



Pedagogical Foundations of National Wrestling

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Abstract: This article deals with the methods of teaching kuresh wrestling techniques, their features and effectiveness in the training process are revealed. The subject of the study is the process of improving attacking technical and tactical actions in kuresh wrestling; the purpose is to maintain and organize the educational-training process and competitive activity of kuresh wrestlers on the basis of teaching interconnected (single) technical and tactical actions.

Keywords: Kyrgyz national wrestling kuresh, pedagogy, teaching methods, trainer-teacher, wrestling technique.

Introduction.

Types of national wrestling are one of the means of educating the younger generation as physically healthy, spiritually mature people. At present, types of national wrestling are becoming increasingly popular in our country [1-2]. The Decree of the President of the Republic of Uzbekistan Sh.M. Mirziyev dated October 2, 2017 on measures for the further development of the national sport "Kurash" was adopted [3-4]. The Decree provides for the development and approval of a set of measures for the further development of the national sport "Kurash" [5]. In recent years, more than a thousand talented athletes have come out of the "belt wrestling" section in the country. They successfully participate in the championships of Asia, Europe and the world of our republic.

Material and methods.

A system of training high-class wrestling coaches and highly qualified athletes is being formed. According to scientists, wrestling can be practiced from 10-12 years old. At this age, character traits are formed in which the mental and moral qualities of children are formed [6]. Participation in wrestling competitions plays an important role in mastering their skills and abilities. Fearlessness of moral qualities, courage, self-esteem, compassion, honor, the ability to overcome fears - these qualities are at the head of the struggle. Depending on the physical capabilities, personal interests, mental training and personality traits of children, this type of wrestling can be practiced from 6-7 years old. Sports activities of children of this age should be aimed at mastering the movements of the struggle and the development of physical qualities [7-8]. Competitive movements of wrestlers of this age, dummy throws are formed and developed. The main efforts of the wrestlers will be focused on mastering the throwing exercises.

The main question for every coach-teacher "how to teach" brings us to one of the most important categories of sports pedagogy - the category of teaching methods. To solve the problems of teaching kuresh wrestling techniques, many different methods are used, both specific and non-specific (general pedagogical, used in all cases of training and education).

P.F. Lesgaft [1] wrote that it is necessary to acquaint students with all the required actions by all means by word, and not by what is shown. It is easier to perceive an object of sight, to perceive it by description, by hearing it is more difficult; the first requires less conscious work, the second more attention, more effort and more presentation. The methods of verbal influence and their



effectiveness largely depend on how prepared the leader is. P. F. Lesgaft [1] singled out two main methods: one is practical, and the other is theoretical, or systematic.

The practical method is based mainly on development through observation, reflection on what is observed and experience gained from it. Development, both mental and physical, consists mainly in the separation of individual ideas and actions and in comparing them with each other. In striving to make these divisions by one's own efforts, it is necessary to familiarize oneself with all the individual moments of the whole act. The reproduction of the disconnected must also consist of these moments. Comparisons confirm general images and truths; with incomplete reproduction, the conclusions will turn out to be incorrect or illogical, because the logical conclusion is possible only with a complete reproduction of the facts that are in a known connection with each other.

The systematic method, when separating movements into their elementary forms, teaches us to combine the simplest forms of movements into more complex ones, gradually increasing their strength and speed. The theoretical method should accustom the student to the performance of both mental and physical work with the least expenditure of effort and in the shortest period of time. This method is based on the observations and experience of all generations that have existed so far. The methods of physical education embody rational approaches to the development of motor actions and certain forms of their general regulation (organization and regulation) [2].

The trend towards the intensity of the training process has led to attempts to use non-traditional teaching methods. In the works of V. V. Pyzhov, V. S. Portakh [3], attempts were made to guide the wrestler according to the optimal spatial structure of the hold ("training lead"). The main provisions of "teaching leadership" to a certain extent echo the ideas of I.P. Ratov about facilitating the conduct on the reception structure [4].

It is supposed to optimize the propulsion system for holding tricks by changing the motor reference points. Inclined platforms are used to optimize training in the technique of handstands. In addition to the proposal for the use of non-traditional methodological forms, there are proposals for the use of correcting the actions of wrestlers with the help of electrical stimulators. Simulator designs are constantly being improved in order to develop technical and tactical thinking, film simulators are used. For optimal training, an anatomical dummy was made, equipped with a programming control device that allows you to improve technical and tactical actions. Practical methods of teaching technical actions are holistic and dissected (in parts), as well as a dissected-constructive (combined) method created at their junction. The method of a holistic exercise is used to teach fairly simple techniques, a dismembered method - more complex in terms of coordination techniques.

The dissected-constructive method involves the combined use of these methods (which is why it is called "constructive"). According to O.P. Yushkov [5], the most effective method is a holistic exercise, as it allows you to form a motor skill using various methodological techniques:

- consistent transition from simplified forms of the integral;
- technical action to the final;
- application of landmarks and constraints;
- creation of facilitated external conditions;
- simplification;
- fixings;
- providing additional assistance with the use of auxiliary technical means;
- sequential switching of attention to separate phases of movement;



- recurring and constant conditions;
- variation of conditions;
- Game method.

There is also a method of learning with the help of lead-up exercises. Its essence is to perform exercises, the sequence of which leads to the optimal implementation of the most learned movement, which significantly increases the speed of its assimilation. The advantage of this method is not only an increase in the pace of learning (due to the use of the phenomenon of positive transfer of a motor skill), but also a significant reduction in injuries to trainees.

