

THE PURPOSE OBJECTIVES TOOLS STYLES AND BASIC PRINCIPLES OF SPORTS TRAINING

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Annotation: At the present stage of the development of society, it is observed that in the multifaceted process of educating a person, developing his physical qualities, strengthening his health, increasing his ability to work, creating a comfortable mental environment in teams, physical education and sports are gaining in importance. Various types of Sports Wrestling, which help to educate physically strong, Restless people, occupy an important place in the system of physical education.

Keywords: physical education, sports, physical qualities, sports training, nagruzka, physical qualities, strength, endurance.

Sports training is a pedagogical process of sports improvement, which is regularly controlled throughout the year, aimed at achieving high sports results.

The purpose of sports training is to achieve the maximum possible level of technical - tactical, physical and educational training for this athlete, as well as to show high results in competition activities.

The main tasks to be solved in the training process are as follows::

- thorough mastery of wrestling techniques and tactics;
- ensure the development of the necessary level of qualities of movement, increase the functionality of those involved and strengthen their health;
- education of moral and will qualities;
- complex development of various aspects of athlete training and its manifestation in musabaka activities;
- acquisition of theoretical knowledge and practical experience necessary for successful training and competition activities.

Training tasks are carried out in parallel. However, depending on the training period and stages, the training of the wrestler, his skill level and other factors, more attention is paid to one task and less to another. Each of the tasks of the training is solved in series, that is, in conditions of a gradual increase in the requirements for those involved.

Sports training tools are various types of physical exercises that are divided into four groups: General Training, auxiliary, special training and competition.

General preparatory exercises include exercises that serve to develop the athlete's body in a comprehensive functional way. Along with the fact that they correspond to the characteristics of the chosen sport, it is possible to stand in a certain confrontation with it. Only a comprehensive development *vzifa* is solved in this. In sports wrestling, these are exercises in sports gymnastics (with and without an object, with and without a partner, various movements of the arms, legs performed in one place and in movement), exercises in auxiliary sports (weightlifting and athletics, sports games, swimming, acrobatics, etc.).

Auxiliary exercises include special actions that create a foundation for further improvement in one or another sports activity, this group of exercises includes trainers, tools that help to increase the fast-strength abilities of the wrestler while working in special devices, that is, outside the carpet. Also included are tools derived from other sports and aimed at increasing the aerobic and anaerobic capabilities of the wrestler (cross-country running, rugby, etc.

Special training exercises occupy a central place in the system of training highly qualified athletes and cover the range of tools that include elements of competition activities, as well as actions that are approached by them in terms of the nature and quality of the manifestation of the activity of the shape, structure and functional system of the body.

Special training exercises in sports wrestling include:

1. Rapprochement exercises. They help to master and improve the technical structure of methods and the tactics of its implementation.

2. Exercises that develop the special physical qualities necessary for the wrestler.

3. Gesture exercises. They help to improve not only the technique of performing methods, but also, in a certain sense, its tactics at the moment when they are used in a certain tactical form (from different situations, after pointing out the methods of tactical training through a hint). Gesture exercises are performed without projectiles and with a projectile (wrestling mannequin).

4. Special exercises with a partner. As opposed to performing exercises with a wrestling mannequin, exercises performed with a partner allow you to feel more deeply all parts of the technical or tactical movement that is being performed. It is possible to accurately reproduce the situation of action given during work with a partner, as well as the necessary resistance. Depending on the task in front of the wrestler performing the exercise, the partner can resist empty, with half strength, or with all his might. It is necessary to choose a partner whose abilities, training, height, weight should help solve the tasks set before the athlete.

5. Training, training and training competitions.

a) the training competition is aimed at mastering new training material in wrestling techniques and tactics. The partner resists with his free or half-strength, and

during the competition periodically (on assignment) creates favorable conditions for the participant to perform the method.

The peculiarity of the training competition is again that it is aimed at acquiring some kind of single method or combination of methods and, as a rule, is held only in a standing position or in a parterre. If the action is performed ambiguously, it is necessary to stop the competition and indicate the mistake that the wrestler made.

b) training and training competitions are mainly aimed at mastering and improving the techniques and tactics of wrestling even later. It is carried out with tasks aimed at eliminating certain shortcomings, developing certain physical qualities, generating one or another tactical maneuver of fighting certain opponents. Both wrestlers can get a task to compete at the same time.

Contests can be structured according to different formulas: fighting in a standing position and in a parterre, alternating differently, fighting only in a standing position or only in a parterre. The fight can be stopped to show the mistakes that the wrestlers have made, but it is necessary to do this only in extremely necessary cases.

