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Use Of Special Exercises In Developing The Strength Of Wrestlers

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ABSTRACT

This article discusses the effective organization of the training process through the effective use of special tools to improve the physical, technical-tactical and psychological preparation of wrestlers, and to develop the quality of strength.

Keywords:

technique, wrestlers, wrestling, special tools, tactics, skills, training, preparation, physical qualities, abilities.

Relevance. In Uzbekistan wrestling sport wide popular our athletes international in the fields big to the results achieved and achieving is coming High qualified athletes training sports development current time stage trends in consideration to take requirement In the world 's sports arenas high to the results achieve sports training for regular to control take , analyze preparation technologies training sessions to the process implementation to grow demand The wrestlers competition activity further improvement for training sessions process efficiency increase new , unique , methodology implementation to grow current from issues is considered. The wrestlers physical technical-tactical and psychological readiness improvement, our homeland and foreign specialists by every one-sided learning research as To the victory. in reaching success many in terms of various technician actions skills and of qualifications possession size and stability with is determined . The actions coordination ability high at the level development clear in moments attack or against attack method done increase for effective reaction to find help gives . The above our

thoughts this of the matter relevance by designating gives .

Of wrestlers power quality in development special exercises complex

1 To the foot relied on without hands bending and write

11 From the gym used without belly muscles develop

2 To the foot relied on without legs up lifting and lowering .

12 Girani sitting without forward and down transmission

3 From the gym used without the stone legs using up lift and leg muscles develop

13 To the simulator sitting without barbell to the chest take arrival

14 From the gym used without the stone legs using up lift

14 Sitting without dumbbell to the chest take arrival

15 Bed without from the trainer using the stone hands

using to the chest download and lift , hand and wing muscles develop

15 Upright standing without barbell to the blue crack take Arrival

6 From the gym used without the stone hands using to the stomach pull , hand and wing muscles develop

16 From the gym used without hands to ignite and return , hand and shoulder muscles develop

7 From the gym used without the stone hands using down pull hand and wing muscles develop

17 Horizontal lying down without hand and legs one in place to connect , to connect muscles develop

8 Shoulders barbell raised without sittings

18 Bridge in the case of from the head exceed to pass

9 From the gym used without the stone hands using of the head behind pull , hand and wing muscles develop

19 Bridge to the state descent (Most)

10 From the gym used without hands forward back push

20 Knees bent without sitting, standing , legs muscles develop

Organization of the study. The study was conducted at the Republican Olympic Committee. reserves school boarding school pupils selectively In our study, a total of 24 people were selected based on their weight and athletic level . one to one close students participation The research was conducted in the 2019-2020 academic year . The wrestlers age 16-17 years old sort obtained . To achieve high sports results, an athlete's physical preparation level , physical abilities – strength , speed, endurance, agility , flexibility develop first level importance That 's why the wrestling technique improvement process with together take The physical training process that takes place in training leader role Comprehensive physical training affects all physiological functions in the body . of functions necessary again construction requirement the body 's harmonic development If the effect of the exercise complex leads to a change of the first type if it comes , this of exercises to the organism positive If a third type of change occurs , If so , those exercises to the organism negative the impact shows .

General physical training directly competition in the direction of inaccessible

movement set qualities to increase serves . For example, a wrestler aerobic endurance stage enough Otherwise , he will tire quickly when performing speed-strength exercises. General physical preparation tools and preventing such a situation general training exercises to be Running, walking, swimming, sports games , general development gymnastics UJT source The selection of UJT exercises depends on the physical condition of the wrestler. to develop right impact shows . Any wrestler, in addition to wrestling , can run , walk , jump , and jump on a rope. climbing , sports games , lifting weights, performing complex acrobatic exercises and this such as other must also be able to perform exercises . As a matter of fact, in these sports wrestler high to the results to achieve condition Not because all of these exercises practical are considered , they athlete's main to the purpose helps . In our research following exercises from the complex In summary , the wrestlers mentioned above power quality in development wrestlers through a set of special exercises used power quality effective develop possible . Practical recommendations:

1. Skilled wrestlers demonstrate the strength of their wrestlers in determining , on our part Training of a recommended set of special exercises to training current to be done Demonstrates general and special physical fitness of athletes to do according to clear information to take opportunity gives .

2. To develop the strength qualities of wrestlers directed special technical-tactical special measures to determine the effectiveness of performing actions exercises (competition) during wrestlers Standing face to face, they covered their eyes with cloth. with tied done technical-tactical methods) not only the wrestlers, but also Paralympics athletes also used in preparation possible .

3. It has a positive effect on improving the wrestlers' annual training plan and their competition activity effectiveness increase opportunity gives.

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