

## DEVELOPMENT OF INTELLIGENCE IN WRESTLERS

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### ABSTRACT

The author of article, characterising sports intelligence which is extremely necessary for realisation of victorious activity of the sportsman notices, that trainers in the course of preparation of sportsmen do not give due attention to development of this version of thinking. Results the list of recommendations about development of intelligence of the sportsman.

**Keywords:** Sports intelligence, development, thinking, activity, automatically reception, a condition, competition, a diary, exercise.

### INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

Competitive activity is directly connected with intelligence of the sportsman, in sports it is called sports intelligence. Known Russian psychologist A.B Rodionovs writes, that the intelligence in sports is there is a subsystem of intelligence of the person with own specific laws, principles, the phenomena, properties, features etc. Under the maintenance sports intelligence is simultaneously thought process, lichnostno - intellectual style, human potential, a method, approaches, means and personal instrument joint is intellectual-mental activity for creative, ethical interaction between sportsmen, trainers, experts and fans. [1]

The sports intelligence being myslitelno-impellent activity of the sportsman creates new, more perfect own and in partnership special actions and movements in the technician, tactics. In the course of competitions the intelligence creates new strategy, conditions for realisation of victorious activity of the sportsman [3]

The psychological science has well enough studied now the maintenance of principal views of sports preparation, however there are not solved questions of intellectual readiness of the sportsman, questions of formation and skill perfection to show the knowledge, skills at the realised management of impellent actions, any way to regulate the psychological, emotional conditions [2].

Long-term supervision in an operating time in different commands show, that the majority of trainers do not give due attention to development of ability of mentality of the sportsman at which intellectual activity of the sportsman joins and the practical intelligence necessary for a concrete kind of sports develops.

As an example pertinently to stop on an experimental research, spent on fighters of the Greek-Roman style. It is established, that in the given kind of sports of all 180 receptions are. In training process fighters acquire about technics to 20 receptions, and during competition from their number for victorious actions use from one to two-three receptions no more, these

receptions name king's In conversation many trainers spoke, what even one king's reception can win the European championship. So, can be and was. Skill of modern sportsmen has considerably increased (with development and intelligence), with one two king's receptions to win in the international competitions practically very difficult. The Uzbek fighter of the Greek-Roman style has won on the Asian games, having in a stock 8 king's receptions. There is a question why the acquired receptions in training process do not become king's for their successful use during competitions?

In training process the sportsman acquires technics of reception, and during competitive struggle it cannot use it, as this reception is not brought to perfection. The matter is that at mastering of a concrete technique its important part which provides use of the given reception in competitive activity-it speed of perception of a situation of attack, - speed of decision-making for performance of action and its immediate execution for the purpose of realisation of victorious activity has been missed. Usually, use of the learnt reception by the sportsman during fight is carried out empirically in the course of competitions, by trial and error. Likely, therefore king's receptions at sportsmen are limited. In the methodical literature by sports kinds the given question is not shined. From the above-stated it is possible to come to the conclusion, that in psychological preparation the important link - development of intelligence of the sportsman is missed.

Further, supervision show, that training employment are spent without activization of cogitative activity of trainees. Sports actions, movements, tehniko-tactical skills the sportsman seizes under the guidance of the trainer. At such joint activity there is one essential lack the is intellectual-psychological problematics does not dare, the sportsman is trained for the purpose of perfect mastering of impellent execution, thus activization of intelligence of the sportsman remains as though on the second plan. Perfection of skill of sportsmen basically lays down on the trainer, thus intellectually intellectual process at the sportsman develops casually and has chaotic character.

