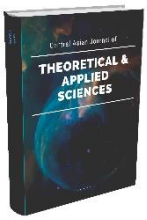

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Developing Wrestler's Physical Qualities of Young Wrestlers

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Annotation: *This article provides a scientific basis for the effectiveness of strength development of young wrestlers through the analysis and use of tools and methods of strength training in the development of physical qualities of young wrestlers. The study acknowledged that in the process of training young wrestlers, physical qualities are mainly developed under the influence of standard, stereotyped exercises, emphasizing that such an approach does not always give the expected result.*

Keywords: *pedagogical technology, sports, physical qualities, physical training, wrestling, balls, problem-based learning, training planning, athlete's cognitive activity, pedagogical assessment.*

Introduction

The new decisions on the national sport of wrestling are aimed at popularizing, developing and introducing to the world wrestling, which is our national sport, which embodies our ancient values, in particular, the ideas of courage, bravery, patriotism and humanism. A number of works are underway. Today in sports practice there is a need for a new approach to the training of talented young wrestlers. This need, in particular, requires the effective development of physical training of young wrestlers , the introduction of new educational methods and innovative technologies in wrestling. Because physical training plays an important role in the training of highly skilled young wrestlers and is the basis for other training. The better the physical abilities of young wrestlers, the better they will master the techniques of wrestling.

Numerous scientists and experienced trainers in the field provide high-performance exercises that develop various strengths in the development of strength qualities of young wrestlers. Today, one of the urgent tasks is the development of new technologies for the use of strength-building exercises in the development of strength qualities of young wrestlers , the selection of applied exercises.

Literature analysis and methodology

Wrestlers must always work regularly, purposefully, using special tools to help develop the physical qualities of wrestlers, to achieve the harmonious development of physical qualities, to improve its weaknesses. In this regard, the main tasks of wrestlers' physical training are: first, to increase the level

of fitness of wrestlers and the functional capabilities of their various body systems , and secondly, to improve the physical qualities of wrestlers . to develop in a way that meets its specificity.

The success of wrestlers in modern wrestling depends on their physical fitness. Three -time world champion and winner of the XVIII Olympic Games Anatoly Kolesov acknowledged the need to increase his general level of physical fitness when achieving a world victory in Tokyo [3,4]

J.M.Nurshin, R.S. Salomov, F.A. Kerimov, scientists of the field, stressed the importance of the level of general and special physical training in the training of wrestlers , noting that this process serves as a key factor in the formation of technical skills . The authors cover a wide range of exercises and methods of their use, which develop all the physical qualities of athletes engaged in Uzbek national wrestling. [4,5]

Results of pedagogical experiments and their analysis.

The results of the pedagogical study showed that the physical qualities in the control and experimental groups did not differ much from each other before the start of the study . Hence, such a situation indicates that the physical training of the selected wrestlers is the same for the control and experimental groups. This is one of the important principles of the pedagogical research process. From the indicators listed in the table, it can be seen that the strength physical quality of the wrestlers in the research group is almost the same as that of the wrestlers engaged in this sport. For example, in the long jump from a standing position: 135 cm in the experimental group, 137 cm in the control group . formed. 5.6 times in the experimental group on the horizontal bar, 5.2 times in the control group, 7 times in the experimental group while lifting 3 kg , 6 times in the control group indicates that it is homogeneous.

Table 1. **Pre-experimental (research guruhi da) wrestlers physical preparations (n = 10)**

№	Name	Year of birth	Jumping from a place, cm	Pull-ups on the bar	Lifting a stone of 3 kg
1	Axmedov Shaxzod	2010	137	7	6
2	Boltayev Xursand	2010	143	8	7
3	Madaminov Shoxruz	2009	131	5	5
4	Hamroyev Odamboy	2010	143	5	7
5	Shonazarov Bekzod	2008	126	5	5
6	Raximov Bexruz	2010	127	4	7
7	Ochilboyev Kamron	2010	132	6	6
8	Suvonberdoyev Maxmud	2010	137	5	5
9	Raxmetov Raxmatjon	2010	137	4	6
10	Rashidov Rashidbek	2010	138	7	5
Average			**145**	**5.6**	**5.9**

Table 2. Physical training of pre-control (control group) wrestlers (n = 10)

№	Name	Year of birth	Jumping from a place, cm	Pull-ups on the bar	3 kg stone lift
1	Jumaniyazov Sherifboy	2009	134	5	6
2	Hakimov Ilyosbek	2011	139	6	7
3	Ayitboyev Shoxrux	2009	126	7	5

4	Sadullayev Abdulla	2009	141	4	4
5	Sapayev Xasanboy	2009	125	6	7
6	Toxirov Husniddin	2009	127	5	8
7	Abdirimov Javohir	2008	132	4	6
8	Egamberdiyev Abdulaziz	2009	157	6	5
9	O`ktamboyev Bobur	2010	155	4	6
10	Abdrimov Mirjalol	2009	135	5	7
Average			**137**	**5.2**	**6.1**

During the pedagogical experiment, we included strength-building exercises in the training curriculum in order to determine the effectiveness of strength-building exercises in the development of strength physical quality of young wrestlers in the experimental group and to develop the necessary recommendations. In doing so, we chose strength-building exercises based on the characteristics of their style and methodology.

