Sports Training Methods of Highly Qualified Belt Wrestlers

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Abstract: The article describes the methods of training highly qualified wrestlers in belt wrestling. The long-term training of highly qualified wrestlers provides information on the classification of three-stage models.

Keywords: belt wrestling, sports training methods, scientific modeling, skill model, competition model, qualification, skill.

Introduction: The problem of improving the effectiveness of the management system for the training of highly qualified wrestlers requires that the training tools and methods are fully consistent with the goals set at all stages of the multi-year process of sports training. This problem is the focus of scientific research in our country. One way to do this is to scientifically model the various factors that determine success in sports, along with the athlete's body.

In this case, it is advisable to consider multi-year training as a general (integrated) process of training the athlete from a new level of training to a higher level of qualification, and to implement it in optimal ways, subject to certain laws. Based on these ideas, a system of historical management of combat readiness was developed.

The numerical classification of almost all aspects of the training of a highly skilled wrestler includes three stages:

- competition activity (or competition model);
- The main aspects of athlete training (or a model of sportsmanship);
- Athlete's body system (or model of potential capabilities).

In this hierarchy, there is no doubt that your ranks follow each other to train highly skilled wrestlers.

Focusing on the training of highly skilled belt wrestlers requires further research to address the challenges.

Belt wrestling practice has shown that in order to succeed in competitions, premature orientation leads to an unreasonable increase in results and limits the duration of an athlete’s active participation.

Pedagogical observations also show that in order to achieve maximum results, most highly trained wrestlers reached their limits prematurely and then were forced to end their sports activities early.

During the many years of training of highly qualified wrestlers, comparing the classifications of the three-stage model and taking into account the specific training of the years, the stages are mastered in the following sequence:

- model of sports opportunities;
- skill model;
- Competition model.

Let’s look at these concepts. The model of sports capabilities is determined by sportsmanship, a feature of physical development, ie the age of biological development of the athlete, as well as
the functional readiness of the athlete's body.

**Main part:** The skill model is characterized by indicators that determine (measure or evaluate) the level of development of key qualities and the level of mastery of technical and tactical movements. The competition mode reflects the characteristics of the competition activity during the competition. Thus, if we follow the goals set in the system of sports training, then we can observe how the changes at the level of the stage take place. They are as follows: if before the sport (during adolescence) the model of opportunities is in the first place, in the training of highly skilled wrestlers the model of sports activity is in the first place.

At some point in the multi-year process, of course, there will be a reorientation of the steps in the training programs. Analysis of the methodological literature, observation of competitions and sports training programs helped us to develop a model of the dynamics of the importance of steps in the management of training and to justify it in practice.

Levels of models:

I - competition activities;
II - skill model;
SH - opportunity model.

It is clear that the process of training at an early age should focus on the development of the athlete's body, so the model of opportunities that determine the nature of physical development should be the mainstay in training programs.

At the age of 13-16 years, the rapid development of basic qualities and the emergence of basic techniques occur. Therefore, in the training of athletes, in belt wrestling, it is necessary to pay special attention to technical and tactical movements, complex offensive movements, different methods of tactical training, combinations. Athletes of this age need to identify specific features in their technical and tactical training for further development. In the final stages of this period, athletes can be divided into categories such as strong and fast athletes.

From the age of 16, the importance of the competition model increases, reaching its maximum importance at the age of 18-19. In this case, the wrestler's competitive activity comes first.

In the course of many years of training, it is advisable to conditionally divide the competition into four stages:

10-12 years - initial preparation;
13-14 years old - primary sports specialization;
15-17 years old - in-depth training in the chosen sport;
18 and older - sports improvement.

The duration of the training sessions depends on the specifics of the participants, so there is no boundary between the sessions. In determining the nature of the dynamics of models in a three-step system, we believe that it is important to determine at what stage special attention should be paid to the appropriate level of preparation for the targeted use of training tools.

In other words, rational organization of the training process is a combination of training objectives, tools and methods. This model can also be used to program the training process after a diagnostic analysis of the athlete's training. At the same time, the nature of the hierarchy of steps at this stage in the training programs serves as a defining goal.

Guidelines for the multi-year training process:

High sports results in almost all sports are usually associated with improving the quality of training, further improvement of training methods, the implementation of new achievements of science and technology. Many years of regular training of young athletes can be successful only
with strict consideration of the age characteristics of the development of the belt wrestler, his level of training, the specifics of the chosen sport. In order to properly organize a multi-year training process, it is necessary to pay attention to the optimal age limits (within this age range, athletes achieve their best results).

Athletes who work hard will be awarded the title of Master of Sports at the age of 18-19. At the age of 20-22, strong wrestlers meet the standards of an international master of sports.

The average age of Olympic finalists is 25-26.

The long-term training process of a young athlete should be based on the following guidelines:

Gradual increase in the volume of general and special physical training. The ratio between them gradually changes (the share of special physical training in the total volume of training load increases and, accordingly, the share of total physical training decreases); continuous improvement of sports equipment.

**Conclusion:** The main task of the first stage of training is to master the basics of rational sports technique, and the task of the stage of sports improvement is to achieve a high level of coordination of movements, to polish certain parts of the technique; Proper planning of training and competition loads. The planned increase in the functional capacity of belt wrestlers, the improvement of movement skills and abilities in the course of many years of training will be ensured by a gradual increase in the volume and intensity of training and competition loads. It is necessary to achieve consistency in the process of increasing the volume and intensity of training loads, to ensure their continuous growth during many years of training:

- Strict adherence to the principle of gradual increase of training and competition workload during many years of training.
- Equal development of physical qualities at all stages of long-term training and the development of more individual qualities at the most favorable age. The above basic methodological rules allow for the optimal management of the process of perennial training of athletes. Optimal management is reflected in the creation of conditions for the effective implementation of the objective laws of sports. Optimal lesson management is an effective system for organizing the learning process on a scientific basis. It is aimed at the gradual transition of a complex of various aspects of the training of highly qualified belt wrestlers to a qualitatively new, pre-programmed state.

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