



Development of Physical Qualities of Kurash Wrestling Girls

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ABSTRACT

Our national struggle is developing widely in many countries of the world. At present, the development of new training methods in order for Uzbek wrestlers to raise the flag of our country at the world arenas is one of the important issues. Therefore, we have used special method of development of physical qualities of wrestlers and presented results in this article.

Keywords:

Physical attributes, physical preparation, technical preparation, tactical preparation, special physical preparation

Relevance: It is a great pleasure for the girls to be in the country while the number of people interested in sports is increasing. In this regard, the number of freestyle wrestlers is growing, but it is clear that new training methods are not enough in these arenas so that we can compete with other nations equally with their athletes. It is clear that some of the physical qualities of our freestyle wrestlers were insufficiently developed during the technical competitions.

Research Purpose: Developing methods of improving their physical qualities so that they can win our freestyle wrestling championships in future competitions.

Object of research: The training process for free-wrestling girls.

The subject of the research: The physical qualities of 13-15 years old freestyle wrestlers.

Physical training of freestyle wrestlers is one of the most important components of sports training and is a process aimed at enhancing physical qualities - strength, endurance, flexibility, swiftness and speed.

The main objectives of physical training are:

- The level of athletes' health and their functional capacities in different organisms.

- Development of physical qualities in the physical qualities that conform to the peculiarities of the sport combat.

Physical training is divided into general, auxiliary and special training (3)

Physical training is interrelated with each other.

Failure to pay enough attention to any kind of physical training in the course of the event will ultimately hinder the growth of your athletic skills. Therefore, it is important to adhere to the optimal proportion of the types of physical training provided in the training process. (4)

The results of experiments and their discussion:

According to preliminary findings, it was found out that, during the training sessions of the wrestling girls, especially in the early stages of the training, the development of physical qualities was one of the most important tasks. The experiment is aimed at raising girls up to 30% within the scope of the hours allocated for the development of special physical qualities in the training process.

Table 1

The results of the research testing at the beginning of the survey to check the levels of physical quality and technical training of girls in control and research groups.

№	Testing methods	At the beginning of the research				At the end of the study			
		Short distance run (30 meters)	bridge walk (up to 10 meters)	leap forward (meter)	Climbing to a 3 meter long rope	to 5 times to breakdown before a foot (time)	5 breaking through the foot of the foot (time)	to 5 seated over the shoulder	to 5 times to breakdown two legs (time)
Control group									
1	X_i	21,5	67,2	6,49	42,5	25,85	25,46	28,31	26,16
2	\bar{X}	4,3	13,4	1,298	8,5	5,17	5,092	5,6	5,2
3	σ	8,6	26,89	2,596	2,9154	10,34	10,1	11,3	7,9
Research group									
1	X_i	21,9	67,2	6,38	42,76	26,9	26,54	28,39	27,24
2	\bar{X}	4,3	13,4	1,2	8,5	5,38	5,3	5,67	5,44
3	σ	8,55	3,667	1,137	2,925	10,7	10,6	11,3	10,8

Summary.

The development of technical skills of the freestyle wrestlers depends on a coach in many respects, and the coach should be able to see the flaws of the athlete in the performance of technical means and eliminate these shortcomings. The trainer should be aware of not only the injury but also the correct distribution of the load - this, in turn, should be aware of the importance of future competition and competition tactics. That's why we always adhere to the coach's instructions. A trainer should focus on the free qualities of freestyle wrestlers who are not only satisfied with their physical characteristics but also their inner qualities. Techniques given to them for the rapid preparation of the 1st female wrestlers were very slow and difficult. During the competition, they were unable to access the methods they learned. The 2-way-wrestler, however, has learned less technical techniques, but these methods have brought them victories in the competition.

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