



TRAINING IN TECHNICAL AND TACTICAL ACTIONS OF YOUNG FREESTYLE WRESTLING AT THE STAGE OF INITIAL TRAINING TAKING INTO ACCOUNT THE REQUIREMENTS OF COMPETITIVE ACTIVITY

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ABSTRACT

With a significant number of studies and methodological works on the technique and tactics of wrestling, it should be noted that one of the problems in the theory and practice of wrestling remains the lack of a developed technique teaching technique at the initial stages of training, the issues of improving the content and sequence of studying the basic wrestling technique and increasing success on this basis.

KEYWORDS

Freestyle wrestling, training, technique, tactics, degree of readiness, competitive activity, effectiveness.

INTRODUCTION

The relevance of research. The training of highly qualified wrestlers is impossible without one of its components - the methodology of initial training. Quite a lot of research has been devoted to the problems of youth sports, and yet the issues of managing the training of young wrestlers remain insufficiently studied.

In recent years, there have been significant changes in the content of competitive bouts, competition regulations, ideas about the features of teaching children complex tactical and technical actions, about the methodology for training highly qualified athletes have changed. In modern wrestling, the time of the fight has been reduced, the process of wrestling has become faster and more active, continuous attacking



actions are encouraged. This requires the wrestlers to quickly solve tactical and technical problems and apply certain attacking combinational actions. However, it is noted that the existing technique of technical and tactical training does not sufficiently take into account the requirements of modern wrestling (Novikov A.A., 2003; Shakhmuradov Yu.A., 1997).

The purpose of this work is to determine methodological ways to optimize technical and tactical training at the stage of initial training, taking into account modern requirements.

Research objectives:

1. Determine the rational sequence of training and improvement of techniques.
2. To identify the specific features of the composition of the competitive activity of young freestyle wrestlers 7-10 years old.

To solve the problem posed in our work, the following research methods were used: literature analysis, questioning, pedagogical observations, the method of network planning and management, methods of mathematical statistics.

Object of study. Educational-training and competitive process of novice wrestlers of 1-3 years of study.

Subject of study. Means and methods of teaching young men the technique of freestyle wrestling in accordance with modern requirements of competitive activity.

Research results. Freestyle wrestlers' mastery of coordinately complex techniques, their development of a wide range of specialized tactical skills, qualities and tactical abilities requires compliance with a rational sequence of mastering educational material in the process of training and improvement [2,6,7], based on relationships and interdependence of the studied techniques and actions

In the works of V.M. In the theory of STC, the initial plan for the implementation of the model is built in the form of a network diagram, consisting of events and operations and visually displaying the order of execution of individual operations provided by the model in time and the relationship between events.

The main advantage of network graphs is that they allow you to explore the process of learning motor activity as a single system, determining the logical connections between the intended types of the learning process, their continuity and interaction, putting into practice the effect of a positive transfer of motor skills and physical qualities.

In our study, with the help of STC, it was supposed to determine a rational sequence of training and improvement of technical methods, combat actions and specialized tactical skills. The work was attended by eight qualified trainers working with the strongest Uzbek wrestlers, and teachers of the Department of Theory and Methods of Sports Wrestling of the Uzbek State University of Physical Culture and Sports. The attention of the respondent was presented with a matrix with the listed elements of the wrestlers' activity, which was based on the systematics of techniques, classification of combat operations and specialized tactical skills developed by V.S. Keller [5]. It was proposed to answer the question: "What elements of the activity must an athlete master before he can be taught this action?" At the same time, one of the elements of the activity presented in the matrix was indicated. After the respondent marks all the actions preceding the specified one in learning, the question was repeated again, but in relation to the next element of the activity, and so on. Thus, the experts consistently determined the presence and direction of the relationship between all elements of the specialized activity of a freestyle wrestler. Based on these data, network graphs were built.



In the scientific and methodological works of A.M. Astakhov [1], V.I. Kolutsov [6], V.P. Serdyuk [7], as a result of generalizing the best practices of sports practice, the sequence of mastering the technical methods of action is determined. Training in freestyle wrestling must begin with mastering the elements of technology and tactics: the basic provisions and maneuvering. Then you should learn simple attacking and blocking holds. Training in wrestling techniques in the stance and ground position should begin: ground floor - flips by twisting, running in, transition, roll, extension and their combinations; stance - stalls by knocking down, throws with an inclination, turn (mill), turn-up, deflection, dive and their combinations.

According to V.S. Keller [5], the mastering and improvement of the basic technique in the types of martial arts, based on the manifestation of motor reactions, must be carried out in the following sequence: conditioned actions, with choice, with switching. Spatial-temporal anticipations should be mastered after the improvement of each type of motor reactions.

At present, regularities in the use of freestyle wrestling means have been identified, which are reflected in the classification of basic techniques in the stance and ground floor and specialized tactical skills [1]. The data obtained significantly expanded the understanding of the composition of specialized activity, its various components, which causes the need to clarify and scientifically substantiate the sequence of mastering the material in the wrestler's training, using modern scientific achievements.

