

## **Control of the Technical Training of Wrestlers by Coaches Working in Sports Clubs**

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**Abstract.** *The article analyzes the stages of development of the national struggle, the views of great scholars, kings and poets on the struggle.*

**Key words:** *wrestling, rule, side, national, sport.*

### **INTRODUCTION.**

Technical training in wrestling is characterized by the level of mastery of the system of movements that ensure the achievement of high sports results by the athlete.

The general and special technical training of the wrestler are distinguished. General technical training is aimed at mastering various movement skills and abilities in auxiliary sports, and special technical training is aimed at achieving technical mastery in sports wrestling.

Technical training in sports wrestling is aimed at solving a number of complex tasks:

- increasing the efficiency of using maximum strength;
- saving working strength;
- Increasing the speed and accuracy of movement in changing conditions of competitive activity.

Improvement of sports technique is carried out during the long-term training of wrestlers and is aimed at improving technical mastery in the chosen type of wrestling.

Technical mastery refers to the perfect mastery of the most rational movement techniques in the conditions of intense sports competition.

Three stages of improving technical skills are distinguished;

1. Research.
2. Stabilization.
3. Improving adaptation.

At the first stage, technical training is aimed at forming a new technique of competitive movements, improving the conditions for its mastery in practice, and learning (or relearning) individual movements included in the system of competitive movements.

At the second stage, technical training is aimed at in-depth mastering and strengthening all the skills of competitive movements.

At the third stage, technical training is aimed at improving the formed skills, expanding the boundaries of their purposeful variability, stability, and reliability in accordance with the conditions of the main competitions.

The main tasks of each stage of technical training are:

1. Achieving high stability and rational variability of movement skills that form the basis of wrestling techniques, increasing their effectiveness in competition conditions.
2. Partial reconstruction of movement skills, improvement of certain parts of the methods, taking into account the requirements of competitive activity.

To solve the first task, the method of complicating the external situation, the method of performing exercises in different states of the organism is used. To solve the second task, the method of facilitating the conditions for performing technical movements, the method of combined (paired) influence is used.

The method of complicating the external situation when performing technical techniques is implemented in a number of ways:

1. The method of conditional opponent resistance helps the athlete to improve the structure and rhythm of the technical movement, to achieve stability and effectiveness more quickly.
2. The method of difficult initial situations and preparatory movements. For example, when improving the throw-up, it is necessary to change the place of capture and the distance between the wrestlers.
3. The method of limiting the place for performing techniques helps to complicate the conditions intended for improving skills. In wrestling, carpets of reduced size are used.

The method of performing exercises in different states of the athlete's body that make it difficult to perform technical movements is also carried out in different ways:

The methodical method of performing movements in a state of great fatigue. In this case, after a large volume and intensity of physical exertion, the athlete is offered exercises aimed at developing technique.

The methodical method of performing movements in a state of great emotional stress after conducting supervised training competitions.

The methodical method of periodically prohibiting or limiting vision helps to selectively influence the receptor-analyzing component of movement skills.

The method of forcing the execution of certain techniques or movements in a competitive situation stimulates the wrestler's activity in the process of improving skills. In training competitions, the wrestler is instructed to focus more on technical methods of defense, or vice versa, on attack methods.

The method of easing the conditions for performing technical movements consists of a number of methodological methods:

1. The methodological method of separating the movement element. For example, in freestyle wrestling - performing a grab from above the waist.
2. The methodological method of reducing muscle tension helps the wrestler to make more precise adjustments to certain movements in the movement skills. To improve technical movements, the wrestler is selected an opponent in a lighter weight category.
3. The method of rapid information helps to quickly acquire the necessary range of motion, rhythm, speed, activates the process of understanding the performed movement.

It is convenient to use a video camera and a video recorder for rapid information on technical movements.

The method of joint influence is implemented in sports training using methodological methods based on the mutual development of physical qualities and improvement of movement skills. In this case, when improving the methods, an opponent of a much heavier weight category is selected for the wrestler.

## GENERAL PRINCIPLES OF IMPLEMENTING TECHNICAL ACTIONS

Wrestling technique is a set of techniques, counter-techniques and defenses permitted by the rules of the competition.

Techniques are purposeful offensive movements with the help of which the wrestler gains an advantage over his opponent. Each technique consists of two parts. The first part is a hold for applying the technique. Holds are divided into holds from above, below, behind, in front, from the side and others. The hold is of great importance in the successful execution of the technique. The quality of the execution of all techniques depends on how rationally the hold is performed. The second part can include various movements: in a standing position - transfers, throws, overturns; on the ground - turns and throws on the ground.

In freestyle wrestling, sambo, judo, and wrestling, various movements are performed with the feet at the same time, such as challenges, kicks, throws, front throws, back throws, and back throws. Most of these movements can be performed from behind, in front, from the side, inside, or outside.

A series of movements can be performed with the same grip, and, conversely, the same movement can be performed with different grips. For example, a throw can be performed by the hand and body, a throw can be performed with a blow. But it is also possible to bend down and grab the opponent by the hand, body, arm and neck.

