

TECHNOLOGY OF INCREASE IN EFFICIENCY OF DEVELOPMENT OF COORDINATION ABILITIES AND TECHNICAL AND TACTICAL ACTIONS OF ATHLETES IN FREE-STYLE WRESTLING

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ABSTRACT

In work the technology of increase in efficiency of development of coordination abilities and technical and tactical actions of athletes in free-style wrestling with use of the tool technique is developed and experimentally proved.

Keywords: Technical and tactical actions, competitive activity, efficiency of development of coordination abilities, wrestling, free-style wrestling.

RELEVANCE

The present stage of development of wrestling demands improvement of individual opportunities of fighters, increase in intensity of maintaining the match. This circumstance stimulates increase in number of the researches connected with various aspects of the solution of this current problem, in particular, technology of increase in efficiency of development of coordination abilities and technical and tactical actions of athletes in free-style wrestling on the basis of the analysis of competitive activity.

As notes the number of authors (1,2,3,4,5, etc.) the changes of competition rules in free-style wrestling which are carried out for the purpose of increase in staginess of matches led to considerable reduction of time of the match and arsenal of the technical actions applied by fighters. Process of fight began to take place quicker and more intensively. Continuous technical and tactical actions began to be encouraged. It demanded from fighters of ability to instantly make decisions of technical and tactical tasks and application of the certain arsenal of combinational actions.

Now there is the number of scientific works and publications in which teoretiko-methodological bases of development of coordination abilities and technical and tactical actions of athletes reveal (1,2,3,4,5, etc.).

The analysis of various references on the problem of the research showed that in some sports broad application tool techniques gives more reliable information about indicators of efficiency of development of coordination abilities and technical and tactical actions of athletes that in turn allows to analyze activity and to optimize training process at various stages of preparation. Unfortunately, now in wrestling, in particular in free-style wrestling, the comprehensive analysis of the received results isn't carried out that considerably complicates interpretation of the obtained data. In this regard there is the need of introduction technology of increase in efficiency of development of coordination abilities and technical and tactical actions of athletes in free-style wrestling with use of the tool technique. This direction will provide express access to use of reliable indicators on the basis of the analysis of video of materials and also the

possibility of correction of different levels of process of individualization of the technical and tactical arsenal of fighters at various stages.

Purpose of the work: To develop technology of increase in efficiency of development of coordination abilities and technical and tactical actions of fighters on the basis of the analysis of competitive activity of athletes in free-style wrestling.

For realization of the goal the following tasks were set for the research:

1. Comprehensive study of the way of development of coordination abilities and technical and tactical actions of fighters on the basis of the analysis of competitive activity of athletes in free-style wrestling.

2. Development and use of technology of increase in efficiency of development of coordination abilities and technical and tactical actions of athletes in free-style wrestling with use of the tool technique.

3. Experimental justification of the developed technology of increase in efficiency of development of coordination abilities and technical and tactical actions of fighters on the basis of the analysis of competitive activity of athletes in free-style wrestling.

Research of the work

At the beginning and at the end of the pedagogical experiment we defined structure of performance by fighters of coordination exercises and technical and tactical actions of fighters.

As a result we selected indicators and tests, modified them and we offer the following system of indicators for identification of efficiency of development of coordination abilities and technical and tactical actions of fighters.

During testing the general and special indicators technical and also physical fitness of fighters were defined

To successful carrying out these researches we applied the developed tool technique "Balancing stages".

Organization of the research

The organization of training process during the pedagogical experiment was carried out according to the developed program. The purpose of control and pedagogical tests consisted in identification of efficiency of educational training process. In the pedagogical experiment the analysis of efficiency of development of coordination abilities and technical and tactical actions of fighters of freestyle of UzSUPES, members of national teams of Uzbekistan was carried out. The analysis of features of technical and tactical actions and pedagogical assessment allowed to reveal the main directions for the research of problems.

The experiment was made from 2018 to 2019. In the course of the experiment the assessment of efficiency of training of fighters on the basis of the analysis of competitive activity of fighters was given. As a result of the made experiment the correctness of the made hypothesis was proved and the technology of increase in efficiency of development of coordination abilities and technical and tactical actions of athletes in free-style wrestling is offered.

Results of researches

The results of researches given in the table [Table 1 and 2] allows to define dynamics of indicators at the beginning and at the end of the pedagogical experiment. The total number of participants of $n=24$ in both groups was the identical number of participants of $n=12$.

