

## **Technologies of Physical and Psychological Training of 10-12 Year-Old Wrestlers in Primary Sports Specialties**

**Bekov Dilshod Hayitboyevich**

Principal researcher, Department of Sports Theory and Methodology, Bukhara State University

**Abstract:** The article, titled "Technologies of Physical and Psychological Training of 10-12-Year-Old Wrestlers in Elementary Sports Specialties," analyzes the relevance and importance of technologies for physical and psychological training of wrestlers in today's specialties.

**Keywords:** Physical training, psychological preparation, primary sports specialization, wrestler development, young athletes, training technologies, motivation and willpower, coaching strategies, loading and rehabilitation, sports pedagogy.

### **Introduction**

The study of the methodology of physical training of 10-12-year-old wrestling girls is very important, especially in the period when much attention is paid to the development of young athletes in the sports and educational system today. The level of physical fitness of athletes of this age group directly affects not only their success in sports, but also their general health, psychological state and personal development. Wrestling is a sport known for its exceptional technique, tactics and intensity, in which all the main components of physical fitness — strength, endurance, speed, flexibility and coordination — must be balanced and perfect. The relevance of the preparatory methodology for young athletes lies precisely in this: it helps to perfect their physical, mental and technical skills. This is a prerequisite for future success in wrestling. Especially 10-12 years is a period of growth, at this age it is necessary to pay special attention to each aspect of physical fitness. During this period, there will be changes associated with the development of the body, the formation of the muscular system, bones and the cardiovascular system. Therefore, it is very important to build on special styles and methodologies in the preparation plans of young wrestlers, to create a balanced training system in accordance with their age. It is for this reason that this topic is relevant, since specific training plans for wrestlers make it possible to improve the physical and mental health of young athletes, as well as their technical and tactical skills in wrestling. Also, indicators determined to assess the effectiveness of physical fitness (strength, speed, endurance, psychological state) provide wrestlers of this age with improved training and directly affect their overall sports performance. In addition, special attention to nutrition and recovery of athletes is a necessary factor for ensuring muscle recovery of young athletes, maintaining energy balance and improving health.

### **Methodology**

An assessment of the overall effectiveness of these systems will help young wrestlers achieve high results in sports, as well as keep their physical and psychological states stable. So, the 10-12-year-old wrestler attaches great importance to the methodology of physical training for girls, its effectiveness and relevance, the training of young athletes in achieving success. Conducting

scientific research in this area and testing the effectiveness of methodologies plays an important role in transforming young athletes into healthy and successful wrestlers. It became clear to everyone that under the pressure of increasing mental and data congestion in the current period, under the influence of changing social and environmental conditions, it is necessary for a person to look for favorable ways and means of development and adaptation. An important place in the maturation of social culture and human personality, sports are not only a means of strengthening health and improving physical skills, but also ruhiy.ma ' spiritual development has become a faithful supporter of a person in achieving urgent goals, such as social adaptation, achieving professional competence, acquiring a high level of skill. The implementation of many decisions and laws adopted by the president and government of our country to strengthen the health of the population, to form a healthy lifestyle, to satisfy the interests and needs of our people to engage in sports more and more consistently, a changing social condition. taking into account conditions and personal characteristics, the further sharpening of children and young people into sports brings to the experts of the field practical and theoretical justification of the effectiveness of more new techniques as an introduction to the training process, makes the problem of the search for new resources and opportunities in order to fully use the internal reserves of the body, improve sports skills, accelerate the pace. The emergence of the struggle on the world stage, the recognition of which is proof of the long-standing dream of our ancestors, the fulfillment of hopes loading, the researchers are more attracted to finding a solution to the problem of mental training in sports, the steps taken towards achieving higher goals, such as educating them as citizens whose physical mental and mental qualities are highly developed in all respects. Therefore, the main goal of Physical Culture and sports is to increase the physical and mental health of the human personality and train highly qualified athletes. Wrestling is an increasingly popular sport in Uzbekistan, which plays an important social role in the upbringing of the younger generation, supporting them in their formation as citizens and individuals loyal to the motherland. Further development and popularization of it is focused on the wide distribution among our people on a governmental scale. The goals and objectives set by the student to the coaches and teachers of physical education educational institutions in the process of comprehensive maturation and comprehensive education of young people and athletes are demanding to be treated by them in a new way to the process of sports activities and training. If it is not just ermak to engage in sports, but such a high goal as the development and manifestation of one's own physical aspect and capabilities, then more opportunities in this regard will belong to single-fight sports, which give the opportunity to more quickly manifest the formation and development of a person's sports skills. In particular, wrestling is a sport with high opportunities to fully develop, reveal and use all the qualities that play an important role in a person's life. Therefore, it is necessary for the athlete to show a high level of volitional and physical qualities, to be able to concentrate strength and skill to the maximum. Currently, the growth of sports results in world arenas and the competition is more thoughtful. In modern sports, methods of mental influence on athletes are being intensively studied and developed. However, in educational institutions and other types of sports societies, there is a need to develop and create modern forms and methods of organizing circles for sports, physical, mental, spiritual and moral education of children. We have witnessed, in view of these problems, the analysis of the process of training of the initial training phase in National Wrestling in athletes, that in many places there is insufficient attention to the development of psychological training of the wrestlers involved in this training phase. Leading investigators conducted scientific research in the field of wrestling.

