



The Problem of Selecting Children in the Wrestling Section

Arslonov Qahramon Polvonovich

Professor of the Department of "Sports Theory and Methodology", Bukhara State University

Annotation: This article deals with the problem of selecting children for classes in the national wrestling "Kuresh" is in the center of attention of specialists. Different schools of wrestling conduct various kinds of experiments and develop the most effective system for training wrestlers from the very initial stages of their training.

The main principle that coaches are guided by in their daily practice is that on the basis of the individual valuable and important qualities that are instilled in children, other necessary special qualities may well arise, be brought up and improved in the process of many years of training, without which a teenager can become a high-class wrestler.

Keywords: selection, wrestling, selection criteria, selection principles, quality assessment, physical indicators, children, coaches, personal qualities, expert assessment.

The emergence of traditional national sports was due to the objective laws of society. At the same time, any kind of traditional national sport was brought to life by the need of society to educate people in certain abilities, specific skills, qualities and abilities. A number of laws, according to which human society develops, is comprehensive. The existence of such comprehensive laws explains the fact that different peoples living at a considerable distance from each other pass in the same sequence through the same socio-economic formations, autonomously create similar tools of labor, develop similar technologies. for the manufacture of tools.

In Uzbekistan, much attention is paid to the development of sports and physical culture. During the years of independence, an effective system of training professional athletes, coaches and judges has been created in the country. The implementation of these goals in every possible way contributes to the wide promotion of a healthy lifestyle, the education of comprehensively developed youth, and the further development of physical culture and sports in the republic. An important legal basis for the reforms carried out in this direction is the Law of the Republic of Uzbekistan "On Physical Culture and Sports" and other regulatory legal acts aimed at attracting citizens, especially youth, women and children, to physical culture and sports. Today Uzbekistan is in the full sense of the word a sports country. A healthy lifestyle is widely approved among young people, and mass sports are ensured. Uzbek athletes, achieving high victories at prestigious international competitions, demonstrate to the whole world the high sports potential of our country. The results achieved by our athletes at the 2016 Olympic and Paralympic Games held in Brazil introduced Uzbekistan to the sports community of the world as a country where sports are developing at an accelerated pace. This is what we are rightfully proud of. Young boys and girls defending the colors of the national flag, professionals of individual and game disciplines, demonstrating exceptional training and phenomenal skills at representative forums, eloquently confirm that they represent a country with rich sports traditions. The results of the measures taken are manifested in the growth in the number of our compatriots involved in sports and winning prizes in various international tournaments.



Many sports are practiced in Uzbekistan. The most popular are: athletics, boxing, football, gymnastics, tennis, wrestling, kurash, cycling. Today, the names of such outstanding and talented athletes as Ruslana Nuriddinova (weightlifting), Khasanboy Dosmatov (boxing), Shokhibiddin Zoirov (boxing), Fazliddin Gaipnazarov (boxing), Shahrom Giyosov (boxing), Bektimir Melikuziev (boxing), Diyorbek Urozboev (judo), Rishod Sobirov (judo), Elmurod Tasmurodov (Greco-Roman wrestling), Rustam Tulaganov (boxing), Ekhtiyor Navruzov (freestyle wrestling), Murodjon Akhmadaliyev (boxing), and, of course, FIFA referee Ravshan Irmatov, as well as many others glorified Uzbekistan is far beyond its borders. In order to educate high-class athletes, consistent work continues to improve the material and technical base necessary for the formation of future champions. In particular, the Republican specialized children's and youth sports school of the Olympic reserve in rhythmic gymnastics was created. The Central Asian Judo Center, the Republican Boxing Center and the sports complex of the Taekwondo Association were built. Thanks to the created sports infrastructure, Uzbekistan has become a venue for major international competitions, including world and Asian championships in boxing, taekwondo, freestyle wrestling, fencing and other sports. The country pays serious attention to the selection of young talented athletes from among the pupils of sports clubs and teams and the organization of their training to improve sportsmanship, the creation of the necessary conditions for strengthening the sports reserve on the basis of the further development of schools of higher sportsmanship and colleges of the Olympic reserve. In this regard, the policy pursued in Uzbekistan to expand the mass character of children's sports, which is rightfully the basis for the formation of a healthy and harmoniously developed generation, is of particular importance. The country has created a unique three-stage system of holding sports competitions among schoolchildren, pupils and students - "Umid nihollari", "Barkamol avlod" and "Universiade", which make an invaluable contribution to the training of gifted and talented athletes who adequately defend the honor of their homeland in international sports tournaments and the Olympic Games.

An important step towards the development of children's sports was the creation, in accordance with the Decree of the First President of the Republic of Uzbekistan in 2002, of the Children's Sports Development Fund. The main objective of this fund is to introduce children, the younger generation to sports from early childhood, to awaken their interest and love for sports, to educate the younger generation as physically and spiritually healthy, harmoniously developed personalities. In June 2016, President of the International Olympic Committee (IOC) Thomas Bach and President of the Association of National Olympic Committees and the Olympic Council of Asia (OCA) Sheikh Ahmad al-Fahad al-Sabah visited Uzbekistan. Eminent guests highly appreciated the quality of sports facilities and the scale of projects in our country. In their opinion, the ever more significant achievements of Uzbek athletes at the Olympic and Asian Games, world and continental championships are the result of this creative work. For outstanding achievements in the development of sports and the Olympic movement, the First President of Uzbekistan Islam Abduganievich Karimov was awarded the medal of the International Olympic Committee. Also, for a huge contribution to the development of football in the country and in Asia, Islam Karimov was awarded the award of the Olympic Council of Asia. Thus, thanks to the large-scale transformations carried out in the country, sports have become one of the prestigious areas of activity, especially among young people. And the names of talented representatives of Uzbekistan, who have received prestigious international awards, are inscribed in the annals of domestic and world sports. The results of the comprehensive work of the state in the field of physical culture and sports can be seen from the results shown by the athletes of Uzbekistan in the world sports arena. Thus, sport is the most important and strong factor in the upbringing of a harmoniously developed generation. Sport is, first of all, a healthy generation, a healthy future. "Only a healthy people, a healthy nation are



capable of great achievements,” said the First President of the Republic of Uzbekistan Islam Karimov.

List of used literature:

1. Закон Республики Узбекистан «О физической культуре и спорте». Ташкент, 14 января 1992 года.
2. Указ Президента Республики Узбекистан о создании Фонда развития детского спорта Узбекистана. Ташкент, 24 октября 2002 г., № УП-3154