

Psychological Development of Wrestlers During Trainingpreparation And Control

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Abstract: This article features wrestlers from different weight classes and applied mental preparation, individual fund of actions.

The composition of the means and methods of training were studied. The methodology for selecting mental training tools that take into account the combination of offensive and defensive actions has been studied.

Keywords: Special mental preparation, technical - tactical, training, psychological-pedagogical, training, competition, mental functions, will, anticipation, feeling the opponent to do, quick - force, "sloppy", "sideways", "honest".

Introduction: During the years of independence in our country, practical measures were taken to ensure mass participation in sports, especially active forms of organizing the leisure time of children and schoolchildren. The issues of further developing physical education and sports in the country and raising a healthy generation have become a priority in the state policy of Uzbekistan.

The resolutions of the President of the Republic of Uzbekistan No. PQ-3031 "On measures for the further development of physical education and mass sports" dated June 3, 2017, No. PQ-3306 "On measures for the further development of the national sport of wrestling" dated October 2, 2017, Resolution of the Cabinet of Ministers No. 118 "On approval of the concept for the further development of physical education and mass sports for 2019-2023" dated February 13, 2019, Resolution of the President of the Republic of Uzbekistan No. PQ-4881 "On measures for the development of the national sport of wrestling and further increasing its international prestige" dated November 4, 2020, and other regulatory legal documents related to this area are based on the tasks

set out in the strategic foundation. The initiative of our President Sh.M. Mirziyoyev and Due to his care, a high level of sports activity is observed. Our athletes are raising the flag of Uzbekistan high, achieving good results in Asian and world competitions. The successful participation of our athletes in international competitions is proof of our opinion. In our country, serious attention is being paid to improving the education system, ensuring the prosperity of the homeland, and educating the younger generation. One of the important steps in this regard is the adoption of the Law "On Education" for the first time in Uzbekistan.

This further increased the attention to wrestling and made specialists in the field work harder. In the future, national wrestling types will be known in every continent and country of the world with purely Uzbek terms such as "chala", "yonbosh", "halol" and the like, and will lay the foundation for the establishment of Uzbek wrestling federations in each country.

Wrestling is characterized by the rapidity of technical and tactical movements. It requires athletes to exert maximum muscle tension in conditions of time constraints. Analysis of the development of wrestling at

the international level shows that the reliability of the wrestlers' competitive activity has increased and they have a high level of speed and strength training. At the same time, it is necessary to increase the mental preparation of wrestlers, because only if the athlete is ready for the task, he will achieve the desired success.

It is undeniable that speed-power training is of great importance for wrestlers, since further growth of the level of technical-tactical skills is based on the high potential of their physical training. The studies of many authors (Yu.V. Verkhoshansky (1988), AQ Atoev (2004, 2005), FA Kerimov (2005), AA Novikov (2005) and others) emphasize that the increase in the level of general physical and special mental training of athletes occurs due to the means of wrestling itself, that is, due to the use of a large number of different training tasks in the process of technical-tactical training. In this case, if concentrated in-depth training in the direction of mental training is not used, then a high increase in the qualities of mental training will not occur. The purposeful use of mental training tools, taking into account the nature of the athlete's competitive activity, is one of the necessary conditions for organizing the training process of wrestlers. Mental training is understood as a set of psychological and pedagogical measures and conditions appropriate to the activity and life of athletes. They are aimed at forming in wrestlers mental functions, processes, states and personal characteristics that ensure the successful solution of the tasks of training and participation in competitions. The concept of "mental training" of a wrestler includes two concepts: general mental training and mental training for a specific competition. General mental training is carried out throughout the entire process of sports improvement along with physical, technical and tactical training. With its help, the following specific tasks are solved: 1. Education of the wrestler's moral qualities.

2. Forming a sports team and a spiritual atmosphere in the team.

3. Cultivation of willpower. 4. Development of perceptual processes, in particular, improvement of special types of perceptual processes such as "feeling the opponent", "feeling time and space", etc. 5. Development of attention, its stability, concentration, distribution and transition from one to another.