## **Results and discussion**

In the analysis of the above scientific methodological literature and dissertations on the topic beginner preparatory, who have done a lot of work on the development of the physical qualities of young wrestlers involved in wrestling. But the insufficient availability of modern, methodological manual and scientific research work, which reveals the peculiarities of physical and psychological training in the training of wrestlers, significantly affects the process of

ensuring the harmony of physical qualities and mental stability in athletes and training Sports Reserves. Fundamental scientific manuals for coaches and specialists in the activities of the sports reserve training system in the process of training young athletes in the emergence of the need to have knowledge and skills about the essence of the specifics of psychological training in the process of training the wound period remains dalabi considering this. The results of the research conducted on the dynamics of physical fitness of our 10-11-12-year-old wrestling boys and girls, who are regularly engaged in wrestling at the Olympic and Paralympic sports training centers located in Bukhara, Navoi and Kashkadarya regions, are fully and clearly highlighted. During the experiment, the physical fitness indicators of participants in different age groups were studied and their dynamics of change was statistically analyzed. Testing processes were adopted based on 11 different types of testing standards. The study examiners were divided into 3 age categories - 10, 11, 12 with a total of 60 wrestlers - of which 39 boys and 21 girls participated in the testing processes. The initial steps of the study were taken through 3 different types of running standards in terms of speed, physical fitness, dynamics and testing. In the processes of testing the physical qualities of rapid strength, the strength and Movement Coordination of athletes through the jumping exercises of our 10-12-year-old boy wrestlers from Bukhara was repeated. As the first type of exercise, the long jump from where our young wrestlers were standing was tested from the type of exercise. In testing, 10-year-old group testers jumped to an average of  $150.24 \pm 23.51$  CM, 11-year-old wrestlers to  $157.46 \pm 21.26$  CM, and our 12-year-old athletes to  $167.64 \pm 23.67$  CM, and in a comparative comparison between the results, 10-11-year-old  $t=0.72$ , 11-12-year-old testers to  $T=1.01$ , and 11-12-year-old wrestlers represented a value of 1.64 in the case of variations, 10 years 15.6%, 11 years 13.5%, 12 years 14.1% returned Natja. Despite significant improvements, statistical reliability reversed  $p>0.05$ . It was from this type of exercise that we adopted the standards of the long jump test from where the arm strength stood without movement. In this test, 10-year-olds jumped  $132.59 \pm 19.75$  CM, 11-year-olds jumped  $139.72 \pm 18.64$  s, and 12-year-olds jumped  $148.27 \pm 18.57$  CM. The next test was accepted from the triple jump round. Our young athletes showed the following results. 10 years: average to  $523.91 \pm 69.43$  CM, 11 years:  $554.98 \pm 65.19$  CM, 12 years: average to  $566.48 \pm 67.43$  CM their jump was reversed. In comparative comparative comparative differences between the results of rapid strength physical quality indicators,  $t=1.03$  at 10 years old, 0.38 at 11 years old, and  $t=1.39$  at 12 years old showed the result. The muscle strength was increased, but the result was reversed as implausible  $p>0.05$ . High jump our wrestlers (according to Abalakov): we paid attention to the testing processes. The results were as follows. It was reiterated that those in the youngest group of the study jumped an average of  $21.09 \pm 2.58$  CM for 10-year-olds, our 11-year-old athletic poles  $22.47 \pm 2.69$  CM, and the 12-year-old group testers jumped a height of  $23.16 \pm 2.31$  CM.

## Conclusion

Differences in variational indicators were also classified as follows. It showed 12.2% for age 10, 11.9% for age 11, and 9.9% for Group 12 participants. There is an increase, but statistically the reliability is not significant  $p>0.05$  was found. We focused the direction of our research on testing the quality of endurance of our boy wrestlers in these age groups. The overall physical endurance of the athletes was accepted by the results of a 6-minute run. In testing procedures, 10-year-old group athletes averaged 11.8% on variation rates of  $831.59 \pm 98.35$  m,  $883.86 \pm 96.47$  m for 11-year-olds, 10.9% on change rates, and  $906.37 \pm 98.26$  m on average for 12-year-olds, and 10.8% on variational results. There has been a significant increase, but the reliability of statistical differences has reversed  $p>0.05$  (Table 3.1). The results of the study showed that the physical fitness of struggling children in the range of 10-12 years has improved in all the main indicators. Dynamic development has been observed in all indicators, but further research into the reliability of the results is necessary due to insufficient statistical reliability. Therefore, individual characteristics and the role of training programs are considered important in the physical development of young athletes.

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