IMPROVEMENT OF METHODOLOGY OF DEVELOPMENT OF TECHNICAL AND TACTICAL METHODS WITH RAPID POWER OF BELBOG WRESTLERS

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ABSTRACT

The article describes ways to optimize the teaching of technical techniques in belt wrestling. Wrestling techniques are used to improve the teaching of technical skills. A study was conducted among belt wrestlers on the effective use of techniques to improve the technical and tactical training of the training process.

Keywords: Physical training, techniques, training, training process, optimization.

RELEVANCE

Today, our belt wrestlers are gaining success on the world sports arenas. Improving the training process is important to maintain the victories and to win the top positions in the future[1,5].

The development of special physical training in the training sessions with belt wrestlers will be the basis for significant victories in competitions[3,8]. The training focuses on the ability to anticipate the actions of the opponent, to correct themselves in a difficult situation, to distinguish the main situations and to assess them quickly and accurately, in the development of special physical training[2,7,9].

The purpose of the study

Development of proposals and recommendations on how to improve the technical and tactical training of belt wrestlers.

Research tasks

1. Analysis of the literature on improving the technical and tactical training of belt wrestlers;
2. To study and analyze in the training process the role of belt wrestlers in the improvement of technical and tactical movements of the indicators of the development of special agility and strength qualities;
3. To substantiate in practice the role of belt wrestlers in improving the technical and tactical movements of the development of special agility qualities;

Object of research

The process of training and competition with belt wrestlers.

Research subjects

During the training with belt wrestlers, special physical training and technical movements were selected.

By special physical training of belt wrestlers we mean the physical capabilities that provide athletes with special movement activities.

Over the years, the research of experts has focused on the development of special tests that reflect the main elements of the competition, the peculiarities of its course. It is now well known that the level of special physical fitness can only be assessed using special tests that model the basic dimensions of competitive activity[4,6]. No special tests are required to solve this problem. Various pedagogical and medical-biological tests are used to assess the special physical fitness of belt wrestlers, based on the study of a series of exercises or partner defeats (quantitative and qualitative assessment of defeats) and changes in the reaction of various systems in the body to a given load. reaches Over the years, various experts have developed a number of tests to assess specific physical fitness in different types of wrestling, as well as formulas for calculating test results.

Pedagogical Control Tests

Belt wrestlers develop technical skills using a special quality of speed and strength. However, this alone does not allow us to fully develop this quality. To improve this quality effectively, you need to gradually apply special exercises, such as stretching, bending, stretching, squeezing, twisting muscles, joints and joints.

1. The following tests were used to determine the technical strength of belt wrestlers.
2. 1. Single climb (fast)
3. 2. Quickly complete the steps learned. (lifting from the waist)
4. 3. Exercise speed with a partner.
5. 4. Exercise with a stuffed ball for reaction speed.
6. 5. Practice sitting with stuffed balls. (Leaning forward and running over the object to make a circle.

Pedagogical experience

Pedagogical experience is the basis of any scientific and pedagogical experience. It tests the reliability of the scientific hypothesis, determines the relationships and relationships between the individual elements of the pedagogical system.

The effectiveness of the results of pedagogical experiments was evaluated on the following criteria:

1. Measurement of changes in speed during the development of special physical training of belt wrestlers;

2. The extent of changes in the speedometer in the development of special physical training of belt wrestlers was determined.

Table 1: The level of development of the speed and strength of belt wrestlers At the beginning of the study (Control group 8 people, Experimental group 8 people)

№	Contents	Indicators					
		Experimentalgroup			Controlgroup		
		$\bar{\tilde{o}}$	σ	V	$\bar{\tilde{o}}$	σ	V
1.	Single climb (fast)	5,16	0,06	1,24	5,17	0,11	1,21
2.	Get things done fast	8,20	0,79	9,62	8,00	0,67	8,33
3.	Exercise speed with a partner.	15,9	1,37	8,62	15,9	1,10	6,92
4.	Exercise with a stuffed ball for reaction speed.	9,2	1,23	13,3	9,4	0,97	10,2
5.	Sit-ups with stuffed balls. (Leaning forward and running over the object to make a circle.	30,6	3,13	10,2	30,9	3,11	10,06

For example, in the singles, the experimental group had an arithmetic mean of 5.16, a mean square deviation of 0.06, and a coefficient of variation of 1.24%. In the control group, the arithmetic mean was 5.17, the mean square deviation was 0.11, and the coefficient of variation was 1.21%.

The experimental group performed the studied operations quickly, with an arithmetic mean of 8.20, a standard deviation of 0.79, and a coefficient of variation of 9.62%. In the control group, the arithmetic mean of the belt wrestlers was 8.00, the mean square deviation was 0.67, and the coefficient of variation was 8.33%.