Very often by preparation of sportsmen the following statement «for example is applied do not argue, and execute», All do as you speak , work More, think etc. In other case before an exit on a ring the trainer has told to the boxer less: « Look at the contender left knocking out ». The boxer in a current of three rounds looked at the left hand of the contender, expecting the knocking out blow, however expected blow was not, fight has lost on points as the boxer could not reconstruct operations during a duel. Similar examples it is possible to continue, as they meet in different kinds of sports.[1]

The intelligence of the sportsman develops when during training employment, in the course of mastering by skills becomes more active cogitative, cerebation of the sportsman In intelligence development along with a practical training it is necessary to pay special attention and to theoretical employment in which course to develop cogitative activity of the engaged. This work should begin with the earliest playing sports, from children's sports. During these employment performance of each exercise should be carried out not mechanically, and mind that the pupil knew appointment of carried out exercise why so it is necessary to carry out, instead of differently. At mastering of tehniko-tactical actions it is necessary to develop and search activity of the young sportsman at which the pupil himself reaches true, earlier to it of the unknown person.

Development of intelligence during training activity is the important condition of success in competition as intelligence as property-it is ability of the person for creations, and process of mastering by it improves the person in its sports activity.

Thus, the intelligence of the sportsman develops first of all in training process as sports training is system of influences on an organism, mentality and the person of the sportsman by means of physical exercises. High results of sportsmen at competitions entirely depend on statement of training employment.

Successful development of sports intelligence is carried out by special planning both out of, and during training time, and as during competitions. Means for this purpose steal up proceeding from problems, level of sports qualification, the training period etc. The following for this purpose is recommended.

1. Carrying out of conversations in the intelligence plan for development;
  2. Analysis of own actions during trainings;
  3. The decision of various problems of a tehniko-tactical orientation during training process;
  4. The analysis, fights (video shootings) of contenders;
  5. The analysis of competitive actions, fights (video shootings) of eminent sportsmen;
  6. The analysis of video recordings of own actions in competitions;
  7. Supervision over training duels of companions with the subsequent analysis and recommendations about the spent fight.
  8. Special exercises for development of speed of an identification of situations of attack, speed of switching of attention from one actions to another, speed of decision-making and actions;
  9. Constantly to train in self-checking behind own condition, sportsmen, to develop ability to define signs of a competitive optimum fighting condition, and also to ability to enter into this condition. To train in the abilities providing correction of own mental condition
  10. Conducting diaries in which to reflect successes, lacks, errors, mental conditions, notions of compulsion during competitions and as from them to get rid. Diary conducting on training employment and participation in competitions will allow the sportsman will deeply penetrate, to realise the actions and to carry out search actions in respect of the further perfection tehniko-tactical, skill. It is necessary to remember, that the diary is not conducted for the description of programs of training employment and competitions.
  11. Training process is always connected with mental pressure without what there is no growth of sports skill. Therefore mental and functional restoration is obligatory. Otherwise qualities of the subsequent trainings will decrease.
  12. Efficiency of training process in many respects depends on statement of an individual or group purpose and obligatory acceptance by the sportsman of this purpose. Acceptance of the purpose of training process promotes to understanding of carried out movements, the mechanism of the realised self-control is created, at performance of actions.
  13. Work on development of psychological resources of sportsmen should be directed on development in them to the subjective position forming the relation to trainings and competitions which main element is strengthening of internal motivation, to confidence of own forces.
- Results of researches confirm, that the internal motivation is connected with readiness to overcome difficulty of training process and competitive activity with aspiration to mobilisation of own forces for achievement of objects in view. [2]
- 14 Training motivation should be directed on competitive result. The sportsman training should realise, understand for what does exercise, in what episodes of competitive process

will use the got. In other words everything, that the sportsman does on training should coordinate to competitive process. (Since warm-up finishing fighting).

15. In the course of physical, technical, tactical and as theoretical preparation to include mastering by receptions of regulation of own conditions (a relaxation of muscles during performance of exercises, fights, and also after training employment for the purpose of restoration: autogen training, the mind motor training, respiratory exercises during walking for the purpose of psychophysical restoration and so on).

