

## ORGANIZING THE TRAINING PLAN OF WEEKLY MICROCYCLES OF YOUNG ATHLETES ENGAGED IN FREEDOM WRESTLING

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### ABSTRACT

In this article, the method of effective organization of training plan in weekly microcycles of 14-15-year-old freestyle wrestlers training in the primary training group is developed.

**Keywords:** Free wrestlers, training processes, organization, uploads, weekly cycle.

The fact that the President of the Republic of Uzbekistan pays special attention to the field of physical education and sports creates the ground for the development of new sports champions in our country. Determining and developing a number of tasks, such as ensuring that athletes of our country participate in international sports arenas, selecting talented and promising athletes among local youth, systematically organizing training processes, targeted training of highly qualified athletes, will contribute to the further development of these sports. In this place, the development and efficiency of physical quality indicators during the physical training of 14-15-year-old freestyle wrestlers participating in the training group, the distribution and planning of training loads, and the improvement of the performance of special exercises during competitions and several research works on the management and functional analysis of this process have been carried out. A number of scientists with scientific degrees have conducted their scientific research in this direction. Including: A.A. Ruziev, 2001; Kh.A.Sanosyan, S.L.Musaelyan, M.G.Agamyanyan, 2002 and others. However, in spite of the conducted research work, it has been left out of the researcher's attention to increase the effectiveness of the continuous development of the physical qualities of the freestyle wrestlers in the training groups and to carry out scientific research work on the implementation of its theoretical and practical analysis, the distribution and planning of training loads. we should mention. Some aspects of the development of physical qualities and technical-tactical abilities in various district sports are presented in the scientific research works and methodical works of experts, however, in the given data, by developing a methodology for the correct organization of training processes of freestyle wrestlers in microcycles, physical qualities and technical - the content of sustainable development of tactical skills is not explained.

**The aim of work:** to develop weekly microcycles of 14-15-year-old wrestlers.

#### Tasks of the work:

- Determination of physical development levels of 14-year-old freestyle wrestlers during weekly microcycles.
- Determination of physical development levels of 15-year-old freestyle wrestlers during weekly microcycles.

**The object of work:** training processes of 14-15-year-old freestyle wrestlers.

**The subject of work:** researching the physical performance of 14-15-year-old freestyle wrestlers during weekly microcycles.

**Used methods:** analysis of scientific and methodological literature, pedagogical observation, pedagogical testing, mathematical and statistical analysis.

**Organization of the research:** it was conducted during the training of young wrestlers of the Gulistan Olympic Reserve College. 14-15-year-old freestyle wrestlers participated in our experiments (n=88).

**Results and discussion of the conducted research.** The results of the research on the development of the methodology of sustainable development through the proper organization of training in microcycles to increase the effectiveness of technical and tactical movements in the physical training processes of 14-15-year-old freestyle wrestlers engaged in training groups are as follows it has been.

The first week of microcycle training for 14-15-year-old freestyle wrestlers participating in the training group in order to educate the wrestlers who are training in freestyle wrestling to achieve high results and protect the pride of our country. according to the plan. 47% at the beginning of the week, 62% on the second day of the week, and 78% of the training on the fifth Friday of the week. On Wednesdays and Sundays of the week, rest days will be introduced for the physical recovery of 14-15-year-old freestyle wrestlers. There was no diversity in training plans for the rest of the week. 39% and 62% of loads focused mainly on aerobic exercises of moderate intensity are intended for Thursday and Saturday of the 1st week (look at Table 1). The microcycle training plan for 14-15-year-old freestyle wrestlers in the second week is as follows: at the beginning of the week, the full 78% will be focused on moderate strength training and full moderate strength aerobic training. On the second day of the week, 39% of the training process was devoted to exercises aimed at developing the physical quality of strength, 16% was given to exercises that developed the physical quality of speed, and 23% was focused on exercises that developed technique and tactics. On the third day of the week, young freestyle wrestlers are given 47% aerobic exercises of moderate strength, and 31% strength-oriented exercises. In the final part, recovery exercises are carried out, and this process makes up 7.70% of the training. On Thursday and Sunday, the athletes were given the opportunity to fully rest for their recovery.

On the other two days of the week, there was no diversity in training: on Wednesday, 47% of moderate aerobic exercises were emphasized, and the remaining 31% were mainly strength-oriented exercises of the daily training process (look at Table 1).

Attention was drawn to the fact that the microcycle training plan of 14-15-year-old freestyle wrestlers in the third week consists mainly of various exercises. At the beginning of the week, the physical loads given to young wrestlers started with moderate intensity aerobic and strength training exercises aimed at developing the quality of the body, while aerobic exercises made up 62% of the load. Strength training was equal to 16%. On the second day of the week,

high-intensity (62%) and mainly speed-oriented exercises (16%) were included in the plan, and the athletes were allowed to rest for recovery on the third day of the week. 23% of freestyle wrestlers' training in the 4th week was focused mainly on strength, and 55% was included in the plan based on exercises that develop technique and tactics. The first half of the loads given during the training processes on Friday of the week consisted of moderate intensity aerobic exercises and made up 39%. In the second half of the trainings, attention was paid to exercises that develop technique and tactics, and this process was equal to 39%. By the end of the week, 55% of the physical loads focused on high-intensity aerobic exercises were organized, while 23% of the loads were mainly focused on speed exercises.

