

PER YEAR OF TECHNICAL, TACTICAL AND PHYSICAL WRESTLING THE PROFESSIONAL ROLE OF THE TEACHER IN PREPARATION AND IMPORTANCE

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ANNOTATION

The article analyzes the professional methods used by teachers in the technical, tactical and physical training of athletes in the sport of wrestling. Also, the role of types of wrestling, teaching general developmental and special exercises in wrestling, prevention of injuries in wrestling, teaching techniques and rules of certain types of wrestling, teaching techniques and methods of wrestling, types of wrestling selection of sports facilities for training and study of their equipment, organization and conduct of wrestling competitions, organization and conduct of competitions in wrestling, as well as record keeping and arbitration, The role of wrestling in children's sports, some features of national wrestling, as well as the development of physical qualities.

Keywords: Wrestling, sports, athlete, competition, teacher, style.

Аннотация

В статье анализируются профессиональные методы, применяемые педагогами при технической, тактической и физической подготовке спортсменов в спортивной борьбе. А также роль видов борьбы, обучение общеразвивающим и специальным упражнениям в борьбе, профилактика травм в борьбе, обучение приемам и правилам отдельных видов борьбы, обучение приемам и приемам борьбы, выбор видов спортивной борьбы для тренировок. и изучение их экипировки, организации и проведения соревнований по борьбе, организации и проведения соревнований по борьбе, а также делопроизводства и арбитража, роли борьбы в детском спорте, некоторых особенностей национальной борьбы, а также развития физических качества.

Ключевые слова: борьба, спорт, спортсмен, соревнование, учитель, стиль.

INTRODUCTION

In fact, the science of wrestling teaches students the methods and theory of wrestling teaching, theoretical knowledge of national wrestling techniques and methods, practical action skills and competencies, learning, wrestling lessons aimed at teaching students how to organize and conduct upbringing in the spirit of patriotism, national struggle in various spheres of life Suitable for teaching and educating a harmoniously developed generation building knowledge, skills, and competencies. The task of science - training with students in the form of theoretical and practical training based on the specified curriculum. I mean, training the history of the development of wrestling in the Republic of Uzbekistan training, types of wrestling in the system of physical culture of the Republic of Uzbekistan place, general developmental and special exercises in wrestling training, wrestling injury prevention, wrestling Teaching

techniques and rules of wrestling, techniques and methods of wrestling training, selection of sports facilities for wrestling and study of their equipment, organization and conduct of wrestling competitions, organization and conduct of wrestling competitions, as well as competitions documentation and arbitration, the role of wrestling in children's sports, the development of physical qualities in conjunction with the implementation of tasks such as some features of national wrestling is the highest goal of educators.

LITERATURE ANALYSIS AND METHODOLOGY

According to the literature, Uzbek national wrestling includes wrestling and belt wrestling wrestling was born in antiquity and is found in many historical monuments information is given. It is known that the previous name of the struggle was Bukhara wrestling, and belt wrestling - the Fergana style of wrestling.

Sources say that the Bukhara-style struggle has been going on in Fergana since 1998 and the style wrestling has been called belt wrestling since 2001.

Happily, two types of national wrestling have developed in our country at once. Importantly, describing methods of struggle, including methods of capturing the enemy Archaeological paintings made in the territory of modern Uzbekistan

also found in fossils. It is worth noting that the throws before the competition, jumps, strength exercises. They are was a means of warming up before rivals. This during the period the wrestlers wore each other's leather belts or outerwear held in different positions and struggled. When performing the method of throwing the opponent to the ground much attention is paid to the function of the feet and the method of playing. For information, wrestling competitions are a victory, a family celebration or which is a holiday decoration for seasonal celebrations we all know.

Our scholars, Abu Ali Ibn Sina (980-1037), Alisher Navoi (1441-1501) described the struggles of strong wrestlers a description of some of the methods is given. These works say that the Uzbeks have a well-developed system of methods of national struggle. The "Fergana" and "Bukhara" types of wrestling are still widespread in the country. Republican, Asian and international competitions are held in these sports. The International Wrestling Association was founded in 1998 and has hosted world championships. A. Kurbanov, K. Murodov and T. Muhammadiev became the first world champions.

DISCUSSION AND RESULTS

Why is it always a sigh of relief when it comes to our homeland do we put Why do we value ordinary soil more than gold? Why do our hearts always tremble with excitement when we remember the bravery of our ancestors, such as Jaloliddin Manguberdi, Shirak, Tomaris, Amir Temur, who fought in the battles for the sake of our country, defeated the enemy and became a legend? Why do our chests rise to the skies when our winners, who have conquered the world arenas, raise the flag of the Motherland? After all, what is the purpose of loving the Motherland so much? Perhaps this is a puzzle about self-awareness. In fact, part of it and not everyone can live on fire all the time. That's it the action itself is not enough for. To do this, patriotism,

elsevar, it is necessary to be patriotic, to instill feelings of patriotism in the hearts. All this in the world arenas throws the flag of our country on the shoulders of the opponent Our defeated champions feel special. Competition. World arena. Qatar is a young country from different Asian countries

gathered athletes. This summer. Not only the head but also the legs are affected by cancer will be. Patience like a mountain to withstand these whims of the air, if it heals in the fire need non-combustible iron wings. It's a work in progress for the semi-finals not even left, the athlete came to his coach, dried his silage, and was exhausted Now, not because of the heat of the cancer, but because of the words that came out of his mouth. The whole body is fried. The language did not come to a word. He is involuntary lost. He does not know where these tears came from. The teacher hopes for the student "My son, the Motherland and Uzbekistan are behind us," he said to himself barely refrains from crying ...

At this time, the beginner girl in her own language is an Uzbek teacher heard him calling his student's name. He was relieved to hear that. See this, When the student hears the word VATAN from his teacher, he forgets his tiredness and leaves the country began to fight for honor, prestige ...

Indeed, such challenges provide the athlete with spiritual nourishment. Especially different hearing the word homeland in the state encourages everyone to move forward. Especially, In the process of emergence of an athlete in boxing, let's say in the same nation, Uzbek we noticed that it came out under the sounds of the song. That's it unwritten but one of the most effective methods always used in competitions is In the process of physical training, the coach verbally to the athlete we are aware of the impact. Especially, "You are among my two sons you are the third, "the coaches say motivates the athlete to achieve success. From this in addition to the coach's student completely forgetting the environment when the competition starts, trying to bring the imagination together is also the most effective way to win one of the methods. These cases are taught only during the training process. In the race it will not be possible.

CONCLUSION

The exercises will allow you to correct the mistakes you have made in the past. A confidence in winning will only increase if such problems are resolved in a timely manner. You have to work hard to win the competition. Aslini

when taken, the athlete not only relies on a god-infected ability, but also works tirelessly will definitely achieve its goal. All sorts of superstitions distract the athlete from his goal. Representatives of all states at the opening ceremonies of the competitions The national flag is raised in his honor. It is also a special pleasure and passion for the athlete gives mental strength along with sharing. The flag of the country fluttered high standing arouses feelings of pride and pride in the athlete's chest. Then the homeland in the heart nostalgia, love. That one moment feeling is a great power dedicates. He considers himself indebted to the Motherland. From competitions What could be happier than to return to your homeland with medals full of chests ?! He is an athlete so I fight my opponents. It is this feeling that keeps him moving forward, encourages you to work.

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