Characteristics of Developing Endurance of Wrestlers

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Abstract
Competitions, being the main essence of wrestling, determine the tasks and direction of training wrestlers for effective activity. The article presents the results of research on the development of special endurance of young wrestlers, justifies the methodology for the development of special endurance in athletes.

Keywords: technical improvement, development of special endurance and speed-strength training, load, speed, motor abilities, training, explosive power.

INTRODUCTION
Today, the development of wrestling is characterized not only by the constant updating of the rules of the competition, but also the constant competition in wrestling, as well as great attention is paid to indicators of the physical and psychological development of wrestlers, their readiness for competition, technical and tactical skills and more. The direction of high skill in any type of sports activity, and in wrestling in particular, depends on the level of development of skills of movement and the effectiveness of their interaction. A high level of performance efficiency of the wrestler is achieved on the basis of the development of special endurance in sportsmanship [1]. A distinctive feature of the modern approach to the development of endurance in wrestlers is the desire to improve the aerobic and anaerobic mechanisms of energy supply [5]. However, the dynamics of development is not determined by any feature and depends on a number of factors.

Aim of the work is to substantiate the method of developing special endurance of wrestlers on the example of distribution of individual additional load in a weekly cycle. The object of research is the training of young wrestlers. The article analyzes the dynamics of changes in the endurance of young wrestlers.

The study was conducted from 2020 to March 2021 at the Samarkand Specialized Olympic Reserve Boarding School and included the following two phases.

One of the most important challenges in training highly qualified athletes is to develop motor skills, especially endurance. Many researchers have suggested that endurance is a common feature of the human body that is evident in a variety of activities, including sports. In the concept of endurance, they strive to reflect the characteristics of the duration of the work. In the general sense, endurance is defined as “prolonging time, maintaining a person’s ability to work, and increasing the body’s resistance to fatigue under the influence of working or adverse environmental factors” [4]. In other cases, endurance is "the body's ability to perform any physical activity for a long time without reducing its effectiveness, in other words, endurance is the opposite of the process of fatigue." However, to date, there is no consensus among experts on the content of the concept of endurance used in sports. At the same time, it should be noted that almost every case that attempts to radically analyze the problem of resilience has its own definition [7]. However, much evidence suggests that endurance can be general or specific [6].

A number of authors distinguish between speed, agility, power, local, regional, global, and in some cases multifaceted, long-term, short-term, and static resilience types as a specific resilience type along with general and specific resilience [3]. There are also cases that deny that endurance is divided into general and specific endurance. Attention is paid to the fact that
the manifestation of endurance is always clear, because it is determined by the specific conditions of the activity. A common component for all types of endurance is willpower, so the intensity is saved, but only to a certain extent. However, different types of endurance are not related to each other, especially with static movements separately and in general work endurance, as well as endurance of different muscle groups [9]. P. Kunat suggests emphasizing a special feature - "mental endurance". In general, if most experts agree on the understanding of general endurance, then the views on the understanding of specific (speed, strength, static) endurance are very different. Different interpretations of these qualities indicate that many sections of resilience improvement methodology, including specific sections, are underdeveloped. However, it is important to keep in mind that the development of general endurance is largely genetic. Regarding specific endurance, its level of development is determined by the impactful nature of the exercise, especially during emotional development. The interpretation of the concept of special endurance is based on the recognition that it is necessary to take into account the qualitative aspect of a particular work of the athlete in a limited time [4].

A.I. Silin, B.V. Savin describe the special endurance of a wrestler as a specific movement ability with a conditioned reflex character. K.V. Gradopolov, B.N. Butenko propose to evaluate free competitions as a special criterion of endurance; M. I. Romanenko proposes to assess the specific endurance with the maximum working time and the intensity and quality of the exercise during a specially designed complex exercise; VA Petukhov describes the endurance of an athlete by the difference in the intensity of blows in three- and nine-minute tests in boxing. The difference between the 3 and 9 minute tests was defined as the "endurance index." This technique can be used in wrestling. That is, using the basic techniques that a wrestler performs over a period of time. In addition to the fact that the concept and criteria for specific endurance have not been sufficiently developed, the wrestler's movement activity has been studied in terms of the distribution of the athlete’s technical capabilities during the match on the mat.

