

# Content of improving the preparation of students for wrestling sports competitions

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**Abstract:** This article shows the example of several technologies in teaching using modern pedagogical technologies in higher education institutions in order to more understandable and effective confirmation of the processes of National Wrestling Sports.

**Keywords:** Sports, health, wrestling, national wrestling, training, technology, pedagogical technology, modular training, problem training.

**Introduction:** In the world, our national wrestling tour is carried out by specialists from developing countries dedicated to applying new methods of preparing young wrestlers for competitions, age-specific features of training in technical methods, increasing physical fitness, preventing and reviving young wrestlers from being injured during training and competition. Therefore, due to the peculiarities of wrestling contests, there is not enough research on the effective development of training cycles to improve the process of training young wrestlers based on modeling them into their main competition activities.

The fact that the Uzbek national struggle went to the world arena and in the years of national independence rapidly became the fulfillment of various peoples and nationalities in the spiritual and physical value of the same people is a universal phenomenon. Zero wrestling is a sport that has aroused the affection of all with its combativity, beauty, attractiveness, honesty, being able to awaken a great interest in itself. In wrestling, the Fallen are required to be people who are far from Haram-Harish, grumpy, thieving, kashandan and show respect for their Highness, humanity, even their opponent. The struggle makes people genuine, strengthens the will, Awakens and strengthens their love for their people, for their homeland. That is why wrestlers are determined and never betray their friends, nationality, Homeland. Wrestling is considered a sport that refreshes the will, encourages you towards

a specific goal, teaches you to overcome difficulties with endurance and endurance. For Shu's sake, the struggle also takes on the role of the school of Education, which conveys a person to spiritual, physical, moral perfection.

In the teaching of national wrestling sports, education assumes the need to build the direction of the process in a certain consistency and integrity, to choose the form, methods and means of education that fulfill the identified goal of the educational activities of Students (Students). To do this, it is necessary to ignore certain laws, rules and specific aspects of didactics. Because scientific sources emphasize that teaching technology (as a result) is a model of a scientific project of a didactic process), which ensures the success of pedagogical actions during the activity.

The yanabir advantage of national wrestling training is the development of mental rigor and discipline. Wrestlers are required to endure intense training and intense training, which helps to increase their mental endurance. Learning to overcome physical and mental barriers during a fight helps people develop strong perseverance and perseverance, which is valuable not only in the fight, but also in various aspects of life. In addition, the nature of wrestling teaches discipline, since athletes must adhere to strict training regimes and a healthy lifestyle in order to maximize their performance. This discipline becomes other areas of life, as wrestlers learn to prioritize their obligations and

manage their time effectively. Through national wrestling training, athletes not only improve their physical skills, but also develop mental rigor and discipline, which serves them beyond their wrestling career.

At the initial stage of preparing young wrestlers for competition activities, the structure, content and methodology of the training process and their modeling, the almost complete absence of pedagogical techniques with technical skills of a practical appearance, special exercises in the preparatory part of the training were selected on the occasion of the editor's attention to the technical activities carried out in the

In the main part, we developed and applied the following training structure to the sample group testers in the experiment:

According to him, the methods performed with one hand were sorted out.

- ✓ The way to overdo the waist from a standing point
- ✓ The method of overstating the shoulder while standing

In the implementation of his methods, the Turkish state was taught to perform technical methods during training, in the event of the training process of the national struggle "Guresh" yani (applying oil to the hands and body). (From 15 laps in Series 1, 5-6 reps, a tanafus between repetitions - 30 seconds, the load is performed at medium intensity-130-140 heart rate); wrestlers with similar anthropometric sizes and movements during training were selected as "opponents".

In the final segment, wrestlers were given detailed information about progress and shortcomings in training, and mukhokamas were carried out. This influenced the enrichment of both practical and theoretical knowledge in wrestlers.

Many of those involved in wrestling types training experience a slow neck growth, which in turn indicates a high sequence of special exercises and training load that are being given in their training. These cases are often found in wrestlers who wrestle at a small weight, including They run extra often long distances to stay in the weight class and engage in other sports, providing an additional (parchez, sauna, low body nutrition) to this. In return, they will become Olympic and world champions, but it can also become the cause of several other diseases.

## CONCLUSION

In summary, this essay focuses on consider the

different types of national struggle and their respective teaching methodology. It turns out that each country has its own style of struggle, influenced by their cultural practices, historical events and regional preferences. These specific styles require a unique teaching methodology adapted to the specific techniques, rules and objectives of each style of wrestling. Effective coaching includes specific training, specifications, and tactical strategies that optimize the performance and success of athletes in their wrestling style. It is very important for wrestlers and coaches to be aware of the nuances and characteristics of these wrestling styles and to adapt the training approach accordingly.

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