



Ways of Forming Technical-Tactical Actions in the Fight

Suvankulov Sanjar ¹

¹ Master, Jizzakh State University Research supervisor (PhD) docent: L.N. Shakhridinova - Navoi State Pedagogical Institute

Abstract: In this article, the author deals with the study of techniques and tactics in the training process of wrestling, the uniqueness and characteristics of wrestling competition, methodological principles implemented in teaching methods, and the modern requirements of competition. The practical methodology of technical-tactical training of wrestlers, as well as the formation of technical-tactical movements in wrestling, are discussed.

Keywords: technique, dexterity, skill, wrestling, sports competitions, mass sports, training process, competition.

INTRODUCTION

The decision PQ-4881 of the President of the Republic of Uzbekistan dated November 4, 2020 "On measures to develop the national sport of wrestling and further increase its international prestige" started a new era of reforming the sport of wrestling. In this decision, continuous cooperation with children-adolescent sports schools, specialized Olympic reserve boarding schools on the issues of selecting and educating young promising athletes, providing them with educational-methodical and normative-informational support "providing with the necessary sports equipment and equipment creation of equipped training bases and effective use of these bases in preparing athletes capable of winning national and international wrestling competitions, training with the participation of national teams and their reserves in the base of wrestling schools Issues of development of cooperation with foreign wrestling clubs in order to organize and regularly hold training camps, republican and regional sports competitions, to exchange experience with coaches and judges of foreign countries have been identified as urgent.

LITERATURE ANALYSIS AND METHODOLOGY

Learning techniques and tactics is one of the main tasks of the training process in wrestling. This process, as a rule, is built on the basis of methodological principles implemented in private training methods, which should reflect the uniqueness and characteristics of wrestling competition [1,3,5].

The main directions of the practical methodology of technical and tactical training of wrestlers in connection with the modern requirements of competition activities are as follows: 1) improvement of tactical training methods for effective implementation of "wrestling" (favorite) styles; 2) creating favorable dynamic situations for the improvement of active fighting skills and effective implementation of methods; 3) to improve the skills of a firm grip and pursuit of the opponent across the entire area of the carpet in conditions of strong force pressure; 4) increasing the reliability of protection against overturning by going to the shore and connecting the legs; 5) improving the skill of actively starting a fight; 6) increase the efficiency and reliability of using standard situations; 7) improving the following in the process of increasing skills and qualifications in order to maintain superiority in the process of fighting; a) technical actions on the stand and pieces of dynamic situations in the stand (struggle for holding, implementation of the initial situation from the stand, use of the dynamic situation to complete the counter). attack etc.); b) technical actions against the background of different levels of physiological load (large and maximum); c) tactical combinations

aimed at creating an active background of the struggle. at least 2 weeks in advance) to actively analyze and search for ways to fight against the main competitors. A system of training tasks aimed at improving the skills of wrestlers was given. Solving it in its own way, with its own technical methods (operations).

should be taken into account. For example, linking or maneuvering or threatening to attack or complex actions, including all these operations, are selected to maintain an advantage [2,4,6,7].

After a successful attack (counterattack), the wrestlers improved their martial arts skills: 1) not to slow down, to apply pressure; 2) maintaining superiority with reliable protection, shackles, maneuvering; 3) putting the opponent in a dangerous position, squeezing him and winning in the flesh; 4) maintaining advantage with reliable protection, recovering, maneuvering, then attacking again and transitioning to maintaining advantage using reliable protection, shackles, maneuvers; 6) to attack again, then recover while maintaining the advantage with reliable defense, handcuffing, maneuvering, then attack again by putting the opponent in a dangerous position, squeezing him and winning in the corpse.

It should be mentioned that after successful attack and scoring (point) during the technical-tactical training, the wrestler, as a rule, moves to the next attack. And he should be ready for it. Otherwise, he may lose points. In addition, depending on the task, the athlete's dominant actions (attack, counter-attack or show activity, etc.) change. The analysis of competitive activity shows that the role of the first point in winning becomes stronger due to the following reasons: 1) the time of one period is reduced from three minutes to two minutes, that is, even less time to conduct the game there is time. 2) each period starts with zero points, that is, each athlete has the opportunity to be the first to score three times. Based on the above, we are given instructions on how to actively start a fight, make a sudden attack, take the initiative at the beginning of the fight, and perform tactical and technical actions first.

