



## Methods of Developing the Levels of Physical Training of Freestyle Wrestling Girls

**Tashnazarov Djasur  
Yuldashevich**

Senior Lecturer, Uzbek State University of Physical Culture and Sports, doctor of philosophy in pedagogy (PhD)

**Kubitdinov Jamshed  
Abdurakhmonovich**

Lecturer

**Bakiyev Yigitali Ahmadjon  
ogli.**

Master of Namangan State University

**Muminova Dilnoza Uchkun  
qizi**

Master of Uzbekistan State University of Physical Culture and Sports

### 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.

Nowadays, the development of new methods of training for the Uzbek women's freestyle wrestlers to uplift the country's flag remains one of the pressing issues. While the Decree of the President of the Republic of Uzbekistan "On the Establishment of the Fund for the Development of Children's Sports of Uzbekistan" is aimed at the development of modern forms of physical and spiritual education of children. the development of

methods, the formation of sports skills in children according to gender and age "(1) and also the Decree of the President of the Republic of Uzbekistan "On Measures for Further Development of Physical Training and Mass Sports" dated June 3, 2017, PD 3031. (2)

**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.

A comparative analysis was made between a survey group of 15 female and 15 adult members of the freestyle wrestling team

from 13 to 15 years of age to test for the correctness of the assumptions. At the beginning of the experiment, there were no statistically significant differences in the majority of the surveyed and tested women in the tested readiness of the freestyle wrestling girls.

At the beginning of the study, we developed a test test consisting of the collection of physical attributes and techniques to determine the level of physical development of the freestyle wrestlers and the level of their development. According to him, these tasks were not used to the health of the freestyle wrestlers and they were used with less difficult exercises.

Testing Tests:

1-Short distance run (30 meters)

2-bridge walk (up to 10 meters)

3-leap forward (meter)

4- Climbing to a 3 meter long rope

5 to 5 times to break down before a foot (time)

6-5 breaking through the foot of the foot (time)

7 to 5 seated over the shoulder

8 to 5 times to break down two legs (time) (Table 1)

**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 break down before a foot (time)	5 breaking through the foot of the foot (time)	to 5 seated over the shoulder	to 5 times to break down two legs (time)
<b>Control group</b>									
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	$\sigma$	8,6	26,89	2,596	2,9154	10,34	10,1	11,3	7,9
<b>Research group</b>									
6	$X_i$	21,9	67,2	6,38	42,76	26,9	26,54	28,39	27,24

7	$\bar{X}$	4,3	13,4	1,2	8,5	5,38	5,3	5,67	5,44
8	$\sigma$	8,55	3,667	1,137	2,925	10,7	10,6	11,3	10,8

The first group of freestyle wrestlers who were tested at the beginning of the survey returned to their studies, and the 2nd freestyle wrestlers started their training sessions. From the 1st week of the survey group 2, they studied the qualities of the freestyle wrestlers who were not well developed in their studies. During the 2nd week, we made changes to the preparation of trainings to develop their overall physical and

physical qualities. – *according to which we have elaborated the training program, which we developed, taking into account their unsurpassed qualities. During the weekly sessions, we were able to take advantage of 5 different but consistent exercises (Table 2)*

In the training group, we have developed a variety of exercise-based exercise exercises that enable us to develop physical training. (Table 2)

**Table 2**

***The sequence of physical attributes of the wrestling team in the study group***

Nº	Weekdays	Monday	Tuesday	Wednesday	Thursday	Friday
1	power	+		+		+
2	frequency	+		+		+
3	flexibility	+	+	+	+	+
4	endurance		+		+	
5	fluency		+		+	
Exercises for improving the physical characteristics of the research team						
power	Hanging hands with a hand, jumping on a 3-meter cord, lifting a stack of 10 kg, jumping, jumping.					
frequency	Short distance runs 30m, 60m, 100m, racetrack, obstacle running, running mocking racer, running his partner, running his partner, pushing forward, jumping forward, (long distance, mid-distance, short distance), fall to the left (long distance, mid-distance, short distance).					
flexibility	From a standstill to a bridge, moving from the base to the bridge position (traveling and overpassing), supporting the base, bridge position (to keep the abdomen upright), bridge, bridge running, stretching the legs.					
endurance	Long distance running, cross, marathon.					
fluency	Exercise consisting of light elements, coordination complicated exercise.					

+. but explains how to exercise for evening classes.

+. explains how to exercise for morning and evening exercises.

**Table 3**

**The results of testing at the end of the research to check the physical quality of the girls in control and research groups.**

Nº	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	Short distance run (30 meters)	bridge walk (up to 10 meters)	leap forward (meter)	Climbing to a 3 meter long rope
Control group									
1	$X_i$	21,5	67,2	6,49	42,5	21,7	67,1	6,58	42,5
2	$\bar{X}$	4,3	13,4	1,298	8,5	4,3	13,4	1,3	8,5
3	$\sigma$	8,6	26,89	2,596	2,9154	8,7	26,84	2,595	2,9154
4	$t_{cm}$					0,8	0,72	0,81	27,2

