

PEDAGOGICAL CONTROL METHODS OF KURASH TRAINING

ZIYOYEV OLIM TOSHPOLATOVICH

JORAYEV SAYIDMUROD SAFAROVICH

Teacher of entrepreneurship and pedagogy of Denov
komron.rashidov@mail.ru

ABSTRACT

The article discusses the pedagogical aspects of general and special physical training of «kurashchilar» and the results of observations in this process. Information on the purpose and methods of application in the complex pedagogical control of athletes

KEYWORDS: «kurashchilar», training, strength, endurance, dynamograph, mechanical, dynamometer.

INTRODUCTION

Managing the training of qualified athletes is a complex and multi-component process that requires the provision of up-to-date and objective information at their comprehensive training level. In this case, the physical condition of the athlete can not be adequately assessed without taking into account the objective, informative (information) criteria, laws of development of controlled physical qualities. Individual «kurash» is one of the main forms of training for athletes and is subject to all the laws, characteristics and principles of the physical education system. They are as follows;

- Integration of all-round, mental, moral, ideological, physical and aesthetic education and labor education;
- scientific ;
- in the field of health and practice ;
- Nationalism and internationalism.

The content of these principles is determined by the social functions of the system of physical education, the concepts of social development and construction tasks. The system is called upon to help people develop physically, to instill in them a broad outlook, high moral qualities, and a correct aesthetic perception. [1; 101-p]

The study of the dynamics of the athlete's capabilities or duration during the preparatory stages, on this basis to determine the strengths and weaknesses of his training dynamics, as well as to take into account the condition of the athlete in each individual exercise. In this way, the control allows the athlete to determine whether the established dynamics of the level of training is in line with the plan, to determine the presence and nature of any deviations, to make the necessary corrections and their timely implementation [3; 54-b].

The organizational and methodological rules of complex pedagogical control of athletes, especially «kurashchilar», are based on the following basic guidelines.

1. Use more informed and reliable methods of research;
2. The right choice of research methods
3. The complexity of control measures that characterize different aspects of the athlete's training;
4. Style control with the possibility of application for different qualified athletes;
5. Aimed at the leading factors of the competition with the characteristics of the athlete's technical and tactical skills;
6. Test methods according to the group affiliation of athletes and the specificity of the sport;
7. Inclusion in the control system as an indicator, which is the basis for the improvement of sports and reflects the level of individual parameters of special training;
8. Accurate calculation of competition results and training load indicators in order to objectively assess the level of impact of athletes on the effectiveness of competition activities.

The research should be conducted with the definition of the rules and organizational framework of pedagogical control. But the right choice of controls also has a positive effect on the accuracy of the results.

The most effective method of comprehensive assessment of the condition of athletes is a complex control, which allows obtaining complete information about the dynamic characteristics of training. This method creates the conditions for making the necessary management decisions.

The essence of complex control includes step-by-step specific and operational control methods, which allow athletes to objectively assess the permacentral, specific and operational state of their motor functions within a single examination [2; 10-15-b].

- Control of the dynamics of solid state indicators, their clear shift can be seen after a month or two of preparation.

- Within two to three microcycles of preparation

- Control of the dynamics of indicators that reflect the cumulative effect of training

- Control of operational status indicators, reflecting the rapid effect of the preparatory load performed within one microcycle of training.

Taking into account the nature of the complex pedagogical control advertising, the specification of the formation of the controlled situation (operational, specific, stage) is determined.

The implementation of control is associated with the need to assess the dynamics of the state of physical, technical, tactical and psychological readiness of the athlete, which develops as a result of long-term training, as well as under the influence of individual exercises, training, micro cycle loads. This allows you to rationally plan the training process based on the capabilities of the athlete at a given time, the nature of the impact of individual exercises and their complexes on the athlete's body, individual and group characteristics of the athlete's adaptation to training and competition loads. Given that the most important tasks of step-by-step control are to detect changes in the athlete's condition under the influence of long-term training and to develop a strategy in the preparation process or at a later stage, determined. The result is individual plans for creating separate preparation periods or a preparation process for a one-year preparation cycle.

In the practice of training skilled «kurashchilar», step-by-step control is carried out through in-depth complex research and step-by-step complex research. The tasks of the Advanced Complex Research, conducted twice in a one-year training cycle, include assessing the health status of «kurashchilar», determining the level of functional training, finding health deficiencies, and correcting individual training plans.

The specification of the manifestation of a «kurashchi»'s capabilities may vary according to the degree of influence of various factors. Such reasons include: the nature and orientation of the pre-study training load, the characteristics of the «kurashchilar»' mental state, and various social factors. Therefore, accurate assessment of an athlete's faith is only possible after many tests have been performed after special training prior to the study, in order to eliminate the negative effects of the previous training load and implement a test program to achieve maximum results and intended to create the necessary level of athlete motivation.

In the above-mentioned situations, taking into account the selection of tests and the development of their controlled normative level, it is possible to accurately assess the level of physical and technical-tactical readiness of the «kurashchi». Therefore, the assessment of the condition of «kurashchilar» can be carried out using highly educated and reliable tests and indicators included in the program of step-by-step complex research.

