

# METHOD OF TRAINING THE TECHNIQUE OF FREE-STYLE WRESTLING

Abdunazarova Z.A.<sup>1</sup>, Abdulhamidov B.F.<sup>2</sup> (Republic of Uzbekistan)

Email: Abdunazarova544@scientifictext.ru

<sup>1</sup>Abdunazarova Zarifa Abdurasul kizi – Student;

<sup>2</sup>Abdulhamidov Bekzodjon Farhodjon ugli – Student,

PHYSICAL TRAINING DEPARTMENT, ELEMENTARY EDUCATION AND PHYSICAL TRAINING FACULTY,  
TASHKENT STATE PEDAGOGICAL UNIVERSITY NAMED AFTER NIZAMI,  
TASHKENT, REPUBLIC OF UZBEKISTAN

**Abstract:** the article analyzes training of highly skilled fighters is impossible without one of its component parts - the methodology of the first training. A lot of research has been devoted to the problems of youth sports, and yet the issues of managing the preparation of young wrestlers remain insufficiently studied. The technique of initial technical and tactical training of martial artists should be improved on the basis of research of competitive activity and mastery of leading athletes, that is, in accordance with the principle of the primary nature of the competition and the secondary nature of the training process.

**Keywords:** wrestling, preliminary studies, preparatory process, combinational actions.

## МЕТОДИКА ОБУЧЕНИЯ ТЕХНИКЕ ВОЛЬНОЙ БОРЬБЫ

Абдуназарова З.А.<sup>1</sup>, Абдулхамидов Б.Ф.<sup>2</sup> (Республика Узбекистан)

<sup>1</sup>Абдуназарова Зарифа Абдурасул кизи – студент;

<sup>2</sup>Абдулхамидов Бекзоджон Фарходжон угли – студент,

кафедра физической культуры, факультет начального образования и физической культуры,  
Ташкентский государственный педагогический университет им. Низами,  
г. Ташкент, Республика Узбекистан

**Аннотация:** в статье анализируется подготовка борцов высокой квалификации, которая невозможна без одной из ее составных частей – методики начального обучения. Проблемам юношеского спорта посвящено достаточно много исследований, и все же вопросы управления подготовкой юных борцов остаются недостаточно изученными. Методика начальной технико-тактической подготовки единоборцев должна совершенствоваться на основе исследования соревновательной деятельности и мастерства ведущих спортсменов, то есть с соблюдением принципа первичности соревнований и вторичности тренировочного процесса.

**Ключевые слова:** борьба, предварительные исследования, подготовительный процесс, комбинационные действия.

The methodology and organization of the preparatory process should be improved based on research of competitive activity and sportsmanship, according to the principle of primary competition and secondary training.[1] The bottom line is that the quality of the training process can be significantly increased if you approach its construction through the knowledge of the competitive activity of athletes of high qualification.

In recent years, there have been significant changes in the content of the competition, the rules of the competition; changed the idea of the features of teaching children complex tactical and technical actions, the methods of training highly qualified athletes. [2] In the modern struggle, the time of the struggle has decreased, the process of fighting has begun to pass faster and more actively, and non-stop attacking actions are encouraged. This requires the wrestlers to quickly solve such technical problems and apply certain attacking combinational actions. However, it is noted that the existing technique of technical and tactical training does not sufficiently take into account the requirements of modern struggle [3].

Purpose of the study. Improvement of the methodology of training young wrestlers in the technique of free-style wrestling in accordance with the conditions of competitive activity.

Hypothesis of research. It is assumed that improving the methods of teaching techniques to combat the modern requirements of competitive activities will increase the effectiveness of performances of young wrestlers at the competitions.

Object of study. The training process of beginning wrestlers 1-3 years of training.

Subject of study. Means and methods of teaching young people the technique of free-style wrestling in accordance with modern requirements of competitive activity.

With the purpose of substantiating experimental research on improving the technique of teaching the technique of free-style wrestling, the analysis of competitive fights and the training process of wrestlers of various qualifications is carried out.

It is determined that in accordance with the modern model of sports wrestling in free-style wrestling, reflecting the characteristics and requirements of co-competition activity, as well as trends in the practice of law, the wrestler should:

1) possess a wide arsenal of technical and tactical actions, with reliable defense and counterattacking actions from the seizure of legs;

2) to effectively perform shots with a large amplitude;

3) be able to keep the opponent in a dangerous position and put it on the shoulder blades;

4) be able to implement standard situations;

5) be able to fight in a reciprocal cross-capture;

6) be able to conduct fights at a high functional level in extreme conditions;

7) attack the opponent with an interval of 15-25 seconds;

8) own the tactics of an active struggle for the capture and the plane of the carpet;

9) to be able to tactically fix the advantage by active maneuver, fettering the opponent with grips (hands, head from above, hands on the side from below and other grips in the rack and the stalls).

Thus, as a result of preliminary studies, the reserves of further improvement of the technique of teaching free warfare techniques have been revealed by bringing its content into line with the changed requirements of competitive activity.

Despite the narrowing and impoverishment of the competitive technical and tactical arsenal of modern free-style wrestling, the number of techniques of its basic equipment should not be reduced.

Thus, the technique of teaching basic techniques of free-style wrestling involves studying:

1) the elements of technique and tactics: a) the basic positions of the fighter; b) elements of maneuvering; c) attacking and blocking captures;

2) the technique of fighting in the rack and the stalls. Parterre - upheavals twisting, running, crossing, rolling, unbending and their combination. Stance - stalling stall, rolls tilt, turn (mill), jog, deflection, dive and their combination [4].

The analysis shows that numerous changes in the rules led to a significant reduction in the technical arsenal of wrestlers. The most frequently performed technical and tactical actions are throws, translations, stalling and knocking down associated with the seizure of the legs, as well as coups d'état.

Features of the competitive activities of modern free-style wrestling are increasing the activity and intensity of duels, increasing the role of each scored point, increasing the requirements for the reliability of technical and tactical actions.

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