



Karakalpak State University Pre-competition physical training of student-athletes in wrestling.

**Qaniyaazov Sultaiyaz
Joldasbaevich**

Karakalpak State University Theory and Methods of Physical Education and Sports 2-year Master

**Alxamov Abizatdiin
Rustamovich**

Karakalpak State University Theory and Methods of Physical Education and Sports 2-year Master

**Xolekov Ravshanbek
Muratovich**

Karakalpak State University, assistant physical education teacher

ABSTRACT

The article discusses approaches to automating the development of physical training plans for athletes in wrestling, as well as the analysis of training and competition plans using specially developed physical training programs.

Keywords:

Physical training, planning, analysis, competition

Object of research: Karakalpak State University.

Subject of research: Students of the Faculty of Physical Culture of Karakalpak State University.

Research objectives:

1. Identify and shape the main problems of physical training of modern wrestling in student sports.
2. To theoretically develop and experimentally substantiate ways to increase the effectiveness of the development of physical fitness in student sports.
3. To study the possibilities of optimizing the physical education of students through struggle.

Research methods and organization: The main research methods were: analysis of the literature, analysis of documentary sources (protocols, reports, etc.), observation of participants, survey methods (surveys, interviews, interviews), standardized interviews analysis of the content of materials, methods of pedagogical research. experience, theoretical analysis, methods of mathematical statistics.

By the decree of the President of Uzbekistan Shavkat Mirziyoyev, it is planned to increase the number of regular participants in physical culture and sports by 30% by 2025, and the number of young people involved in sports organizations and institutions to 20%. [1] Physical strength, "strength," refers to a wrestler's ability to overcome an opponent's resistance or to resist it through muscle strength. It is accepted to distinguish the following types of force: general and special, absolute and relative, fast and explosive, force endurance. Total force is the force exerted by an athlete without affecting the wrestler's movements. Special strength is manifested by the athlete in special movements that are appropriate to the competition movements. Absolute power is characterized by the power capabilities that are manifested in the movements of an athlete with a very large characteristic. In wrestling, it is important to fight alone using force. Relative strength, ie the force corresponding to the weight of 1 kg of the athlete, is an indicator of the ability of the wrestler to overcome the individual weight.

This is important in the rapid execution of methods. Rapid force is reflected in the ability of a muscle to perform a movement quickly by overcoming a relatively small external resistance. Explosive power describes the ability to exhibit large voltages in a short period of time relative to its intensity. Strength endurance is the ability of an athlete to exhibit muscle tension over a relatively long period of time. The following techniques are used to develop the wrestler's strength capabilities: repetitive strains; short-term maximum voltages; increasing weights, tattoos, joint effects; variability; isometric stress methods. [2]

The method of repetitive stretching is that the athlete repeats the exercise with weights equal to 70 -8 0% of the maximum weight when performing the exercise "until the last breath". This method involves performing a strength exercise in series. Each series is "until the last breath", as well as 3-4 series, the rest interval between series is 3-4 minutes. One type of repetitive voltage method is the dynamic voltage method. It is characterized by performing the exercise at a limit speed of 20-30% of the maximum weight. In this case, large muscle tension is achieved not at the expense of weight, but at the expense of high-speed movement. The short-term maximum tension method is currently the most effective for increasing the absolute strength of the muscles. It involves working with weights that are on and off the border. In muscle training, the maximal tension technique is used in simulators and with one or two movements in one approach, in exercises performed with a heavy barbell (jerking, lifting, sitting). There are a total of 3-4 approaches to training. The rest interval between approaches is 3-5 minutes. Increasingly, the weight-lifting style involves a gradual increase in resistance, as in a single workout. In the first approach to training, it is recommended to start with a weight equal to 50% of the weight that the athlete can lift 10 times (10 MT). In the second approach, the exercise is performed with a weight of 75% of 10 MT, and in the third approach - with a weight of 100% from 10 MT. There are a total of 3 approaches to training

therapy. The rest interval between approaches is 2-4 min. In each approach, the exercise is performed at a borderline speed until you are clearly exhausted.

The percussion technique is based on the percussion stimulation of muscle groups through the use of the kinetic energy of the weight being dropped and the individual body weight. The absorption of the energy of the reduced weight by the muscles you are training helps the muscles to become more active, the workload to develop faster, and the muscles to gain extra tension. This ensures the intensity and speed of the next push, and a quick transition from backward work to overcoming work. As a method of applying the percussion technique to develop the explosive power of the legs, one can say deep jumping exercises performed with high or long jumps in the back. The exercise is performed by falling from a height of 70-80 cm with the knees slightly bent and then jumping up quickly and violently. Jumping in series: in 2-3 series, in each series 8 -1 0 jumps are performed. The rest interval between series is 3-5 minutes. The exercise is performed twice a week. The method of joint action is due to the fact that the development of the wrestler's strength capabilities takes place directly during the performance of specialized exercises. At the same time, the wrestler's strengths and technical and tactical skills are developed and improved. An example of the use of the interaction method in wrestling is the exercise in which the wrestler improves his technical skills with a heavier opponent. It is very important to determine the optimal size of the weight.

Excessive size can lead to impaired motor skills, which in turn can adversely affect motor skills. The variant method mainly involves performing specific exercises with different weights. Exercises are performed in series with partners of different weights. In one series, 10-12 throws are made with a heavier opponent, then 15-16 throws with an opponent of the same weight, and then 10-12 throws with an opponent in their own weight class. All in all, 3 series are done. Rest interval 3 - 4 min. The method of variability is especially effective in the development of quick-power qualities

(normal, small). Improving methods with a heavier opponent will help to develop special power capabilities, and with a lightweight opponent - to develop agility capabilities. This will eventually lead to an increase in the result in the competition exercise. The isometric muscle tension method assumes a static maximum tension of different muscle groups lasting 4 to 6 s. The value of isometric exercises is that they are small in size, do not take much time, and are much easier to perform. They can also be used to selectively affect specific muscle groups when necessary or to bend or flex the torso at appropriate angles. [30]

Physical fitness analysis:

When we analyzed the athletes involved in the sport of wrestling at Karakalpak State University, there was a significant difference in the competitions between athletes who performed physical training exercises and athletes who performed poorly. 15-20% of athletes who exercised showed higher rates than athletes who did not exercise. Not only physical training but also tactical-technical physical and psychological training to show good results in the competition can be combined to achieve high results, but the role of physical training is growing. Athletes who performed special physical training among athletes achieved 10% higher results than those who performed general physical training.

In conclusion, the physical training of athletes before the competition is very important. Because an athlete who is not physically ready cannot resist the power of a monk in a competition and show good results. We prepared 20 athletes for the competition with pre-competition training and achieved a good result. According to the results of 2020, 5 athletes became champions and prize-winners in the open championship among students of Karakalpak State University. Two of them won gold medals at the championship of Karakalpakstan and qualified for the championship of Uzbekistan. In the championship of Uzbekistan, both athletes did not achieve good results. In 2021, 10 athletes became champions and prize-winners in the open championship among students of Karakalpak State University. 5 of them won

gold medals at the championship of Karakalpakstan and got a ticket to the championship of Uzbekistan. In the championship of Uzbekistan, one out of five athletes qualified for the finals and won a silver medal, losing with a slight advantage. Apparently, the role of physical training before the planned competition is very important.

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