Table 1: The comparative statistical analysis of average values of testing of fighters of freestyle in skilled groups at the beginning of the pedagogical experiment

№	Indicators	Experimental group			Control group			Significance value
		X1	\bar{c}	V%	X2	\bar{c}	V%	P
1	Performance of coordination exercises of fighters on the balancing stance of "ZS" (sec.)	9,98	1,13	11,32	9,91	1,12	11,30	P>0,05
2	Divings through shoulders for 10 times (sec.)	15,99	1,68	10,51	15,93	1,66	10,42	P>0,05
3	Divings through the breast for 10 times (sec.)	28,03	3,11	11,10	27,93	3,02	10,81	P>0,05
4	Divings through the back for 10 times (sec.)	15,32	1,55	10,12	15,28	1,48	9,69	P>0,05
5	Turnovers on the bridge of 10 times (sec.)	18,34	1,87	10,20	18,29	1,81	9,90	P>0,05
6	Overlap around the head on 5 times in each party. (sec.)	27,05	2,98	11,02	26,95	2,91	10,80	P>0,05
7	Amount of draft with the partner, the back belt (quantity of times).	20,95	2,39	11,41	21,01	2,33	11,09	P>0,05
8	Pulling up on the horizontal bar (the stake. time)	20,13	2,09	10,38	21,03	2,01	9,56	P>0,05
9	Save stability on the thriller, balancing (sec.)	7,98	1,02	12,78	8,07	1,01	12,52	P>0,05
10	Squat with the partner of the weight (quantity of times).	20,99	2,11	10,05	21,08	2,08	9,87	P>0,05
11	Quantity of the bench press on the horizon. to the bench equal the weight (stake. time)	8,52	1,02	11,97	8,82	1,01	11,45	P>0,05
12	Rope climbing without legs of 4 m (quantity of times)	2,05	0,22	10,88	2,13	0,21	9,86	P>0,05
13	Standing long-jump (m)	2,01	0,23	11,44	2,05	0,22	10,73	P>0,05

The comparative statistical analysis which is carried out by us in skilled groups at the beginning of the experiment at fighters on indicators and tests didn't reveal authentically statistical interrelation [Table 1].

Table-2: The comparative statistical analysis of average values of testing of fighters of freestyle in skilled groups at the end of the pedagogical experiment

№	Indicators	Experimental group			Control group			Significance value
		X1	\bar{c}	V%	X2	\bar{c}	V%	P
1	Performance of coordination exercises of fighters on the balancing stance of "ZS" (sec.)	11,79	1,09	9,25	10,29	1,11	10,79	P<0,01
2	Divings through shoulders for 10 times (sec.)	13,83	1,29	9,33	14,98	1,27	8,48	P<0,05
3	Divings through the breast for 10 times (sec.)	24,12	2,56	10,61	26,93	2,61	9,69	P<0,05
4	Divings through the back for 10 times (sec.)	13,34	1,34	10,04	14,78	1,31	8,86	P<0,05
5	Turnovers on the bridge of 10 times (sec.)	16,01	1,56	9,74	17,61	1,49	8,46	P<0,05
6	Overlap around the head on 5 times in each party. (sec.)	23,55	2,19	9,30	25,83	2,13	8,25	P<0,05
7	Amount of draft with the partner, the back belt (quantity of times).	24,05	2,23	9,27	23,09	2,11	9,14	P>0,05
8	Pulling up on the horizontal bar (the stake. time)	23,16	2,35	10,15	23,04	2,31	10,03	P>0,05
9	Save stability on the thriller, balancing (sec.)	9,69	1,01	10,42	8,41	0,98	11,65	P<0,01
10	Squat with the partner of the weight (quantity of times).	23,82	2,17	9,11	21,88	2,11	9,64	P<0,05
11	Quantity of the bench press on the horizon. to the bench equal the weight (stake. time)	9,03	1,06	11,74	8,97	1,04	11,59	P>0,05
12	Rope climbing without legs of 4 m (quantity of times)	2,19	0,21	9,59	2,16	0,22	10,19	P>0,05
13	Standing long-jump (m)	2,09	0,19	9,09	2,07	0,21	10,14	P>0,05

Apparently from table 2, in which results of the comparative statistical analysis of average control standards between fighters of control and experimental groups are given, fighters from experimental group considerably surpassed fighters from control group. As a result of processing of big statistical material by means of Student's t-criterion, authentically statistical changes in testing indicators were revealed.

As a result of control tests it is revealed that results in experimental and control group at the beginning of the pedagogical experiment have no authentically statistical distinctions. However, at the end of the pedagogical experiment results of control standards in experimental and control group dynamics of growth at both groups is visually observed. Results of control standards at the end of the pedagogical experiment in experimental group have authentically statistical distinctions at in all 13 tests.

Comparison of the given indicators demonstrates that in experimental group advantage in 10 of 13 studied indicators of both groups

CONCLUSIONS

The large volume of the processed information defined that the technology of increase in efficiency of development of coordination abilities and technical and tactical actions of athletes in free-style wrestling allows to cause effectively the possibility of management of effective training remedies in free-style wrestling. It also demonstrates to big advantage to the developed experimental technique.

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