5						$P>0,05$	$P>0,05$	$P>0,05$	$P<0,05$
Research group									
6	$X_i$	21,9	67,2	6,38	42,76	21,61	67	6,83	42
7	$\bar{X}$	4,3	13,4	1,2	8,5	4,3	13,4	1,3	8,4
8	$\sigma$	8,55	3,667	1,137	2,925	2,08	3,66	1,175	2,898
9	$t_{cm}$					3,426	193,5	4,29	0,02
10						$P<0,05$	$P<0,05$	$P<0,05$	$P>0,05$

According to the results of the survey, the number of girls from the 1st group has increased from 4.8% to 4.9% of the physical characteristics of girls. The implementation of technical methods has increased from 4.5% to 4.6%. The physical characteristics of the 2nd

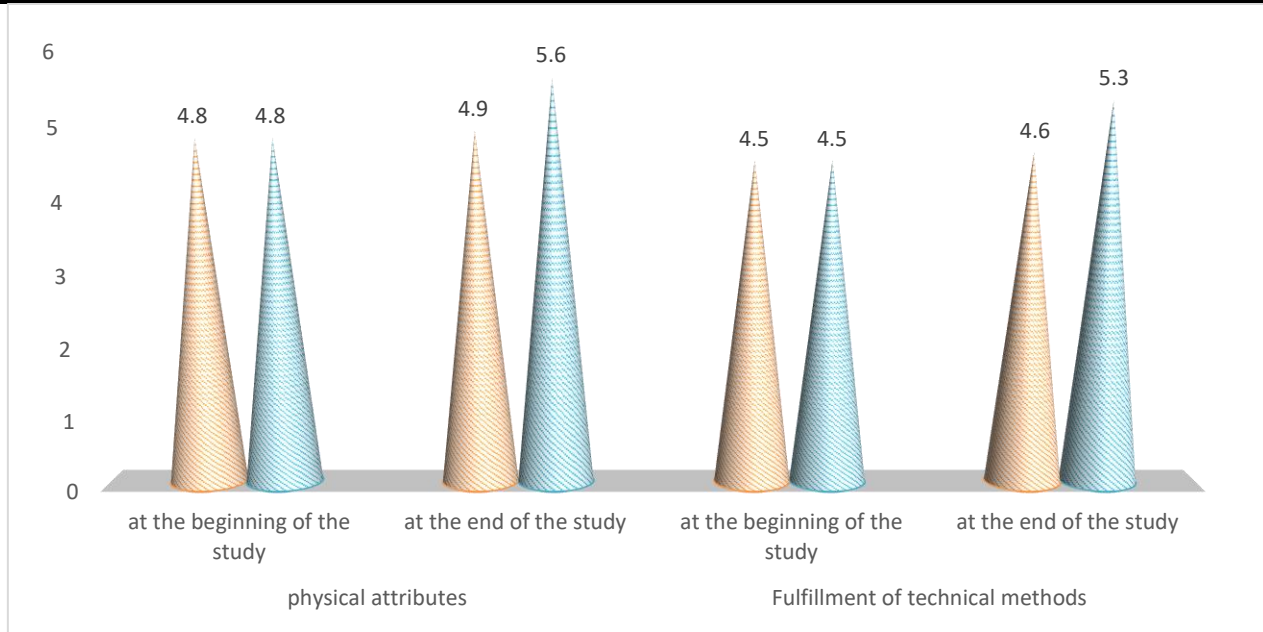
Wrestling Girls increased from 4.8% to 5.6%, and the performance of technical methods increased from 4.5% to 5.3%. Our 2-month-long research has boosted the self-esteem of the wrestling girls.

**Table 4**

**Results of testing at the end of the research to check the level of technical preparation of the girls in the supervisory and research group.**

№	Testing methods	At the beginning of the research				At the end of the study			
		to 5 times to break down before a foot (time)	5 breaki ng throug h the foot of the foot (time)	to 5 seated over the should er	to 5 times to break down two legs (time)	to 5 times to break down before a foot (time)	5 breaki ng throug h the foot of the foot (time)	to 5 seated over the should er	to 5 times to break down two legs (time)
Control group									
1	$X_i$	25,85	25,46	28,31	26,16	25,76	25,35	28,23	26,06
2	$\bar{X}$	5,17	5,092	5,6	5,2	5,1	5,07	5,6	5,2
3	$\sigma$	10,34	10,1	11,3	7,9	10,33	10,1	11,3	10,4
4	$t_{cm}$					0,7	7,7	0,8	0,8
5						$P>0,05$	$P<0,05$	$P>0,05$	$P>0,05$
Research group									
6	$X_i$	26,9	26,54	28,39	27,24	21,95	21,97	23,08	22,34
7	$\bar{X}$	5,38	5,3	5,67	5,44	4,39	4,39	4,6	4,46
8	$\sigma$	10,7	10,6	11,3	10,8	8,7	8,7	9,2	8,9
9	$t_{cm}$					0,8	0,8	0,8	0,8
10						$P>0,05$	$P>0,05$	$P>0,05$	$P>0,05$

The study lasted 2 months, and at the end of the study, we received a control test that was tested in both groups, and there was a distinction between them. Changes in physical and technical methods of wrestling girls can be seen in Figure 1.



**Figure 1 shows a change in physical attitudes and technical readiness of the fighters.**

### Summary.

- 1- 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.
- 2- 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.
- 3- 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.
- 4- Freestyle wrestlers have good physical qualities, but they are not able to learn a variety of methods and apply them in competition.
- 5- 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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