



A Method of Developing the Overall Strength Quality of Young Wrestlers

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ABSTRACT

Today, the issue of training talented athletes in sports practice makes it necessary to take a new approach to the training process. This need is especially evident in the struggle. The fact that a large number of young people are engaged in wrestling is a modern requirement for the training process with young wrestlers in accordance with modern requirements. In particular, the development of general strength qualities in the training process of young wrestlers aged 9-10 is important and relevant.

Keywords:

Young Wrestlers, Training Process.

Introduction

The general concept of physical training of wrestlers means that it is a process aimed at the comprehensive development of the qualities of movement of the athlete. Undoubtedly, this process plays an important role in training highly qualified athletes[1,2]. However, it is very important to use the planned general exercise for each sport, taking into account the specifics of the sport. Because of these characteristics, endurance is a leading factor in one sport, or flexibility is a key factor in a third sport, while flexibility is more important in one sport[3].

Research methods and its organization

The following pedagogical research methods were used to develop a methodology for developing the overall strength quality of 9-10 years old wrestlers and to address the research challenges:

1. Analysis of scientific and methodological literature and best practices generalization
2. Pedagogical observations of the training process in order to develop the general strength qualities of 9-10-years-old wrestlers.

3. Questions and answers with qualified trainers who train with 9-10 years old wrestlers

4. Expert evaluation method.

5. Mathematical-statistical methods.

Based on the results of pedagogical control tests (tests, analysis of special literature and questionnaires obtained), through these tests it will be possible to improve the overall strength qualities of wrestlers aged 9-10 years;

1. Running 100 meters

2. Pulling on a horizontal bar

3. Bending and writing on the bar (number)

4. Throws in 60 seconds with a partner

5. Lifting 3 kg of stone

Methods of analysis of mathematical-statistical and experimental materials

All data obtained from the observations were processed by mathematical statistical methods. The percentage of all sessions and individual sessions was calculated. In addition, the arithmetic mean (\bar{x}), the arithmetic mean error, and the coefficient of variation (u) were calculated.

a). Average arithmetic of measurements :

$$\bar{x} (\bar{x} = \frac{\sum x_i}{n})$$

$$(t = \frac{\bar{x}_1 - \bar{x}_2}{\sqrt{(S_x^-)^2 + (S_x^-)^2}})$$

b). T-criteria of Student :

To study the opinion of trainers on the development of the overall strength quality of young wrestlers

In the development of the overall strength of wrestlers aged 9-10, the correct planning of the content of training in the training process, the

selection of exercises appropriate to the subject of the lesson will increase the effectiveness of training talented young athletes.

Training of young athletes is a complex multi-stage pedagogical process that requires the organization of training on a scientific basis[4]. It is important that the amount and intensity of physical and technical-tactical exercises used in the lessons are planned and applied in accordance with the age, physical and functional capabilities of the children involved[4,5].

(Table-1)

Questionnaire to study the experience of strength development in the training of young wrestlers

n = 30

<i>Nº</i>	<i>Questions</i>	<i>yes</i>	<i>no</i>	<i>partially</i>
1	Do you use non-standard strength-building exercises to select students for the sports club?	6	20	4
2	Do you use non-standard strength-building exercises during your workouts?	14	16	0
3	Do you assess the level of strength development using tests?	8	7	15
4	Do you do strength training in preparation?	11	13	6
5	Do you do strength training in the main part of the training?	3	18	9
6	Do you do strength exercises in the final part of the exercise?	7	21	2
7	Is there regular monitoring of strength development?	13	9	8

The results of the survey are shown in Table 1. The table shows that out of 30 trainers surveyed, 6 (20%) answered “yes” to 1 question, 20 (66.7%) answered “no” and 4 (13.3%) answered “partially”.

To 2 questions, 14 trainers (46.7%) answered “yes” and 16 (53.3%) answered “no”. The answer “partially” was not recorded.

Conclusion

The results of the survey and their comparative analysis show that the majority of respondents pay more attention to general or specific exercises of standard importance in the training of young athletes, especially in the development of physical qualities. In this regard, it was observed that non-standard exercises are given a secondary place as a convenient tool. Another important thing in the

interviews with the trainers was that many of them did not know much about non-standard exercises in the form of very popular competitions.

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