

## **The Importance of Physical Qualities in Improving the Technical Tactical Qualities of Wrestlers**

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**Annotation.** *This article provides information about the physical qualities of kurash in improving their technical tactical skills. Methods of increasing the confidence of competitive activity of qualified kurash were also proposed.*

**Key words:** *kurash, technique, tactics, qualified kurash, competition.*

Competition management involves developing a plan for upcoming competitions and monitoring their implementation.

When developing a plan for the upcoming competition, the coach must have information about the opponent in order to determine the most effective tactical actions to win over the opponent. Monitoring and subsequent analysis of competition activities allows you to identify the strengths and weaknesses of a particular athlete in his training. This information is important for making adjustments to the training process. Methods for studying sports technique include various methods that allow you to analytically separate the elements of movement while recording the characteristics of kinematic and dynamic movements.

If the innovative development role and goal of an athlete's training is his successful participation in major competitions such as the World and Asian Championships, then when determining the indicators of technical and tactical training, it is necessary to analyze the protocols of competitions in these competitions and focus on competitions with highly qualified wrestlers. Thus, it is worth noting that the target objectives of the sports training program determine the nature and level of the indicators being evaluated.

Recently, the term “technical and tactical skills” has been widely used in wrestling practice and literature. Wrestling technique, in a narrow sense, is understood as the most rational ways to perform movements that bring victory to a wrestler. In this case, the basis of the technique is movements based on biomechanical and physiological laws and, regardless of individual characteristics, are characteristic of all wrestlers.

### **MAIN PART**

In sports, tactics are understood as a set of forms and methods for achieving high sports results and defeating an opponent. Tactics arise from a set of factors: the use of the strengths of one's own training and the weaknesses of the opponent, as well as individual characteristics of mastering the technique, confusing the opponent with distracting movements, using methods that are beneficial when a favorable opportunity arises in the competition, the skill of economically spending energy, the possibilities established by the rules, the area of the carpet, the careful use of one's morphological and physiological characteristics, etc.

In martial arts, especially in belt wrestling, technique and tactics are so closely intertwined that when some experts consider the movements of belt wrestlers in a differentiated manner, their views on which movements are technical and which movements are tactical movements contradict each other. In fact, they form a dialectical unity.

In the early stages of the development of sports wrestling, rules were created that determined the technical and tactical movements of belt wrestlers, depending on the technique used. In this way, new types of wrestling emerged. Later, the rules were changed for each type of wrestling. With their help, they tried to restrict some movements and encourage others.

Depending on the volume and quality of the applied technical and tactical movements, attempts were made to change the rules in such a way that it was possible to influence a certain type of wrestling, to improve its sporting and spectacular characteristics. Qualified belt wrestlers will always be able to rationally use innovative approaches to technical and tactical movements, depending on the changing rules. It is possible to predict how the new rules will affect the skills of leading wrestlers: their ability to use, mainly, offensive movements, effective methods, realistic defense and counterattack movements will increase. The system of training highly qualified masters of sports requires that the performed technical and tactical movements fully correspond to the individual characteristics of the belt wrestler. The structure of technical and tactical movements should correspond to their morphological features, physical development, functional characteristics, and mental readiness.

Scientific studies in the field of sports morphology have shown that belt wrestlers with a certain total size and body proportions are more successful in using certain techniques. For example, the longer the forearm, the lower the relative strength of the flexor and extensor muscles. The longer the thigh and leg, the greater the absolute strength of the flexor and extensor muscles of the thigh, and the lower the relative strength. In this regard, it is likely that lifting will be easier for belt wrestlers with short arms and legs, since in this case the efficiency of work will depend on the size of the relative strength. Belt wrestlers with long arms and legs will find it easier to use techniques related to movements performed without removing their opponent from the mat, using an incorrect balance condition (a favorable dynamic situation). In addition, long arms and legs provide the opportunity to overcome the path and speed. At the same time, technical and tactical capabilities also depend on the individual characteristics of the training in which the force is used. Thus, technical movements related to separating the opponent from the mat can be performed by wrestlers with well-developed back straightening muscles and relatively tall belts.

Until now, there is no consensus on the minimum number of technical and tactical offensive moves that a highly skilled belt wrestler should have.