6. Develop tactical thinking.

7. Develop the ability to control one's emotions. Cultivate the moral qualities of a wrestler. In the process of training a wrestler, it is very important to influence the formation of personality traits and personal qualities along with the development of physical qualities and the improvement of technical

and tactical movements. It is necessary to constantly direct the athlete to work on himself, to improve his culture and thinking. It is necessary to consistently influence the formation of personal qualities during the training process and in competitions, and to correctly eliminate negative situations with the help of the team. Form a sports team. A high sense of community, friendly relations, and unity of wrestlers are one of the necessary conditions for a good spiritual climate in training sessions and competitions. Cultivate the qualities of will. The qualities of will of an athlete are manifested in the following cases, that is, when the goals and reasons for volitional actions are determined by the athlete's worldview, firm beliefs, and moral guidelines. Extremely difficult exercises that require great willpower help to purposefully cultivate the qualities of will. It is important to focus on performing the exercises with a specific goal in mind. To develop courage and determination, it is necessary to use exercises that involve a certain level of risk and overcoming fear during the exercises. Goal-orientedness and determination are cultivated in wrestlers by forming a conscious attitude to the training process, the importance of mastering wrestling techniques and tactics, and increasing the level of physical fitness. In order to arouse interest in one's sports activities, it is useful to use highly complex emotional exercises during the training process and control them. Endurance and self-control are considered extremely important qualities of a wrestler, manifested in overcoming negative emotional states (excessive excitability and irritability, loss of self, depression) before and, especially, during the competition.

In order to develop these qualities, exercises that cause severe fatigue and pain are introduced in training. In training, complex situations are modeled in which the situation changes suddenly, and it is necessary to achieve that the wrestler does not lose himself in such conditions, restrains negative emotions and controls his actions. Initiative and discipline are manifested in creative work and activity in training and competition activities. Initiative is developed through the implementation of complex technical and tactical actions in training and competitions. In this case, wrestlers are invited to make independent decisions, using both standard and unexpected actions to achieve the goal.

Discipline is reflected in a conscientious attitude to the fulfillment of one's duties, in orderliness and executive qualities. Development of the processes of progress. The ability to act in any situation of a wrestling competition is considered the most important quality of a wrestler. It largely depends on the ability to

correctly anticipate the opponent's movements in time and space. This is based on subtle muscle-motor sensations and coordination of movements. Development of attention. The effectiveness of a wrestler's technical and tactical movements is largely determined by the development of attention: its volume, intensity, strength, distribution and transition from one to another. The wrestler anticipates a large number of different technical and tactical movements in the complex and rapidly changing movements of the opponent. This property of attention is characterized by its volume. At the same time, the wrestler must learn to concentrate on the most important parts. This refers to the intensity of attention, the ability to resist the influence of various distractions and deceptive factors indicates the strength of attention. However, one of the most important features of attention in combat is its distribution and switching from one to another, that is, the ability to simultaneously focus on several objects (arms, legs, body movements,

The ability to control the opponent's movement speed, etc.) and quickly switch attention from one to another. Development of tactical thinking. Tactical thinking is a rapid goal-oriented movement of a wrestler's thinking processes aimed at finding a way to rationally fight an opponent. Tactical thinking determines the creative nature of competitive activity and is developed through competitive exercises modeling various complex situations, as well as in training competitions. In this case, the wrestler's attention is paid to the ability to find the opponent's tactical ideas, to anticipate his possible actions, to adapt to a difficult situation, to distinguish key situations and quickly and correctly assess them. A highly qualified wrestler must be able to quickly find rational solutions and know how to apply the most effective technical and tactical actions for a particular competition situation. Development of the ability to control their own emotions. The ability of athletes to control their own emotional states in many ways helps them improve their sports skills. Positive and negative reactions to certain situations and moments of training or competition are accompanied by emotions. They facilitate or complicate the athlete's overcoming of subjective and objective difficulties. The intensity of emotional states depends on the importance and responsibility of the competition. Mental preparation for a specific competition. Mental preparation for the upcoming competition is organized on the basis of general mental preparation and is aimed at solving the following specific tasks: 1) wrestlers' understanding of the importance of the upcoming competitions; 2) studying the characteristics of the conditions (time, place) of the upcoming competitions; 3) studying the strengths and weaknesses

of the opponent, taking them into account as well as their current capabilities, and preparing for the competitions; 4) forming a strong belief in their own strength and capabilities to achieve victory in the upcoming competitions; 5) overcoming negative emotions caused by the upcoming competitions

overcoming and creating a trigger emotional state.

The first four tasks are solved by the trainer on the basis of collecting and developing various, as complete as possible, information about the opponent. Having studied all the information about the opponent and comparing his capabilities with the capabilities of his athlete, the trainer develops a plan for the upcoming competition. Its implementation is modeled and specified in detail during training sessions. The following methodological methods can be used to solve the fifth task: - conscious suppression of negative emotions by the athlete using self-command, self-approval; - targeted use of means and methods of warm-up exercises, taking into account the individual characteristics of the wrestlers and their emotional state;

- use of autogenic and mental management training tools and techniques;

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