C) training competitions are aimed at developing techniques, tactics, physical and other qualities that will be necessary for the wrestler in competition conditions. The training competition is held at a high pace. The execution of all actions takes place with full responsibility over their correct execution. However, the wrestler should not be afraid to lose while running a wrestling match. As a result of trying to keep himself out of defeat at any rate, the wrestler, only protected, is unable to improve his preferred methods as well as his opposing methods.

Training contests can be held both with and without a task (free competition). Here, the total time of the competition is determined, and the wrestlers conduct the competition both in a standing position and in a parterre.

Unlike training and training competitions, it is not recommended to stop training competitions for the purpose of warning them. Very necessary points are mentioned during the competition.

Competition exercises provide for the performance of a complex of actions that are considered the subject of a sports specialty in accordance with the rules of the existing competition. In sports wrestling, they include control and competition contests.

- The control competition is held in conditions that are approximated to the conditions of the competition, with the complete resistance of the opponents against each other.

Its purpose is to determine the level of training of a wrestler, his readiness to participate in competitions, to determine the level of occupation of one or another technical-tactical actions of a wrestler. The control competition is held in a formula that complies with the rules of the competition, which cannot be stopped and

accompanied by some kind of explanation. Errors are analyzed after the end of the competition.

- The competition competition is held on the carpet in accordance with the rules of the competition. His goal is to determine the strongest wrestler in his weight class. In the competition competition, further refinements of all sides of the wrestler's training are carried out. These contests can be brought closer to the ones that the wrestler spends in competitions due to his mental intensity.

The style of selective-directed exercises is characterized mainly by the orientation of the body to the improvement of morphofunctional properties or individual qualities of movement. For example, to perform exercises with weights aimed at developing the strength of the wrestler's hand, two groups of styles are used to maintain and improve the skills of movement, maintain and increase the level of achieved functionality: template - repetitive exercise styles as well as variant (variable) exercise styles. Template-repeated exercise styles are characterized by the repeated execution of given movements or individual training without changing their structure and external parameters of the nagruzka. These styles help to strengthen the character, as well as to adapt the body to a certain activity. For example, it is repeated many times to strengthen the bend. Variant (variable) exercise styles are characterized by varying the influencing factors throughout the course of the exercise. This is achieved by the speed of the execution of the method, the pace of carrying out the competition, changing the intervals of rest, switching opponents in the competition.

Default-repeated and option (variable) exercise styles, in turn, are divided into two small groups, depending on whether the nagruzkas harmonize and the rest at the moment of performing the exercises: the style of exercises in the continuous (holistic) nagruzka order and the style of exercises in the interval nagruzka order.

The training nagruzka, which is given in the first case, cannot be stopped with a rest interval. All are given rest after the end of nagruzka. For example, improving technical and tactical actions within 10 minutes in the parterre. The second subgroup is characterized by a discontinuity of nagruzkas and is replaced by Planned rest intervals. For example, improving technical and tactical movements when standing by the following formula: 3 times in 3 minutes, rest intervals-2 minutes after every 3 minutes.

All listed styles of strictly ordered exercises are given in different harmony in the training session. For example, the following exercise styles: default - the technique of repeated exercises can be combined with growing.

The athlete's sports activities are aimed at achieving the maximum possible results. In sports wrestling, this is manifested in the performance of qualification razryads (1 razryad, master of sports, master of sports of the international category), in the pursuit of victory in various competitions. Such a direction is the basis of sports

training. It defines the features of the use of tools and styles, the dynamics of training nagruzkas, the organization of the training process. The principle of directing to the maximum possible results is manifested in the athlete's desire to fully demonstrate his strength and capabilities, as well as in the provision of conditions for their maximum development. High results in sports wrestling cannot be achieved without creating conditions for deepened sports specialization. One such condition is a more favorable distribution of the time and strength of the athlete in order to improve in the selected type of wrestling in the process of sports activities.

If in relatively recent times some wrestlers have been trying to achieve high results in two types of wrestling at the same time (for example, sambo and judo, Greco-Roman and freestyle wrestling), now in modern conditions this is not at all possible.

Deep specialization in a specific type of struggle is associated with the individualization of the training process. Taking into account the individual abilities of the wrestler makes it possible to fully manifest his abilities in the activities of the competition.

