

THE EFFECTIVENESS OF TEACHING GRECO-ROMAN WRESTLING TEENAGERS IN ATTACK TECHNIQUES

Karimov Fakhridin Hurrarovich
Tashkent Financial Institute
Isakov Jamshid Zikrillayevich
Jizzakh State of Pedagogical Institute

Annotation

Greco-Roman wrestling is an ancient sport, now highly developed, the first of its kind to be included in the program of the modern Olympic Games (1896), many scientific studies are conducted by scientists, but the direction of this work is not always the same.

Keywords: technical method (reception), counter method (counterprium), combination, tactical training, training program, competition conditions.

Greco-Roman wrestling is an ancient sport, now highly developed, the first of its kind to be included in the program of the modern Olympic Games (1896), many scientific studies are conducted by scientists, but the direction of this work is not always the same [1 ; 2; 3; 4; 5; 6; 7; 8; 9; 10]. Because the rules of the competition place high demands on wrestlers. This puts higher demands on the wrestlers. The task of conducting the competition at a high speed, performing technical movements before the opponent, puts new demands on the tactical training of the wrestler. Performing tactical training, especially technical actions in a competitive environment, is a topical issue. Scientific and methodological sources state that this problem can be achieved under the influence of the development of anti-technical methods in the classroom and at the stage of deepening specialization in sports [11; 12; 13].

The study aims to develop technical and tactical training of teenagers engaged in Greco-Roman wrestling under the influence of the effective use of offensive actions against the opponent's attack.

Participants in the study were divided into 10 control and research groups of 20 wrestlers, each with 1-2 junior sports categories, engaged in the second year of the Greco-Roman wrestling training group. The study lasted 4 months. Control tests were performed before and at the end of the experiment.

The results of the two groups were calculated separately on the basis of mathematical statistics. The coefficient of variation (V) was 13.7%. At the end of the pedagogical experiment, the results of the wrestlers in these two groups were again analyzed in a separate mathematical-statistical method.

As a result of the study, the level of implementation of countermeasures in the training group on Greco-Roman wrestling in the second academic year was studied and ways of development were considered [2; 4; 5; 6; 8; 10]. The study showed that all indicators from the control and research groups were the same prior to the study. That is, they learned the opposite method and had the same level of implementation. The wrestlers involved in the study did not consistently perform countermeasures.

While the control group participated in trainings based on the BOSM №2 program, the research group used a training program aimed at developing and improving countermeasures for 4 months. Preparatory and tasks were performed on the basis of the program defined in the main part, in the final part “stretching” exercises were used (Table 1).

As a result of the study, the research team achieved higher results than the control group on all indicators (Tables 2 and 3).

- 1) On the transfer of a partner of equal weight by 10 times to the ground floor - in the control group there was an increase of + 4.85%, while in the experimental group this figure was + 8.2%.
- 2) 10 times wrap the arm around the neck of a partner of the same weight - an increase of + 3.72% in the control group, while in the experimental group this figure was + 6.92%.
- 3) 10 times the weight of a partner over the shoulders - an increase of + 1.65% in the control group, while in the experimental group this figure was + 6.13%.
- 4) Performing 10 times arm and neck lifting of a partner equal to their own weight - in the control group there was an increase of + 4.77%, while in the experimental group this figure was + 8.4%.
- 5) Performing 10 breast augmentations of a partner of the same weight - an increase of + 4% in the control group, while in the experimental group this figure was + 7.6%.

6) Performing the counter-method of "lifting the arms and neck from the waist to the floor by diving under the arms" 10 times - in the control group there was an increase of + 2.04%, and in the experimental group this figure was + 9.67%. did.

7) In the control group, the increase was + 2.53%, while in the experimental group it was + 7.22%.

8) According to the method of counterfeiting 10 times "arms and neck upside down - lifting from the shoulders" of a partner of equal weight - an increase of + 0.77% in the control group, and in the experimental group this figure is + 7.73%. did.

The overall change in the control group on all indicators was + 3.04%, while in the experimental group it was + 7.73%. In both groups, the positive effects of the sessions were evident. But the performance of the experimental group is high on all indicators. Hence, the program of application of means aimed at the implementation of the produced countermeasure gave the expected result

