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THE ROLE OF PHYSICAL QUALITIES IN THE TRAINING OF YOUNG WRESTLERS

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ANNOTATION: The article discusses methods and exercises to improve the general and special physical training of freestyle wrestlers during training.

Keywords: Exercise, general physical training, special physical training.

Introduction: The Republic of Uzbekistan gained independence from sung physical it is a secret to whom it is late that the development of education and sports is expected to state policy not. Our president on the development of physical education and sports decrees and adoption of Cabinet ministers to the industry is proof of attention given.

Deaf-physical, psychological of our free fighters, functional, technical, tactical, training organized, their competition improving the effectiveness of activities, especially in the sport of freestyle wrestling increased racobate in extreme conditions of competitions - increasing the outcome of the competition in situations where there are confusing factors issues are in the current profession today.

Technical and tactical in training processes of freestyle wrestlers preparation, theoretical preparation psychalogical preparation, of the organism functional training is the main physical in the mashfulot process preparations are kisoblazed. Physical exercises in the training process the main tool of physical fitness. Good physical preparation the preparatory processes of freestyle wrestlers improvement forms the basis and requires great attention.

Free sports since the effective long years of physical exercises in wrestling it is organized on the basis of periodic systemality of training. Physical the structure of masks is a functional state of the human body, psychological sides and biomechanical processes performed during the performance of exercises carried [2.3]. Performing physical exercises of freestyle wrestlers increases the level of durability of morphological and functional cases and a purity-enhancing, healing agent is used to serve.

Results: Free wrestlers with the help of shuffling with physical exercises physical qualities can be nurtured, physical on natural occasions development and physical fitness uz turn to improve purity it is divided [4].

The purpose of the study is to make free wrestlers common and special study their physical fitness. The results of the study and their comparative analysis. Retrieved from as a result of research, the physical training of freestyle wrestlers in the main part of the last stage of training in improvement developed complex exercises were used. Admission for assessment effective methods made at the beginning of the study and at the end of the study compiled on the basis of control exercises. They are:

1. Bending and writing ashes in a lying colat for 20 seconds;

2. Shooting the legs to the orca for 20 seconds;

3. Waiting for the legs and torso at the waist in a lying Kolat within 20 seconds;

4. Turnstile drag 20 seconds;

5. Keeping your partner orcali (partner's Office of the executor)

www.wordlyknowledge.uz Volume: 2, Issue: 1, 2023

Free wrestlers with an agile character perform complex of physical exercises. They are:

1. In a lying State, write the Ashes curled up.

2. Waiting for the torso in a lying position.

3. Waiting for the body and foot in the lying position.

4. Tension on the turnstile.

5. Keeping your partner orcali (partner's Office of the executor)

Should not be less bullish than).

6. Jump to the top.

Results of freestyle wrestlers in the process of training.

In Table 1, it turns out that in the Kolat lying on an experimental guruk bending and writing the Ashes before the experiment 10.9±0.75; 10.8±1.3 sung 11.6±0.73 from the experiment; 11.3±1.2 variation coefficient 1; 2.7 showed the result. Shooting the legs to orca within 20 seconds before the experiment, 7±1.2; 7.13±0.75 from the experiment, sung 8.4±1.2; 8.43±1.4 the coefficient of variation is 2.18; 2.51 showed the result. Lying on the waist waiting for the legs and torso for 20 seconds before the experiment 8.4±1.2; sung 9±1.1 from 8.36±1.1 experiments; 10.4±1.1 variation coefficient 1,17; 3,25 showed the result. Tension in the turnstile within 20 seconds 13.2±0.74 before the experiment; 13.7±0.74 sung 14.2±0.74 from the experiment; The variational coefficient of 15±0.75 showed a result of 1.17; 3.25. Partner orcali hanging out (partner's Office is less than the executor's Office should not be found) 8±1.4 before the experiment; 8±0.73 sung from the experiment 8.8±1.1; 10.3±1.2 variational coefficient 1.5; 4.5 showed the result.

Contains 5 of the experimental in control tests the indicators are reliable. In 3 (bending and writing ashes on a lying colat, shooting the legs to the orca, pulling on the turnstile) reliability $R<0.05$. One in the control test (waiting for the legs and torso in the lying position) $R<0,01$, partner with the help of plug-in $R<0,001$ showed reliability.

Conclusion: Research Center from free struggles nationwide label and special life of preparation to develop its accuracy and showed. Training freestyle wrestlers continuous precipitation in future environments its positive to their general and special preparations shows the effect. Training in the process of Freestyle Wrestling general and special life of training in technical and tactical training takes a special place.

The results of the study show that freestyle wrestlers general and special physical preparations are mainly strength physical directed to the development of their qualities and muscles of the torso. That is, the increase in the endurance of the muscles of the arms and legs is inextricably linked in exercises the plan consisted of doing it in order. Physical in freestyle wrestling the fact that the preparation is a high result, good results in sports it is important in maintaining achievement as well as purity.

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www.wordlyknowledge.uz Volume: 2, Issue: 1, 2023

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