

Mobile in Teaching Fighting Methods and Effectiveness of Using National Games

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Abstract: This article describes the effectiveness of using mobile and national games in teaching fighting techniques, and the ways of using mobile games. Age and gender effectiveness of action games and national action games are mentioned. Information about wrestlers A.P. Kupsov is presented.

Keywords: wrestling, action games, fighting methods, agility, quickness, strength, flexibility, dexterity, balance.

Physical culture and sport are gaining social power and importance today. In this regard, involving children and adolescents in regular physical education and sports, developing their strength, speed, endurance, dexterity and other physical qualities is the first priority. A great tool for physical education is action games.

Action games are a highly sensory activity available to children of all ages. Games contribute to the development of physical qualities, moral and will. During the game, the child acquires vital qualities: independence, determination, etc. Games are a means of education and training, through game activities, children learn the role of relationships. In the game, everyone tests their abilities and knowledge, learns their strengths. In other words, the game develops consciousness, thinking and creativity.

There are many games available. A popular sage says: as a person is in the game, so is he in life. By playing, the child learns about the world.

The desire to measure strength, bravery, dexterity, and ingenuity is fully satisfied with sports. Wrestling is a very popular sport. For all peoples, fighting has always been a powerful means of physical training and preparation for labor and military activities.

The purpose of the research is to promote wrestling sports in educational institutions, sports schools for children and teenagers.

Determining the effectiveness of using mobile and national games during the training of wrestling sports.

Tasks of research.

1. Popularization and development of wrestling sports in educational institutions.
2. Determination of effective factors in acquisition of fighting techniques by schoolgirls under the influence of action and national games.
3. To determine the statistical correlation of the results obtained by analyzing the level and dynamics of their physical development through the use of active and national games.

The following scientific pedagogical methods were used to carry out the work of the research. Studying and analyzing and summarizing textbooks, educational, educational and other sources related to the topic, studying archival and state documents, monitoring statistical data, timing, pedagogical observation and analysis, interview methods was used.

As a methodological basis of the research work, the Law "On Physical Education and Sports" adopted by our State and Government, the new Law "On Education", current issues in the works of President Sh. Mirziyoev and the field of our great scientists about, the teachings of scientists were used.

Currently, there are more than 40 national and international types of wrestling, in which various international tournaments and championships are held in different countries. The universality of fighting as a means of physical training is that martial arts is, first of all, the ability to immediately assess the situation and find the right solution. Wrestling, as a type of martial arts, is close in nature to the action (activity) of the game.

Wrestling as a sport is a martial art between two opponents according to certain rules. Knowing special techniques is not enough for success in battle, strength, agility and determination, quick reaction and the ability to quickly assess the situation are important. These qualities are successfully formed and established in a number of outdoor games, they create creative emotions, which allow you to continue training with a significant load.

One of the public means of physical development and upbringing of the young generation is the national wrestling sport.

Wrestling is a very popular sport among young people. It belongs to one of the oldest, most accessible and widespread sports. National wrestling not only attracts young people to sports, but is a good tool for developing physical qualities: speed, agility, strength and endurance. The moment of martial arts develops the speed of direction in the opponent's plans and actions, the will, the ability to control oneself with great emotional experiences.

Wrestling originated in ancient times and is still loved by the people of our republic. From ancient generations, it was developed and improved by people because all the conditions for this were created in this country. Wrestling, which is an ancient sport, is gaining popularity in different countries.

The fight, which has preserved its national form, is becoming more and more popular and remains the property of the Uzbek people only. At the current stage, the struggle has crossed national borders and attracts representatives of various nationalities. This progressive trend of struggle at the international level is the result of the general process of interaction and mutual enrichment of national cultures.

The task of classifying and systematizing sports wrestling is to reflect the essence of wrestling. Classification and systematization cannot be done without preliminary work on defining concepts (dropping, transferring, collapsing, overturning, etc.).

A well-constructed classification is the basis for creating scientifically sound terms.

The terminology of wrestling is a set of terms used by specialists in their scientific and pedagogical activities.

Terminology based on the classification and systematization of many disciplines provides information about the nature of science and can be purposefully improved. such terminology is called scientifically based terminology.

Thus, when thinking about classification, systematization and terminology, it is possible to see the sequence of work on classification by paying attention to their enumeration in this order. That is, first the classification is done, as a result of which a certain system is formed, and then, based on it, scientifically based names (terms) of all fighting methods are given.

Different types of wrestling have general rules (according to A.P. Kupsov) and they are as follows:

1. Two athletes take part in a fight, each of them using methods or counter-methods to win over their opponent. Thus, at each individual moment of the fight, there is a fighter who is attacking and being attacked, that is, a fighter who is performing a technique or combination, and a fighter who is performing a technique and combination on him (the wrestler who is performing a counterattack is called a counterattacker).
2. One of the main tasks of each wrestler's movement activity is to maintain the selected position.
3. The task of the attacking wrestler is to unbalance the opponent in order to change his position in relation to the mat. In this case, the status of wrestlers in relation to each other may change in different ways.
4. Changing position relative to the mat is facilitated by using the weight of the wrestlers on the mat.
5. Providing the necessary force to a given point of the opponent's body (that is, creating power moments, creating a power couple, using gravity and moments of inertia) is the biomechanical basis of each method.
6. The method allows you to win by force and consists of several parts: preparatory movement, capture, main movement, attack and finishing situations.
7. Har bir usul o'zgartirilishi va dinamik vaziyat hamda raqib xususiyatlariga qarab murakkablashtirilishi mumkin.
8. Each method has its own characteristics of rhythm and pace. It can be changed at certain moments of the competition or during the entire competition.
9. The performance area of each method is limited by the dimensions of the wrestling mat.

The content of different types of wrestling, despite the fact that the actions of wrestlers in each type of wrestling have their own characteristics, have a common basis and are classified according to the same signs.

Based on this, A.P. Kupsov developed a unified classification and system of sports wrestling techniques (Table 1). In this case, only the characteristics characteristic of this species are preserved, and the characteristics of each species are completely preserved.

The following tasks were put forward in the development of a unified classification and system of the main methods of fighting techniques:

- to reflect the essence of the game, while revealing the diversity and complexity of the interdependence between the technical movements of the fight;
- reflecting what is happening on the carpet without comparing it to the type of fight;
- to help determine commonality for all types of struggle;
- preserving the unique characteristics of each type of struggle;
- to make it possible for each type of wrestling to learn the best methods from other types (including national wrestling).

In the words of the great thinker Alisher Navoi, "action is the criterion of life." Movement means walking, running, jumping, throwing, etc.

Action games played an important role in various periods of human development and social life. With the help of action games, humanity has grown, matured, become physically strong, developed mentally, spiritually, and spiritually. So, action games have gained great importance in human development.

Humans have a natural need for active play, which fills the void in life and helps the human body accumulate energy that is insufficient to expend excess energy.

In national wrestling, the term "play" means that wrestlers move lightly by waving or jumping to each other. This is what is meant by the saying "Wrestlers, play - play".

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