The scientific studies of specialists in the study of the activities of wrestlers competition have identified special features in the way they conduct competition. {amma wrestlers can be conditionally divided into" strong ones "i.e. athletes who prefer to receive by force," speed ones "i.e. those who lead the competition at a higher pace," players", i.e. wrestlers who technically-tactically outperform their opponent. It is necessary to individualize the training process, determining the method of the wrestler's conduct of the competition. This process should include the selection of tools, styles and, in particular, the normalization of training and competition circuits.

This principle of sports training is aimed at organizing the training process all year round, in which optimal nagruzkas and rest are planned, which ensure the continuous development of training. In order to draw up an entire annual training, it is necessary to follow the laws for the development of the following state of exercise:

a) if in the physical, technical-tactical and mental training of the wrestler the level of General Training, which consists in reaching a certain level, it will be possible to achieve high results;

b) the increase in the level of certain aspects of training in newly trained athletes leads to higher results again, but for further growth of results, it is necessary to combine the individual sides of the tre-nirovka into a single complex, taking into account the requirements of the competition activities.

The continuity of the training process in the training of wrestlers is carried out taking into account three main rules: the training and training process should be perennial and have the feature of implementation throughout the year, the effect of each next training session should overlap the trace of the previous training in the training process. In this case, positive changes in the body of the wrestler, which have arisen

under the influence of previous training, are strengthened and improved; rest between exercises and training should be sufficient for recovery and increased training.

Of great importance in organizing the continuity of the training process is the uniform distribution of all major competitions throughout the year. In sports wrestling, two to three main competitions are usually distinguished, all other competitions are subordinated to them, and the work is carried out in such a way that the basics of training and training should be improved purposefully and regularly, and the reliability of competition activities should increase.

High sports results cannot be achieved without increasing training nagruzkas in the fight. There is a full-fledged dependence of sports results on the dimensions of the training nagruzkas. Training nagruzkas, which are close to the limit of the functional capabilities of the organism, can cause significant changes to occur in it under certain conditions, as well as, as a result, an increase in its capabilities. Nagruzkas in the same mold gradually lose their training effect, and later do not contribute to the development of physical and mental working abilities. Sports wrestling differs from other sports in that it has a huge number of technical and tactical tactics. This makes great demands on the Coordination of movement, so it is necessary to gradually increase the number of movements studied, especially those performed in the combined method of conducting the competition.

Great athletes from Uzbekistan, champions of the world and Olympic Games Arsen Fadzaev and Rustem Kazakov have mastered the competition in a combined way.

Technical and tactical training contributes to the development of coordination of character and, to a certain extent, physical qualities, first of all, flash-bloodedness, agility. To develop physical qualities in a directed way, it is necessary to change a certain composition of training nagruzkas. The main task in this is to increase the volume and intensity of nagruzka in what proportions it is necessary at individual stages of multi-year training. Training nagruzka should increase in this depending on the increase in the working capacity of the wrestler. Here, it is necessary to carry out a clear assessment of nagruzkas, as well as regularly check the state of training, as well as to make the competitive activities taxable in order to implement the principle of sequence in increasing training nagruzkas.

This principle of training in the training of teenage wrestlers is expressed in the need for the size and intensity of training and competition matches the functionality of the growing children's body completely.

The gradual increase in training and competition nagruzkas, as well as the gradual complication of the requirements for technical and tactical training, will help to increase the training of teenage wrestlers even more efficiently.

When drawing up the training process, it is necessary to adhere to a certain cyclicity of the training. Such cyclicity consists of a sequence of completed regular repetitive training process loops as well as pagans (exercises, stages, periods). Depending on the scope of time (during this time, a training process is drawn up), small cycles or micro cycles (in particular, weekly), medium or mesocycles (often lasting around a month) and large or macrocycles (in particular, annual and Semi-Annual) are distinguished. All of them form an integral link in the rational structure of the training process. Understanding the basis of such a cyclic structure means understanding the general procedure for compiling sports training. The principle of cyclicity in the organization of training and competition activities is guided by this. In this case, each alternating cycle represents the previous one not by simple return, but by the development aspects of the training process, including the level of training nagruzkas.

Training cycles are the most general forms of its structural organization. They attract the attention of sports researchers and practitioners even more. This is caused by at least two situations at the moment: first, a sharp increase in the size and intensity of nagruzkas, they are approaching the limit of the biological norm in zamona-viy sport; second-from the numerical parameters of the training and the equalization of the skill level of the world's leading athletes. Both Unisi and this force us to strive to more effectively manage the process of sports improvement through the optimization of the training structure.

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