

THE METHOD OF DEVELOPING SPEED POWER QUALITIES OF 15-16-YEAR-OLD WRESTLERS IN UZBEKISTAN EDUCATION IN FINLAND

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Abstract: *In this article, the method of developing the quickness and strength qualities of 15-16-year-old wrestlers in the Finnish education of Uzbekistan, the development of exercise loads in training and the methods of their development in determining their special quickness-strength qualities, the method of their development, is explained in detail.*

Key words: *15-16-year-old, wrestling, quick-power, quality, method, development, training, reaction time, quickness ability.*


Introduction: Decision No. PQ-3031 of the President of the Republic of Uzbekistan Sh.M. Mirziyoyev dated June 3, 2017 "On measures for the further development of physical education and mass sports" in all regions of our country, the importance of mass sports in human and family life, its that it is the basis of physical and spiritual health, the issues of protecting young people from harmful habits, creating the necessary conditions for them to realize their abilities and talents, selecting talented athletes from among them, and attention to the issues of targeted selection has been strengthened. In the Decision of the President of the Republic of Uzbekistan dated October 2, 2017, "On Measures for the Further Development of the National Sport of Wrestling" PQ-3306 special attention is being paid to the further development of the national sport of wrestling, the historical heritage of the Uzbek people.

Literature analysis and methodology

Today, in sports practice, it is necessary to approach the issue of training talented athletes from a new perspective. This need is especially evident in the struggle. Our wrestlers have been winning important victories on world sports fields. But in order to maintain the achieved high positions, it will be necessary to continue research aimed at improving the training process. Improving the training of fighters and reserves is related to the rational planning of new training loads, solving the problem of control.

1. To study the characteristics of the impact of training with different loads and different directions on the body of athletes during the stages of preparation of wrestlers. 2. To determine the effectiveness of the training process in planning the





stages of training in groups of wrestlers, depending on the characteristics of alternating loads of different sizes and directions. 3. To determine the effectiveness of alternating loads of different sizes and directions during the training process in the preparation stages of the wrestlers. 4. Development of exercise loads in training sessions to determine the special quick-strength qualities of wrestlers and to determine the method of their development at the preparatory stage. The level of research of the problem: according to the definition of well-known scientists in the field of sports science, there are different points of view on the content of increasing training intensity and training efficiency in the planning of training in the process of sports training, especially in the preparation of reserves of skilled athletes and qualified athletes in sports wrestling. there is a difference of opinion. In this context, as a result of the scientific-methodical approach to eliminate existing shortcomings, improving the effectiveness of sports training in ensuring the participation of athletes in international competitions and achieving high results is one of the most urgent issues in sports practice today. Including, the size and direction of the loads of special and pre-competition preparation exercises studied and developed by experts show the need for scientifically based exercises. In the course of sports training, the issue of performing rational loads, building optimal programs based on microcycles to increase the volume of work, and improving the efficiency of each training task has a great place in sports practice. In the same way, the methods and structure of the main methodical principles of planning the trainings planned for groups of qualified wrestlers, the trainings with loads of different magnitudes and directions, rational coordination, the training stages conducted once or twice a day not sufficiently defined.

Discussion and results

Regardless of the fact that the use of loads of different sizes and directions in wrestling training is of great importance in solving this problem, the problem of their effect on the athletes' body has not been solved. To determine the special quick-strength qualities of 18-20-year-old wrestlers and to analyze the effectiveness of their development in training. The scientific innovation of the research: the results of the research on the impact of large and different loads on the organism in the training system of wrestlers were obtained, and the following new methods were used to increase the effectiveness of training loads in groups of young wrestlers: consistency of training of 15-16-year-old wrestlers, days, daily and weekly microcycles (MS); - the appropriateness of additional training aimed at increasing the effectiveness of the action mechanism on the body of wrestlers during training, increasing the total number of trainings and, as a result, the effectiveness of special



work skills were studied; - in the process of planning the stages of preparation of wrestlers, control of the implementation of training loads, different size and direction of loads, the strength of the type of training and the description of the impact were studied; - the variable status of the duration of the training stages of the wrestlers and the effectiveness of the results of the loads performed in different directions in the weekly microcycle system were evaluated; Increasing the performance of the wrestlers to a higher level through a new distribution of training loads in the development of special quick-strength qualities. - in the course of the research, the structure of the stages of the wrestlers' training was studied in different loads and directions, and their effectiveness was proven in the research. As one of the factors in increasing the working capacity of 15-16-year-old wrestlers, methods of consistently and effortlessly increasing the number of high-load exercises in the preparatory stages have been developed, the wide use of loads in practical training has been systematized, and high-load training active effects on recovery after training were determined; on the basis of the rational exchange of trainings, experimental indicators were obtained regarding the organization of trainings aimed at the variants of the microcycles of the preparatory stages of the wrestlers, different size and direction. The development of special quickness qualities during training with young wrestlers allows to achieve good results in competitions. To improve the systems of the size and direction of training in the preparatory stages of 15-16-year-old wrestlers, to combine additional training with the development of special physical fitness qualities, to rationally alternate microcycle training, to increase the total number of high-load training and as a result, it effectively develops the special working ability of wrestlers. Optimum planning of loads in training through the determination of special speed-strength qualities in wrestlers and the method of their development gives high results in competitions. The development of quick-strength qualities in wrestlers is understood as the wrestler's ability to overcome the opponent's resistance or resist him due to muscle tension. The following types of strength are distinguished: general and special, absolute and relative, quick and explosive, strength endurance. Based on the above, it can be concluded that the size, intensity and number of repetitions of training loads are determined separately depending on the personal characteristics of the athlete's body and the level of preparation of each wrestler. So that the results of the research are not affected by the level of training and personal characteristics of each wrestler, we used comparative research options in accordance with scientific research data. At the same time, wrestlers can easily perform long-term intensive work after 24 hours, and short-term intensive work after 2 days. Analysis of the






