

FEATURES OF THE METHODOLOGY OF CONDUCTING A SEARCH EXPERIMENT OF NATIONAL WRESTLING "KURASH"

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ABSTRACT

This article reveals the features of the search experiment, as the initial stage of the forming experiment, gives recommendations on how to improve the efficiency of the training process with fighters-kurashists.

Keywords: Research experiment, competitive process, physical training, psychomotor skills, special training of the kurashist.

Relevance. This article reveals the peculiarities of training athletes kurashists for their further participation in sports of the highest achievements. It is well known that the current level of sports achievements requires the organization of targeted long-term training of kurashists, the search for more and more effective forms, means and methods of educational work, widespread involvement in sports and the selection of gifted boys and girls to replenish the ranks of high-class athletes. The solution to this problem is hampered by the continued increased competition at major world championships, especially at the Olympic Games, the continued trend towards an increase in the intensity of training loads, as well as a change in the rules of the competition. Our Uzbek athletes Judo fighters, kurashists won many bright victories at the largest competitions. The surname of the absolute world champion Tangriev is known throughout the world. And the Olympic medalist R. Sabirov. But unfortunately, in recent years, an analysis of the performances of our kurashists at major international competitions indicate serious shortcomings in the level of competitive readiness of kurashists. As many experts on national kurash note, (K. Yusupov-2005, J. Nurshin-2007), our kurashists are lagging behind in technical preparedness compared to the leading kurashists of the world, this lag is manifested in a limited competitive arsenal of attacking actions. The level of physical preparedness even of the country's leading kurashists does not fully satisfy the requirements of the modern updated national kurash, there is a tactical limitation in the solutions of multivariate situations that take place in competitive practice. To get out of this situation, it is necessary to change the methodology for training a kurashista-athlete, to make it more specific in relation to different age groups. Of course, that the creation of an optimal training management system for kurashists implies the need for scientifically based recommendations on its general and private sections.

The purpose of research: Substantiation of new approaches to solving the problems of preparing kurashists for competitive activity based on its current state: 1. Substantiation of the need for a search experiment 2. Creation of the necessary pedagogical conditions for ascertaining and formative experiment. In order to test the experimental search methodology we developed for training kurashists for competitive activity, we conducted a search experiment lasting one academic year (September 2018 to June 2019). Students from the Uzbek State University for Physical Culture and Sports (Chirchik) and the college took part in the experiment Olympic reserve of Chirchik. The age of the participants in the experiment is 14-15 years old (college) 18-19 years old are students of the Uzbek State University in physical education and sports. From the number of subjects 2 groups of 15 people each were formed:

the first experimental group was engaged under the guidance of trainer Mirzakulov Sh.M. second control under the guidance of trainer Z. Ortikov. Groups were formed relatively even in terms of indicators characterizing: physical and psychophysical qualities development; functional condition; physical and athletic fitness. The alignment of the experimental conditions was achieved by a preliminary study of the results: educational work, the level of technical preparedness, physical development and other indicators. At the beginning and at the end of the experiment, all of its participants, the composition of the experimental and control groups, were tested according to the methods that determine the levels of technical preparedness in the implementation of the Kurash national wrestling techniques. The level of technical preparedness in the implementation of the Kurash techniques is determined by the 3-point scale we developed. The level of general and special physical preparedness was determined by the following exercises, characterizing the development of basic physical and special qualities: Pulling up on the bar, bending the arms at a stop lying down for 20 seconds, shuttle run 3x10 meters, run 1500 meters, run to the wrestling bridge to the left 5 times, 5 times to the right, performing a shock throw at speed. The level of physical and functional state was determined by the following parameters: standing height, weight, chest circumference, lung capacity (LC), dynamometry of the right and left hands, Barbell functional test, and Genche functional test. The level of development of technical qualities and psychomotor indicators was determined by the following indicators (concentration and stability of attention, simple sensorimotor reaction, reaction to a moving object) Classes in the control group were conducted according to the traditional methodology in accordance with the recommended guidance documents.

According to many researchers (Eganova A. In 2001, Taimuratova O.T. 2005, Nurshina J.M 2001) evolutionary transformations of creating classifications in wrestling Kurash, Judo, the authors note that many combinations of wrestling constitute the same level of technical techniques:

1. A combination of the type of repeated attacks (combinations based on strengthening the means of attack)
2. Combination with oppositely directed techniques included in their composition (combinations based on the development of resistance to the enemy preparing the throw, when the final throw is directed towards the resistance of the enemy)

In the experimental group, a characteristic feature of the methodology of the training sessions was the fact that the main content of the studied techniques and actions of the national Kurash wrestling consisted of striking techniques. The differences were in the order of improvement of these techniques in combinations. Combinations were pre-thought out in terms of their content. Impact technique, as a rule, is located in different places of the combination.