The experimental group speed training with a partner (pre-pull) had an arithmetic mean of 15.9, a standard deviation of 1.37, and a coefficient of variation of 8.62% in belt wrestlers. In the control group, the arithmetic mean of the belt wrestlers was 15.9, the mean square deviation was 1.10, and the coefficient of variation was 6.92%.

The experimental group with a ball filled with a reaction rate had an arithmetic mean of 9.2, a standard deviation of 1.23, and a coefficient of variation of 13.3% in belt wrestlers. In the control group, the arithmetic mean of the belt wrestlers was 9.4, the mean square deviation was 0.97, and the coefficient of variation was 10.2%.

Sit-ups with stuffed balls. (The arithmetic mean was 30.6, the standard deviation was 3.13, and the coefficient of variation was 10.2% in the belt wrestlers in the control group. the arithmetic mean was 30.9, the standard deviation was 3.11, and the coefficient of variation was 10.06%.

During the study, the mass training plan set out in the speed-up training program for belt wrestlers in the control group was developed primarily through 10 minutes, and in the research group through 20 minutes of specific exercises.

It was found that Table 2 showed an increase in the speed results of the belt wrestlers in the study group compared to those in the control group, as they performed for 20 minutes instead of 10 minutes in mass training.

Table 2: The level of development of the speed and strength of belt wrestlers At the end of the study (Control group 8 people, Experimental group 8 people)

№	Contents	Indicators					
		Experimentalgroup			Controlgroup		
		$\bar{\tilde{o}}$	σ	V	$\bar{\tilde{o}}$	σ	V
6.	Single climb (fast)	4,83	0,11	2,27	5,16	0,16	3,1
7.	Get things done fast	10,2	0,67	6,56	8,23	0,62	7,53
8.	Exercise speed with a partner.	17,3	1,12	6,47	14,9	1,12	7,51
9.	Exercise with a stuffed ball for reaction speed.	11,5	0,67	5,82	9,3	1,07	11,5
10.	Sit-ups with stuffed balls. (Leaning forward and running over the object to make a circle.	32,4	1,13	3,48	31,4	2,37	7,54

In Yakkachop, for example, the experimental group had an arithmetic mean of 4.83, a standard deviation of 0.11, and a coefficient of variation of 2.18% in belt wrestlers. In the control group,

the arithmetic mean was 5.16, the mean square deviation was 0.16, and the coefficient of variation was 3.1%.

The experimental group of rapid performance of the studied actions had an arithmetic mean of 10.2, a standard deviation of 0.67 and a coefficient of variation of 6.56% in belt wrestlers. In the control group, the arithmetic mean of the belt wrestlers was 8.23, the mean square deviation was 0.62, and the coefficient of variation was 7.53%.

The experimental group of speed training with a partner had an arithmetic mean of 17.3, a standard deviation of 1.12, and a coefficient of variation of 6.47% in belt wrestlers. In the control group, the arithmetic mean of the belt wrestlers was 14.9, the mean square deviation was 1.12, and the coefficient of variation was 7.51%.

The experimental group with a ball filled with a reaction rate had an arithmetic mean of 11.5, a standard deviation of 0.67, and a coefficient of variation of 5.82% in belt wrestlers. In the control group, the arithmetic mean of the belt wrestlers was 9.3, the mean square deviation was 1.07, and the coefficient of variation was 11.5%.

Sit-ups with stuffed balls. (The arithmetic mean was 32.4, the mean square deviation was 1.13, and the coefficient of variation was 3.48% in the belt wrestlers in the study group running round on the forward bending piece. The average arithmetic value in wrestlers was 31.4, the standard deviation was 2.37, and the coefficient of variation was 7.54%.

In the experimental group, these indicators were found to be superior. The speed development of the belt wrestlers involved in the study may be the basis for the conclusion that the development of the skills is high.

CONCLUSION

Analysis of the literature on the development of speed skills in the development of special physical training of belt wrestlers and the analysis of trainings with belt wrestlers shows that in non-training forms, practice-related movement skills and related the effectiveness of exercises aimed at cultivating speed skills has not been fully studied.

At the same time, in many literatures, it is important to express the opinion that the training of speed wrestlers in the training of belt wrestlers is important in the future training of belt wrestlers. This proves once again that belt wrestlers still have a long way to go to develop their speed skills.

The study found that as we increased the amount of exercises used to train the speed skills of belt wrestlers, the speed skills of belt wrestlers in the experimental group increased.
Studies and observations of belt wrestlers to develop their speed skills have revealed that;

- Special attention should be paid to the training of belt wrestlers in the process of training speed skills, which is important for belt wrestlers to achieve high results in competitions.
- The use of standard exercises in the development of speed, which is used in practice, does not allow the formation of skills of belt wrestlers.
- One of the main directions in the development of the speed of belt wrestlers is the use of standardized exercises.

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