



The Importance of Specific Endurance in Improving the Sports Fitness of Wrestlers

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Abstract: This article provides information on the importance of special endurance in improving the sports training of wrestlers.

Key words: wrestlers, coach, special endurance, effectiveness of special trainers, physical loads, athletes.

Introduction

Reforms in the field of physical education and sports in our country are aimed at establishing a healthy lifestyle for the population, providing all-round support to athletes, and introducing modern sports mechanisms by applying innovative ideas and technologies to this field. In the decision of the President of the Republic of Uzbekistan on June 3, 2017 "On measures for the further development of physical education and mass sports", further improvement of the legislation aimed at developing the system of organization and management of the field of physical education and sports, physical education and strengthening the material and technical base of the sports field, building modern sports complexes, equipping them with modern sports equipment and supplies, developing the private sector in this field, providing sports schools with highly qualified coaches and medical personnel, educational institutions providing students and tasks such as health promotion, physical education, organization of public sports activities, complex sports competitions, selection of talented athletes from among young people and their targeted training have been defined.

As a result of the implementation of the tasks defined in the decision, we can see the further popularization and development of physical education and sports in our country in the coming years. The decision of the Cabinet of Ministers of the Republic of Uzbekistan dated November 7, 2017 "On the program of comprehensive measures for the further development and popularization of the national sport of wrestling" favorable conditions for regular improvement of the skills and qualifications of athletes, trainers and judges was adopted in order to create, strengthen the material and technical base of sports institutions and ensure the high quality of training processes. This decision is the legal basis of the practical work being carried out to popularize wrestling, a national sport, in our country, and to include it in the program of the Summer Olympic Games.

By conveying the rich traditions and values of wrestling inherited from our great ancestors to the future generations, increasing the role of wrestling in the world arena under the name of the Uzbek sports brand, by supporting and encouraging youth's interest in national sports, they will have a sense of patriotism. to further strengthen it, necessary conditions are being created for all layers of the population, especially young people, as well as people of the world to engage in this type of



sport. A number of studies have been conducted on scientifically based preparation of the training process of wrestlers, standardization of training loads. Scientific research works devoted to the improvement of technical-tactical actions based on the biomechanical analysis of actions in performing the technical method of "throwing" taking into account the body structure of national wrestlers have not been sufficiently studied. Scientific research based on morphological, functional, and genotypic indicators of athletes, especially in the process of training, has not been deeply analyzed.

Solving this problem, first of all, is related to the importance of fundamental knowledge about the processes that occur in the body of athletes as a result of the impact of large physical loads, as well as the acquisition of such knowledge by coaches.

DISCUSSION AND RESULTS

Among the factors in improving the sports training of wrestlers, special endurance is of particular importance. Because with the change of the rules of the competition, it is necessary to perform the technical movement despite the fatigue to conduct the fight in high quality. Endurance refers to the ability to overcome fatigue during an activity. It is known that fatigue performs a protective function in the body and temporarily reduces work capacity (work capacity) long before the complete exhaustion of working organs.

The body fully participates in any human activity. But depending on the nature of work or activity, some organ or system of the body performs a large task.

For example, in mental work, fatigue appears in the cortex of the brain, in sensory work in relevant analyzers, in intensive muscle work in muscle parts. In addition, the size of the muscles involved in the exercises has a significant effect on the character of fatigue. Fatigue in the work of a particular part of the body, it occurs due to changes in the nervous-muscular apparatus. In global work involving 2/3 of all muscles, fatigue depends on the respiratory system and the cardiovascular system. The mechanism of fatigue is determined by the speed, size and other factors of work during work. In any case, he must overcome fatigue. It follows that if fatigue is specific, endurance is always specific. Therefore, in order to strengthen the method of education of endurance, it is necessary to study the physiological mechanism of fatigue during activity. The level of endurance depends on a complex of various factors, the functional capabilities of the body's organs and systems, the level of technical skills, the willpower of the athlete and the amount of energy reserves in the body. One of the most important factors determining endurance is the strength of the mechanism that provides power for muscle activity. Endurance consists of aerobic, anaerobic and mixed (aerobic-anaerobic) species. According to the duration of the physical load, anaerobic and aerobic processes or their combinations take the leading place in providing muscle activity with power (energy). The physiological basis of aerobic endurance is related to the absorption, transfer and movement of oxygen by the body, the means are considered. It should not be forgotten that aerobic endurance is considered less specific, its stage is almost not dependent on the exercise technique, so it has high variability. Based on these factors, many call it general endurance. Anaerobic endurance (it is also called fast endurance) defines a number of functional tools and tasks that enable the body to perform work in conditions of lack of oxygen. Anaerobic endurance is considered very important and greatly saves movement activity. The lower the work capacity, the less dependent its result is on the state of movement (task). Many methods are used to measure resistance, which can be divided into 4 main groups:



- 1) non-stop specific loading. Such exercises are often performed in laboratory or natural conditions, with various equipment;
- 2) perform non-stop training loads that differ from the main loads according to several parameters. Tests belonging to this group can be used in individual fights and sports games;
- 3) performing specific, special loads performed with strictly limited rest intervals. For example, the maximum number of strokes during a given time;
- 4) use of the competition method.

Endurance level is determined by performing heart rate, respiratory rate, maximum oxygen consumption, training exercises and control exercises and dynamic movements during recovery after high volume of work. Endurance of a wrestler is the ability to work efficiently for a certain period of time during the competition. Therefore, endurance is characterized by the body's ability to resist fatigue and restore work capacity after loading. All physical qualities and all aspects of sports training (technical, tactical and ideological-volitional) are expressed in endurance.

Development of general and special endurance.

In sports practice, general and specific endurance are distinguished.

General endurance is the endurance of long, sustained activities of moderate intensity that use all muscle groups.

It provides an opportunity to train special endurance. The following are sources of general resilience.

A wrestler is engaged in building and maintaining general endurance throughout his training.

Special Endurance. The constantly changing pace of competition of wrestlers moves with the endurance of prolonged activity under constant threat from the opponent.

The preparation of a wrestler for competitions is carried out in addition to the development of special endurance. Its work capacity is ensured by the fact that it reaches the highest point at certain times until it is significantly exhausted under the influence of the training load.

Methods of education of endurance.

The following methods are used to train endurance.

The uniform training method is used to train general endurance.

This method is used in training competitions during the training period of the maximum non-stop training, which is performed in a regular period, with the pulse of the wrestler not exceeding 130 per minute.

In most cases, it can be considered that the load performed in the uniform exercise method is low. Variable training methods are used to train general and specific endurance. It is characterized by continuous work performed with variable intensity when the maximum pulse is 180 beats per minute. The quality of training is wrestling, running with a change in speed from time to time, sports games.

It is used in some three-minute competitions during the preparation period, and then they are combined. Complete competitions result in repetition of loadings, which ultimately increases the wrestler's performance. The interval training method is used to increase the special endurance of the wrestler in one direction.

It is characterized by repetition of the same exercises, like the repetitive training method, with certain rest intervals. The competition method is used to prepare wrestlers directly for the



competition. It is not necessary to use this method a lot during training. In the process of physical training of a wrestler, the game method is used to improve general and special physical training. Game moves are used that force wrestlers to respond with appropriate defense and counterattack in a timely manner. The volume and content of the exercise is determined by the task of the pedagogue. For example, stations consisting of five gymnastic shells are created for five wrestlers, in which the task of training strength and endurance can be solved.

The rotational training method has methodological features of the competition method. It can also be used in combination with repetition and rest intervals.

CONCLUSION

Wrestling coaches improve the sports training of wrestlers through the effective use of modern advanced pedagogical technologies, increase the efficiency of training, regulate technical movements, fight in accordance with the established rules, strong physical training and psychological stability are required from the wrestler, as well as managing psychophysiological coordinated movement activities. Thus, in training sessions, all styles are used in various combinations, not in standard forms, but in modified forms, taking into account the specific requirements of sports training.

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