

WAYS TO INCREASE THE FUNCTIONAL ABILITY OF A BELT WRESTLER

Muydinov Ikbolzhon Abdukhamidovich

Kokand State Pedagogical Institute

Associate Professor of the Department of Physical Education

Email id: iqbolmuydinov@gmail.com

Akhmadjonova Mohinur Iqboljan's daughter

Kokand University Teacher of the Department of World Languages

Email id: mohinuraxmadjonova@gmail.com

ABSTRACT

The article examines the methodology of preparing athletes for competitions by controlling their ability to work in the process of training belt wrestlers and reserve athletes and improving the performance skills of wrestlers.

Keywords: belt wrestling, ability, physical training, loading, functional activity.

INTRODUCTION

In the following years, great attention was paid to physical education and sports in our Republic. Our athletes have achieved good results in Asian and world competitions and are raising the flag of Uzbekistan high. Especially during today's pandemic, doing physical education and sports and strengthening health has become an urgent issue. A number of experts have recommended their method to increase the productivity of wrestlers. But nowadays, little attention is paid to general work in the training of athletes. First of all, it is necessary to distribute sports loads well from childhood, general work great attention should be paid to the development of abilities.

LITERATURE ANALYSIS AND METHODOLOGY

The structure of training tables is one of the central sections of the methodology of training athletes. According to M.Ya. Nabatnikova, it is not appropriate to limit yourself to the knowledge of directions typical for the dynamics of the total size of the nagruzka. It is necessary to move from the general description of the weights to the precise and detailed disclosure of the various partial volumes. The system of training programs should ensure the development of special qualities specific to a particular specialty.

In his works, M.A. Godik based the general characteristics of the nagruzka - specialization, direction, size and coordination complexity, and developed methods of nagruzka control. However, the methods of planning the total and partial volumes of the packages at the stages of the annual training cycle were not described.

Yu.M. Portnov comes to the conclusion that in order to manage the development of the sports condition, first of all, it is necessary to know the relationship between various factors of weight lifting (volume, intensity, maximum tension, number of starts, etc.) and sports weight lifting. Unfortunately, the author did not provide the methods and procedure for calculating the values.

V.N. Platonov recommends distinguishing three types of states of athletes during the planning of training sessions: the state of the stage - which is maintained for a relatively long time - for weeks and months; daily state - changes under the influence of one or several exercises; rapid state - changes under the influence of some exercises and passes quickly.

RESULTS

Assessment of these conditions makes it possible to correctly determine the direction of training sessions, microcycles and stages, the nature of the structure.

It will be possible to rationally structure the training process when connecting the structures of the activity of the competition with the functional capabilities of the body of athletes, together with the indicators of the activity of the competition, with the exact numerical expression of the structure of the training of athletes.

Competition activities are primary in these works. It will determine the choice of training tools and structures, as well as the planning of nagruzkas. However, proposals for the need to normalize nagruzkas remain unfulfilled.

Managing nagruzka in training means ensuring its optimal size and intensity. The problem of optimizing nagruzka largely depends on its normalization in physical exercises. Normalization of the intensity of exercise is carried out through the methodology of direct and indirect control of movements.

Indirect control methods include verbally explaining instructions on the number of repetitions, speed, dimensions of external weights applied, and other parameters. Indirect control techniques include changing external conditions, such as running on a lake or opilkalined track, running on a climbing or flat track, introducing a competition style, etc.k.).

The load given by exercise has a certain effect on the organism of those involved and is considered a lifting factor of body capabilities, but at the same time most authors have different opinions about this.

The load is the level of functional activity experienced in the organism when performing an exercise when compared to a calm state, and at the same time the situation of experiencing difficulties.

Physical load refers to the volume and intensity of muscle work.

The main factor determining the Jarada of the effect of training on the body of athletes is the volume of loading. The higher it is, the higher the fatigue and the functional shifts involved in securing the job.

The indicators of the loading parties or these are used in the process of physical education to assess the load and control it. The load is squashed in cases where the size of the dimensions of the outer side is necessary, as well as myorized depending on the response reaction of the organism. Human health care about children's health is not only a sum of sanitary and hygienic norms and rules, but also a set of requirements for regime, nutrition, work, rest. It is also, first of all, to grieve that all physical and mental energies are harmonically shed, so that the joy of creation is the sar Peak of this harmonic deposition. Development, " it means the manifestation of the divine essence of a person, what he is fond of, his innate qualities in creative passions (speech, games, folio of labor)in the process of continuous action. children

are recommended "gifts" for the game: balloons, cubes, cylinders, as well as moving toys (these toys involuntarily required the child to imitate himself in the company of songs).

