

YOSH KURASHCHILARNI DASTLABKI TEXNIK VA TAKTIK TAYYORLASH

INITIAL TECHNICAL AND TACTICAL TRAINING OF YOUNG WRESTLERS.

НАЧАЛЬНАЯ ТЕХНИКО-ТАКТИЧЕСКАЯ ПОДГОТОВКА МОЛОДЫХ БОРЦОВ

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Annotation. *The article discusses the methodological foundations of the initial technical and tactical training of young wrestlers. Also reported are the training and improvement of wrestling techniques, methodological foundations of technical and tactical training, combined methods, training methods in freestyle wrestling, a combination of physical and mental qualities.*

Keywords: *sport, combination, continuous, distance, fixation, holistic, technique, morphofunction, tactics, combination.*

INTRODUCTION

The huge competition in sports, the desire of athletes to self-improvement stimulate the growth of sports indicators, many of which approach the limits of human capabilities. All this leads to the fact that the most talented athletes in the training system win at the largest competitions. Only a clear, detailed and scientifically based training system and its implementation allow an athlete to show outstanding results at the international level. Therefore, practice constantly raises questions for coaches and athletes that cannot be solved without special scientific experiments using objective research methods.

The last decade has been marked by the rapid development of scientific research in the field of sports wrestling. In Uzbekistan, Russia and Kazakhstan, scientific work is being carried out on the development of means and methods for improving the technical skills of a wrestler; in Bulgaria, cybernetics issues are being studied in relation to the strategy and tactics of training highly qualified athletes; in Germany, much attention is paid to programmed training of young wrestlers; In Romania, tests are being developed to determine the level of physical fitness and coordination of movements; in the USA, issues of reducing the weight of a wrestler before the competition, issues of strength training, etc. are being studied. However, in most cases, these issues are resolved unsystematically. The development of one of the questions is in no way connected with the solution of a

general large problem, which, in turn, is an integral part of a single system of athlete training. Therefore, methodologists and scientists, when starting theoretical and experimental research, should always consider the issue under study in its interrelation with all aspects of the athlete training system. Unfortunately, this is not done, as a rule, by practitioners. This can be explained as follows. On the one hand, there is still no clear definition of the leading aspects of the athlete training system, and on the other hand, leading specialist teachers with knowledge and experience do not use the scientific data obtained in practice.

LITERATURE ANALYSIS AND METHODS

At the initial training stage, we fill up groups of beginners, as a rule, at the age of 10-12, although boys aged 9-14 are also not excluded. At the same time, we are forced to carry out a recruitment procedure, not a selection, of future athletes. This, according to our observations, as well as the results of the survey, is due to the following reasons: 1) the number of sports cultivated over the past 2 decades, especially the magnificent types of various martial arts, has increased significantly; 2) the academic load at school has increased: the number of lessons has increased by 5-6, the amount of homework has increased; 3) a huge number of entertainments have appeared that do not require self-discipline, diligence and perseverance: various computer games, watching a lot of television programs, etc.; 4) the number of socially disadvantaged families whose children are not under the supervision of their parents, do not go to school and devote all their time to aimless entertainment has increased.

At the same time, athletes with different characteristics can find their place in freestyle wrestling: weight, height, a combination of physical and mental qualities. Therefore, all people who are suitable for health and are certified by a doctor can be involved in the initial training groups. The first year of study consists of two stages: 1) recruitment of groups within two months (September, October); 2) familiarization with the main means of training a wrestler, solving the problems of health and multifaceted physical development, arousing interest in wrestling, forming the foundations of martial arts based on sports and game methods. During the summer holidays (June - August), trips to camps (sports, health, etc.) are carried out.