Table 1

A program of applying tools aimed at implementing the counter method

№	Tasks	January	February	March	April
1	Get up from the floor and jump up and down 10 times in a vertical direction with both feet, landing on the carpet, rotating 360 ° to the right and left alternately in the air with each jump.	+		+	
2	Leaning on the arms in a horizontal position, bending the arms at maximum speed (4 times for 20 seconds, with an interval of 20 seconds).		+		+
3	Perform acrobatic exercises 4 times forward and 4 times backward at maximum speed	+		+	
4	Running at maximum speed, leaning your head on the carpet, turning 4 times in each direction around its axis.		+		+
5	Perform imitation movements of the technical method to the right and left	+		+	
6	Moving games (pressing the tip of the opponent's foot, touching the opponent's knee to the knee, cock fight, etc.).		+		+
7	Jumping from a sitting position on the knees and returning to the starting position again 2 approaches out of 10	+		+	

	times.				
8	Standing upright with your hands on the carpet with your head facing the sky and returning to the starting position again 2 approaches out of 10		+		+
9	Jump from the right side to the left side and return to the starting position again 2 times out of 10 approaches	+		+	
10	Performing an imitation of countermeasures 2 approaches from 30 times		+		+
Tasks to perform counter-method actions in the main part:					
1	Pulling the arm to the floor is a combination of lifting from the shoulders.	+		+	
2	Pushing down with both hands inverted, knocking down the opponent's arms and neck with the front of the head bent - performing a combination of lifting from the shoulders.	+		+	
3	Pulling the arm to the floor is a combination of lifting the head from the outside and lifting it off the shoulders		+		+
4	Pulling the arm to the ground floor is a combination of holding the arm with both hands and lifting it above the waist		+		+
5	Pulling the arm to the ground - performing the counter-method of lifting the arm above the waist with both hands	+	+	+	+
6	Holding the arm and neck and lifting it above the waist is the opposite method of diving under the arm and moving to the ground	+	+	+	+
7	Lifting the waist by holding the arms and neck is the opposite method of lifting the chest by holding the arms and waist	+	+	+	+
8	Holding the arm and waist and lifting it above the chest is the opposite method of wrapping the arm around the neck.	+	+	+	+
Tasks to perform with resistance in the main part					
1	Perform the shoulder lift with a 25% resistance of the partner	+			
2	Perform the shoulder lift with 50% resistance of the partner		+		
3	Perform the shoulder lift with a partner's 75% resistance			+	
4	Perform the shoulder lift with 100% partner resistance				+
Tasks to perform quickly in the main part					
1	Lifting a partner of equal weight over the shoulders for 30 seconds	+		+	+

2	Lifting a partner of equal weight over the shoulders for 50 seconds		+		+
3	Lifting a partner of equal weight over the shoulders for 60 seconds	+		+	+
4	At maximum speed, lift a partner equal to his weight for 60 seconds by holding his arms and waist above his waist - performing the anti-submerged method of diving under the arms.		+		+
5	At maximum speed, move a partner of equal weight to the ground for 60 seconds - perform the anti-lifting method by holding both hands above the waist.	+		+	+
6	Lifting a partner equal to their own weight at maximum speed for 60 seconds by lifting the arms and neck from the waist - performing the opposite method of lifting the chest by holding the arms and waist		+		+
7	Use of movement and sports games	+	+	+	+

Table 2

Changes in the control test parameters in the control group (n-10)

N	Control tests	Before the experiment	After the experiment	Change%
1	Move a partner of equal weight to the ground by pulling his arm 10 times (s).	23,18	22,05	+4,85
2	Wrap the arm around the neck of a partner equal to his own weight 10 times (s).	24,15	23,25	+3,72
3	Lifting a partner of equal weight 10 times over the shoulders (s).	24,25	23,85	+1,65
4	Lift a partner equal to their own weight 10 times by holding the arm and neck above the waist (s).	22,42	21,35	+4,77
5	Breastfeeding a partner of equal weight 10 times (s).	27,5	26,4	+4
6	Perform the counter-method of “lifting a partner of equal weight 10 times by holding the arms and neck above the waist - dipping under the arms and moving to the ground floor” (s)	28,85	28,26	+2,04
7	Performing the counter-method of "transferring a partner of	27,65	26,95	+2,53

	equal weight to the ground 10 times - lifting from the waist" 10 times (s).			
8	Performing the counter method of "knocking down a partner of equal weight 10 times by holding the arms and neck upside down - lifting them off the shoulders" (s)	28,35	28,13	+0,77
Average percentage change (percentage)				+3.04

Based on the results of the study and their comparative analysis, the following conclusions can be made:

1. The selected eight control tests have confirmed their reliability, and more accurate information can be obtained if these control tests are used to control the technical and tactical readiness of the parties.
2. The research goal was achieved and the tasks were performed. The main purpose of this was to increase the effectiveness of the counter-methodical efforts of the technical method in the training group on Greco-Roman wrestling in the second academic year. If the average growth of all indicators in the control group increased by + 2.15%, the average growth of all indicators in the research group increased by + 8.42%.
3. The earlier the Greco-Roman wrestling training group is taught the counter-method movements of the technical method in the second academic year, the higher their skill level will be. The transition to higher levels by further improving these indicators will meet the requirements of the level of improvement and high sportsmanship.
4. The study was conducted during the competition, so the participation of Greco-Roman wrestlers in the second academic year of the training group was also observed. The research group achieved better results than the wrestlers in the control group.
5. According to the results of the research, the Greco-Roman wrestling training group is expected to use the program aimed at developing countermeasures for the group in the second academic year in training and sports improvement groups.

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