

# Technology for Determining the Effectiveness of Action Games in Improving the Technical Skills of Young Wrestlers

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**Annotation:** The modern stage of the development of the sport of wrestling is characterized by the increasing popularity of non-Olympic sports. Therefore, the International Wrestling Association (IKA) changes the rules of the competition with one goal - to activate effective technical movements of wrestlers and increase their competitiveness.

**Key words:** Technical movements, wrestling, physical activity, action games, physical qualities.

All of the above types of physical training are closely related to each other. Insufficient attention to any one type of technical and physical training in the training process will ultimately hinder the development of sports skills. Therefore, it is very important to maintain the optimal ratio of the above types of physical training in the training process. The special physical training of an athlete consists of the process of cultivating physical qualities that can meet the specific requirements of the chosen sport. It is known that each type of sport places special demands on the athlete's technical movements and physical qualities, requiring the unique coordination and manifestation of various physical qualities.<sup>2</sup>

The development of such specific abilities, based on the characteristic manifestation and coordination of various technical movements and physical qualities, is achieved through the use of special physical training of an athlete. In the training of young athletes, purposefully planned physical training is one of the most important factors in the formation of skills and achieving high results during the competition. However, in sports practice, there are often cases when planned physical exercises do not give the expected result in the development of appropriate movement qualities. One of the main reasons for this is the volume and intensity of physical exercises used in training, as well as the fact that these indicators do not objectively reflect the degree of impact on the body of the participants (the body's response to the load).

It is necessary to regularly use active games in training, using various options, because they help to form solid skills in participants. Simple rules, high emotionality, not requiring large funds - all this contributes to the popularization of active games. Sports games help to study, consolidate and improve individual elements of sports techniques, as well as to cultivate the physical qualities necessary for any sport.

In recent years, due to the increase in the cultural level of the population, many families have become interested in their children playing sports. Physical education teachers and trainers are faced with the task of implementing a set of measures to determine the aptitude and ability of children to a particular sport. It is known that it is especially difficult to determine the ability of adolescents to master the skills of movement in a chosen sport.

The best tool for identifying gifted children and adolescents is tests based on motor games. Game tests have significant advantages over control exercises, as they allow you to assess the physical qualities and abilities inherent in a particular sport. It is known that in the process of children's game activities, certain knowledge, abilities and skills are formed, and the individual characteristics of children and adolescents are also revealed. Children show high motor activity in games, which in turn helps the trainer to identify signs of good motor talent that are necessary for their future sports specialization.

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<sup>2</sup> A.Tastanov Kurash turlari nazariyasi va uslubiyati / darslik.-T.: «Sano-standart» nashriyoti, 2017-yil. - 480 bet



Every trainer knows that not all qualities in a child can be developed. Genetic factors play a big role in this, which determine the latent potential of children and adolescents. However, it should not be forgotten that the qualities acquired by an individual prevail over those passed down through generations.

The game tests used help the trainer to determine the presence of qualities that interest him in a teenager. For this, games with different motor activity are usually used. During the game tests, it is advisable to use movement games of different directions: to determine coordination abilities, to develop coordination of attention, to develop originality in quick thinking, etc.

During the testing with movement games, each participant accumulates a certain number of points. The results of the test are determined by the points scored by each participant, which, in turn, characterize the individual characteristics of the person. Based on the test results, it is possible to draw conclusions about the suitability and ability of the participants to engage in the chosen sport.<sup>3</sup>

Quickly to their places. All students line up in a circle. At the teacher's command "Quickly disperse", the players scatter across the field, run, play, jump.

Suddenly, when the command "Quickly to your place!" is given, all students must take their places in the line. The teacher notes the students who found their place the fastest.

The wolf is in the hole. In the middle of the field (in the hall), a line parallel to the ring is drawn - "hole". The leader of the game is the wolf. "Goats" stand on one side of the field (hall).

At the teacher's signal, the goats jump from the hole and cross to the other side. The wolves catch the goats without leaving the hole.

The caught goats are counted. After two or three runs, the wolves are changed.

Variants: there can be two or three wolves in the den; the goats jump out of the den until a new signal is given. The caught goats remain in the den.

Little birds. A circle is drawn on the ground (floor). In the center of the circle is the leader - "hakka". Behind the circle line are the players - "little birds". They jump into the circle, jump around the circle, jump out of it. The crow tries to catch the sparrow in the circle. The caught one becomes the leader.

