

ANNUAL CYCLING PASSES BY FREE WRESTLING PERIODICAL RENEWAL OF THE TOOLS

Adiba O'razboyeva Abdug'aniyevna
Jizzakh State Pedagogical University
Teacher of the Faculty of Physical Culture

ABSTRACT

This article describes the use of recovery tools during the transition period of the annual cycle of freestyle wrestling.

Keywords. Recovery, Massage, Free, Cycle, Training.

INTRODUCTION

Thanks to the initiative and care of the President Sh.M. Mirziyoyev, a high level of sports activity is observed. If the effect of general massage, pharmacological recovery in the system of recovery of working capacity of athletes during training has already been studied and it is widespread, the problem of increasing working capacity during the transition period of the annual cycle of direct competitions has not been sufficiently studied. The duration of this annual cycle is explained by the fact that the rules governing the length of rest breaks between and within competitions are often changed. The improvement of the results in freestyle wrestling, the improvement of the effect of recovery on the next trainings by applying massage to freestylers depends on many scientists, certainly occupies an important place.

Therefore, great attention should be paid to the theory and methodology of massage. However, the analysis in the scientific-practical pedagogical direction has shown that there are very few scientific works devoted to the study of massage, while more attention is paid to the effect of massage on the recovery of the next training by applying massage to freestyle wrestlers. Our scientists conducted research and enriched the scientific and theoretical base. However, it is noticeable that the performed works are not at the required level due to the problems in some objects. Nowadays, the competition is increasing and high demands are placed on the wrestlers. This puts new and new demands on the wrestlers. That is, it creates modern requirements for the wrestler's sports training in high-speed competition and quick performance of technical movements. The number of competitions puts a big load on the athlete's body, and determining the means of timely recovery in relation to it is considered relevant today. It is necessary to search for new methods of solving these problems by coaches in the training of wrestlers.

Searching for effective ways to use recovery tools during the transition period of the annual freestyle wrestling cycle. The reason is that it is known from the analysis of the training activities of current athletes that one of the main shortcomings is that young people who grow up with high sports results receive wrong loads in training, and sports results decline and recovery is not carried out in time. Scientific articles and literature of leading experts in the field of physical education and sports training and others were used to cover the topic. Massage, sauna, active rest in nature, spiritual pedagogy for free wrestlers

improvement of the development methodology for determining the effect of recovery on the training of the next annual cycle by using recoveries.

The College of Olympic Reserves of the Republic was determined by the age of determining the effect of the use of recovery agents during the transition period of the next annual cycle by applying several recovery agents to judo wrestlers; In the annual cycles held in sports schools, tools and methods were selected for the use of various recovery tools and the ratio of tools was determined; it was determined that it develops under the influence of the transition to the next cycle in the maximum zone, and during the transition period of the annual cycle in judo wrestlers, it was carried out together with the scientific-methodical forms and means of developing the ways of recovery by using active rest in the heart of nature, psychological, saunas and massages. During the transition period of the annual cycle, recovery by more natural ways of recovery does not have a negative effect on the growing young body, mainly as a result of going to rest in the heart of nature, taking a sauna and active rest, i.e. participating in other sports clubs, it was observed that the body's readiness for the next cycle is well restored. Since freestyle wrestlers mainly train on the tatami mat, wrestlers have a high recovery rate if they take part in training with other sports such as volleyball, basketball, and football, while relaxing in nature, and without using any drugs. In conclusion, it is a search for effective methods of using recovery tools during the transition period of the annual cycle of freestyle wrestling.

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