



## TRAIN THE PHYSICAL QUALITIES OF YOUNG WRESTLERS PURPOSE

*Azimov Adahamjon Melikoziyevich*

*Fergana state University Sports Games department teacher*

### Abstract

Sport from the theory known to be of sports competition task wellness task idealism task aesthetic task moral and educational task , socio-political task , internationalism duties there is . Also some in sources sport is indicated in the medium patriotism , humanity education young to generation absorb issues statement done This in place specialists sports competitions in the process young people patriotism ideas in the spirited educate possibilities high level that confession enough .

### Key words

wrestling, arguing, world-wide, sports competition duty, wellness duty, idealism duty, aesthetic duty, moral-educational task, socio-political task.

Current at the time of sports everyone in types physical preparation two , common and special from the part consists of will be General physical preparation for basis be service does This while own in turn , technical of preparation is an athlete himself organism everyone systems special physical preparation for powerful tool is considered

Wrestlers for common physical preparation tools in choosing the following important the rules account get necessary

1. Exercises wrestler neuromuscular Excellent give get character and in the body all of systems the work mode near to be need Exercises special adjectives to develop help to give it is necessary For example , one-on-one struggle elements was some one acrobatic exercises , partner with resistance showed without in pairs being executable exercises and etc.

2. Exercise action coordination development and sportsman activities variable situations various actions with enrichment need For example , sports games : basketball , scaled down on the field playable football , gymnastics and others ;

3. Exercises of athletes action and central nerve system of activity faster to recovery service to do need To these walks , crosses , mobile games , do n't worry swim walking and in the air special in the circumstances held another games enters

Physical of preparation special in the means two group exercises difference to do need

Certain muscle groups and sportsman for in the struggle necessary will be adjectives to develop directed exercises .

Struggle methods groups and actions technique elements to improve directed exercises . Special physical in preparation wrestler for necessary adjectives development and struggle technique elements improvement with mutually connected to be especially important A wrestler special physical preparation circle exercises choose and in transfer the following some important the rules account get need :

a) Actions character and to the structure according to struggle actions with directly static-dynamic Excellent

to give related exercises choose For example , to himself typical respectively shift , partner with executable exercises -raise and rotate , rotate and twist character imitation exercises , game in the form of exercises and others

b) Struggle in their actions main download which performs some muscle groups to develop directed from exercises use Legs , abdomen muscles development for heavy weights with fill the ball and overalls with and on trainers executable exercises .

Special of exercises such selectable action qualities summary develops and wrestler in action technical sides improves .

This is it in the manual of wrestlers common and special physical preparation for different exercises recommendation will be done . Exercise downloads in determining trainers group the following account take need :

1. Employers contingent their age , physical development , training from the beginning previous functional status and training did level

2. a week per day executable training sessions the number

3. Training of work volume , intensity , psychic Excellent to give and emotional actions level

From experience as you know qualified of athletes most of them preparation during common and special physical preparation of means enough level they use , competition during while them to a minimum until they reduce or common physical readiness they don't use it . this, no doubt rough floor error Because such at the time adjectives in the collection mutually dependence is broken and their possibilities decreases , this while sports of the results deterioration has been action qualities development another reason will be

Comprehensive physical preparation tools whole year during the that's it including competition during the period of use , it technical and tactical and of preparation another types with adding take walking sports of skill to increase and high to the results to reach help will give .

Struggle with engaged of trainers year during periodic and separately training in the process physical , technical and tactical preparation

circle training downloads right planning and their volume and intensity mutually tie take to go especially important Training downloads planning one how many options to be can

Struggle with of those involved strength , quickness , agility , endurance such as important tasks there is that 's all to the wrestler high sports to the results in reaching help will give . Because this adjectives mutually connected it is something to the goal aspiration , initiative , perseverance , bravery , himself catch to know each how in case too himself lossless , high level hard work and independence such as voluntary of adjectives not separated . However , these are of an athlete own to the front put to the goal reach for himself where level mobile eat to get too depend

In sports work and social useful activity in the field different difficulties eliminate to do directed action qualities and voluntary qualities complex added take to go and him always improvement high sports results to reach able has been strong , moral , resistant and willing athletes to educate service does

Sports training theory and methodology knowledge relied upon without to say maybe physical training from sports strictly look special and common physical preparation is separated . Including in the fight too of an athlete physical preparation the same that's it to the laws relies on

Wrestlers for common physical preparation tool as cross run , swimming , on foot walking etc application can

Special physical preparation tool as while of a wrestler competition opportunity to increase possible was , his special muscle groups which develops and competitions conditions a lot applied the most necessary physical adjectives to develop directed exercises set is used .

