



## Improving the Pedagogical Basis of Wrestling Training with Students

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**Abstract:** This article discusses the forms, methods and means of organizing wrestling training with students in higher education institutions.

**Keywords:** higher education institutions, training methods, method, tool, technique, attack, competition.

Increasing the popularity of sports, clarifying the pedagogical conditions and didactic parameters of youth interest in sports, and improving the pedagogical and psychological approaches to the development of physical qualities of young athletes in educational institutions are of particular importance in strengthening the health of the population in the world.

Especially in the current age of technology, it is very important to expand the pedagogical possibilities of developing the skills of students to follow an active movement regime, to develop individual physical development programs based on the criteria of the age, physiological and psychological development of the participant based on the requirements of international and national competitions.

In recent years, in our republic, great attention has been paid to the development of physical education and sports, to the introduction of traditional, innovative forms of strengthening and supporting the physical health of students at every stage of continuous education. Therefore, it is important to improve the organizational-pedagogical foundations of wrestling training conducted with students of higher educational institutions, to introduce innovative approaches to further increase students' interest in wrestling training.

In our republic, J.M. Nurshin, R.S. Salamov, F.A. Kerimov, T.C. Usmonkhojaev, A.Sh. Abdullaev, Sh.Kh. Forms and methods of enriching the educational content of physical education classes are highlighted in the studies of Khankeldiev F.A. Kerimov, N.M. Yusupov, Sh.A. Abdullaev, R.D. Khalmukhamedov, V.N. Shin, G.B. Abdurasulova, S.C. Tajibaev, J.M. Nurshin, Sh.A. Mirzaqulov, A.R. Taimuratov, N.A. Tastanov, Z.S. Artikov's scientific works reflect the history, organizational foundations and methodology of single combat sports. A. Atoev, J. Nurshin, R. Salomov, F. Kerimov, O. Toymurodov, J. Toshpolatov, H. Bobobekov, M. Sodikov, N. Azizov, Kh. Akhmedov, scientific research on the development trends, traditions and methods of wrestling who developed methodological bases. They carried out their scientific work on the history, organizational principles and methodology of individual wrestling, the use of action games during training, and the development of physical qualities.

Organizational and pedagogical foundations of organizing wrestling training in HEIs showed the need for improvement.

We tried to determine the level of students' achievement in wrestling using the following criteria: on the basis of students' physical training, the expression of their tactical and strategic preparation, individuality, leadership capabilities, levels of consciousness, evaluative attitudes, scope of objective understanding, stable goals, interests, and emotional and intellectual powers; they can understand the rules of fighting; know the rules of capture; interaction with the opponent; to attack; have the skills

of self-defense and implementation of countermeasures; comply with competition rules; knowledge of belt wrestling techniques; being able to perform scientific analysis of motor activity techniques; level of physical fitness; general physical condition; special physical condition; achievements in sports.

This study, aimed at studying the pedagogical conditions of wrestling training in higher education institutions, was carried out in the higher educational institutions of Navoi city for the experimental work, and a total of 13 coaches and 160 students participated in it. In order to carry out organizational and pedagogical activities during the experiment, we used methods such as questionnaires, interviews, trainings, and question-and-answer among students. Based on the results of the systematic analysis of the above comments, we analyzed the learning of children and higher education institutions on the informational-evaluative, practical and predictive levels of students on belt wrestling.

Based on the results, the generalized, practical-theoretical-conceptual, practical-modeling and creative-analytical level of continuous development of the professional competence of professors and trainers was analyzed mathematically-statistically. From the obtained results, it can be seen that the criterion for evaluating the effectiveness of teaching is greater than one and the criterion for evaluating the level of knowledge is greater than zero. It is known that the mastery in the experimental class is higher than the mastery in the control class. It is worth noting that the statistical analysis revealed that the experimental work carried out to determine the efficiency level of mastering of higher education students' information-evaluative, practical and predictive levels of struggle is effective.

The researched scientific and pedagogical sources indicate that the improvement of the organizational and pedagogical foundations of wrestling training with students is becoming one of the priority goals of the educational process today. In this process, it was observed that insufficient attention was paid to the problem of learning and improving the techniques and tactics of training sessions.

It should be noted that the improvement of the organizational and pedagogical foundations of wrestling training in higher education institutions has the following structural structure: knowledge of the rules of catching, interaction with the opponent, possession of the skills of attack, self-defense and countermeasures, compliance with the rules of competition, knowledge of wrestling techniques, the ability to scientifically analyze movement techniques, level of physical training, level of general training, level of special training, achievements in sports. The interrelationship between these parts ensures that students achieve sustainable success in sports. As a result, athletes acquire intellectual and physical skills based on practical experience and theoretical knowledge.

In the process of pedagogical education, students' active assimilation of wrestling rules, concepts and information presented during the training, physical and tactical preparation, possession of their own wrestling style as criteria for determining the level of preparation of students in wrestling training; it can be shown that there is a stable interest in the study of fighting methods.

As a result of the experiments, each specific stage of higher education institutions combat training has its own clearly defined goals, which ensure the continuous development and improvement of the trainees' tactical training from one stage to another.

At the same time, a number of didactic conditions of a general nature are observed in improving the young generation and the organizational-pedagogical foundations of wrestling training. In particular, the physical activity of student-athletes in the higher education institutions, the rules of fighting as an important means of forming special training in them, the ability to interact with the opponent, attack, self-defense and countermeasures, enable them to perform their actions consciously and thoughtfully. Gives

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