



WAYS TO INCREASE THE TECHNICAL TRAINING OF WRESTLERS WITH LIMITED OPPORTUNITIES

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Annotation: This article will talk about the study of techniques and tactics in the process of training athletes with limited opportunities for the type of wrestling, the specifics and features of competition activities in wrestling, methodological principles implemented in training methods, the practical methodology of technical-tactical training of wrestlers in connection with the modern requirements of competition activities, as well as the formation of technical-tactical

Keywords: technique, dexterity, skills, wrestling, sports competitions, mass sports, training process, competition.

The decision of the president of the Republic of Uzbekistan “on measures to develop the National Sport Of Wrestling and further increase its international prestige” dated November 4, 2020 PQ-4881 ushered in a new era of reforming the sport of wrestling. In this decision, during the implementation of the methods of selection and education of young promising athletes, various actions with the legs are also performed in one vaccine itself, that is, these are playing, stuttering, hook-ups, pre-hook-ups, squats, behind - the-back hook-ups, squats, squats, squats, squats, squats, and backfalls. Many of these movements can be performed from behind, in advance, from the side, from the inside, from the outside. With the same grip, a number of movements can be performed, and, conversely, the same movement itself can be performed with different catches. For example, a hand-to-hand and hand-to-hand throw, a blow-to-roll, can be performed. But it is also possible to throw the opponent by bending over the arm, torso, arms and neck. The wrestler can apply any method for attack and counter-attack. Using the method or part of it as a deceptive action, the wrestler can prepare favorable conditions for distracting the opponent from their true intent and otherwise performing the attack. Countermeasures are targeted techniques performed in response to an opponent's attack there are movements with which the wrestler gains an advantage over his opponent. Counter-methods go into complex technical actions. The kupashchi organizing a counterattack must instantly make the right decision and accurately match their actions with the actions of the attacking opponent so that their opponent does not have time to implement the method. Defenses are targeted actions that prevent an opponent from performing methods (counter-techniques). Protections are allocated to initial and immediate protections. Initial defense is performed in advance, i.e. before the opponent performs the method. Indirect protection is aimed at stopping the opponent's attack. The effectiveness of such protection depends on its timely execution.

Indirect protection can be done at the beginning of the method, during the execution of the method, or at the end of the execution of the method. All technical actions are performed by wrestlers from different positions. The main cases are: standing, parterre and bridge. Standing is the position of the wrestler, in which he stands upright on the legs. The right, left and gross erect stands are distinguished. Each of them, in turn, can be high, medium and low. Fighting while standing can be carried out over close, medium and long distances. The parterre is the initial position of the wrestler, standing on his knees. In this case, the palms of the hands, written flat, are supported on the carpet, 20-25 cm from the knees. it settles in the distance. In the parterre, the high position and low position are distinguished. The high position is the initial position of the

wrestler in the parterre, while the low position is the position of the wrestler standing on the knees and relying on the carpet with the wrists. When wrestling in a parterre, one of the wrestlers is down and the other is up.

The wrestler standing in the above position on the parterre may take the initial position they want before the fight begins. Only the palms of the hands should stand on the shoulders of the wrestler below. Kòprik - this is the following position of the wrestler, that is, in this he, leaning back, rests on the carpet with the palms of the feet (they are written approximately shoulder-width apart) and the head (the desired part). The wrestler switches to this position to avoid touching kuragi to the carpet. In the free and Greco-Roman struggle, the bridge is one of the main elements in the performance of a series of attacks and counter-attack actions in one case. Ways to improve the technical skill of a wrestler the richer the reserve of technical actions of a wrestler, the greater the skill with which he can apply them, his technical skills will be so high. Wrestling techniques are the basis of kuratschi's skills and in many ways determine his capabilities. There are dozens of methods and their options in the fight.

However, this does not mean that the wrestler should know them all perfectly. As the athlete acquires more new and new methods, counter-methods and defenses, part of the methods that meet his particular characteristics and habits and are successfully performed by him are included in the plan for the purpose of further improvement. Versatile technical training of a wrestler is one of the important requirements for the modern level of development of various sports. When choosing technical actions for solid mastery, the following rules should be followed: - which in the rules of the current competition to master those technical actions in which the technical action is successfully calculated; - methods that best respond to the individual characteristics of the athlete from within all types of technique, mastering the options for counter-methods and defenses; - taking into account the characteristics of the skill of the main competitors and choosing technical actions that will give a good result in dealing with them; - focusing more on technical actions that can expand the possibility of applying previously studied methods and counter-methods; studying combinations with methods available in the reserve of the wrestler, as well as; this is nothing more than a further Re-study

Conclusion to improve the effectiveness of wrestling, athletes must be given devices developed by leading wrestling professionals. 1. The attacker has to work hard, putting all the strength and endurance into the technique. Also transfer voluntary pressure to the opponent. This allows him to quickly defend and successfully complete his offensive actions; 2. It is necessary to act in reality several times on the technique in order not only to imitate the attack, but also to carry it out qualitatively. Even after making sure that the opponent is well defended, it is necessary to continue to tire him with relentless attacks. The opponent will calm down and become a little bit, protecting himself from the first attack moves. Taking advantage of this, the wrestler must overcome his pre-arranged movement and achieve success; 3. In Duel situations, if attacked, hit the ground, did not have time to take a stable position and did not prepare for defense, to attack again without delay. 4. In the process of technical and tactical training, athletes perfected the technique of knocking to produce movements to unbalance the opponent and active rotation in the vertical axis. To ensure the reliability and effectiveness of the shot, athletes improved various methods of entering the holder (tactical preparation methods and various grips), the technique of the main part (the shooting itself) and the technique of the final part (holding and pressing).

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