



Features of Physical, Technical, Tactical and Psychological Qualities Development of Wrestlers in the Trainings

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Abstract: The article deals with the theory of the wrestlers' basic qualities, which must be developed in the process of training in freestyle wrestling. The article is addressed to physical education teachers and coaches.

Keywords: freestyle wrestling, training process; development of physical, technical, tactical and psychological qualities.

Wrestling, as a single combat between two unarmed athletes using certain techniques, is a national sport of many peoples living in Russia and abroad. Wrestling classes have always developed strength, agility, and endurance in men. The consequence of the historically formed differences in the technique of wrestling among different peoples, was the allocation of several types of wrestling as a single combat. Among them are Greco-Roman or classical, freestyle wrestling, sambo, judo, etc.

In 1904, freestyle wrestling entered the Olympic Games program. Since then, this sport has been one of the most popular in our country.

Like any other type of wrestling, freestyle wrestling involves direct contact with the opponent, limited by a time limit. At the same time, for an athlete, each duel is characterized by an increased emotional background, the complexity of perception of space-time factors, the efficiency of solving various tactical tasks, a rapid transition from attacking to defensive actions, etc. In this regard, it is equally important for wrestlers to develop their physical, technical, tactical and psychological qualities.

Among them are agility, flexibility, falling technique and self-insurance. strong respiratory system, general and strength endurance, tactics, psychological preparedness and others. Let's focus further on some of the main qualities of wrestlers that should be developed in the training process of freestyle wrestling.

At the present stage of the development of wrestling, the technical and tactical readiness of an athlete is of great importance. Firstly, this is due to the increasing competition in the international arena. Secondly, with frequent changes in the conditions of competitive activity, due to the constant improvement of the rules of competition.

Technical actions are worked out first on a dummy. Later, when there is a transition to work with a partner, special attention should be paid to improving the technique of falling and self-insurance. It is in such training fights that the technique is honed. The tactics of a wrestler are ways:

1. implementation of specific actions,
2. conducting a separate duel,
3. conducting the competition as a whole [2].

It boils down to the fact that an athlete needs, taking into account the characteristics of rivals and the current situation, to choose and perform in a certain sequence:

1. individual operations in the action structure,
2. individual actions in the structure of the duel or individual behavioral complexes in the structure of the competition [2].

It is the right tactics that leads to achieving the ultimate goal with the least cost.

Obviously, general and strength endurance are extremely important qualities for a wrestler. The latter is understood as the ability to resist fatigue caused by relatively prolonged muscle strains of considerable magnitude. Depending on the mode of muscle work, strength endurance can be static and dynamic. Dynamic is typical for cyclic and acyclic activities, static is typical for activities that are associated with holding the operating voltage in a certain position [3]. Dynamic endurance is formed, for example, when performing exercises such as repeated push-ups in a prone position or squatting with a barbell weighing 20-50% of the maximum strength capabilities of a person. Static endurance is well developed by the exercises "putting your hands to the sides on the rings" and holding your hand when shooting a pistol.

The overall endurance, and with it the athlete's respiratory system, develops with the help of running for long distances. Outdoor games, for example, basketball according to the rules of rugby, can be useful for this purpose.

Agility is of great importance for a wrestler. This quality develops in athletes in the process of constant training, as a result of which the wealth of movements and the ability to use them grows. The greater the variety of movements a wrestler possesses, the easier it is for him to move from one action to another and, consequently, the higher his dexterity.

This quality develops most effectively in training fights with a partner. Gymnastics and acrobatics classes are extremely useful, as well as imitation exercises and special exercises with and without a partner.

It makes sense to note the dependence of dexterity on flexibility, which, at first glance, is not the main quality for a wrestler. Observations show that it is precisely well-developed flexibility that allows athletes to show both dexterity and technical skill with great effect, and, consequently, expand tactical capabilities.

There are 3 types of exercises that develop flexibility: stretching, with a wide range of movements and acrobatic character.

When offering stretching exercises to wrestlers, it is important to keep in mind that, when performing them, the athlete should not experience pain in the muscles.

In combination with a large range of movements, flexibility requires the ability to relax muscles in a timely manner. When performing a technical action, such a skill allows you to increase the path of application of force and makes it possible to increase the speed of movement [1].

It is important that all exercises for the development of flexibility should be constant and regular, performed daily and at every workout.

Currently, when preparing athletes for competitive activities, psychological preparation is of particular importance.

Its separate sections have always been used in the educational and training process. In 1956, at the 1st All-Union Meeting on the Psychology of Sports, the problem of psychological preparation of an athlete was put forward for the first time. It was then that this section of training was called psychological and began to be considered as an integral part of the complex pedagogical process.

Today, the sport has reached such heights of development that the strongest athletes have approximately the same physical, technical and tactical readiness. And it is the mental readiness of each of them that largely determines the outcome of the competition. That is, all other things being equal, the winner is usually the one who is better psychologically prepared for the performance.

Moreover, the more responsible the competition, the more important the mental state and personality characteristics of the athlete become. It is ambition, emotional freshness and other factors of good psychological readiness that often lead to victory over a physically, technically and tactically stronger opponent.

In conclusion, we emphasize once again that in the process of training athletes – wrestlers, the development of their physical, technical, tactical and psychological qualities is equally important.

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