



National Wrestling Sports Characteristics of the Relationships Between Coaches and Athletes

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As the symbol of nobility and courage of wrestling is inculcated in the minds of students, first of all, attention is paid to the pedagogical significance of the sport of wrestling. First of all, in order to make an exemplary assessment of the precompetition condition of an athlete engaged in the sport of wrestling, it is necessary to monitor his psychological, both pedagogical and practical processes. The article also examines the characteristics of the pre-start relationship between coaches and athletes in the national sport of wrestling.

Keywords:

pedagogical methods, wrestling, physical activity, kurash, international kurash

Introduction

Wrestling is a sport in which two athletes compete one-on-one in accordance with the established rules. Kurash has always been a symbol of nobility, courage and honesty, a part of the national and cultural heritage of our people with a history of several thousand years and a priceless treasure. In 2010, the International Wrestling Association was recognized by the World Anti-Doping Agency, which was an important requirement when applying for inclusion in the Olympic program.

On September 20, 2017, at the 36th General Assembly of the Olympic Council of Asia in Ashgabat, wrestling was officially included in the program of the XVIII Summer Asian Games for the first time in history. The International Kurash

Association and the Republic of Uzbekistan are actively working to include wrestling in the program of international sports competitions and tournaments, and later in the program of the Olympic Games.

References and Methodology

Logical, historical, coherent and objective methods of scientific knowledge were widely

used in the analysis of this article. Thoughts on the martial arts of national wrestling were analyzed. President of the Republic of Uzbekistan Sh.M. Mirziyoyev's methodological guidelines for the study of history and spiritual heritage serve as a theoretical and methodological basis for the study.

Discussion and Results

In addition, the performance in sports practice shows that high results in the Olympic Games are often determined by the frequent participation of athletes in competitions and their adequate financial resources. The development of national wrestling in Surkhandarya, Kashkadarya, Khorezm and Samarkand regions of Uzbekistan (social and natural conditions are conducive to the development of wrestling) will allow training future Olympians in sambo and other types of wrestling.

Where there are favorable conditions for sports, if the exercise with young people is carried out continuously and at a high level, if there are clubs in which sports work, if they involve experienced dedicated coaches, there

will be a lot of success. Among them, of course, will grow Olympic participants.

Just as sports vary, so do athletes' readiness for competition and the levels of emotional impact they experience in competition. Difficult formation of sports skills in some athletes; in another a strong emotional impact, anxiety, panic; in the third, weakness of the nervous system; in the fourth, it is very difficult to achieve high performance in sports due to the rapid change of emotions.

Without mental training with such athletes, sports competitions will be very difficult. The science of "psychology" proves that athletes with a strong balanced nervous system have achieved stable results in sports and the Olympics. Very subtle attentional features also become more complex during the race. Athletes are able to correctly solve tactical issues during the competition, accurately and accurately assess their real capabilities, focus on external and internal influences at the same time, summarizing external information, taking into account external and internal obstacles, using a large amount of internal centralized attention. If an athlete is able to shift his attention from one type to another at the same time or in a row immediately, he will achieve serious victories in competitions if he becomes accustomed to it.

For example, an athlete's training period can focus the ball on the battlefield, then accurately assess the overall situation in the race by shifting the focus to the inner narrow type, preventing them from making mistakes in the race. Most importantly, the athlete must become accustomed to shifting his or her focus from one type to another in a short period of time. If the athlete's attention is not flexible, he will make a lot of mistakes in the game. For example, if the inner narrow focus is not well developed, the game will have difficulty in quickly analyzing the error in passing or directing the ball and not repeating it again. During the competition, depending on the situation, the athlete's attention "narrows", "expands", the concentration of attention on an external object or thought or sensation takes different forms.

We overcome the excitement before the races

The conclusion is in place, at the beginning of their careers, every athlete experiences great excitement before a race. Because he has to demonstrate what he has learned in training and achieve high results. In any sport, without exception, the pinnacle of training is competition. Sometimes the emotion, the excitement, prevents you from getting off the sports ladder. How do you deal with excitement? This topic will be discussed in today's article.

"Fear of a foreign field"

Some athletes get annoyed when they are not in their "home" and panic inside them: an alien field, other coaches, new faces, and so on. For this reason, many sports psychologists recommend exercising outside of normal conditions to adapt to an unfamiliar environment.

The scale of the competition

The athlete sees a lot of people, other athletes, and gets overwhelmed with excitement. Because he thinks I can be the last among all his opponents.

Undoubtedly, competition is very useful: the spirit of competition helps to achieve the desired results. But if the athlete did not climb the podium in the first race, the fear of being the last will intensify.

Such excitement at Startold is all you need to change your attitude towards competitions. To do this, first and foremost, don't take your opponents as enemies: in any sport, there are usually a lot of followers and you can probably find real friends among them. The second tip: if you are afraid of the number of participants in the competition, imagine that you practiced with them yesterday and you will get to know their weaknesses better. The third tip: in competitions, you only need to focus on yourself and your results. Do not be distracted by alien thoughts, which can lead you astray as well. The state of the competition, for example, can make some athletes excited by the joy and screams of the fans, while others can inspire them. In sports psychology, there are three types of emotional states among athletes:

combat training during training, followed by pre-start excitement, and subsequent apathy.

On the one hand, the inspiration for the athlete is very good: he is ready to fight to the end to win. But combat training, as they say, has two sides of the coin. Sometimes self-confidence undermines the results of the athlete. Thus, it can disperse its attention, and this, in turn, can lead to deplorable consequences. For example, errors, low scores or even a defeat. Therefore, one more tip comes from this, be bold, but do not take yourself big.

Conclusion

The participation of parents or friends in the performances of many athletes is considered a symbol of support. However, recent studies have shown that competitions for athletes in an unfamiliar environment are more successful than those in which close people support them in the Tribune. Because the presence of familiar faces does not always help to get out. In fact, someone, on the contrary, is afraid to "get into the eyes" of his acquaintances, and therefore, if they participate, the consequences... If you are just starting out and are a young athlete, then get used to working among people you don't know. Also, your loved ones may not always be able to accompany you everywhere. Don't overlook the organizational aspects: prepare for the race in advance: plan your time before the trip so that you can prepare for them calmly and emotionally.

Many sports psychologists recommend that you train your imagination along with regular exercise, such as imagining how you are on the podium or how you are celebrating your victory. It's helpful to imagine not only a win, but a flawless exit where your execution technique is simply rated 5+.

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