Special and common physical preparation proportions of an athlete qualification and personal features suitable respectively changed goes Physical preparation in competition important importance occupation reach with together she is another preparation of types to be developed as well need feels Including , of a wrestler technical and tactical preparation this about important

Today's struggle specialists ( coaches , referees , pedagogues , scientists ) forward so task It is

assumed that in this struggle according to take going research and studies wide in scope organize the main factor to do to be need

To the intended purpose reach for the following research duties marked :

1. Age free of wrestlers physical ability and readiness about scientific and theoretical and methodical information generalization .

2. Discussion about M avzu done issues about top class of coaches young wrestlers with work methodological principle experience generalization .

3. Physical education methodology to apply in practice for choose received Ferghana in the city young free all-around wrestlers efficiency check

The method of analysis of scientific literary sources. This method was used to study the situation of the issue studied in the thesis, for which a large number of literary sources were analyzed (see the list of used literature).

Conversation students with communication to do help will give . His help with listeners and coach in the middle reliable relationships is installed , it is active to increase , own coach to know and students did it things to evaluate conclusion gives. Physical j ismani of exercises activity and physical of adjectives development effect determination for different controls exercises applied .

Pedagogical observation pedagogical to the process without interference analysis to do and of assessment main method to be and observe the goal is growing age of wrestlers physical qualities description for necessary has been information regularly respectively serves to go to the ball .

Pedagogical experiment young of wrestlers back in throwing speed increase , explosion strength increase , general attack actions in execution strength and the speed to increase directed was

Scientific and methodical literature analysis to do during young in wrestlers explosive strength development methodology that 's enough work that it is not released we determined . And this our experimental of our work identified as the goal .

Student's criterion about statistics processing to give method received the material analysis to do for one how many analyzes in stages done is increased .

#### **List of references:**

1. Ruzmatovich, U. S. (2022). Changes Expected To Come In Our Life Movements. Web Of Scientist: International Scientific Research Journal, 3(3), 485-489.
2. Shohbozjon, K., & Azizjon, M. (2022). Preparing School Students In The Field Of Physical Culture And Sports Before Entry To Higher Education. International Journal Of Research In Commerce, It, Engineering And Social Sciences Issn: 2349-7793 Impact Factor: 6.876, 16(10), 100-108.
3. Ruzmatovich, U. S., & Shohbozjon G'Ayratjon o'g, Q. (2023). Uzbekistan's General Education School Physical Education Programme: A Curriculum Analysis. Best Journal Of Innovation In Science, Research And Development, 2(5), 184-193.
4. Ruzmatovich, U. S., & Shohbozjon G'Ayratjon o'g, Q. (2023). Examining The First Age Group's Health Test Needs For" Salomatlik" Regulation Using The Dynamic Of Children's Motor Potential. Best Journal Of Innovation In Science, Research And Development, 2(5), 194-200.
5. Qodirov, S. (2023). Content Of Physical Fitness Of Students Of The General Secondary School Of Education. Modern Science And Research, 2(6), 368-381.
6. Qodirov, S. (2023). Analysis Of Indicators Of The Physical Development Of University Students. Modern Science And Research, 2(6), 406-418.
7. Qodirov, S. (2023). Urgent Problems Of Training For Admission To A Higher Educational Institution In The Field Of Physical Culture And Sports. Modern Science And Research, 2(6), 395-405.
8. Shohbozjon, K., & Azizjon, M. (2022). Preparing School Students In The Field Of Physical Culture And Sports Before Entry To Higher Education. International Journal Of Research In Commerce, It, Engineering And Social Sciences Issn: 2349-7793 Impact Factor: 6.876, 16(10), 100-108.
9. Хонкелдиев, Ш. Х., Закиров, У., & Меликузиев, А. А. (2020). Эффективность Разработанной Методики Повышения Физической Подготовленности Юных Борцов Вольного Стиля. In Наука Сегодня: Вызовы и Решения (Pp. 114-116).

