

Technical and Tactical Training is the Basis of Wrestlers' Skill

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Abstract

It is known that the special skill of a highly qualified player will consist of such basic components as physical, technical, theoretical and volitional training, which, in turn, cannot be imagined without increasing the effectiveness of the training process of young wrestlers

Keywords: physical training, speed and strength, jumping, wrestlers, technical and tactical.

Introduction

The basis of the players' sportsmanship is technical training, which largely determines their level of effectiveness and entertainment of the game. On the other hand, wrestling experts note that Uzbek wrestlers are to some extent inferior to the strongest legionnaires in terms of ball control techniques. Until recently, this was a problem for highly qualified teams, now it also applies to young players. As one of the separate components of the lag, in particular, the ability to effectively perform actions related to receiving the ball and controlling it in quick actions is indicated. What are the main reasons for the significant backlog that has been going on for many years? First of all, this is due to the teaching process in sports schools and a lower level of training, mistakes in the responsibility of technical training, and the lack of a creative approach to working with children and adolescents among a certain part of the coaches. The limited capabilities of performers in Uzbek kurash are the result of the long-term priority of athletics in reserve training.

At the present stage of development, wrestling is increasing the intensity of the game, which requires the player, first of all, the ability to quickly and effectively perform technical and tactical techniques in an unexpectedly changing situation, limited time and space.



Today, a team that wants to succeed must be able to play fast, that is, consist of players with reasonable technique and able to combine it with fast movements. Accordingly, some wrestling professionals use the term "fast technique". The struggle between attack and defense can be solved in favor of attack only with the help of sharp technique, which is based on feints, dribbling and fast and clear hidden passes. According to experts from our country and abroad, in the course of mass defense, cases of scoring goals are due only to rational, fast and accurate ball reception. In these conditions, a player with the ball or his partner can usually get into a situation where a blow can only be struck with the help of a confident throw from two or three opponents. However, this is especially true for feints, only those players whose special skill in the "deceptive pass" section is unusually high. Technical skills should be simple, fast and focused. Techniques that were previously considered very important, such as stopping the ball throughout the game, have become very rarely used, and in modern rational play it turns to a continuous transfer of the ball into action. On the other hand, some technical methods have gained great importance. Here we are talking about feints, circumvention, hidden transmission. But this can only bring success when the players have mastered the detour very well. Thus, technical training is a logical link in a multi-year process, and each of its stages has its own specific goals and tasks. After all, the fixed lag in mastering the techniques of the game at the initial stage of training negatively affects the further training of players. Technical training cannot be a random sum of different training tools. It is important to choose such tools in such a way that they have the necessary positive impact on the successful mastery of the technique of the game at each stage of the long-term training process. In the technical training of young players, a systematic approach is not accidental. This is dictated by the need to solve the stated problem of technical training and create a controlled learning process with the help of a certain usuliyat.

A systematic approach involves combining and taking into account all the elements of training into a single dynamic structure, in which each element has a systemic quality that allows you to distinguish the degree of dynamics and perfection of a particular technical method. As you know, technical skill is characterized by the scale and expressiveness of the techniques that the player possesses, as well as the skill of effectively applying them in game conditions. Since wrestling technique consists of the sum of a large group of techniques and techniques for handling the ball, learning it becomes a complex and lengthy process. When solving learning issues with minimal time and effort, it is of great importance to systematize the studied material and determine the rational sequence of teaching methods. One of the methods to solve the problem of optimizing the learning process is modeling.

In the educational process of children, the model is a group of purposeful exercises, the goals and objectives of which are common and, of course, complement each other. Such models allow you to build a training lesson in a fairly accurate educational direction. The exact sequence of exercises is perceived by the participants much easier and opens the way for performing actions in the necessary defense. Monitoring the technical training of players is an obligatory part of the training process, which can be carried out in several ways. It is important that these paths are clear for each year of study and expressed in quantitative indicators that



maximize success. A common way to evaluate is to evaluate the methodology by looking at it. However, this is a subjective method: currently, there are no uniform criteria in the review assessment, and therefore experts have different opinions about the level of technical skill of the players.

The information recorded directly during the games should be considered the most complete (in this case, technical and tactical skills are evaluated more than the player's technique). This form of registration of technical and tactical skill can be a success only when the size and accuracy of their actions performed in each game are systematically recorded. At the initial stage of training, the model can be used not only to assess the degree of assimilation of program material, but also as a test to help determine which material has not been sufficiently mastered. To see the degree of stability of the learned techniques and movements, the test (model) can be repeated after a certain period of time.

At the stage of improvement, other indicators are used to assess the state of the art:

- 1) the size of the technique or the number of actions that the player performs in the game;
- 2) a variety of movements in the game;
- 3) the efficiency and reliability of the technique and, of course, the speed of its execution.

Without monitoring the technical training of athletes, it is impossible to identify typical shortcomings in the training process and avoid individual erroneous actions, as well as technical problems. In the absence of mutual and repeated connections between the preparations, it becomes more difficult to control the system of training athletes at different stages. This, in turn, is reflected in the more unsatisfactory performances of our national teams and highly qualified club teams, when our players are inferior to the best foreign athletes in a separate chapter of technical skill.

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