The results of the research

At the end of the search experiment, a final test was conducted, the results of which recorded significant positive changes in the majority of the studied indicators characterizing various aspects of the development of the necessary qualities, as well as the level of preparedness in the implementation of the technical and tactical actions of the Kurash fight and the evaluation of the results of competitive activity.

Table №1: The results of the study are presented in table

No.	Measurable indicators	Groups	Research stages		Difference	Credibility
			At the beginning $x \pm m$	At the end $x \pm m$		
1	Evaluation of straight line performances on a 9- point scale	E.G	3.41 ± 0.27	$4, 77 \pm 0.29$	0.83	P <0.05
		C.G	4.21 ± 0.19	4.85 ± 0.27	0.79	P <0.05
2	Assessment of shock techniques on a 9 point scale	E.G	4.19 ± 0.21	$4, 26 \pm 0.29$	0.91	P <0.05
		C.G	4.31 ± 0.27	$4, 67 \pm 0.28$	0, 36	P <0.05
3	Activity	E.G	4.61 ± 0.31	$5, 20 \pm 0.37$	0.63	P <0.05
		C.G	4.71 ± 0.14	$4, 91 \pm 0, 15$	0, 29	P <0.05
4	Performance	E.G	4.51 ± 0.17	$5, 16 \pm 0.17$	1, 02	P <0.05
		C.G	4.57 ± 0.30	$4, 81 \pm 0, 17$	0, 57	P <0.05
5	Combination	E.G	20.5 ± 0.46	$27, 4 \pm 0, 16$	1, 9	P <0.05
		C.G	20.1 ± 2.7	$25, 6 \pm 0, 15$	1, 8	P <0.05
6	Efficiency	E.G	19.9 ± 0.11	$34, 4 \pm 4, 7$	12, 7	P <0.05
		C.G	21.9 ± 4.9	$27, 1 \pm 4, 8$	5, 9	P <0.05

Compiling the results of the survey of kurashists of the tested groups, it should be noted that at the beginning of the experiment, the performance indicators of the methods of national kurash fighting were almost the same. At the end of the experiment, after control testing in all groups, a positive significant increase in the results was recorded of almost the same value. So in subjects (C.G) this indicator increased by 1.03 points ($p < 0.05$) while in (E.G) this indicator increased by 0.95 points ($p < 0.05$) The most striking difference between the tested groups was recorded in the performance indicators of shock techniques in the fight of kurash (Fig-1)

So, the test subjects E.G. in terms of the performance of the shock technique had the highest growth rate of 1.02 points ($p < 0.05$), while the test subjects C.G. this indicator increased by only 0.36 points ($p > 0.05$). The results of the indicators "Efficiency" "Combination" and "Efficiency" can be noted that in all groups during the period of the search experiment there was a positive shift in the analyzed indicator, but in each group differently. Thus, summing up the analysis of the dynamics of the sports-technical and competitive activities of the Kurashists, it can be noted that all these indicators had a very distinct growth trend in accordance with the stages of the experiment. Moreover, in (E.G.) the intensity of the growth rate of most indicators was more significant and reached reliability at ($p < 0.05$) compared with the initial data. In (C.G.) the analyzed indicators, although they had an increase in the results, but as a rule, it was insignificant, which makes it impossible to consider these changes stable. Summing up the discussion of methods for organizing a search experiment, it should be noted that the dynamics of indicators of physical fitness of subjects of the experimental and control groups, there is a high level of development. Improving the results in the exercises characterizing the level of development of the basic physical qualities (strength, speed and endurance) that occurred in the subjects of both groups during the experiment was not statistically significant. This fact allows us to conclude that wrestling does not directly affect the improvement of these indicators. At the same time, a statistically significant improvement in the magnitude of indicators in the

performance of special wrestling exercises allows us to conclude that there is a direct impact of kurash wrestling on improving the indicators under consideration. It should also be noted that an important role in maintaining a high level of physical fitness was played by the systematic nature of the training process, ensuring that subjects were constantly in good shape.

CONCLUSIONS

The above detailed analysis of the dynamics of sports-technical indicators, indicators of physical fitness, indicators of physical and mental development of fighters-kurashists of the experimental and control groups during the search experiment allows us to draw the following conclusions. Significant changes in the indicators of technical preparedness and competitive activity that occurred in (EG) during the experiment, indicate that the subjects of this group have more firmly formed skills and abilities to participate in competitive activity. What is a clear example of the great effectiveness of the experimental methodology, the educational process. This was confirmed by a more significant growth of all the main indicators characterizing the success of participation in competitive activity. Noteworthy is the result of improving (EG) the value of indicators characterizing the level of development of mental and psychomotor functions, and self-assessment of the subjective state by a more significant value than the subjects (C.G) Thus, the results of the search experiment clearly show a positive effect on the effectiveness of the training process of fighters-kurashists in their preparation for competitive activity by the experimental methodology (E.G.) - which allows us to consider the experimental methods more effective.

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