

Development of Technical and Tactical Abilities of Freestyle Wrestlers

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Abstract: The article presents ways to develop the coordination abilities and technical and tactical skills of freestyle wrestlers with the help of special exercises and reports relevant conclusions.

Keywords: in the article, sports, technique, tactics, preparation.



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INTRODUCTION

The sport of freestyle wrestling is widely popular in our republic, and our athletes have achieved high results on international fields. The results of the most prestigious competitions in recent years show that 4 of our free wrestlers made the honor of our country: Abbas Rakhmanov (57 kg), Ichthyor Navrozov (66 kg), Bekzod Abdurakhmanov (74 kg) Magamed Ibragimov (97 kg) in Kham. of these, voluntarily Navrozov and Magamed Ibragimov took possession of the bronze medal.

In April 2017, at the 2017 Asian chempinat in Xinjiang, Magamed Ibragimov (-96 kg), Bekzod Abdurakhmonov (-74 kg) won the gold medal, Istytor Navro'zov (-70 kg) won the silver medal and Umid Usmanov (-86 kg) won the bronze medal.

In May 2017, at the Islamic Solidarity Games in Baku, Azerbaijan Republic, Nadir Safarov (-57 kg) and Bekzod Abdurakhmanov (-74 kg) won the bronze medal.

In September 2017, our freestyle wrestlers Mahmoud Shavkatov (-57 kg), Bekzod Abdurahmonov (-74 kg), David Modzmanashvili (-125 kg) won the gold medal at the indoor facility in Ashgabat, Turkmenistan, while Hope Ismanov (-86 kg) won the silver medal and Ishtitor Navro'zov (-70 kg) won the bronze medal.

In March 2017, at the end of the Asian Championship in Sports Wrestling hosted by Bishkek, the capital of Kyrgyzstan, our freestyle wrestlers took precedence over the rest of Asia's countries. Here voluntarily Navro'zov (-63 kg), Magamed Ibragimov (-97 kg), David Modzmanashvili (-125 kg) were awarded gold medals. Makhmud Shavkatov (-57 kg) and Rashid Qurbanov (-79 kg) were the silver medalists. Three other athletes: Abbas Rakhmonov (-61 kg), Timur Usmanokhunov (-65 kg), Aziz Soliev (-92 kg) were awarded bronze medals.

At the 2018 Tibiliis Grand Prix in July, Abbas Rakhmonov (-61 kg), Bekzod Abdurakhmonov (-74 kg) were the silver medalists.

At the end of the 2018 Asian Athletics Championships hosted by Indanezia in August, Bekzod Abdurakhmonov (-74 kg) won the gold medal, Sirojjidin Khasanov (-65 kg) Magamed Ibragimov (-97 kg), David Modzmanashvili (-125 kg) came out with the bronze medals.

The training of highly qualified athletes requires taking into account the trends of the current stage of sports development. In order to achieve high results in the world sports fields, it is required to regularly control sports training, analyze, implement training technologies in the process of training. President of the Republic of Uzbekistan PQ of March 9, 2018-28-21-the resolution"on the preparation of Uzbekistan's athletes for the 2020 XXXII Olympic and XVI Paralympic Games in Tokyo, Japan " defines the implementation of all necessary measures in the preparation of athletes for prestigious competitions. To further improve the competition activities of freestyle wrestlers, the implementation of a new, unique, methodology to improve the effectiveness of the training process is one of the pressing issues.

To improve the physical technical and tactical and psychological training of wrestlers, they are studied in every possible way by our homeland and foreign specialists. The diverse activity of movement in the jaroyon of training and competition activities requires the wrestler to constantly show high coordination abilities. Athletes will have to perform most technical actions in wrestling contests in a short time with a change in their direction to give strength. Success in achieving victory is largely determined by the size and stability of the acquisition of skills and qualifications of various technical actions. A high level of development of the ability to coordinate movements will help to find an effective reaction to carry out an attack or counter-attack method at specific moments.

Exercise sequence:

1. I.K. is in a position where the attacker grabs one foot of the receiver with two hands from the thigh while the attacker is in a standing position. As soon as there is an order, the task of the perpetrator of the attack is to transfer rakibi to the parterre (in different ways), so that the task of the recipient of the attack does not fall on the opponent with achievement points and situations favorable to him.
2. I.K. opponents perform the same grip on each other. Yani-Har a wrestler has one leg of his opponent with 2 ARMS and b.n waits for the command, be the Command B.n every one tries to get into comfortable situations or achieve achievement points.
3. Wrestlers perform the same grip. That is, a hand bn grabs along the opponent's ankle-the same grip is performed by his opponent Ham.The task of the wrestlers is to sit-ups while maintaining balance on one leg.
4. I.K. legs are in a pair position with the wrestler at the top leaning on their arms and forehead to maintain balance.
5. I.K. is in the position where the attacker grabs one foot of the receiver's ankle with two hands while the attacker is in the standing position. The arms stand behind.As soon as there is an order, the task of the perpetrator of the attack is to unbalance the rakibi (pushing or pulling back to the sides in different ways) while maintaining as much balance as possible on the foot on which the attacker's task is standing on the carpet.
6. I.K. one wrestler stands in a bridge position, the second wrestler comes from the head side of the first wrestler, holds his waist up and tries to fall in the bridge position. The first wrestler must remain standing at the foot the second performs the fall in the bridge position. This action b each other.N is performed in an alternating state.

7. I.K. legs above the wrestler walks along the carpet, leaning on his arms. (the distance is the distance the feet walk without touching the ground.
8. I.K. the attacking athlete stands shoulder-width apart with the legs facing the opponent in reverse. His opponent comes running and rides on the wrestler's shoulder. the offensive receiving athlete stays out of position.
9. I.K. the athlete will increase the hips 2-times by leaning forward, and the legs will keep the balance by leaning on the hands and forehead of the wrestler above the pair position.

The results of the study showed that the complex of special exercises used gave the expected good result. At the same time, in the development of coordination abilities and its identification, a special towed dorsum (treller) equipment will work well.

CONCLUSION.

The development of the coordination abilities of wrestlers is one of the pressing issues, the quality of which ensures the development of the ability to perform holistic movement activities in a purposeful way, to re-demonstrate the acquired forms of movement or, according to the requirements of a changing environment, to switch from the activity of the movement to the next. From a study of freestyle wrestling athletes, it became known that athletes place sufficient importance on the development of coordination abilities in the training process. We believe that coordination skills should be used in the training and training process with a special complex of exercises. Also, in the development of coordination abilities and its identification, a special towed dorsum (treller) equipment will work well.

From the above, it can be concluded that the free struggle serves as the basis for the training of mature athletes today, to carry out scientific research to improve the coordination abilities of athletes, to introduce innovative methods into the educational process, to further deepen and improve the work of providing coaches with scientific and methodological literature.

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