

EFFECTIVENESS OF USING ROTATION EXERCISES TO DEVELOP ENDURANCE IN WRESTLING SPORTS

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ANNOTATSIYA

Ushbu maqolada sport kurashlarida chidamlilikni rivojlantirish uchun aylanma mashqlardan foydalanish to'g'risida ma'lumotlar keltirilgan.

Kalit so'zlar: erkin kurash, maxsus jismoniy tayyorgarlik, texnik tayyorgarlik, aylanma mashqlar, maxsus chidamlilik, vestibulyar apparat.

АННОТАЦИЯ

В этой статье дается краткий обзор использования круговых упражнений для развития выносливости в спортивной борьбе.

Ключевые слова: вольная борьба, специальная физическая подготовка, техническая подготовка, круговые упражнения, специальная выносливость, вестибулярный аппарат.

ANNOTATION

This article gives you a brief overview on the use of circular exercises to develop endurance in wrestling.

Keywords: freestyle wrestling, special physical training, technical training, rotation exercises, special endurance, vestibular apparatus.

RELEVANCE OF THE TOPIC

Bringing up a healthy and mature generation in our country is one of the priority directions of state policy, preserving the nation's gene pool, forming a healthy lifestyle in the family and society is of great importance. Improving the quality of physical education classes in educational institutions, organizing extracurricular activities and increasing their effectiveness, developing and increasing the popularity of sports, selecting talented freestyle wrestlers and effectively using children's technical training, developing special endurance with the help of circular exercises are among the urgent issues. It is difficult to imagine our national culture, which is considered a component of the universal culture, without a conscious approach to the moral education of young people.

The President's Resolution No. PQ-3031 "On Measures for the Further Development of Physical Education and Mass Sports" and other regulatory and legal documents related to this

field provide for the preparation of highly qualified athletes for prestigious and responsible competitions, the successful participation of our athletes. the tasks of developing appropriate measures for the fundamental improvement of the management system in the implementation of the necessary measures have been determined. [1] The fact that a person consciously occupies his place in social life, his coming of age, fulfilling his filial duty, parental duty, and leaving a certain mark after him determines the development of society. Based on this, in the process of training freestyle wrestlers to freestyle wrestling, successful participation in prestigious competitions, education of general and special endurance, further penetration and development of technical training can be a scientific and practical basis for achieving high goals in the future.

THE PURPOSE OF THE STUDY

To develop the special endurance of freestyle wrestlers with the help of rotational exercises.

TASKS OF THE RESEARCH

- study of physical fitness of free wrestlers;
- selection of circuit exercises based on physical fitness of free wrestlers.
- to determine the effectiveness of the conducted training.

RESULTS OF THE STUDY AND ITS DISCUSSION

During the study (Table 1), rotational acceleration exercises alternated between technical exercises in the research group led to a high increase in the function of the vestibular analyzer and special endurance of the wrestlers of this group. The resistance of the balance center of the vestibular apparatus to rotational acceleration has increased.

Indicators of control tests in the development of special endurance and technical training in freestyle wrestlers. (Table 1)

T/r	Control test exercises	Groups	At the beginning of the research	At the end of the research	General difference
1	Transfer to the feet to the parterre - without lifting the opponent (number) 15 seconds 4 repetitions	C	4,2 ± 1,3	5,8 ± 3,2	1,6
		R	4,3 ± 2,4	6,6 ± 4,7	2,3
2	Taking a step from the side and holding the leg to the parter (number) 10 seconds 4 repetitions	C	2,3 ± 3,5	3,1 ± 3,2	0,8
		R	2,6 ± 5,3	4,8 ± 3,5	2,2
3	Pulling the arm to the parter (number) 10 seconds 4 repetitions	C	3,2 ± 3,1	4,2 ± 2,1	1
		R	3,2 ± 1,4	5,2 ± 2,3	2
4	Underhand diving to parterre (number). 15 seconds 4 repetitions	C	4,3 ± 2,7	6,2 ± 3,1	1,9
		R	4,2 ± 2,9	7,7 ± 3,6	2,3
5	Perform the above techniques in combination (30 seconds on 15 seconds rest; note: after 6 months) 6 repetitions (times)	C	0,8 ± 0,2	1,2 ± 0,3	0,4
		R	0,7 ± 0,2	1,7 ± 0,6	1

6	Pull-ups on the turnstile (number).	C	15,2 ± 2,7	16,6 ± 2,2	1,4
		R	14,6 ± 2,4	17,2 ± 2,6	3,4
7	4-meter rope curl 4 repetitions (min)	C	2,8 ± 5,4	3,6 ± 3,2	1,8
		R	2,3 ± 5,3	6,1 ± 3,1	1
8	10 long jumps (cm) with two legs from a standing position.	C	210,6 ± 44	220,8 ± 54	7,2
		R	211,3 ± 48	225,6 ± 65	8,3
9	3x10 meter sprint (seconds)	C	7,6	6,6	1
		R	8,1	6,5	1,6

Explanation: C– control group, R- research group

The results of the research mentioned above indicate the preference of the set of technical exercises focused on circulation in the research group.

In some speed tests recorded in the research group, it was confirmed that free wrestlers developed at the level of the observed result. This comparison also applies to arm flexors (pulling up on a horizontal bar) and (horizontal bending while typing).

Wrestlers in the control and research groups confirm that vestibular stability (in the research group) formed as a result of applying technical exercises directed to stability against the effect of rotational acceleration of the vestibular analyzer (in the research group) and special endurance have improved significantly.

On the basis of this methodology, increasing the stability of maintaining balance during training will allow the formation of sports skills, as well as the positive decision of the fate of the competition.

CONCLUSION

In order to increase the physical, technical and tactical preparation of freestyle wrestlers, to increase their activity, to further increase their interest in sports, it is necessary to follow the following steps: to provide an understanding of the history, rules, and epics of the chosen sport, to introduce playing styles during training. use, shape actions in standard situations, change opponents frequently.

Another important aspect is taking into account the rules of the sport, the rules of the competition, studying the process of the competition, and making tactical plans against it by statistically studying the techniques that are often used. In this process, planning trainings based on the annual competition calendar allows athletes to compare the data of general and special fitness tests, i.e., their general and special fitness, improve their good results, and eliminate their shortcomings. , this method should be carried out after 6 training sessions or every month, depending on the size of the loads, to prepare the students until the period of annual competitions, and at the end, to evaluate the effect of the loads in the training on the athletes' body on a daily and weekly basis until the training allows you to evaluate whether it is correctly or incorrectly configured. In addition, before the main competitions, the athlete is observed to be weak, tired. In this case, the training process was not structured incorrectly, but

the training plan was incorrectly developed. In order to solve such problems, after studying the literature and planning the training process, the coaches and pedagogues should follow the following tasks, effectively solve the difficulties in training and achieve positive results: - helping to master the technique and tactics of the chosen sport development of training options in general, auxiliary and special training, closer to the technique and tactics of the sport; - to ensure the development of movement qualities to the necessary level, to increase the functional capabilities of the participants and to strengthen their health, to include in the training plan information about physical education; - collecting information about the morals and will of athletes who have shown high sports results in training moral and willful qualities; - inventing artificial competition situations and various situations to comprehensively develop different aspects of the athlete and to demonstrate them in competition activities.

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