A wrestler can use any technique for attack and counterattack. Using a technique or part of it as a deceptive move, a wrestler can distract the opponent from his true intention and prepare favorable conditions for an attack with another method.

Counter techniques are purposeful movements performed in response to an opponent's attack, with the help of which the wrestler gains an advantage over his opponent.

Counter techniques are complex technical movements. The counterattacker must make the right decision in an instant and precisely coordinate his actions with those of the attacking opponent so that his opponent does not have time to execute the technique.

Defenses are purposeful actions that prevent the opponent from performing techniques (counter-techniques).

Defenses are divided into preliminary and direct defenses. Preliminary defense is performed in advance, that is, before the opponent performs the technique.

Direct defense is aimed at stopping the opponent's attack. The effectiveness of such defense depends on its timely execution. Direct defense can be performed at the beginning of the technique, during the execution of the technique, or at the end of the technique.

All technical actions are performed by wrestlers from various positions. The main positions are: standing, ground and bridge.

Standing is the position of the wrestler in which he stands upright on his feet. Right, left and full standing positions are distinguished. Each of them, in turn, can be high, medium and low. Standing wrestling can be conducted at close, medium and long distances.

Parterre is the initial position of the wrestler, in which he stands on his knees. In this position, he rests on the carpet with the palms of his hands, which are flat, and his hands are placed at a distance of 20-25 cm from the knees.

On the ground, there is a distinction between a high position and a low position. The high position is the initial position of the wrestler on the ground, and the low position is the position in which the wrestler is on his knees and supports himself with his forearms on the mat.

During a fight on the ground, one of the wrestlers is on the ground, the other is on the ground. The wrestler who is on the ground in the upper position may assume the initial position he took before the start of the fight. Only his palms must be on the shoulders of the wrestler below.

The bridge is the following position of the wrestler, in which he, leaning back, rests on the mat with his palms (which are placed approximately at shoulder width) and his head (any part).

The wrestler assumes this position in order not to touch his back to the mat.

In freestyle and Greco-Roman wrestling, the bridge is one of the key elements in performing a series of attacks and counterattacks at the same time.

## **WAYS TO IMPROVE A WRESTLER'S TECHNICAL SKILLS**

The richer the wrestler's reserve of technical movements, the more skillfully he can use them, the higher his technical skill.

Wrestling technique is the basis of the wrestler's skill and largely determines his capabilities. There are dozens of techniques and their variants in wrestling. However, this does not mean that the wrestler must master them all perfectly.

As the athlete masters more and more new techniques, counter-techniques and defenses, some of the techniques that correspond to his individual characteristics and habits and are successfully performed by him are included in the plan for further improvement.

The wrestler's comprehensive technical training is one of the important requirements for the modern level of development of various sports. For a solid mastery, it is necessary to adhere to the following rules when choosing technical movements:

- master those technical movements that are considered successful in the current competition rules;
- master those techniques, counter-techniques and defense options that best meet the individual characteristics of the athlete from among all types of techniques;
- take into account the characteristics of the skills of the main competitors and select technical movements that will give good results in the fight against them;
- pay more attention to technical movements that can expand the possibilities of using previously learned techniques and counter-techniques;
- to study technical movements that can be used in combinations and connections with the methods available in the wrestler's arsenal;
- it is necessary to teach movement techniques that have the property of solving the movement task most rationally; this will avoid retraining in the future;
- to master the basics of the technique and the general rhythm of movement, eliminating unnecessary movements and excessive muscle tension;
- Training in techniques should be concentrated in time, since long breaks between training sessions reduce its effect. On the other hand, it is not advisable to repeat techniques too often during one training session, since the creation of new coordinations is associated with overcoming difficulties that quickly tire the nervous system;
- In order to prevent technical situations arising due to insufficient physical conditions, it is necessary to organize a high level of special physical training that corresponds to the dynamic characteristics of movements.

To improve the technical skills of a wrestler, it is important to identify movement errors in time during the execution of movements and determine the reasons for their occurrence. Timely elimination of such errors largely contributes to the effectiveness of the technical improvement process. All movement errors that occur during movement training are divided into five groups: errors due to lack of movement; errors due to training deficiencies; errors due to abnormal conditions and unexpected errors (Table 3). At the same time, it is necessary to develop methodological rules to eliminate movement errors that occur during technical improvement.

**Table 3 the structure of errors that occur when teaching movements**

Movement errors				
Due to lack of action	Due to a lack of education	Mental gene	Due to the unusual circumstances	Unexpected
Lack of physical qualities	Teaching incorrect execution techniques	Poor self-control	Characteristics of external physical conditions	Voluntary in nature
Lack of coordination	Methodological errors in teaching	Spiritual influences	Partner or competitor characteristics	Caused by unexpected external factors
Body structure features	Transfer of inappropriate qualifications	Distrust, anxiety, fear	Editing features	A combination of unexpected external and internal factors
Skill shortage	Unsatisfactory control of skills	Emotional stress and mental fatigue	Mental and motor deficits	Irregular, of unknown origin

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