's movements will be one-sided. Therefore, the system of special exercises should be built on the basis of an integrated approach. The results of the study showed that the system of special exercises is of high scientific and practical importance in improving the physical fitness of wrestlers. The use of special exercises in combination with general physical training, technical-tactical training and psychological training increases the ability of wrestlers to improve their sports skills, strengthen their readiness for competition activities and achieve high results.

CONCLUSION

This scientific article analyzes the scientific and

methodological foundations of the system of special exercises in improving the physical training of wrestlers from a theoretical and practical perspective. The results of the study showed that achieving high results in wrestling is directly related to the level of development of the physical qualities of athletes, in particular, strength, speed, endurance, agility and balance, and the targeted development of these qualities is an important component of the training process.

The study revealed that the effective use of the system of special exercises contributes to the comprehensive development of the physical fitness of wrestlers, the stable and accurate performance of technical-tactical movements and the ability to adapt to competition conditions. Combining special exercises with general physical training, gradually complicating them and using them taking into account the individual characteristics of athletes provides high pedagogical efficiency.

Also, integrating special exercises with technical-tactical and psychological training during training develops not only the physical, but also the functional and volitional qualities of wrestlers. This expands the athletes' ability to make quick decisions, maintain balance, and effectively respond to the opponent's resistance during the competition.

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