One of the most important conditions that determine the sequence of the studied material at each stage of the training of athletes is the presence of links between the intended types of motor activity and their succession. In each specific case, it is necessary to find

such a system for arranging educational material that would correspond to optimal connections and interactions. Of paramount importance in this case is the use of patterns of transfer of motor skills and physical qualities, which can be both positive and negative [1].

Figures 1 and 2 show the sequence of mastering and improving basic techniques and specialized tactical skills in freestyle wrestling. The numbers in the circles indicate the mastered technical and tactical actions and their tactical varieties, the arrows indicate the connection between them.

It is advisable to start training in attacking actions with training in the stance (Fig. 1) with the following characteristics: hand jerk transfers with sweep (1); dive transfers by gripping the arm and hip (2); to stall by knocking down the grip of the opposite leg with the transition to the grip of two legs (3). In the Prater: a twisting flip with the grip of the far arm and the near shin, a flip by running over with the grip of the hand on the "key", a rollover with the grip of the torso (4). Then you should move on to training in the stance: throw with an inclination by holding the legs (5); throw by turning by gripping the arm and leg of the same name ("mill") (6); roll-up throw with the grip of the arm and neck (7). In the stalls: coup with a cross grip of the shins (8); coup by transition with scissors with the capture of the chin (9); overturning by rolling over the grip of the neck with the near thigh (10). Then it is mastered in the stance: throw by rotation with the grip of the hand from above (11); then you need to master the throw with a deflection by grabbing the arm and torso (16); front footrest gripping the shoulder from below and the arm (18). This is followed by training in the stalls: a backbend overturn with a back grip of the far thigh (9); throw with a tilt gripping the shoulder and hip with a hook of the far leg (11); dive throw (17); exit upstairs (19).

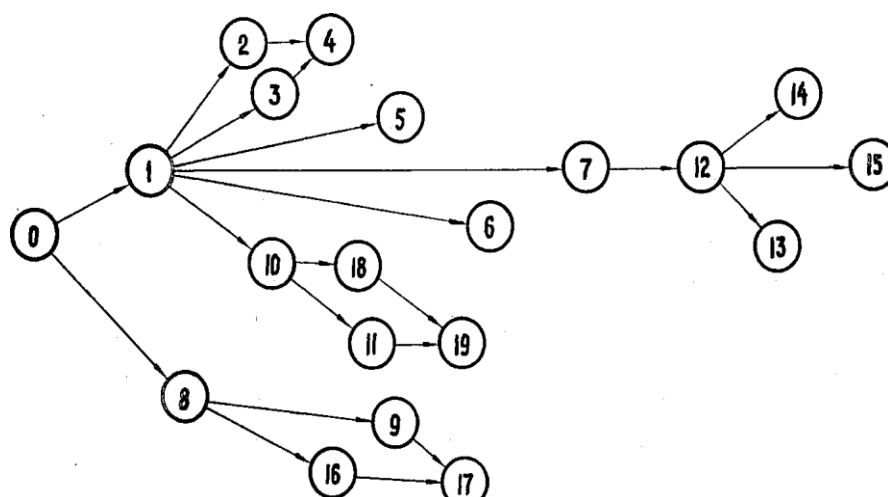


Fig.1 The sequence of mastering the main varieties of technical actions

Mastering combinations of technical and tactical actions should begin with learning to roll over - twisting, running, transition, coasting, deflection (12), throws - coasting, tilting (13), deflection throws (14), then going up by sitting (15).

Each of the listed specialized actions can be performed depending on the degree of readiness intentionally, impromptu, intentionally-impromptu and the characteristics of the athletes' responses conditionally, with choice, with switching.

It has been determined that it is more expedient to start training with intentional and conditioned actions (1) (Fig. 2), then deliberate with choice (2), impromptu and conditioned (4), impromptu with choice (5), intentional with switching (3), impromptu with

switching (6), deliberately impromptu with switching (7).

The rationality of the sequence of mastering special technical actions established by us with tactical characteristics reflecting the degree of readiness and peculiarities of athletes' responses is confirmed by a number of works in which the age-related dynamics of the formation of human psychomotor qualities was studied. Scientists point to the heterochrony of the development of various body systems, in particular, sensorimotor responses. At first, indicators of a simple motor reaction, which underlies the performance of conditioned actions, reach their highest values, then disjunctive and differentiating, that is, more complex types of motor responses [9], which determine the success of actions with choice and switching.