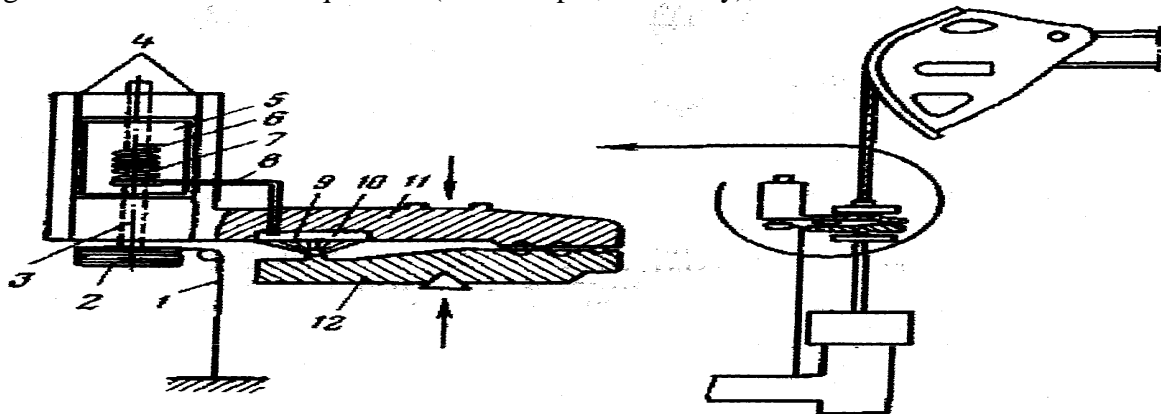
The control, which is carried out in order to consolidate the training process during two or three microcycles, serves to assess the reaction of the fighting organism to various characteristic loads and to determine the effect of these loads on the functional state of athletes. This allows timely change of some parameters I of the structure of the preparatory process based on the assessment of the dynamics of the development of adaptive reactions in the body of the «kurashchi», especially in the primary signs of fatigue.

In order to properly manage and organize the training process, it is necessary to identify changes in the physical fitness of athletes at different stages and periods of training, to determine the level of impact on the training plan, the need for changes is identified [3; 65-b].

Control of physical fitness of indicators is determined by determining the development of strength (strength qualities), speed (speed qualities), endurance, agility and compactness. There are three main options for testing physical fitness.

- Comprehensive assessment of physical fitness using tests and indicators in various fields;

- assessment of the level of development of a physical quality (for example, endurance);
- testing the level of one of the qualities (for example, durability);



Innersion dynamograph

Implementing strength quality control without measuring instruments is common in the practice of «kurash» training. Sometimes a direct method of control is used for this, in which the level of strength quality is assessed according to the weight at which the athlete can hold or lift a simple technical movement. An example of control of such strength qualities is lifting a barbell while lying down.

When «kurashchilar» use the method of indirect measurement of strength qualities, the simplest tests are used: pull-ups in solo, throwing balls, jumping from one place to another, bending arms in a lying position, climbing on a rope. The disadvantage of these tests is that they do not measure absolute strength, but speed-strength qualities or speed endurance. For example, for high-class «kurashchilar» with a score of 25-30 or more, the maximum number of pulls in a singles characterizes the endurance of the move, while the pull-ups in a limited time (usually 10 seconds) indicate the level of development of strength and speed qualities in «kurashchilar».

Testing the physical qualities of «kurashchilar» using measuring instruments allows determining the maximum strength in a statistical and dynamic system. a mechanical dynamometer is also used in these experiments.



Mechanical dynamometer

Typically, «kurashchilar» differ in their elementary (simple reaction time, single movement time, frequency of movements) and complex forms of speed qualities (time to perform one or more throws). Control of the elementary forms of velocity is carried out under laboratory conditions using a chronoreflexometer, which allows determining the reaction time and the time of normal movements in a simple signal. Such measurements should be strictly standardized. [4; 9-15-b

- 1) In the first test, a round increase of five times in 10 seconds was introduced, followed by a stitching between circles of diameter 50 cm every 5 cm. In this circle, the «kurashchi» must jump 10 times on one

leg and land with his foot in the center of the circle each time he jumps. Deviation from the center is the test result

- 2) In the second test, «kurashchilar» standing in the center of the circle are asked to stand 360 inclines and stand forward. Such bending and twisting is performed 5 times in 10 seconds. After that, the «kurashchi» jumps 10 times on one leg. Evaluation of the test result will be the same as in the first test;
- 3) For the third test, walk back and forth in a conditional “corridor” 7 m long and 20 cm wide. The test result is the ratio of the «kurashchi»'s errors to the number of steps;
- 4) the fourth test offers a test on a “vertical” simulator;

In conclusion, the following can be said:

- The need for specific sports to develop the physical qualities of «kurashchilar»;
- Objective approach to pedagogical supervision and selection of appropriate methods
- Draw conclusions based on periodic analysis, rather than one-time experiments, using selected methods
- Use of measurement equipment in practice (simulator, spirometer, mechanical dynamometer, dynamograph, stopwatch, etc.)

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