We conducted the training on the basis of the following methods:

1. Relay movement games were widely used in the preparatory part of each exercise. The goal is to warm up the wrestlers body and the entire muscular system and prepare their body for the main part.
2. Strength training exercises are defined based on the task of the exercise.
3. Strength training exercises were organized in the form of competitions. The goal is to increase the interest of wrestlers in training.
4. In the final part of the exercise we finished with exercises that develop various strengths
5. We paid special attention to the development of strength training exercises for each strength, and planned in advance and set specific tasks for each exercise.

Table 3. **Post-experimental (research group) wrestlers 'physical fitness (n = 10)**

№	**Name**	**Year of birth**	Jumping from a place, cm	Pull-ups on the bar	3 kg stone lift
1	Axmedov Shaxzod	2010	145	7	8
2	Boltayev Xursand	2010	151	8	9
3	Madaminov Shoxruz	2009	158	8	10
4	Hamroyev Odamboy	2010	153	7	9
5	Shonazarov Bekzod	2008	157	7	8
6	Raximov Bexruz	2010	147	6	8
7	Ochilboyev Kamron	2010	157	7	9
8	Suvonberdoyev Maxmud	2010	158	6	9
9	Raxmetov Raxmatjon	2010	145	6	8
10	Rashidov Rashidbek	2010	165	7	10
Average			**153**	**6.9**	**8.8**

Table 4. Physical training of post-control (control group) wrestlers (n = 10)

№	Name	Year of birth	Jumping from a place, cm	Pull-ups on the bar	3 kg stone lift
1	Jumaniyazov Sherifboy	2009	154	6	6
2	Hakimov Ilyosbek	2011	140	7	7
3	Ayitboyev Shoxrux	2009	128	7	7
4	Sadullayev Abdulla	2009	141	6	7
5	Sapayev Xasanboy	2009	145	7	8
6	Toxirov Husniddin	2009	125	7	6
7	Abdirimov Javohir	2008	130	5	7
8	Egamberdiyev Abdulaziz	2009	145	6	6
9	O`ktamboyev Bobur	2010	133	6	6
10	Abdrimov Mirjalol	2009	134	5	7
Average			**137**	**6.2**	**6.7**

Table 5. Results of the experimental group before and after the experiment and their differences

	Jumping from a place, cm	**Pull-ups on the bar**	**3 kg stone lift**
Before the experiment	145	5.6	5.9
After the experiment	153	6.9	8.8
Difference	8	1.3	2.9

Table 6. Results of the control group before and after the experiment and their differences.

	Jumping from a place, cm	Pull-ups on the bar	3 kg stone lift
Before the experiment	137	5.2	6.1
After the experiment	137	6.2	6.7
Difference	0	1	0.6

At the end of the pedagogical experiment, repeated testing of the physical qualities of the wrestlers of both groups showed that a good increase was observed in the experimental groups in the long jump in the standing position. The improvement in the outcomes observed in this control test was due to the fact that a single quality strength training exercise had a positive effect.

A comparison of the results of strength training showed that at the end of pedagogical experience in almost all wrestlers, the control group was significantly increased in wrestlers, especially in the experimental group athletes.

The differences in all indicators before and after the experiment in the experimental group pull-ups on the horizontal bar were high. The increase in pull-ups on the horizontal bar was high enough, and the experimental and control groups increased by 1, respectively.

There was a very similar and very good growth in the long jump from standing position. It was 8 cm and 5 cm, respectively. In the horizontal bar, the performance also improved, 1 time and 0.8 times, respectively.

Growth in control group athletes was relatively less than 1.4 m and 3.5 times . Such different levels of growth in various tests indicate that in the training of agility qualities, the control group wrestlers used the method of repetition of speed-strength exercises without weights or overcoming any resistance.

As a result of testing, it was found at the beginning of the experiment that no differences were observed in the control and experimental groups wrestlers on the qualities of speed and agility. At the beginning of the experiment, the median long jump was 137 cm in the control group and 145 cm in the long jump in the experimental group. In the long jump from the ground, the differences between the results in the control and experimental groups were not significant. The differences on all indicators were not very convincing. (Table 5-6).

Analysis of the results of pedagogical experience allows us to conclude that the use of narrow tools aimed at developing strength qualities through the use of "strong" method significantly reduces the time to achieve maximum values of strength, which allows young wrestlers to increase strength training.

CONCLUSIONS:

1. Analysis of special scientific and methodological literature can be used to recognize that the use of strength training exercises in the training of young wrestlers allows to solve the problem of developing their physical qualities and rationalize the strength techniques of young wrestlers. helps to shape.
2. Based on the results of the analysis of the scientific and methodological literature, it can be said that the methodology for determining and applying the norms of intensity and volume of movement games for the introduction of strength-building exercises in the movement training of young wrestlers in the initial stage of training. development is needed.
3. During the pedagogical experiment, the exercises used in the research group in developing the strength of young wrestlers proved that they can effectively develop the strength of young wrestlers.
4. Strength training helps to increase the interest and desire of young wrestlers to train.

We believe that the methods and tools used by us will be of great help in nurturing the strength of young wrestlers and achieving high results in sports.

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