



TRAIN THE PHYSICAL QUALITIES OF YOUNG WRESTLERS ORGANIZATION OF APPLICATIONS

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.

Struggle , one the word with in other words , arguing , competing meanings means Special physical from exercises organize found actions set fight basis organize does

With that together fight social character , person person as in education place is incomparable . Society development directly physical culture of the concept too development take came Struggle today's to the day come his own high social importance manifestation is doing

Last in years the world scale of sports importance to learn directed studies , his people marriage in the style of role high level that proved This is it matter about physical culture and sports specialists , psychologists , sociologists research their work done increased and different level scientific and methodical sources was created (V. D. Panachayev , NIPonomaryov , LPMatveev , YMMasharipov , R. Salamov , LILyubysheva).

In our people in competitions and in competitions known take g'was to the fighters nis b atan pol v on , great b , pahla v on such as concepts wide is used . People such to the wrestlers passion with looks at As a result , like them to be desire forming goes People take away champions in the form of struggle they appreciate .

Sports 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 . Sports only the results determination , physical opportunities demonstration to do criterion only no more a person factor , his each bilaterally education to the issue too relatedness this topic within being conducted in studies own on the contrary is finding Struggle of sports last in years wide development and the world sports to the line entrance his humanity character and of sports generally accepted reached to norms suitability with explained .

Uzbe k ist o n Re s publication n ing J i s m o n i y tarbi y a v a about sports In the law

(new edit , 2015 September 4) showing according to Uzbekistan national sports types and people games Uzbekistan Republic of physical education and sports in the field cultural of inheritance indispensable part , separately patriotism and Homeland love international on the field of the country reputation - attention to upgrade aspiration feelings bring up is the foundation . Indeed , national sports of types formation , historical development directly people patriotism ideas in the spirit to educate mean holds For example , national our sport in the struggle opponent respect to do honor protection to do through homeland and honor of the people protection to do issues of this sport philosophical and spiritual ideas basically organize does Of struggle historical formation , development at the core in fact peace humanity , patriotism , hard work such astraits bring up ideas embodied . Because peace humanity , patriotism , hard work universal value as how many from years since with pleasure appreciated is coming .

Of struggle universal value the fact that his humanitarian in character that it is too own on the contrary finds One in view struggle content known level from preparation past athletes their competition each other physically , strength using defeated to beforced when it comes to see can But, struggle according to competition rules and generally accepted reached norms to athletes , coaches and to the judges so requirements as a result , the competition activity participants trainings , competitions and sporting events in the process universal values criterion within brought up forming they go After all, physical education and sports training and sports competitions of participants and of the audience to health , honor and to its value loss undeliverable way transfer need Athletes honor and value to be humiliated take coming also their sports injuries to get reason to be preparation from styles to use road is not placed .

Struggle competitions rules known requirements based on work developed from the participants to them strictly action requires doing . Exactly that's it in case struggle his own high level humanity feature demonstration does

Man , his health storage and strengthening whole the world medicine field in front standing main from duties is considered Medicine in ol a m -ill k ni from treatment see his took n i received y a x s h i concept there is . Technique and technologies developed in timeless mobility people for known level problems , in particular inaction with depends has been diseases surface is bringing Plan based on struggle with regularly engage in of the organism to action has been the need provides . As a result , organism healthy and strong to be is achieved .

Of struggle universal value as it's a confession to be done main reasons one too that's it .

Today's globalization in the circumstances land face population alcoholism , drug addiction , religious extremism and international terrorism such as different negative vices to worry laying down to all of us known . People and of the state good goals lie down and a stranger was ideas society to his life own effect trying to pass inevitable . Modern sports training sessions , in particular wrestlers preparation regarding issues are also their own to the front only sports results raise it's not , rather , the practitioner each bilaterally also aims to educate by doing put

Modern Olympia games propagandist , French state character Pierre de Coubertin humanity for big important have was , har bilaterally education tool counted Olympia games organized for nothing it's not . Later , second the world from the war after India of the country initiative with Asia games organize exactly what is done that's it to the goal - in the world peace and peace of mind to provide , peoples between solidarity to keep directed was That 's why it's a struggle sports universal value as it's a confession reach and him more development it is necessary

Of this for propaganda their work more strengthen fight the public more increase it is necessary Especially fight scientific and methodical the basics lighting , struggle theory and methodology issue according to wide scope research their work organize reach it is necessary Short by doing in other words struggle science development time is a requirement .

To fight circle until today created books him development to the goal known level contribution added . But, sports in the field of development intensity with to go and struggle Olympia to games input necessity struggle according to new and efficient research take to go scientific books and articles publication to reach day order is putting Satisfaction with to say must in our country science - science , sports development for enough legal basics created and conditions there is . A wrestler physical preparation

in it of skill content in finding vital important adjectives and work and Motherland protection in doing necessary will be of qualifications harvest in being basis is considered

Athletes individual abilities and their technical and tactical readiness account received without common and special physical readiness to the goal according to added take to go high sports skills provides .

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