

Methodology of Training Through Action Games for Young People Engaged in Wrestling

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Annotation: In addition to general physical training, special exercises and games are of great importance in the training of wrestlers. Action games are an important part of this process, as they create a fun, motivating and competitive environment for young people.

Key words: In wrestling, not only physical strength, but also psychological stability is of great importance.

Wrestling is an ancient sport in Uzbekistan that requires physical fitness, mental stability and agility. In addition to general physical training, special exercises and games are of great importance in the training of wrestlers. Action games are an important part of this process, as they create a fun, motivating and competitive environment for young people.

Action games are a type of activity based on the natural physical activity of a person, which helps to achieve various goals. In physical education and sports training, action games are widely used not only to develop physical qualities, but also to improve the psychological readiness of athletes, to strengthen the skills of interaction and to make the training process interesting. This article provides an understanding of the definition of motion games, their types and their role in sports.

(Examples of action games)



1. The importance of action games in sports training:

Action games are an integral part of sports training, they achieve the following goals:

- **Development of physical qualities:** increase speed, strength, endurance, balance and agility.
- **Psychological stability:** increase resistance to competition, decision-making and stress resistance through the game.
- **Motivation and aspiration:** an interesting environment is created during the game, which encourages athletes to be more active.

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• **2. Technical and tactical training of wrestlers using action games:**



- Action games for wrestlers help to make the process of technical and tactical training interesting and effective:
- **Quick reaction:** During the game, athletes learn to make quick decisions.
- **Balance and coordination:** active games develop these two important physical qualities.
- **Anticipating opponent's moves:** through games, athletes acquire the ability to observe opponent's tactics and anticipate their moves.

3. Types of action games for wrestlers:

Action matches for young wrestlers are selected based on the following criteria:

- **Flexibility:** the rules of the game are adapted to the age and level of training of the athletes.
- **Personalization:** active participation in games is ensured for each athlete, taking into account their characteristics.
- **Competitive spirit:** the goal is to create competitiveness during the game.

For example, games such as "Take the ball away from the opponent" or "Who is faster" are fun and useful for athletes, these games require speed, strength and direct competition with the opponent. develops adaptation. Active games are a type of activity based on natural physical activity of a person, which help to achieve various goals. In physical education and sports training, action games are widely used not only to develop physical qualities, but also to increase the psychological readiness of athletes, to strengthen their interaction skills, and to make the training process interesting. This article provides an understanding of the definition of motion games, their types and their role in sports.

Action games are types of games that require physical activity and are based on certain rules, which are aimed at developing physical qualities (speed, endurance, strength, balance). Action games are designed for children and adults and are based on action and competition.

4. Psychological preparation of athletes through action games:

In wrestling, not only physical strength, but also psychological stability is of great importance. Action games for athletes:

- Resistance to stress,
- Adapting to competition,
- Develops skills such as quick problem solving.

Action games can enrich and improve the effectiveness of wrestling training. They improve the physical and psychological fitness of athletes and make the training process interesting and motivational through the game.



Recommendations:

1. Regularly include action games in training.
2. Selection of games in accordance with the level of physical and mental preparation of athletes.
3. Application of competitive games to increase mutual competitiveness of wrestlers.

The topic of this article is important for sports pedagogy and methodological research, and can be used in the course of practical training.

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