development of special quick-strength qualities of wrestlers: We worked on identifying the special quick-strength qualities of wrestlers and developing them during training. In order to study the issues before us, the training process with wrestlers and the work experience of leading trainers and specialists were summarized and research was conducted. Based on the obtained results, it was determined that the special fast-powerful qualities of the wrestlers are of great importance in actions requiring fast-powerful actions at a certain level. In wrestlers, the increase in strength of different muscle groups is not uniform and reaches high intensity. Engaging in such a struggle leaves its stamp on the topography of quick-strength qualities, that is, on the ratio of the maximum strength of different muscle groups. It is conducted in order to analyze the sums of the size of the training load of the special quick-power qualities of the wrestlers, and to acquire the high sports results of the examined wrestlers. 18 wrestling wrestlers were selected for control. An analysis of training loads that develop special quick-strength qualities in the preparatory phase of the main part of the training conducted with wrestlers was taken. The difference in size, average size, and standard deviation of the main means of preparation for the training stage are given. The distribution of training exercises based on the level of wrestlers and the coefficient of complexity was adopted. All special exercises include advanced training tools, that is, fighting with a partner, conditional fighting, exercises performed with a partner to improve technical and tactical skills. Specialized training exercises were divided according to their size and complexity. Observations show that some trainers forcefully use exercises that develop physical qualities in order to train wrestlers in a short period of time. In this regard, the education of special quick-strength qualities determines the need to take into account the child's physical capabilities. It is inevitable that a child who is engaged in chronic special quick-strength exercises given more than the norm will put the child in a state of tension. Therefore, before using special fast-strength exercises, it is advisable to use popular special test exercises that evaluate the quality of special fast-strength.

As a result of research, the following was taken as a basis:

It was taken as an example of Samarkand city schools. Move a big hammer to the right and left (times) for one minute. In the activities of wrestlers, and especially in competitions, all kinds of special quick-strength qualities (general and special, absolute and relative, static and dynamic, quick-explosive) can be of decisive importance. Therefore, focusing on the development of special operational strength during training is one of the important conditions for training wrestlers. The study of various types of special quick-strength qualities in wrestlers showed that the






recorded indicators were significantly shallow at the beginning of the study. In particular, even when including participants in the experimental and control groups, their indicators did not differ much before the start of the study. For example, when working with a special rubber, the research group made an average arithmetic value of 20 in wrestlers. The average arithmetic value of wrestlers in the control group was 19. In order to develop special quick-power quality, the average arithmetic value of wrestlers of the research group of performing kicking techniques with a partner smaller than their own weight for 14 seconds was 6. The average arithmetic value of wrestlers in the control group was 7. The average arithmetic value of the wrestlers of the research group of 19 seconds from a lying position to bending and spreading arms is 14. The average arithmetic value of wrestlers in the control group was 14. After the pedagogical research conducted in order to develop the quality of special operational strength in the wrestlers, the indicators of the wrestlers belonging to the research and control groups were statistically analyzed in order to evaluate the effectiveness of the research. For example, when working with special rubber, the research team found the average arithmetic value of wrestlers to be 27. The average arithmetic value of wrestlers in the control group was 22. In order to develop specific speed, the arithmetic mean value of the research group of wrestlers who performed kicking techniques in front of their feet with a partner smaller than their own weight for 14 seconds was 9. The average arithmetic value of wrestlers in the control group was 8. The average arithmetic value of the wrestlers of the research group of 19 seconds of lying down and extending the arms was 17. The average arithmetic value of wrestlers in the control group was 15. The average arithmetical value of 8-9 second gymnastic curls in the double beam was 12 in the research group of wrestlers. The average arithmetic value of wrestlers in the control group was 8. It turned out that these indicators are dominant in the research group. The development of the quick-strength qualities of the wrestlers involved in the research can be the basis for concluding that the development is high. perhaps, the fact that this situation is within the scope of special attention of young wrestlers belonging to the pedagogical research group is that their mental-emotional state has slightly increased to a positive level.

CONCLUSION

The analysis of scientific and methodical literature showed that in recent years, the methodology of developing the qualities of quickness and strength of 15-16-year-old wrestlers in the Finnish education of Uzbekistan has been paying great attention to the improvement of the size of training and orientation systems of the preparatory stages of wrestlers. In non-training forms, the effectiveness of





exercises aimed at the development of practical movement skills and special quick-power qualities associated with them has been studied by leading wrestling specialists. The micro-cycles, which are structured in accordance with the program of the direction selected in practice based on the results of experience, provide the special work capacity of athletes and a serious increase in sports results.

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