10. Азимов, А., Азимова, М., & Меликузиев, А. (2021). Разработка Научных Основ Подготовки Спортивного Резерва. *Общество и Инновации*, 2(8/S), 283-286.
11. Азимова, М. К., Азимов, А. М., Меликузиев, А. А., & Мирзакаримова, С. С. (2020). Факторы, Определяющие Здоровье Человека. *Психология Здоровья и Болезни: Клинико-Психологический Подход*, 24.
12. Азимова, М., Азимов, А., & Меликузиев, А. (2022). Bolalar Va o'Smirlarning o'Zini-o'Zi Rivojlantirish Va Ijodiy Amalga Oshirishdagi Gigienik Ta'limning Jihatleri. *Общество и Инновации*, 3(9/S), 170-174.
13. Меликузиев, А. А., Мирзакаримова, С. С., & Азимова, М. К. (2020). Роль Гигиенического Воспитания Школьников В Профилактике Заболеваний. In *Университетская Наука: Взгляд в Будущее* (Pp. 253-257).
14. Melikuzievich, A. A., & Adhamjon, M. A. (2023). Methodological Groundwork For Assessing Young Freestyle Wrestlers' Physical Development. *Best Journal Of Innovation In Science, Research And Development*, 2(6), 348-357.
15. Melikuzievich, A. A., & Adhamjon, M. A. (2023). Training Analysis Wrestling Load Management From a Scientific Standpoint. *Best Journal Of Innovation In Science, Research And Development*, 2(6), 341-347.
16. Ruzmatovich, U. S., & Adhamjon, M. A. (2023). Analysis Of Training Load Planning In Wrestling: A Scientific Perspective. *Best Journal Of Innovation In Science, Research And Development*, 2(5), 151-158.
17. Ruzmatovich, U. S., & Adhamjon, M. A. (2023). Methodological Foundations Of The Development Of Physical Qualities Of Young Freestyle Wrestlers. *Best Journal Of Innovation In Science, Research And Development*, 2(5), 159-168.
18. Melikuziev, A. (2022). Features Of Using Foreign Experiences In The Modernization Of Continuing Education. *Asian Journal Of Multidimensional Research*, 11(10), 250-255.
19. Азимова, М. К., Тургунова, З. З., & Меликузиев, А. А. (2021). Экологические Факторы и Репродуктивное Здоровье Женщин.
20. Азимов, А. М., Меликузиев, А. А., & Азимова, М. К. (2020). Разработка Концепций И Стратегий Развития Образования В Подготовке Спортивного Резерва. In *Университетская Наука: Взгляд в Будущее* (Pp. 294-296).
21. Tojiyev, F. I., Azimov, M. I., Azimov, A. M., Shomurodov, K. E., & Muqaddasxonova, M. D. (2021). Frequency Of Occurrence And Characteristics Of Patients With Acquired Lower Jaw Defects For 2017-2019 On The Basis Of The Tsd Clinic. *Elementary Education Online*, 20(4), 806-806.
22. Askarov, M. A., Azimov, A. M., & Isokjonov, S. K. (2021). Application Of Decompression Treatment For Mandibular Radicular Cysts. *The American Journal Of Medical Sciences And Pharmaceutical Research*, 3(7), 72-76.
23. Азимов, А. М., & Мизомов, Л. С. (2022). Применение Термовизиографа При Воспалительных Заболеваниях Периапикальных Тканей Зубов. *Scientific Impulse*, 1(3), 321-322.
24. Алимова, Д. М., Фозилова, Л. Г., & Астанакулова, М. М. (2023, May). Нарушение Микроциркуляции у Больных Хроническим Генерализованным Пародонтитом После Перенесенного Коронавирусной Инфекции Covid 19. In *Conferences* (Pp. 63-66).
25. Мирзакаримова, С. С., Азимова, М. К., & Азимов, А. М. (2020). Роль Физических Факторов Воздушной Среды в Профилактике Заболеваний Органов Дыхания. In *Университетская Наука: Взгляд в Будущее* (Pp. 257-259).
26. Азимов, А., Турсуналиев, З., & Шадманов, А. (2021). Современные Методы Комплексного Лечения Воспалительных Заболеваний Периапикальных Тканях. *Stomatologiya*, 1(1 (82)), 56-60.
27. Азимов, М., Ризаев, Ж., & Азимов, А. (2019). Новый Подход к Классификации Воспалительных Заболеваний Периапикальных Тканей Зубов. *Stomatologiya*, 1(3 (76)), 56-61.
28. Shokirov, T. S., & Azimov, A. M. (2012). Intraoral Distraction Devices In Correction Of Maxillary Deformity In Cleft Patients. *Украинский Журнал Хирургии*, (4), 65-69.