**Table 1 Distribution of training loads in the mesocycle of 14-15-year-old freestyle wrestlers working in a training group**

1 <sup>st</sup> week								
DAY	Introduction	Moderate aerobic exercise	High intensity aerobic exercise	Mainly strength-oriented exercises	Exercises focused mainly on speed	Exercises developing technical tactics	The final part	Day off
1	14,40%			47%		31%	7,70%	
2	14,40%			62%	17%		7,70%	
3	-	-	-	-	-	-	-	-
4	14%	39%				39%	7,70%	
5	14,40%			78%			7,70%	
6	14%	62%			16%		7,70%	
7	-	-	-	-	-	-	-	-
2 <sup>nd</sup> week								
DAY	Introduction	Moderate aerobic exercise i	High intensity aerobic exercise	Mainly strength-oriented exercises	Exercises focused mainly on speed	Exercises developing technical tactics	The final part	Day off
1	14,40%			78%			7,70%	
2	14,40%			39%	16%	23%	7,70%	
3	14%	47%		31%			7,70%	
4	-	-	-	-	-	-	-	-
5	14,40%			23%		55%	7,70%	
6	14%	78%					7,70%	
7	-	-	-	-	-	-	-	-
3 <sup>rd</sup> week								
DAY	Introduction	Moderate aerobic exercise	High intensity aerobic exercise	Mainly strength-oriented exercises	Exercises focused mainly on speed	Exercises developing technical tactics	The final part	Day off
1	14%	62%		16%			7,70%	
2	14,40%		62%		16%		7,70%	
3	-	-	-	-	-	-	-	-
4	14,40%			23%		55%	7,70%	
5	14%	39%				39%	7,70%	
6	14,40%		55%		23%		7,70%	
7	-	-	-	-	-	-	-	-
4 <sup>th</sup> week								



DAY	Introduction	Moderate aerobic exercise	High intensity aerobic exercise	Mainly strength-oriented exercises	Exercises focused mainly on speed	Exercises developing technical tactics	The final part	Day off
1	14,40%			16%	16%	47%	7,70%	
2	14%	78%					7,70%	
3	14,40%		55%	23%			7,70%	
4	-	-	-	-	-	-	-	-
5	14%	62%				16%	7,70%	
6	14,40%		55%		23%		7,70%	
7	-	-	-	-	-	-	-	-

On Sunday, athletes were given the opportunity to fully rest for physical recovery. As a result, sportsmen did not experience boredom from sports, fatigue from training, and physical and mental fatigue during properly scheduled weekly microcycle training (look at Table 1).

The planned microcycle training plan of 14-15-year-old freestyle wrestlers participating in the training group for this week is organized as follows. At the beginning of the 4th week, 16% of the physical loads were mainly strength-oriented exercises, 16% were exercises aimed at quickness, and the remaining 47% were exercises aimed at developing technique and tactics. 14.40% for the introductory part, and 7.70% for the final part were divided into warm-up and recovery exercises. On the second day of the week, 78% of the loads were distributed for aerobic exercises of moderate strength. On the third day of the 4th week, 55% of the training sessions were high-intensity aerobic exercise, and 23% of the training sessions focused on moderate-intensity aerobic exercise. On Thursday of the week, the athletes were given the opportunity to fully rest for their physical recovery. On Friday of the week, 62% of the planned exercises were focused on moderate intensity aerobic exercises. 16% was allocated mainly for exercises that develop technique and tactics. The process devoted to high-intensity aerobic exercise accounted for 55% of planned exercise. Physical loads of 23% are mainly focused on speed, and these microcycles allow the correct distribution of training processes.

### CONCLUSION

Based on the results of the research, it is possible to achieve effective results by including the following processes in the microcycle training plans of the 14-15-year-old freestyle wrestlers participating in the training group. : Creating properly planned microcycle training plans for improving the physical fitness of 14-15-year-old freestyle wrestlers engaged in a training group, anaerobic, aerobic and glycolytic for achieving high complex fitness of 14-15-year-old freestyle wrestlers application of these types of exercises in the training process in a wide range, the coach should pay serious attention to the diversity of the training process in order to prevent athletes from getting tired of sports, fatigue and similar mental states.

It is worth noting that, according to the established research methods, at the end of the training week, the use of loads in the same direction, focused on physical qualities, for example, endurance, in a large volume, has a negative effect on the correlation of training efficiency. may have had an effect and may have contributed to the progressive fatigue of the young freestyle wrestlers in the basic and percussive type microcycles rather than the recovery of the body.

Thus, it is true that the proper planning of the training process during the effective organization of the weekly microcycles of young freestyle wrestlers shows its effectiveness in providing physical loads.

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