The implementation of this task is carried out as follows: a task was announced to the wrestlers - to win the debut of the fight, that is, to take the first points within one minute and score more points than the opponents. After that, the fight is stopped, analyzes are conducted, and after another 3-5 minutes, the task is repeated. Three to six such series are performed. Athletes are taught the skill of judiciously conducting martial arts depending on the situation.

In the process of improving technical and tactical actions, the physical characteristics of the opponents (body length, arms, legs, body), as well as the strengths and weaknesses of their training were taken into account. At the same time, their strongest points were maximally used, and their weak points were masked and compensated.

Sparring partners with different characteristics of physical fitness and technical and tactical skills (high level of development of individual motor qualities or their unique combinations, unique techniques and tactics of fighting, etc.) were selected for the purpose of effective modeling of competitive activity. An athlete who fights with several opponents alternately in round-robin matches chooses different sparring partners "on the field".

Since the technical arsenal of representatives of the leading schools of struggle is almost the same, the following main components of technical and tactical skills have been improved: 1) actions aimed at protection: a) overtaking the coast; b) techniques related to catching the legs; 2) rarely performed techniques were mastered and improved, which would have been unexpected for opponents. In the implementation of an individual approach to the formation of sports skills, the weak parts of training (physical, tactical and technical, etc.) were removed and developed to the level that ensures sufficient reliability and stability of competitive activity, and the strong ones were developed for athletes. Taking into account the achievements of the modern practice of training highly qualified wrestlers, on average up to 50% of the time is devoted to the improvement of individual technical and tactical actions. 2-3 movements are improved in each lesson. Each of them was returned at least three or four times in a weekly microcycle. The next 35-40% of the main part of the lesson is devoted to the improvement of technical and tactical algorithms, which were selected based on the practical needs of a particular fighter and the correct selection of partners. The remaining 10-15% of the time was spent on improving battle tactics in general. In preparation for the competitions, technical and tactical skill improvement was carried out within the framework of individual group exercises with several wrestlers (6-12 people) depending on specific tasks.

Athletes improving their technical and tactical skills gained the skills to analyze and identify the strengths and weaknesses of their training while watching videos of their fights, main rivals and the fights of the strongest wrestlers of our country and the world. To replicate the conditions of future competitions, a one-day model microcycle was held, during which athletes participated in 2-5 bouts (depending on the level of preparation of the athlete and the expected number of bouts). At the same time, the following were repeated: a) conditions for performing technical actions; b) conditions for holding battles; c) conditions of general participation in the competition; d) technical and tactical characteristics of opponents; e) value of competitive cargo; e) psychological stress; g) behavioral complex of participation in competitions and other conditions determined by specific features of future competitions.

When forming an arsenal of counter-attack moves, we took into account the speed of reaction and the effectiveness of thinking of athletes. During the training, the wards were taught to use the weaknesses in the preparation of their opponents, namely: 1) insufficient physical strength; 2) attacks by predictable and expected reception; 3) lack of effective initial preparation for reception; 4) know the technical arsenal of opponents; 5) making an attack from an unfavorable situation by the opponent; 6) incompleteness of the attack due to uncertainty; 7) release in time (early or late) in the last stage of the attack; 8) a short delay in movement (pause); 9) gross violation of the biomechanical structure of movement. Counterattacks include creating conditions for the opponent's attack both during the direct attack and after the defensive actions (challenging, opening, deceptive actions, showing fatigue) and surpassing the opponent's offensive actions or It was done without preparation [1,2,8].

CONCLUSION

To improve wrestling performance, athletes should be given equipment developed by leading wrestling experts.

1. The attacker must exert all his strength and endurance on the technique and work hard. In addition, putting voluntary pressure on the opponent. It allows him to quickly release the defense and successfully complete offensive actions;
2. It is not only to imitate the attack, but also to really try the technique several times in order to perform it qualitatively. Even after making sure that the opponent is well protected, it is necessary to continue to wear him down with relentless attacks. The opponent defends himself from the first attacks, calms down and relaxes a little. A wrestler using this can suddenly switch to a pre-prepared move and achieve success;
3. In the case of a duel, if he was attacked, hit the ground, did not have time to take a stable position and was not prepared for defense, attack again without delay.
4. In the process of technical and tactical training, the athletes improved the technique of knocking the opponent to create an active rotation in the vertical axis. To ensure the reliability and efficiency of shooting, athletes have improved various methods of getting into the grip (tactical training methods and different grips), the technique of the main part (the throw itself) and the technique of **the final part (holding and pressing)**.

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