The study included a control group of wrestlers (those with athletic achievements - hereinafter referred to as NG) and an experimental group (children engaged in wrestling for general physical development - hereinafter referred to as TG). The physical training of wrestlers has its own characteristics that must be taken into account in the design of the training process and the distribution of loads. The choice of tools and methods of training should be consistent with the capabilities of the organism and the requirements for it. As a result, tests were conducted to determine physical qualities in the following ways:

- Speed - training method (repetition, game, competition) is carried out by jumping from different positions and running fast, relay and movement games;
- Strength and agility - the method of training (repetitive, combined, rotating, variable) is carried out with the help of weight training, exercises for overcoming body weight, jumping from a standing position;
- Endurance - 800-2000 m, 3 km, 5 km, as well as swimming in the 25-meter and 50-meter swimming pools, the overall endurance was determined by the uniformity and variability. Interval, game, competition (imitation of competition competitions) and rehearsal methods were performed using speed running, “mokisimon running”, game exercises and special cross-country games to determine the special endurance of the wrestlers;
- Agility - acrobatic exercises (a set of special exercises for wrestlers) between the experimental and control groups of wrestlers, using a combination of exercises and relays, repetition, play and interval.

The duration of the rest intervals and the specific characteristics of the training loads are constantly monitored according to the task set by the trainer and intensive training should be
carried out against the background of future fatigue to develop the endurance of the wrestlers. repeated at accelerated intervals of rest without complete recovery. Regardless of the control and experience group of young wrestlers, the rest interval should be longer in the development of speed, strength and agility, so that the next repetition of exercises or a combination of exercises (depending on the task) creates a feeling of absolute readiness to perform them. Thus, in the training process (wrestling mat or gym) determine not only the amount of training loads, but also methodologically based rest intervals between repetitions (rest intervals depend on the age of the athlete, especially young wrestlers and their physical fitness) liq) is important. In preparation for the competition, the coach must keep in mind that the volume and intensity of the load can only be increased in parallel to a certain limit. After that, of course, at each stage of the athlete's training, it is necessary to reduce the amount of load or intensity of the load as a key indicator of training activity [8]. A wrestler’s training, like that of other athletes, should help him or her stay in shape on a regular basis, while the pre-competition load is gradually reduced and the intensity is reversed. grows. All athletes, regardless of control and experience in the group, kept a diary of their sports activities, regularly recorded the loads received, the number of approaches, the number of exercises performed, etc., the groups were weighed regularly before training, all results were recorded in diaries, perform the exercise several times with the maximum load at the maximum speed

In both groups (experiment and control), research was conducted to develop strength and agility qualities, speed and agility, flexibility and endurance. During the weekly cycle, all exercises aimed at different muscle groups were performed using specially developed techniques. For example, methods of developing strength and agility were carried out using the repetitive method (performing exercises at maximum speed and maximum weight several times at maximum speed); a combined approach to developing strength and agility in game play; rotation method. In the repetitive method, the trainer studied the main indicators of the load, the amount of weight (30% of the weight of the trainees), intensity, number of repetitions of the series (average 8 times), rest between series (approximately 2.5 minutes), the number of series in a single session depending on physical condition (2-3 series throughout the entire session). Using a combined research method during the training, the trainer studied the intensity, number of repetitions, rest between repetitions, rest between series, and number of series in one session. In the rotational mode of the training process, the trainer chooses the exercises in such a way that all the major muscle groups are involved and work to develop strength or speed - strength load. The main indicators for the coach during the study of control and experimental groups - the number of series (2-3 sets of exercises depending on the physical condition of young wrestlers and their physical fitness, duration of exercises, for example, jumping rope for 30 seconds or 1 minute, performance) intensity - as in previous methods, young wrestlers perform at maximum intensity), all factors such as rest and weight of the load between series are taken into account during the training process.

During training, young wrestlers replace strength and agility exercises with relaxation and flexibility exercises, which are an effective form of active recreation for the athlete. In each group (experiment and control), the rest intervals of young wrestlers were arranged in such a way as to lead to normalization of physiological functions of the young athlete's body. Special exercises were developed to improve the speed of movement of young wrestlers, including running (different types), changing distances and jogging (adapted for wrestlers) - all the results were recorded, time and distance were recorded in a separate diary. One of the most successful and favorite ways to do confusing workouts and training with young wrestlers is through play and “competition,” where young athletes play football or basketball instead of standard running exercises, and then all the muscles full-fledged cross-country exercise was held for the teams and once or twice a week they were divided into "competition" exercises, in which the wrestlers correctly applied the acquired knowledge, technical and tactical movements, performing throwing techniques as in the competition tried to get and so on.
One of the important points of performing speed development exercises is based on the fact that speed training exercises should be performed after the young wrestler's body is properly prepared for future training, i.e., after running and general developmental exercises, speed training should be maximized. This can be seen in the fact that young athletes are completely "involved" in the game, especially when they are playing basketball or football. In this case, the coach correctly determines the duration of training and rest breaks so that the speed of the wrestlers does not slow down due to fatigue between repetitions, and at the same time - the athletes do not "cool down". Various jumps and self-defense falls, bench jumps, movement games, pairing (semi-strength and free) elements of techniques or methods, working with the ball in pairs, etc. are important factors in developing agility for young wrestlers.

