

Preparing Students for Competitions in The National Type of Wrestling

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Abstract: This article talked about the content and methods of preparing students for competitions in the sport of wrestling.

Keywords: Technical and tactical methods, types of training, exercise, belt wrestling, National Wrestling.

Introduction: The scientific and practical justification of the ways to increase the effectiveness of training, introducing new tools and methods into the training process to The Specialists of the field, increasing the results of sports in the world and increasing competition, is responsible. Today, researchers are increasingly thinking about finding a solution to the problem of mental training in sports. In modern sports, methods of mental influence on athletes are being intensively studied and developed. However, in educational institutions and other types of sports societies, there is a need to develop and create modern forms and methods of organizing circles for sports, physical, mental, spiritual and moral education of children. The purpose of our research work is to scientifically substantiate in experience the importance of psychological preparation of young national wrestlers engaged in the specialty of Elementary sports for upcoming competitions. In our research work, we used the methods of analysis of scientific and methodological literature, organizing meetings and conversations with athletes, pedagogical observations, psychological tests, pedagogical experience.

Methodological features of improving the technique of wrestlers

The problem of pre-competitive training of wrestlers provides an inseparable solution to three main parts that characterize an athlete's readiness for a responsible start: - the level of his functional readiness at the time of participation in the competition⁴ - the level of his psychological readiness for upcoming

activities in extreme conditions; - the resistance of the athlete's individual technique to the confounding factors of physical and emotional fatigue. Modern rules of competitions in various types of wrestling maximize the active conduct of the athletes' duel and the effective conduct of permitted technical actions. The emphasis on increasing the entertainment of competitions in various types of wrestling is dictated by the demands of the time, and these trends in the development of modern high-performance sports cannot be ignored in the training of athletes. In this regard, the problem of improving the stability of athletes' motor skills in extreme conditions of competitive activity is of particular importance. With regard to wrestling, it is necessary to speak, first of all, about the improvement of the individual arsenal of technical and tactical actions combined by the concept of "crown technique".

For each wrestler, the scope of such technical actions is very individual and depends on a number of objective and subjective reasons. Regardless of the type of wrestling and the amount of "crown equipment" available in the athlete's arsenal, the problem of improving the stability of its manifestation and ways to practically solve this issue are largely the same for representatives of sports types of wrestling. This allows us to make an assumption about the possibility of developing unified methodological approaches to solving this problem, taking into account the specifics of the upcoming conditions of competitive activity. A preliminary analysis of the external conditions of the competitive activity regime and the technical and

tactical arsenal used by athletes in competition conditions allowed us to develop a model of technical and tactical training of wrestlers.

The distinctive features of this type of wrestling group is that all technical actions are carried out, as a rule, from a tight grip on various parts of the opponent's body. (B.A. Podlivaev, 2008). When developing a training model for wrestling, the following factors must be taken into account: - the high value of the athlete's predominantly tactile abilities, - the ability to actively fight for the choice of a standard grip, - the ability to program actions that determine the creation of starting conditions for the start of the technique, - the ability to consistently perform the basic biomechanical parameters of technical and tactical action. The listed factors were put forward by R.A. Piloyan and V.N. Sukhanov (1999) based the idea of developing methodological recommendations for improving the abilities of qualified wrestlers to sustainably display their "crown technique" in conditions of responsible competition. The results of the conducted research made it possible to present in a generalized form organizational and methodological schemes for building training sessions for qualified wrestlers, focused on primarily solving the problem of improving the athlete's abilities to realize his technical and tactical potential in competitive conditions. For wrestling, at the stage of advanced specialization, an option is recommended that provides for: building athletes' training, - a task for the athlete: improving individual technique in conditions of free-range wrestling or dosed opponent resistance after preliminary spurs with intense specific load. -mode of operation: each episode consists of repetitive spurt tasks, including performing 15 throws of a wrestling dummy or 20 throws of a partner at the maximum pace.

After the spurt series, the main training work is performed, which consists of performing basic technical and tactical actions during a five-minute period of fighting the opponent's metered resistance and setting up at least 8-12 throws per minute. - amount of work: each series of work should include 3-5 repetitions of the load, with a total of 1 to 3 series of such work per workout. The practical testing of the above options for building the training process of pre-competitive training of qualified wrestlers has significantly increased not only the stability of the "crown technique" of wrestlers in competitive duels, but also the level of their special training. According to R.A. Piloyan, the goal of an athlete at the initial stage of training is to master the school of a specific type of martial arts. After the main tasks facing the coach at this stage have been discussed and the subtleties of their solution have been revealed, the essence of the

concept of martial arts school can be formulated. A martial arts school is a system of pedagogical influences that allowed a student to develop love and affection for a particular sport, brought his psychophysical capabilities to a sufficiently high and versatile level of development, equipped him with a variety of skills to distract an opponent from the course of a duel and the ability to effectively use the mistakes made by the opponent.

In addition, special attention should be paid to the psychologically trained training of wrestlers. The psychological training of wrestlers is said to mean - the confidence of the participant in his own strength, the desire to fight, the mobilization of the (technical and tactical) strength that he has accumulated to this day, the ability to withstand various blows (resistance), be able to employ his skills and abilities (blocking, protection, distraction, deception and hokazos), etc. With this in mind, it is necessary to pay attention not only to the physical load on the wrestlers involved in the training process, but also to their psychological training. From a psychological point of view, it should be recognized that when the mood, feelings, needs, abilities of the practitioner are ignored, when the practitioner sees, perceives and imagines phenomena, processes, then there is never acceptance, memory and interest. All his efforts goes to Zoe. Therefore, psychological training is of great importance in the activities of the wrestling sport, which remains one of the main conditions for achievements. Confidence in the athlete in his strength, striving for struggle, mobilizing all his strength and achieving victory, optimal endurance of emotional arousal

Beri, able to cope with his feats in sports wrestling, enters psychic training. For this, a reserve of highly progressive cognitive, emotional and volitional functions should be available. The system of psychological training for the competition forms the psychological training of the athlete for the competition in the process of solving these tasks by bringing a number of tasks into it.

The system of psychological training of an athlete for competition includes the following processes:

- ✓ collect information in competition conditions,
- ✓ assessment of the athlete's trained posture before the competition and self-esteem
- ✓ evaluation,
- ✓ goals and objectives of participation in the competition,

- ✓ activation of motives for participating in the competition,
- ✓ planning experiments of mental activity,
- ✓ a sense of confidence in the realization of his capabilities in an athlete
- ✓ formation,
- ✓ to activate maximum volitional tension and make it in the conditions of competition
- ✓ be able to manifest,
- ✓ control and self-control of psychic States in competition conditions
- ✓ mastering methods, etc.

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