The methodological foundations of initial technical and tactical training are as follows. Thus, practical methods of teaching technical movements of wrestling are holistic and fragmented (into parts), as well as the fragmented-constructive method created at their junction (2). The holistic method of exercises teaches very simple methods, the split-constructive method - more complex methods in terms of coordination. The split-constructive method involves the joint use of these methods (therefore, it is sometimes called "combined"). According to O. P. Yushkov, V. I. Shpanov, the most effective is the holistic method of exercises. It allows you to form motor skills using various methodological methods: sequential transition from simplified forms of holistic technical movements to complicated ones; use of instructions and limiters; creation of easy external

conditions; simplification; fixation; provision of additional assistance and use of auxiliary technical means; transfer of attention to individual stages, movements; repeated and constant conditions; changing conditions; implementation through play.

RESULTS AND DISCUSSION

The learning method is also distinguished by the use of leading exercises that contribute to the optimal execution of the learned movement, which significantly increases the speed of its assimilation. The advantage of this method is not only an increase in the speed of learning (due to the use of the phenomenon of positive transfer of vehicle skills), but also a significant reduction in injuries to those involved.

We believe that the rational use of combined and especially separate methods can lead to the formation of a "continuous", uncombined skill. Let's give an example: a wrestler who, due to the existing stereotype, grabs the opponent's legs, remains in this position for some time (a fraction of a second) and only then tries to perform a throw (stop, knock down, etc.). In most cases, this pause is enough for the opponent to defend himself or counterattack.

When studying the ability of young men to master complex coordination movements, it was found that different children master them at different speeds, their retention is different. Thus, depending on the quality and pace of learning development among children, the following can be distinguished:

- a) children who quickly master new material, but their skills remain unstable;
- b) children who master new material slowly, and their skills remain unstable;
- c) children who quickly master new material, but at the same time retain skills at a very high level.

For teaching and improving wrestling techniques, B. C. Keller (3) proposed the use of the following training methods:

- a) without an opponent (in the first stages of training);
- b) with a conditional enemy (auxiliary devices - mannequins, etc.); c) with a partner (helping and creating advantageous situations);
- d) with an opponent (opposing partner)

A great reserve in the training and improvement of wrestling techniques is the involvement of partners with different morphofunctional characteristics and training. Until recently, it was believed that it was enough to teach techniques at the initial stage and then gradually perform them in competitive conditions, that is, introduce them into competitive activities. However, at the same time, coaches realized the need to form wrestling skills (studying stands, distances, movements, holds, methods of release from capture, maneuvers, etc.), as well as the skills of performing techniques in wrestling conditions (in constantly changing situations and in the presence of knock-on factors). This became the basis for the research conducted by K. V. Baldaev. The main contradiction that prompted the author to conduct research is the inconsistency between the need for young wrestlers to master the basics of the art of wrestling and the ineffectiveness of solving this

problem on the basis of strictly regulated teaching methods that do not take into account the desire of children to play forms of amateur performances. Creative mastery of technical and tactical skills. The author identified specialized games that reflect the most common situations in sports wrestling and have a targeted effect on technical and tactical training. Experimentally, it was found that it is appropriate to include in one lesson from among those indicated for mastering a certain elementary technical movement various games and 2 games of a combination direction. In addition, it was found that in each lesson it is possible to allocate 15-29 minutes for specialized outdoor games without harming other components of training.

Currently, a programmed teaching methodology has been developed, which involves dividing the material into separate parts, performing specific tasks in each of them and using methods to control its assimilation. Programmed teaching consists of: 1) dividing the material into the minimum possible "steps" for mastering it in one step (lesson, lesson cycle) and placing them in a strict sequence in accordance with the increasing level of difficulty; 2) developing and introducing into the training process a current control system that provides the trainer with information about the assimilation of those involved in these steps.

CONCLUSION

To increase the efficiency of the management of the educational process, the material studied in the lesson is divided into a number of tasks. At the same time, the share of independent work of students is increasing, taking into account the individual pace of mastering knowledge, skills and abilities (with constant monitoring of their activities). Thus, at present, theoretical and methodological foundations have been developed, the tasks, means and methods of teaching sports wrestling techniques have been identified. It is shown that the development of technology is not uniform. It was found that the use of specialized open games and programmed teaching methods allows optimizing the process of mastering technical and tactical movements.

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