At this stage of the training process, the coach changes the pace and speed of movement. Exercises aimed at developing agility should be performed by young wrestlers in short series and with a small number of repetitions during one workout, as they can quickly exhaust the nervous system of young athletes. A set of exercises to develop agility helps to improve the accuracy of movement and maintain the balance of young athletes, performed by children in a calm or comfortable manner for the athlete.

Athletes perform flexibility exercises by increasing the difficulty of the exercise while doing squats, it should be noted that the overall fatigue during exercise reduces the amplitude of movements and exercise efficiency, however, an important factor is that stretch muscle elasticity is maintained for almost three to four hours, therefore, stretching during the squat exercises before the main part of the workout prevents injury. Often, flexibility exercises are performed in pairs on a wrestling mat. During training aimed at developing endurance in young wrestlers, the heart rate increased to 170-150 beats per minute in the intensive phase and decreased to 140-145 beats per minute in the low intensity, while the rest between trainings was passive. For each of the practice and control groups, a "weekly personal load distribution" program was developed, with the coach dividing the load parameters into two main phases — the first and second phases — for the monthly and semi-annual load distribution and the structure of the training process. There is a transition period at the beginning of the training process, followed by the general training phase, the special training phase, and finally the first phase, which includes the pre-competition period. After the pre-competition period, the athlete begins to prepare for the competition period, followed by the recovery period and, as in the first stage (general training, special training and pre-competition stages) - the second stage as the main stage for the competition. By comparing the "competition" of the wrestler on the carpet, as well as all the actions of the wrestlers in direct contact with each other, the combinations performed, we get different results of the meeting, that is, filled with technical actions or depending on the athlete's training, a single throw or technical action can be seen coming. The pace of competitions differs for each wrestler, both in the rounds and in the rounds (the results of the Samarkand regional championship in wrestling among youth and the championship of Uzbekistan were analyzed). As the system of external influences is studied more and the mechanism of internal perception of this load is significantly less taken into account, many scientific data link the level of development of special endurance in athletes to the readiness of the central nervous system, endocrine system and musculoskeletal system approves the rules of liq. The final role in this sequence is not played by the technology of the training process. The effectiveness of the exposure is determined by the degree to which it is relevant to the individual typological characteristics of the participants. [6]

According to Yu.P. Sirotkin, the main tool in the development of special endurance is a boxing bag in boxing, and in wrestling - to perform technical methods and combinations in pairs with a partner, as in a stuffed puppet wrestler, with a lightweight partner. is to perform a program. One of the main tools of wrestling training is "working on the road". It is recommended that you start this exercise at the beginning of your workout. "Working on the road" starts with small distances, and the distance is constantly increasing. The special session lasts 1-1.5 hours.
Freestyle wrestling is the main tool of wrestling training. Professionals, in particular, train 2/3 of a month for competition. On non-competitive training days, the main task is to perform technical tasks with a puppet wrestler or partner without protection, jumping rope, and spend more time “fighting the shadows.” The main parameters of the download are: duration of days; number of training days; number of sessions; training load volume; soati; direction% (aerobic, mixed, lactate, glycolytic). Depending on the physical condition of the young wrestler, it is planned to conduct additional training on microcycles for 1-4 weeks during this training period. At the same time, aerobic capacity is related to the activity of the cardiorespiratory system, which is characterized by the maximum oxygen consumption rate (MCC) and oxygen index (CI). Anaerobic capacity depends on oxygen-free energy sources. Thus, the parameters of the general physical load in the general training microcycle of training young wrestlers are given in Table 1.

