

THE ROLE OF MODERN DEVELOPMENT IN TECHNICAL PREPARATION

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ABSTRACT

The article describes how to optimize the training of technical techniques in wrestling. The technique of modeling in the teaching of technical techniques in the lessons of wrestling is learned. We use a questionnaire among the trainers on how to use the training process modeling methods.

Keywords: Physical training, technical methods, training, training, modeling, optimization.

INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

The issues of development and popularization of sports in our country are actively developing. In order to promote physical culture and sports, we can study the work done to organize and develop sports in foreign countries and adapt it to the conditions of our country.

How much work is being done to enable our country athletes to achieve high results in world arenas. It is necessary not only to be creative, but also to strengthen the scientific aspects of sports. Athletes, who are often practiced in the sports world, are well-known throughout the world, and how much research has been done to make these athletes achieve better results in the world, and how many of them are scientifically justified and not complete. In developing a science-based system, great attention is paid to building a strong athlete model to train highly-qualified athletes.

Modeling sports workloads is a rarity for us in the field of sports wrestling in the country, and many coaches prefer training techniques that are used in skirts. Lately modeling sports has become one of the most promising areas of sports science.

The methodological approach outlined above is widely used by researchers. V.M. Koretsky has developed a model for three blocks of physical education teachers.

The first block is a personal blog (ethics, ideology, spirituality and other qualities, functions of mental, mental development).

The second block is a blog of professional activity (a summary of all types of work and the main work and problems of specialist work).

The third block is a blog of knowledge, skill, knowledge and skills in performing certain functions of the profession.

Researchers (VI Kozlovsky et al., 1978) proposed a block model of player model characteristics. These are of three levels.

The first is the result of player and team action in team attacking or defending.

The second is technical equipment, special and tactical physical training and mental stability.

The third - characteristic of functional training, morphological features, age of sports experience.

Modeling involves learning or repeating some of the physical properties and phenomena of restoring forms such as scientific theoretical understanding. It is an exploration of the properties of objects (processes) with other objects that are their models. [1,3]

People have long been known as a modeling tool and have been uncertain in their work, and have compared this uncertainty to what is clearly apparent to them. Comparison of uncertainty to accuracy is an event of secondary displacement, in other words, that accuracy acts as a model of uncertainty. [2,3]

Objective of the study: To determine the role and effectiveness of modeling in the popularization of sports wrestling.

Research objectives: - Study of literature on modeling.

- To learn the value and effectiveness of sports modeling by asking a questionnaire among coaches.

This transfer of knowledge from one body to another in a certain relationship is called logical conclusions.

The modeling approach does not directly relate to the object under study, but rather by learning about model similarity. Thus, modeling is an intermediate chain between the subject of knowledge and the object. [1,2,3]

Currently, method modeling is seen as a "major weapon" in complex management, mainly in the biological system. [1,2,3]

Method modeling is used in specific disciplines, particularly cybernetics, biology, medicine, pedagogy, and sports. All models are categorized according to their model.

The materialistic conceptualization model is used as a tool for organizing categorization, with a focus on deeper knowledge in the recovery of a particular event. [1,2,3]

It also proposes the following types of models, taking into account the nature of the model, as well as the human side, and the method of division.

- 1) substitutionally;
- 2) structural;
- 3) functional;
- 4) mixed;

When we exclude the 4 independent groups, the other 3 models provide insights into the nature of a complex system.

- 1) material or substrate, ie a set of elements formed in the system.
- 2) structure, that is, the sum of contacts and relationships between the elements.
- 3) functionality, ie system integrity in external conditions.

A.N. Kochergin divides modeling into 3 types:

- 1) functional - characteristic of image behavior;
- 2) only informational aspects of information-driven, embodied processes;

3) Substrate - Structural, taking into account not only the symbolic behavior, but also its material basis, that is, the structure and the substrate. [1]

Several other types of modeling and modeling are presented in the scientific literature. Although there is a great deal of difference between these types of experiments proposed by many scientists, it is advisable to determine the scope of their application in the modeling of sports performance. [1]

A modeling questionnaire was administered to learn current coaches about their level of knowledge and their relationship to the method. The questionnaire was developed based on the interviews with many years of wrestling coaches.

At the beginning of the study, there were many hesitations and disagreements.

When asked about the questionnaires (84 of them), they said:

70% of trainers who are aware of the model method.

Among them - the method of modeling during coaching:

- used - 30%

- Observers - 58%

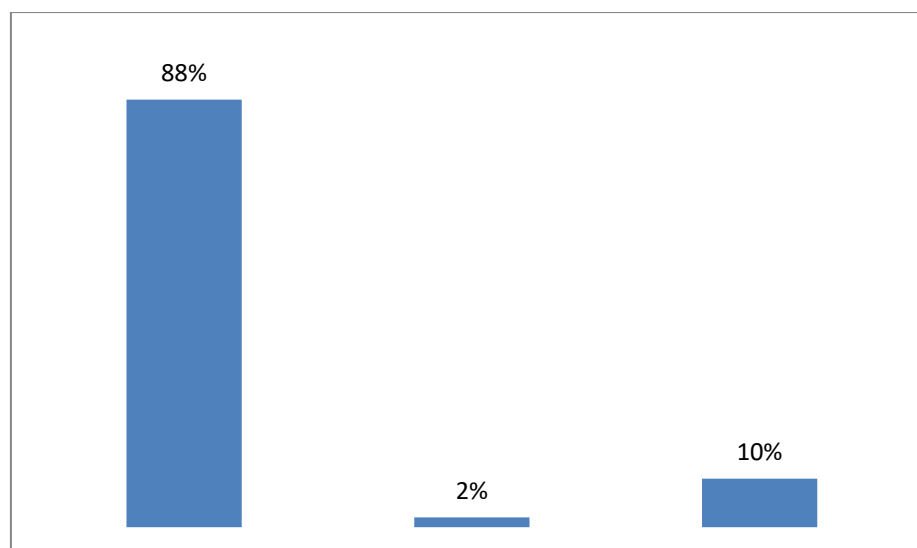
- read in books and articles - 10%

- Listen at scientific conferences and lectures - 2%

Coaches' general opinion about the role of modeling in sports is expressed in%. (Table 1)

№	The opinion of the coaches	"%" As a percentage of interest
1	Coaches who consider the modeling method "necessary"	88%
2	Coaches who consider the modeling method "unnecessary"	2%
3	Coaches who are not interested in modeling	10%

1- diagram.



The above questionnaire can be distinguished by the fact that sports modeling is very important. Although little research has been done in this regard, foreign researchers are increasingly learning and promoting modeling techniques for the development of their sports. Reforms in

the sport in our country Following the model of sports facilities built in the leading countries of the world, sports facilities are being built in our own country.

CONCLUSION

The popularization of physical education and sports has led many scholars to analyze the merits of their many different opinions and experiences, suggesting that the modeling approach can be applied at any age and skill level. In physical education and sports, modeling varies by location, time, load, exercise kit, building location, and more. Recognizing the sport as a model, the methods and techniques that we are constantly using are also a model. Today, we continue to operate in ways that we do not know. At the same time, the development of a single-sport industry is not unique to the modeling approach, and our research has increased the psychological and technical and physical training of young athletes. As a practical recommendation, the use of modeling techniques in the training of young athletes should be thoroughly studied and incorporated into the model taken as a model.

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