

The Use of Special Exercises in The Development of Strength Quality of Wrestlers.

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Annotation. In this article, it is explained about the effective organization of the training process with the effective use of special tools to improve the physical, technical-tactical and psychological preparation of wrestlers, to develop the quality of strength.

Keywords. Technique, wrestlers, wrestling, special equipment, tactics, skill, training, preparation, physical qualities, abilities

Problematic. The sport of wrestling is widely popular in Uzbekistan, and our athletes have achieved and continue to achieve great results in international arenas.

Training of highly qualified athletes requires taking into account the trends of the current stage of sports development. In order to achieve high results on world sports fields, it is necessary to regularly monitor, analyze and apply training technologies to the training process. One of the urgent issues is to improve the efficiency of the training process of wrestlers in order to further improve their competitive activities. Improvement of physical, technical, tactical and psychological preparation of wrestlers is thoroughly studied and researched by our country and foreign experts. Success in achieving victory is largely determined by the volume and stability of acquisition of various technical skills and competencies. A high level of development of the ability to coordinate actions helps to find an effective reaction to carry out an attack or counterattack method at specific moments. The above points determine the relevance of this issue.

A complex of special exercises for the development of strength qualities of wrestlers

- 1 Bending of the hands while leaning on the crossbar and recommendation.
- 11 Development of the corps without the support of Trejordan
- 2 Raise and lower the legs while resting on the crossbar.
- 12 Seated gira forward and device
- 3 Transport the stone from the sled to the top with toys and improve the play situation
- 13 Bring the barbell to the chest while sitting on the trainer
- 14 Lifting the stone up using games without transport from the sled
- 14 Bring the dumbbell to the chest while sitting
- 15 While lying down, he holds the stone from the trainer help to breastfeed and develop vision, hand and wing skills
- 15 Bringing the barbell to the chest while standing
- 6 Holding the sled and pulling the stone to the snow with the hands, developing the sense of hand and wing
- 16 Connecting hands while holding the trainer and injury, arm and shoulder education of personality

7 Holding the stone with the help of the trainer, with the help of the hand and wing

17 Connecting hands and games in one place while lying horizontally, developing the abdominal cavity

8 Sit-ups with a barbell on the shoulders

18 Overhead in bridge position

9 Holding the trainer, pulling the stone behind the head with the hands, and supporting the wing position

19 Bridge Pose (Most)

10 Pushing hands back and forth while holding the exerciser.

20 Sitting with bent knees, having fun

organization of research. In the study, pupils of the Republic Olympic team boarding school were selected. A total of 24 students of about one weight and sports level participated in our research. The research was conducted in the 2019-2020 academic year. The age of the wrestlers is 16-17 years old. High-level sports help to improve the athlete's physical fitness, physical strength - strength, speed, first-class height, agility, flexibility. For this, the preparatory process, which is carried out along with the installation of fighting techniques, plays a role in training. Any healthy recovery requires the reconstruction of all physiological systems in the body, ensuring the harmonious development of the body. If the effect of the set of tools is the first to change, it is the effect of the development of the movement on the organism. If there is a sudden change, it shows the effect of the movement on the body.

General physical training serves to improve the qualities of the set of movements that are not directly part of the competition. For example, if a wrestler's aerobic endurance phase is insufficient, he will quickly tire when performing speed-strength exercises. General physical training tools are general training exercises that prevent such a situation. Running, walking, swimming, sports games, general gymnastics are a source of UJT. The choice of UJT exercises has the right effect on the physical development of the wrestler. In addition to wrestling, any wrestler must be able to run, walk, jump, climb rope, play sports, lift weights, perform complex acrobatic exercises, and the like. The fact is that a wrestler does not need to achieve high results in these sports. Because all these exercises are practical, they help the main goal of the athlete. The following sets of exercises were used in our research. In short, it is possible to effectively develop the strength of wrestlers through a set of special exercises that are used to develop the strength of wrestlers. Practical recommendations:

1. In order to determine the quality of strength of qualified wrestlers, the introduction of a set of special exercises recommended by us into training sessions allows to get accurate information on the manifestation of general and special physical fitness of athletes.

2. A set of special exercises to determine the effectiveness of performing special technical and tactical movements aimed at developing the quality of strength of wrestlers (technical and tactical methods performed during the competition while the wrestlers are facing each other while blindfolded with a cloth) not only the wrestlers, but it can also be used in the training of Paralympic athletes.

3. It has a positive effect on improving the annual training plan of wrestlers and allows to increase the effectiveness of their competitive activities.

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