



DEVELOPMENT OF EXERCISES IN WRESTLERS THROUGH SPECIAL MOVEMENT

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Abstract

The Resolution of the President of the Republic of Uzbekistan, No. PQ-4881 dated 04.11.2020, "On measures to develop the national sport of wrestling and further increase its international prestige" has been developed. It is aimed at regularly organizing wrestling master classes in Bukhara, Samarkand, Khiva and other tourist destinations with the participation of winners of international wrestling sports events and ensuring their coverage through the media.

Keywords: physical activity, training, system, goal, sport, competition. special, wrestling.

Introdcction

They emphasized holding international wrestling tournaments for the prize of the President of the Republic of Uzbekistan. The processes of training in movement and developing physical abilities, despite the fact that their object of influence is one - a specific person performing physical exercises, are subject to different laws. The specificity of the laws requires appropriate pedagogical (methodological) actions to implement them: for training in movement - the same pedagogical principles, for the development of physical abilities - others. By the way, this is one of the special features of the pedagogical process in the development of motor activities. In the field of physical education, the person conducting the pedagogical process should approach it not only in accordance with the principles of education and upbringing, but also in accordance with the principles of the development of physical abilities. It should be noted that the principles of teaching physical exercises reflect the same requirements: any



pedagogical process must be built on the basis of consciousness, activity and other principles. However, the specific implementation of these principles (i.e., the choice of means and methods) must correspond to the tasks being solved (the tasks of teaching or developing physical abilities). For example, in teaching motor activities, the principle of gradualism is implemented through a system of preparatory exercises, and in the development of physical abilities, through a system of physical loads. Therefore, any methodology for developing physical abilities must provide for the implementation of didactic principles in its own way.

Purpose of the study Since movement training depends on the effect of physical loads on the learner, there is a need to take into account the laws of the body's response to the expected loads. Therefore, it is noted that there are separate, specific principles that express the laws of the relationship between the human condition and physical loads in terms of their organization in time.

The principle of regularity of pedagogical influence. This principle implies the need for a person to regularly engage in physical exercises to develop his physical abilities. Because abilities, first of all, develop and improve in the process of activity in which they manifest themselves. This principle is based on such laws that describe how the repeated effects of movements and activities on the human body, different alternations of work and rest at each stage of the restoration of working capacity, as well as the reversibility of the development of abilities in the event of unjustified long-term breaks between classes.

Results and discussion of the study The independence of influences in the development of physical abilities is ensured by performing one or another exercise in the required order within a separate lesson, as well as by correctly alternating lessons and rest intervals between them over a certain period of time (week, month, quarter, year, etc.). Thus, when implementing the principle of regularity, it is necessary to ensure the continuity, that is, the constancy, of the functional and structural adaptation processes that form the basis of the development of physical abilities. This is achieved, first of all, by adhering to the mode of motor activity that is considered optimal for improving each ability, and its basis, as is known, is the order of alternating work and rest in one way or another. Gradually, step by step, that is, gradually increasing the load both in a



separate training session and during a series of training sessions, facilitates the adaptation of the human body to them, deepens and strengthens the ongoing adaptation processes, thereby helping to create conditions for the transition to a new, higher level of loads. The main goal of technical training is to educate the athlete's ability to properly organize and conduct sports competitions in order to achieve victory in the competition or show a higher result. In the process of mastering sports techniques, a number of specific tasks are solved. The athlete: must perceive and analyze the competition situation in such a way that he can understand the technical tasks arising from this situation and solve them in a short time with imagination and action;

- ◆ must use his strength in the competition in such a way that he can mobilize it to the end in order to win over the opponent;
- ◆ must be able to independently change the competition plan in case of sudden changes in circumstances;
- ◆ main tasks of technical preparation;
- ◆ acquisition of technical knowledge;
- ◆ acquisition of technical skills;
- ◆ acquisition of technical qualifications.

Techniques include athletes' movements, which are characterized by a strictly defined structure of movements and the level of physical qualities necessary for their manifestation.

In wrestling, technique consists of three main sections:

- technique of preparing offensive movements;
- technique of organizing a competition;
- technique of participating in competitions.

Special movements of a wrestler are a component of the training system of special exercises, a pedagogically organized process of managing the development of an athlete using systematized means and methods aimed at achieving high sports results. Training activities are the joint activities of a team of coaches and a wrestler to successfully achieve training goals. Sports competitions are a component of the wrestler's training system. They serve as a criterion for the goals of training and its effectiveness, and on the other hand, they are an effective means of special competition preparation. Technical training of an athlete is a



pedagogical process aimed at mastering movement skills that ensure the wrestler's high reliability in competitive activities. Tactical training of an athlete is a pedagogical process aimed at mastering the skills of rational application of technical movements in competitive activities. Physical training of a wrestler is a pedagogical process aimed at developing physical abilities and increasing functional capabilities, ensuring the effective mastery of technical and tactical movements and strengthening the musculoskeletal system, which contributes to a high level of reliability in competitive activities. The mental preparation of a wrestler is a pedagogical process aimed at cultivating spiritual, willpower and spiritual qualities that are consistent with the specific characteristics of sports wrestling and are capable of ensuring a high level of reliability in competitive activities. Theoretical preparation of a wrestler is to equip the athlete with special knowledge that increases the effectiveness of training and competitive activities. Integral preparation of a wrestler is a pedagogical process aimed at integrating the effects of training on technical, tactical, mental, theoretical and physical preparation in order to ensure effective competitive activities. Training load is a component of training, reflecting the quantitative indicators of the impact of training on the wrestler during training. Competition load is a quantitative measure of the volume and intensity of competitive activities. In conclusion, the importance and importance of physical education, especially the development of physical qualities, is clearly evident. It should be noted that in the development of physical qualities, the educational process requires that all of them (strength, speed, agility, endurance, etc.) be developed in an interconnected manner. But in a certain type of breed, the auxiliary virtue is more strongly formed, developed, and it manifests itself as a leading quality of action. Other qualities are also relatively developed, but they can manifest themselves as auxiliary, supporting qualities of action. For example, among sports, basketball is considered to develop mainly agility, while speed is developed as an auxiliary quality. However, basketball is also a major tool in developing endurance. In weightlifters, strength is considered the leading physical quality. In particular, it is necessary to practice the "sweep (sweep)". Physical culture is an integral part of human life. It plays a very important role in people's education and work. Physical exercise plays an important role in the activities of members of society, therefore, knowledge and



skills in physical culture should be formed in primary school. School age is the most favorable period for the development of all motor skills. However, at certain age periods, the natural rates of development in the development of motor skills are not the same. At different stages of growth and development, the attitude of the child's body to physical activity is different. This has a long-term and long-term effect. During these periods, the body's susceptibility to selectively directed environmental influences increases.

Conclusion: In conclusion, it should be said that the analysis of competitive wrestling activity has identified two types of attacks: simple, when the attack begins immediately after the main technique, and complex, when the wrestler uses two or three different movements (the first creates a favorable dynamic situation for the attack with subsequent movements). It was proposed that both of them be performed as a continuous, unified movement.

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