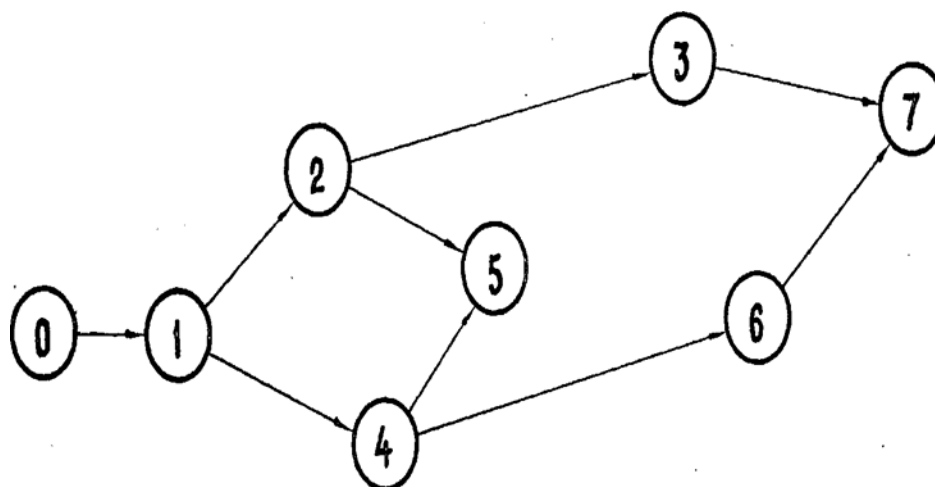


Fig. 2 The sequence of mastering techniques and actions with tactical characteristics reflecting the degree of readiness and response features.

The results of the participation of freestyle wrestlers in competitions at the age of 7-10 years can be used as informative prognostic indicators of the success of sports activities at this age.

The competitive activity of young freestyle wrestlers is largely due to the general patterns of martial arts in this type of wrestling, which determine the pronounced specifics of the technique of basic positions and movements, the use of multidirectional tactical means of attack and defense, the ratio of their volumes and effectiveness. At the same time, the fighting activity of young freestyle wrestlers has significant features dictated by the age-related dynamics of the psychological and physical functions of the body, as well as the peculiarities of the training and improvement methods.

The greatest contribution to the overall success of wrestling by young wrestlers is made by attacking actions. When performing them, athletes make a relatively small amount of technical defects and tactical errors related to the choice of the means of

combat, adequate to the situations that arise, and the determination of favorable moments for the start of the action.

An analysis of the technical and tactical actions of young freestyle wrestlers at the Championship of Uzbekistan in 2022 indicates that 76% of the total volume of actions were performed in the standing position (assessed) by the judges, and 24% in the stalls.

For young freestyle wrestlers, the main attacks are typically performed, and repeated attacks, reciprocal attacks and preparation, the effective use of which requires the presence of certain conditions (start time, duration of execution, etc.), account for less than 19.0% of their total number. After all, the implementation of momentary varieties of attacks imposes significant requirements on the technical preparedness of wrestlers and the level of development of speed-strength qualities. But the most important thing when performing these types of attacking actions is the need for accurate perception or anticipation of the kinematic and dynamic parameters of the movements of one's own and the enemy.



Therefore, when mastering and improving attacks of repeated, response and training, tactical tasks should be solved first of all, which will increase the contribution of these types of attacks to the overall effectiveness of attacking actions.

A significant shortcoming of the technical and tactical readiness of young freestyle wrestlers can be considered the imperfection of the system of defensive actions used by them in competitions.

So, if in the arsenal of adult qualified wrestlers the use of defenses and counterattacks is to a certain extent balanced [1], then in the fights of young athletes, large volumes fall on the performance of counterattacking actions. Meanwhile, the indicator of the tactical adequacy of this martial art and the overall effectiveness of counterattacks are extremely low (2.6.0% and 21.1%, respectively). About 74.0% of their total number is not carried out in a timely manner, with a delay, or not in accordance with the combat operations used by the opponents.

The most effective use of each type of combat actions in the fights of young wrestlers corresponds to a certain ratio of tactical characteristics, reflecting the degree of readiness and the peculiarities of the responses of athletes when performing fights. Thus, the greatest contribution to the overall effectiveness of attacking actions is made by the main attacks performed intentionally (38.7%) and conditionally (33.7%); repetitive and retaliatory attacks used impromptu (22.1 and 30.0%) and with switching (21.5 and 24.1%; preparation attacks used deliberately (22.1%) and with switching (24.3%).

Obviously, the effectiveness of the training process of young wrestlers will increase with the improvement of the varieties of martial arts mainly in situations typical for their more effective use in competitions. At the same time, the largest number of technical errors in

the fights of young freestyle wrestlers is observed when performing impromptu and deliberately impromptu actions, as well as with selection and switching. Therefore, in the training of young wrestlers, it is advisable to use exercises aimed at improving the means of martial arts with these tactical characteristics, thereby creating the prerequisites for their more effective use in competitive fights.

CONCLUSIONS

The sequence of improvement of basic techniques and specialized tactical skills in freestyle wrestling, based on the continuity and interaction of the studied elements, is determined. In particular, the development of specialized tactical skills will be carried out more rationally with the following sequence of studying the material: at the beginning it is necessary to learn how to perform attacks, then defenses, then counterattacks. After that, you should master the ability to distinguish and switch.

A significant shortcoming of the technical and tactical readiness of young wrestlers is the imperfection of the system of defensive actions. When performing defenses, young wrestlers allow a large number of technical and tactical defects, which manifests itself in the inability to determine the direction of the final phase of the opponent's attack and in the errors of anticipating the dynamic and kinematic parameters of their own and opponent's movements.

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