

Training Freestyle Wrestlers in the Annual Training Cycle Process Organization

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ANNOTATION

In this article, the annual training cycle will consider the organization of the training process of freestyle wrestlers, plans for the formation of the training process, research from the training process.

KEYWORDS: preparation, period, cycle, stage, research, methods.

It is known that modern sports training require generalization and regulation of existing theoretical and practical knowledge. A number of scientists (Yu. V. Verkhoshansky, A. P. Bondarchuk, L. P. Matveev, V. V. Petrovsky, I. N. Mironenko, etc.) have developed training organization models in annual and multi-year cycles. They are the important parameters of the content and size of the training programs, and they are the competition calendar, the tasks to be solved at this stage, the period of training that has become traditional, and other based on a number of factors, it quantitatively reflects the most important parameters of the content, size and distribution of training samples over time.

As necessary conditions for the development of training models in the annual cycle, the following must first be fulfilled:

- Organization of training of leading athletes and national teams study and generalization of practical experience in training;
- checking the dependence of the dynamics of the athlete's condition on the content, size and distribution of the training load;
- According to the traditional cycle of training and the calendar of competitions to determine the reasonable direction in the dynamics of the level of special work ability of athletes in the annual cycle.

It is necessary to develop a principled (logical) model of the annual cycle, and then an individual (numerical) model based on it.

The analysis of special literature and practical experience of training allowed experts to come to the conclusion that the traditional forms and principles of organizing training, which appeared many years ago, do not satisfy the tasks of training highly qualified athletes today. The development of special physical qualities of highly skilled athletes is to such a degree enough to improve them later, new, more effective requires finding training tools and methods. In addition, it is necessary to reconsider the place of special physical training in the annual cycle and determine the forms of its interrelationship with other types of training. Currently, it is known that one of the necessary conditions for developing a training model is the analysis of practical experience. Such in the process of analysis, it is intended to study the

methods of organizing the training of highly qualified athletes in the annual cycle, as well as to determine the exact dimensions of the size of training (if necessary, competition) bags used by athletes.

Professor Yu.V. Verkhoshansky and his co-authors distinguish the general laws of interdependence of the state of athletes and the training load, as well as the law of transition of the wrestler's body from one state to another under the influence of regular training, as the main factors that determine the principles and forms of training models. Specific circumstances affecting the way in which these principles are implemented in each particular case include: cycle and the calendar of certain competitions for the current year, of the athlete special features of skill level and special preparation, nature and direction of training in the previous stages of preparation, tasks set before the athlete, intensity of competition activity, etc. However, it should be taken into account that such division recommended by scientists is conditional.

The senior stage can last up to 5 months. Organize training the proposed form of doing is strictly different from the traditional one, and we will consider them.

Professor Yu.V. Verkhoshansky (1995) knows that in the traditional form of organizing the training process, special physical and technical training is carried out almost simultaneously. It should be said that when training is organized in this way, as the total size of the load increases, so does its intensity. Then the volume decreases, and the intensity continues to increase. The option of organizing training at a large stage proposed by a number of researchers (Yu.V. Verkhoshansky, 1979; A.R. Levchenko, 1982; T.A. Antonova. 1983; I.N. Mironenko, 1983, etc.) is to organize work is a completely new form and is formed by the division of two micro-stages: in the first one, a large amount of specific strength is concentrated, in the second one, the residual training effect (QTS) is realized, as a result of which a deep improvement of technical skills takes place. In this case, unlike the traditional form, the pressure of the first stage will have a relatively low intensity, and then it will increase rapidly mainly due to technical preparations. The level of special work ability decreases in the first microstep, then increases rapidly.

However, this does not mean that special work is carried out on the level of improvement of special physical qualities of athletes. Technical training is carried out during the entire stage. However, its size is not large within the block of concentrated force. At this time, the main elements of the technique, individual phases of the sports exercise, and the rhythmic image of the entire movement scheme are improved.

During the implementation of the residual training effect (QTS) of concentrated strength work (in the second micro-phase), the volume and intensity of technical work gradually increases. In a regime close to or equal to competition conditions, the percentage of performance of the main exercise increases. The considered form of training involves the wide use of general physical training (GPE) tools and their combination with special work to a certain extent. The main task of UJT is to apply the effect of the transition to low-intensity activity, which differs sharply from special work and helps to restore the athlete's work capacity and his motor apparatus. The expediency of including two big stages in the annual cycle is justified. In this case, this cycle may include one or two competition seasons. The second —block| of concentrated power should be smaller in size compared to the first one.

Based on the principle model, a specific numerical model of training is created. It takes into

account:

- the experience of organizing training in this sport and the training characteristics of athletes at the previous stage;
- exact calendar of competitions;
- daily level of special training of athletes and special tasks;
- objectively necessary values of the volumes of training and competition weights for the implementation of tasks;
- specific conditions and material support of athletes' training.

From the results of the study, it can be concluded that the research group achieved higher results than the control group. It will be possible to draw conclusions based on the testing of the effective plan of the training system for the preparation, competition and transitional periods of training sessions of 14-16-year-old freestyle wrestlers. There is very little information in the literature on planning and improving the system of organizing training sessions for young freestyle wrestlers.

is a shortcoming, we observed that each researcher has a different approach to this topic. A strictly regulated principle is more effective in the implementation of the system plan for the training, competition and transition periods of the annual cycle. Strict adherence to the order of tasks and methods of improvement gave the expected result

The main goal is the educational training of 14-16-year-old freestyle wrestlers training, planning of an effective program of the system of organizing training sessions for the preparation, competition and transition periods of the annual cycle and improvement of preparation based on this plan was carried out. If the average increase of all indicators in the control group increased by 26.9%,

the average growth of all indicators in the research group increased by 31.35%.

Training in the annual training cycle of young freestyle wrestlers In the methodology of planning the system of training, the training systems of skilled wrestler boys were taken as a model. Training in the annual training cycle of young freestyle wrestlers

in the method of improving the training system, effective methods of training more qualified freestyle wrestlers were used. It was found that the total average growth in the control group was +27.9% and in the research group it was +33.46%. After the control tests in the general average exercise, we observed that heart attacks decreased by 24 in the control group and 26 in the study group. In addition to the above percentage change, B. Pearson's correlation coefficient was also considered. According to it, the correlation of indicators at the beginning and end of the study in the control group is 5% (high level dependence). At the beginning and end of the study in the research group

showed correlation of indicators – 25.9% (high degree of correlation). We found that overall heart rate was reduced by 1% in the control group after control tests, and 2.3% in the study group after control tests, which is definitely positive in all respects.

means that the result has been shown, because the control clearly shows an increase in percentages in the test, and as evidence, it shows that the heart rate decreases, and the organism is adapted to the intensity of exercise and competition activities. Analyzing the

obtained results, we observed that at the end of the study, the time and speed of execution of methods increased. One of the main reasons for this is that we observed that the contraction of the heart decreased after performing the methods compared to the beginning of the study.

Of course, no matter how high the training intensity is, if the heart rate is low compared to the intensity, it will be possible for general athletes to show high results in training and competition activities.

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