There were times when famous wrestlers had their own “king method” and successfully used it. However, such tactics continued to improve and be enriched with various tactical moves. The “king method” began to be used in combination with various initial (starting) positions, various methods of holding, and then with various methods of tactical preparation. Some wrestlers always developed about 30 methods of tactical moves, ending with one “king method”. At the same time, famous wrestlers who mastered several options for successfully completing the attack also began to emerge. Such wrestlers were usually awarded prizes for the best technique at competitions. However, the increase in competition in major tournaments has allowed highly skilled wrestlers to expand their tactical capabilities, while maintaining their “king style” of technical and tactical moves.

Sports practice has developed structures of attack, defense and counterattack of technical and tactical movements. About 50 types of techniques have been recorded in major competitions. The modern level of development of belt wrestling requires the belt wrestler to master all technical and tactical movements, be able to apply them and embody them in an appropriate way. However, technical and tactical attack movements are considered the main ones, since they are associated with the nature of sports wrestling.

Attack tactics are considered the path to victory, as they are more consistent with the modern rules and style of judging at the largest competitions.

The best belt wrestlers in the world are athletes with this clearly expressed attack style. Attack tactics require high activity from the belt wrestler, but for this, excellent functional and mental preparation, belt wrestlers who have poorly mastered technical and tactical movements in a combination style, usually perform useless, irrational methods designed to overcome the opponent's resistance. Such movements are successful only if the attacker has a strength advantage.

Often, highly skilled belt wrestlers defeat even physically stronger opponents using rational technical and tactical movements that bring their structure closer to the “biomechanical model”. When internal and external forces are correctly combined and used, a structure of technical and tactical offensive movements is formed that ensures victory in terms of strength or time.

In addition, in the process of wrestling, the opponent is often in motion. He periodically loses and restores his balance (being in a state of varying degrees of stagnation), trying to throw the attacking wrestler off balance and neutralize his movements. The attacking wrestler, using one method or another, encounters active resistance from the opponent. The opponent, straining his muscles and changing his body position, creates an impassable angle of stagnation in the direction of attack.

The skill of using various variants of tactical movements, the ability to constantly alternate between deceptive and offensive movements, as well as the ability to launch intense and aggressive attacks at any time, is required. Belt wrestlers, who are in a position of holding each other, often rely on each other and create a complex system of two bodies with a common center of gravity. The movements performed by a wrestler who does not take into account the degree of stability of his own and his opponent's bodies do not always ensure the successful use of the technique. It is not advisable to use techniques that are in the same direction as the opponent's large angle of stability. The technique should be performed in the direction of the smallest angle of stability of the opponent's body. The opponent's degree of stability is practically determined by the position of his legs and body. However, during the fight, the opponent often and quickly changes the position of his legs and body. The opponent occupies situations that are convenient for the execution of one or another technique for very short moments. It is precisely these moments that should be used. The attacking belt wrestler has the task of choosing such moments of movement of the two-body system (attacker-attacker) that, as a result, it should be convenient to perform a certain structure (basis) of the technique and have time to perform it.

Thus, the application of a certain basis of the structure of the technique is closely related to the time factor. The technique must be performed at such a moment and in such a direction that the bodies of both belt wrestlers are in a favorable position for a takedown. This position of belt wrestlers is called a favorable dynamic situation. Such situations arise quite often due to the different structure of technical movements during the competition.

The ability to use a rational structure of technical and tactical movements (“biomechanical pattern”) in favorable dynamic situations is considered characteristic of highly skilled belt wrestlers.

### **Conclusion.**

Highly skilled belt wrestlers are able to skillfully maintain stability in the fight, which is why it is difficult to notice a favorable dynamic situation for performing a technique against such an opponent. They are able to quickly restore lost balance and fall into unstable situations on their own initiative only in two cases - when moving from a standing position to a position for performing a technique when starting their attack, and also when returning to the starting position (standing position) after an unsuccessful attack.

It is dangerous and inexpedient to give the opponent the opportunity to attack in order to catch him at a favorable dynamic situation. It is also not right to hope that the opponent will take a favorable position for performing the intended technique. It is especially worth giving up hope that an experienced wrestler will make a mistake and lose stability. Therefore, in a hold-up situation, a highly skilled belt wrestler must be able to prepare a favorable dynamic situation with his technical and tactical movements.

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