Physical education is expressed as a part of the discipline of hariqlama and showed how closely it is related to mental, labor, moral, aesthetic education. They aim from physical education to exercise regularly, to play. they admit that by walking and conditioning the body, it consists in making the child physically strong and strengthening his health. In this work, they divide the most important role into a normalizing regime of sleep and nutrition, which expresses the alternation of labor with each other, since it is this regime that will be the most necessary basis for each person to be mentally refreshed, effectively able to work.

An excellent educator attaches great importance to children's play, Gymnastics and their outdoor activities. He recommended that children take small - to-small breaks to perform short-term physical movements that promote the restoration of their attention at the time of training. In order to make great demands on educators and mentors and not make mistakes when guiding the child, he found that they should definitely have a deep knowledge of such subjects as anatomy, physiology, psychology, pedagogy.

It will be who created the original (original) theory of physical education. He developed a holistic system of physical exercises for children, which is inextricably linked with physical education.

When choosing physical exercises, the anatomical-physiological and psychological characteristics of different ages are based on the evolutionary complication of exercises and various actions. The development of the organism of students, the fluffy, correct performance of their functions, the gradual exercise of physical energy, has proven that it is possible to achieve it through training in a certain system. Physical development comes from the reader-only with mental, moral and aesthetic development, as well as with labor activity. It recognizes the process of performing physical activities as the only one in the human personality, in which both spiritual and physical maturation is performed at the same time.

The observations of doctors have proven that a young organism is accustomed to a brief operational strength character. Remotilyanskaya insists that the rapid preparation of the organism from the morphological and functional nature of its development remains a powerful process in improving the overall level and functional capabilities of young students in their physical development.

From the point of view of the modern theory of physical education, the upbringing of fast qualities, fast strength and personal strength are characterized by the result with the help of exercises. speed exercises include: jumps and throws in athletics, throwing a ball in a sports game, Boxing kicks, wrestling throws.

The degree of manifestation of the qualities of rapid strength consists not only in the muscle strength category, but also in the high concentration of the nerve muscles of the athlete and the possibilities of functional mobilization of the body.

Much work has been done to study the root of physiological mechanisms of fast intensity qualities.

Pedagogical and medical-biological tests should be used regularly to assess the exercise process and increase physical fitness. In the process of endurance training, it is required to

solve a number of tasks of comprehensively growing the functional characteristics of the body, which determine general endurance and special types of endurance.

DISCUSSION

Pedagogical tools for Belt restoration include:

- rational planning of training, compliance of nagruzka with the functional capabilities of the athlete; the necessary combination of general and special means of physical and technical-tactical training; rational compilation of micro-, meso - and macrocycles of training and competition, wave-strength and variances of nagruzkas, unqualified physical nagruzkas, correct harmonization of work and Recreation, introduction of special recovery microcycles, use of;

- drawing up a separate training session using the necessary recovery tools in order to leave the fullness fast; full-fledged separate body warm-up and the final part in accordance with the training tasks, the place of training, the correct choice of projectiles, the introduction of special exercises for rest and relaxation, the creation of a non-positive state, etc.k.

Medico-biological means of recovery, this system includes:

- health assessment and accounting; express control order information about the current functional status;

- rational nutrition using medicines and products with high biological value;

- application of a complex of pharmacological agents taking into account the requirements of anti-doping control;

- physiotherapy and Bal'neology techniques (along with sauna, massage and other treatments);

- moderate mountain conditions, climatic therapy, the use of Sanatorium-resort styles, etc.k.

One of the factors of accelerating the means of recovery in the body of athletes is the means of action aimed at metabolism. This is achieved through the use of various drugs and complexes, some pharmacological bonds, products of high biological value.

CONCLUSION

Physical and functional training is important in the training of highly qualified wrestlers. Exactly physical and functional training is the foundation of improving sports skills and working capacity. This problem has been interpreted in the scientific literature on the basis of various cohesion and approaches. As you know, in sports practice, there are always frequent cases when planned physical exercises do not give the expected result in improving the skills of movement. One of the main reasons for this can be expressed in the fact that the volume and intensity of this or that exercise, which is enslaved in training, does not correspond to the functional capacity of the practitioner. Therefore, the actual treatment of physical nagruzka, which is given in the process of training, is based on regular beating of the level of exposure (reflection effect) to the body of those involved. Consequently, the issue of increasing the working capacity of athletes and the formation of a "sports uniform" assumes the need to pay special attention to two, inextricably linked sides of the action function:

- promotion and improvement of the athlete to technical and tactical qualifications;

- to educate physical qualities in accordance with the nature of the chosen sport.

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