16. For achievement of the higher sports skill it will be constantly necessary to increase an arsenal king's receptions Creation of special computer training apparatus to provide the accelerated mastering and increase king's receptions, and also their use in competitive situations.

17. To pay special attention to understanding of positions in a rack and situations arising during fights.

18. Development of tactical thinking of common fighter. It can be carried out both during trainings, and out of it by preliminary drawing up of the scheme of supervision (see the scheme). Supervision are spent both during educational, and during competitive fights, and as viewing of the written down fights, preliminary having acquired the maintenance of questions resulted on the scheme. For each kind of sports updating of questions of the scheme is required.

The given scheme of supervision is made for fighters

The scheme of supervision

Date \_\_\_\_\_

1. A surname, a name of the observable sportsman

\_\_\_\_\_

2. Physical readiness (necessary to underline)

- Power endurance - high, average, low;
- High-speed endurance - high, average, low;
- Flexibility - is high, average, low;
- Endurance the general - high, average, low;
- Endurance special - high, average, low;
- Speed of performance of receptions - fast, average, slow;

3. What techniques owns in perfection:

To list \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

King's receptions \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

4. Особенности tactics of the fighter (necessary to underline):

-Activity of conducting fight (in the beginning, in the middle, in the end);

-Passivity of conducting fight (in the beginning, in the middle, in the end);

-What preparatory actions carries out before carrying out king's reception

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

-What reaction of the fighter to intensive carrying out of fight (it is lost,

It is not lost)

5. What strong-willed qualities characteristic for the sportsman (necessary to underline):

- aim directed - not purposeful;
- certain - uncertain;
- brave - cowardly;
- resolute - irresolute;
- initiative - lacking initiative;
- restraine - unrestrained;
- be able to be self-controlled - is not able to be self-controlled.

6. What positions prefers (an orchestra, a rack) underline. Write what characteristic receptions carries out in these positions;

In a perter \_\_\_\_\_

In a rack \_\_\_\_\_

7. Actions of the sportsman on false receptions (necessary to underline);

8. Speed of reaction (necessary to underline);

- quickly reactions to simple actions (quickly, not quickly, slowly);
- quickly reactions to deceptive actions (quickly, not quickly, slowly);

9. Behaviour of the fighter necessary to underline;

-Ambassador of point loss (it will be mobilised, cannot be mobilised);

-Ambassador of successful carrying out of reception (continues to increase success, calms down);

-Ambassador of successful action of the contender (it becomes passive, becomes aggressive, struggles exactly);

10. The relation to refereeing (necessary to underline);

Negative - will mobilise, will disorganise, leaves indifferent;

Positive - inspires, leaves indifferent, perceives as norm

11. The relation to eminent contenders (necessary to underline):

-Is afraid;

-Causes healthy competitive passion;

- The indifferent.

By means of the given questionnaire it is necessary to organise activity of the fighter at material gathering about the contender and for knowledge of own qualities. In the course of repeated gathering of a material at sportsmen such personal qualities as observation, attentiveness, long-term memory, tactical thinking develop, ability to make the preliminary tactical plan and as a result influences development and intelligence of the sportsman.

Procedure of work with the given scheme consists in the following:

Information gathering is carried out under preliminary instructions of the trainer during direct participation in competitions of the sportsman, by supervision over fights of sportsmen of fighters during competitions or by viewing of videorecordings. The collected material is specified by repeated supervision over the sportsman during competitions or videorecordings. On the basis of the received data the scheme is filled. One colour underlines own data of the sportsman which has another-given about the opponent. Comparing indicators - the preliminary tactical plan is made. Then the trainer, having familiarised with the made plan, if necessary introduces corresponding corrective amendments.

For the purpose of experience formation on gathering of the information on the contender it is necessary to involve is more often than sportsmen in refereeing of educational fights.

Above resulted scheme - approximate, in need of it it is possible to change, introduce partially corrective amendments, to adapt for other kinds of single combats.

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