When studying the ability of young men to master difficult coordination movements on the example of kuresh wrestling, we came to the conclusion that the pace of their mastering and its persistence are different. Depending on the quality and pace of learning, students can be divided into:

- quickly mastering new material, but their skills remain unstable;
- slowly mastering new material, whose skills also remain unstable;
- Quickly mastering new material, when their skills are distinguished by a sufficiently high persistence.

In the learning process, we consider these regularities to be taken into account.

For training and improvement of wrestling technique, it is proposed to use the following groups of training methods:

- without an opponent (at the first stages of training);
- With a mock enemy (auxiliary devices - mannequins and etc.);
- with a partner (providing assistance and creating favorable situations);
- With the enemy (opposing partner).

A wide variety of control and training devices, dummies, bags, etc. are used to train and improve wrestling techniques, but for all their benefits (which is the ability to focus on improving the necessary motor skill in an artificial environment), one should remember that they are abused should not be used, since no, even the most advanced apparatus can replace a partner - a living person. An important factor in improving the quality of teaching kuresh wrestling technique is the use of specialized outdoor games [6].

Until recently, it was believed that at the initial stage it is enough to teach techniques and then gradually perform them in competitive conditions i.e. include them in competitive activities. However, at the same time, the coaches-teachers overlooked the need to develop the skills of conducting a duel, as well as the skills to perform techniques in a competitive environment (with constantly changing situations and the presence of confounding factors).

The foregoing served as the basis for the development of situational tasks. The main contradiction that prompted us to research work was the discrepancy between the need for young wrestlers to master the basics of wrestling and the ineffectiveness of solving this problem on the basis of strictly regulated teaching methods that do not take into account the aspirations of children for competitive forms of manifestation of activity, for the creative development of technical skills. At present, a method of programmed learning has been developed, which implies the division of the material into separate parts, the implementation of specific tasks in each of them and the use of methods for monitoring its development. One of the main methods for improving the technical skills of wrestlers is the modeling method. There are a lot of pedagogical ways of modeling confrontation.



According to Yu. A. Shakhmuradov [7], the most common of them are: formal (situational) modeling of technical and tactical actions (or their individual elements); game confrontation according to certain rules; functional modeling of episodes and situations of competitive confrontation.

The subject of analysis in this case may be: effective technical and tactical actions that make up the arsenal of the leading kuresh wrestlers; combat tactics; features of modern refereeing practice at responsible international kuresh wrestling competitions.

Modeling of various situations of a duel, including subjective factors of refereeing, allows, firstly, to diversify the skills and abilities of a wrestler based on the laws of the process of mastering the basics of confrontation as an activity and, secondly, to develop an individual style and tactics of conducting a duel, to form and improve the crown technique on the basis of newly mastered and constantly updated methods of tactical preparation and use of favorable dynamic situations. This approach to education provides an organic relationship between primary education and sportsmanship.

To simulate the competitive activity of wrestlers, various instrumental methods are also used with the use of simulators that provide feedback.

Questions of correction of technical actions are of great interest for the practice of wrestling. Meanwhile, the very problem of relearning individual elements that are difficult to coordinate movements (especially for highly qualified athletes) is quite serious and difficult. Therefore, it is better to correct errors, not allowing them to be fixed. When choosing methods for eliminating errors, one should take into account their type, the cause of occurrence and the individual characteristics of the kureshi player.

The main factor in the popularization of wrestling among our people and youth was its martial arts, non-violent methods, training, leading to spiritual maturity. The popularity of wrestling in our country is the main means of educating young people; it contributes to physical and spiritual maturity [9]. Today, these sports are loved by the inhabitants of our country, as well as by our youth.

Over the past period, our country has produced many highly qualified wrestlers. They successfully participated in international competitions, world and continental championships, Asian Games, winning victories and prizes [10]. Wrestling clubs have been created in every region and district of the country, where highly qualified coaches pass on all the theoretical and practical knowledge of wrestling to young people [11-12]. Young athletes are constantly improving their sports skills in order to raise the flag of Uzbekistan in international sports arenas.

The cycle of training sessions for participants in the first wrestling group is three times a week and lasts 1-1.5 hours. The training cycle for wrestlers included in the improvement group is 5 days a week and lasts up to 2 hours. They also participate in scheduled sports competitions and events.

Conclusion.

Nowadays, wrestling, like all other sports, has become younger. Children are engaged in wrestling from the age of 7-8 on the advice of their parents and at their own discretion. Pedagogical and methodological recommendations for coaches when organizing sports activities for children of this age are strictly required to prevent excessive mental stress on the body, to prevent mental trauma in children, and also not to use sharp throws during competitions. It is advisable to pay close attention to the methodological recommendations when organizing wrestling classes.



1. It is advisable to select children for wrestling taking into account their physical capabilities, personal characteristics and mental preparation.
2. The process of initial sports training of young wrestlers will be aimed at organizing their technical and physical training.
3. In the technical training of young wrestlers, attention should be paid to the complete mastery of the main types of wrestling, stance, movements of arms and legs, attack and defense.
4. In the process of initial sports training, it is recommended to successfully eliminate mistakes in mastering the technique of movements and constantly improve movements in accordance with one's physical capabilities and personal characteristics.
5. In the process of initial sports training of young wrestlers, it is important to develop the physical qualities of strength, speed, endurance, agility and flexibility.
6. In the initial sports training of young wrestlers, much attention should be paid to their moral, spiritual and volitional training, which in the future will become a key factor in the training of highly qualified athletes.

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