**TABLE 1 GENERAL TRAINING LOAD PARAMETERS ON THE GENERAL TRAINING MICROCYCLE**

<table>
<thead>
<tr>
<th>№</th>
<th>Download direction</th>
<th>Type</th>
<th>Number of attempts (series)</th>
<th>Rest between trials (average)</th>
<th>Exposure time (minutes)</th>
<th>Research team</th>
<th>Control group</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Aerob-anaerobchida mkorlik</td>
<td>intervalattempts</td>
<td>3</td>
<td>6</td>
<td>32-36</td>
<td>165-171</td>
<td>163-174</td>
</tr>
<tr>
<td>2.</td>
<td>Anaerobic-glycolytic enduranc e</td>
<td>variable</td>
<td>-</td>
<td>-</td>
<td>38-43</td>
<td>179-186</td>
<td>191gacha</td>
</tr>
<tr>
<td>3.</td>
<td>Aerobicendurance</td>
<td>in even</td>
<td>-</td>
<td>-</td>
<td>27-35</td>
<td>145-152</td>
<td>143-155</td>
</tr>
</tbody>
</table>

For example, V.A.Kiselev suggests training exercises, which are mainly glycolytic and lactic, anaerobic, which leads to a statistically significant increase in glycolytic parameters in the pre-competition preparation phase and an increase in the specific activity of the wrestler-athlete. (the activity of athletes in combat competitions increases by 40.4%). In such a choice of means and methods of endurance development, the weight category must be taken into account and, accordingly, the load in both volume and intensity must be selected separately for each wrestler.

The management of the training process, the success of young wrestlers in competitions and training sessions depends on the state of many leading factors that determine such indicators as the level of development of rapid strength qualities, speed, aerobic and anaerobic endurance. Wrestling coaches should pay special attention to modeling the dynamics of the development of the qualities of the movement of athletes, skillfully design the training process, monitoring the level of compliance with the real dynamics of the wrestlers, the analysis of research in the training process. Achieving these results will allow to determine the effectiveness of the training process in the final stage of preparation of young wrestlers for regional and international competitions. The analysis of the dynamics of physiological and medical-biological parameters during the load test is determined by the level of training of the young wrestler.

Rapid-force endurance is the basis of special endurance, trained in “combat” conditions and using the fastest interval work to perform specific techniques. Overall endurance is supported by cross-country running and long-distance swimming (at least 160 strokes per minute). Based on experimental data, V.V.Kim recommends two main directions in the methodology of developing the athlete's special endurance. Using special tools and methods in training, on the one hand, increases the level of adaptation of respiratory function in the development of special
endurance of the wrestler-athlete, on the other hand, increases the resistance to fatigue of central nervous processes indirectly determined by eye movement reactions. To shorten and increase endurance, it also offers a variety of devices and devices, such as a pneumatic jacket, an athlete’s movement limiter.

I.P. Degtyarev proposes a program that includes a set of tools for the development of the lactate anaerobic component of endurance, which has been replaced by a set of tools for the development of the lactate anaerobic component of endurance. Abdel FataxMabrukHeFr [1] recommends the following ratio of means of different directions in the annual cycle of aerobic, mixed and anaerobic directions - 81.3; 15.8; 2.9 percent respectively. Boguslavsky established the effectiveness of the use of concentrated loads, which provide technical skills and a high level of special endurance of young wrestlers, taking into account the changes in the functional capabilities of the organism at different stages of the meetings.

Thus, the literature we have analyzed and the results of our research allow us to conclude that there are many options and approaches for developing specific resilience. Often, the findings of this study suggest that the most important factor in developing specific endurance is to look for leading factors related to a particular stage of exercise or sporting activity. Among these factors, the study of aerobic and anaerobic possibilities in interaction with the system of pedagogical influences in the early stages and the system of pedagogical influences in the later stages was of the greatest importance. However, the level of results obtained differs significantly in both approaches. As a result, many studies have shown that the proportions of the traits being studied and their importance for the manifestation of endurance vary significantly. This is often due to the individual characteristics of the athlete, his age, level and stage of training, the specifics of the type of sport, and so on. These links are widely published, but there are very few experimental solutions.

From the above we can conclude the following:

1. Differences in the load planning system in the data under consideration have a significant impact on the dynamics of the development of mobility skills;

2. The speed-strength direction of the training process has a significant effect on the development of special endurance, and the rate of change of a number of traits relative to these periods is particularly high in the second and third periods;

3. In the control group, the result was significantly different in terms of the maximum number of strokes for only 10 seconds.

At the same time, the signs indicate that it is more related to the individual characteristics of young wrestlers.

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