Variants: the sparrows do not jump around the circle, but jump into the circle and jump out of it; the caught ones remain in the center of the circle, when their number reaches four or five, a new leader is appointed.

Listen to the signal Children walk in a column, one by one. The teacher gives predetermined visual (flags) or auditory (whistle, clap, etc.) signals. For example, if the teacher raises a green flag, the students walk, if he raises a blue flag, they run, if he raises a red flag, they stop. The student who made a mistake goes to the end of the column.

If visual signals are used in the game, it should be called "Look at the signal". In this case, the teacher should choose a place on the playground or hall so that it is visible to all students.

Preconditioned auditory and visual signals are given not only for the transition from walking to running and from running to walking, but also when students perform various other movements - movements with their hands, feet, body, hopping on two or one leg, squatting, squatting, etc.

Jumping along the lines. Five lines are drawn on the ground (floor) with a length of 6-8 m and a width of 40 cm. The distance from the first line to the second line is 40 cm, the distance from the second line to the third is 60 cm, from the third line to the fourth is 85 cm, and from the fourth to the fifth is 115 cm. All players are divided into two or three teams. Each team lines up in a line, standing 3-4 m from the first line.

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<sup>3</sup> Kerimov F.A. Sport kurashi nazariyasi va usuliyati, Darslik. Toshkent, 2001.



According to the teacher's instructions, one student from each team comes out and lines up in the first line. At the first signal, they jump on the second line, at the second signal they jump on the third, at the third signal they jump on the fourth, and at the fourth signal they jump on the fifth line. Whoever can jump to the fifth line gets four points, whoever jumps to the fourth line gets three points, whoever jumps to the third line gets two points, and whoever jumps from the first line to the second line gets one point.

Then the second group is lined up, and those who have jumped go to the left wing of the line. The team that scores the most points is the winner.

Therefore, taking into account the compliance of the physical load (physical exercises) used in the training process with the functional capabilities of the participants' body allows for the purposeful planning of these loads. One of the main tools for the effective development of a wrestler's special endurance is technical and tactical skills in the process of a two-sided training game. Endurance refers to the ability of an organism to perform an activity for a long time without tiring or to continue an activity at a high level for a long time.<sup>4</sup>

At the same time, the high efficiency of technical skills during a long-term competition does not require proof of a direct dependence on the quality of special endurance. According to the observations of V.V. Bardin, the technical skills of the participants of the World Wrestling Championship during the competition sharply weakened their effectiveness in the competition.

This situation draws attention to the fact that the special endurance of these wrestlers is not formed at a high level. So, it is clear from this that the quality of special endurance plays a special role in maintaining the effectiveness of technical skills during competitions for a long time. It is known that special endurance is effectively formed when general endurance is well developed. According to V.G. Vadyushin, in order to develop special endurance, a wrestler should perform special technical exercises for a long time, even in the presence of fatigue complications.

With a uniform increase in the volume of general and special physical training means, the ratio between them changes regularly, and from year to year the volume of special physical training increases relative to the total volume of the training load, and the share of general physical training decreases, respectively.

In other words, the rational construction of the training process consists in combining the goals of training and the means and methods. This method can also be used in programming the training process after analyzing the knowledge of the diagnostics of the wrestler's preparation. In this case, in the training programs, the purpose of determining the features of the order of submission of the steps at this stage serves as a defining goal. Initial physical training The main tasks of this stage are to strengthen health and temper young wrestlers, master the basics of wrestling techniques and other physical exercises, increase the level of functional readiness on the basis of comprehensive preparation.

In addition, these include the education of hard work and discipline, and the development of interest in sports. At the initial preparatory stage of physical training, that is, when teaching techniques to 12-13-year-olds, it is necessary to use more methods that demonstrate the techniques as a whole. During this period, it is necessary to pay attention to the development of speed and agility, because agility creates the basis for the successful mastery of complex technical and tactical movements.

Thus, the interdependence of selection and preparation implies a stage-by-stage selection of participants and the gradual development of their physical qualities, the acquisition and improvement of technical and tactical skills in the chosen sport.

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<sup>4</sup> Kerimov F.A. Men kurash tushaman. Toshkent, 2010. 236 b.



The content of the initial period of training young wrestlers is of particular importance. According to a number of experts, the content of training during the initial training period should consist of using tools that help children develop their physical skills, strengthen their musculoskeletal system, and develop their physical qualities (speed, coordination skills, agility, etc.), including the use of special technical movements and skills necessary to master the fundamentals of wrestling.

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