



DEVELOPMENT OF VOLITIONAL QUALITIES IN YOUNG KURASH WRESTLERS

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Annotation: The paper considers the mechanisms of formation of volitional qualities of young athletes in the process of practicing kurash wrestling. Based on the analysis of scientific and methodological literature, an attempt is made to rank various volitional qualities in terms of importance for younger students involved in kurash wrestling.

Keywords: kurash wrestling, young wrestlers, will to win, strong-willed qualities, classes.

Introduction. An experimental approach to the study of the development of volitional qualities makes it possible to investigate the mechanism by which their development proceeds, and the way in which they could develop. The complex influence of various types of directed activities (education, sports, information flows) and various types of daily activities on the structure of behavior can be determined by studying the influence of short-term controlled empirical situations. Each volitional quality serves as a support for a person when faced with obstacles of a certain nature. Depending on the sport, their representatives are dominated by different volitional qualities [1, 2, 3, 4].

In sports activities, the main link in the development of volitional qualities is the training process. According to researchers [5, 6, 7], the training process is the main link in the development and improvement of volitional qualities as permanent character traits, since there are all opportunities for their repeated manifestation. The more practical experience a student has in a particular activity, the more confident he feels in the process of performing this activity, reveals courage, endurance, perseverance in achieving the goal [8, 9, 10]. There is a direct connection between life experience and volitional development. In the process of playing sports, character is tempered, the ability to manage oneself is improved. In tough rivalry, each character trait is manifested more fully and brighter than in everyday life. In sports there is a whole variety of cases of danger and risk. The experience of danger does not always cause stiffness, fear. A person with well-developed volitional traits can respond to danger with a surge of strength, a thirst for struggle [11, 12, 13].

The upbringing of volitional qualities in kurash wrestlers largely depends on his attitude to the goal, on the clarity and significance of the goal, on the strength of desire and desire to achieve it, on self-confidence and the correctness of the means and methods used. Already from the first steps in the wrestling hall, you can determine the degree of purposefulness of a beginner to get into the section, the strength of will when performing exercises. According to a number of authors [14, 15, 16], wrestlers need the following volitional qualities: purposefulness, determination, courage, perseverance, endurance, initiative, independence.

D. Y. Turdimuradov distributed volitional qualities according to their importance for wrestlers in the following order:

- decisiveness, courage;
- endurance, self-control;
- perseverance;

- initiative, independence;
- purposefulness.

Ya. M. Abdullaev ranked volitional qualities in order of importance for wrestlers in the following order:

- initiative, independence;
- perseverance, perseverance;
- decisiveness, courage;
- endurance, self-control;
- purposefulness [17, 18, 19, 20].

In our opinion, the differences in the significance of volitional qualities are due to the fact that they reflect the opinions of the authors about the manifestation of volitional qualities in wrestling, without taking into account the age and experience of kurash wrestling.

From the time the child enters the sports section, volitional processes become more complicated and begin to play an increasingly significant role in all behavior. The management of the behavior and actions of athletes is not only in their own hands, since the functions of managing the training process are carried out by the coach [21, 22]. With insufficiently developed volitional qualities, the coaching control influence plays a particularly important role. The main means contributing to the development of volitional qualities of young kurash wrestlers are exercises from the chosen sport or other sports, but they should be similar in the nature of concentration and manifestation of psychological qualities [23, 24].

With a high level of physical fitness of junior schoolchildren and the manifestation of personal qualities by them in the process of physical culture and sports activities, by the end of education in elementary school, they are actively developing such qualities as diligence, accuracy, independence, perseverance, self-criticism, observation, courage, emotionality, sociability and partnership.

In martial arts, the fight takes place in conditions of tough physical contact, it is necessary to act aggressively (in the sporting sense), and since sports aggression is encouraged in kurash wrestling, a young athlete in many situations should be guided by his own moral principles and competition rules.

The development of effective methods of sports training is impossible without studying, on the one hand, the characteristic features and patterns of sports activity, and on the other hand, the personality of an athlete as a subject of activity. Sports training is a pedagogically organized process of activity. In the process of pedagogically organized activity of the child, the formation of the moral properties of the personality takes place, such traits as diligence, organization, accuracy, initiative, observation, quick wit, perseverance.

Martial arts differ from other sports in that the activity of an athlete takes place in variable conflict situations. A person engaged in martial arts must quickly assess the emerging situations and respond to them with accurate, timely actions, as well as be able to prepare moments favorable for an attack by their actions. This imposes increased demands on the properties of attention and thinking of the fighter. In educational work aimed at the development of moral and volitional traits, the basis of the methods is the means and techniques that are interconnected and are used together in the practice of education.

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Kurash wrestling characterizes a humane attitude towards the opponent, who turns from an enemy into a partner necessary for mutual comprehension of the truth. The main thing is not to feel hatred for the enemy, opponent, not to put yourself in opposition, on the contrary, try to feel him, how to enter his

state of consciousness so as to act simultaneously with him, warning his intentions and completely neutralizing attacks.

Kurash wrestling is an honest and healthy sport. Kurash wrestling cannot be practiced without the ability to control oneself, without the ability to fantasize, in the absence of courage and courage. These qualities are necessary for a wrestler. Kurash wrestling is a numerous means of spiritual development: concentration of efforts, presence of mind, speed of reaction, improvisation, self-control, dexterity, and most importantly, devotion to kurash wrestling, based on self-confidence, which develops in combination with modesty: it is not at all necessary to prove at every step superiority to himself and others. Those involved need to know the etiquette of kurash wrestling, the rules of competition and conduct in the hall, it is necessary to know the terminology of kurash wrestling.

Conclusion. The younger school age is the most favorable for starting sports, in particular kurash wrestling. This age is the most suitable for selection in sports that require risk, and each child must choose a sport according to his abilities, but this choice of sports activity is influenced by a combination of typological features of the properties of the nervous system. Young wrestlers, due to the underdevelopment of some character traits, cannot suppress the peculiarities of their temperament, therefore, if possible, an individual approach is needed in choosing means and methods for organizing classes. The coach needs to stimulate children's interest in sports, as errors in the organization of training can lead to dropout of students, especially at the initial stage of training.

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