

Higher Educational Mass Definition of Technical and Tactical Actions in Competitive Activities of Girls Wrestlers

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Abstract

The accuracy of female wrestlers performing movements of high coordination complexity during gaming activities will largely depend on the level of physical training of the athletes. However, it is much more important that these adjectives develop much more than the number required to perform specific movement tasks. If the mentioned actions are performed within the athlete's physical capabilities, that is, without reserve, they significantly lose their effectiveness. A number of studies by specialists in sports games note that physical, and in most cases, speed and strength training, are tasks that conflict with each other.

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

Introduction

From a theoretical point of view, this problem is covered in sufficient detail in the studies of a number of scientists who propose to evaluate the technical skill of athletes by the ratio of motor qualities manifested in competitive exercises and simple technical tests.

At the present stage of wrestling development, it is difficult to determine exactly which special physical qualities, in general, need to be developed in order to achieve high sporting results at the most prestigious competitions.

Considering the above, the purpose of the study was to study the degree of interrelation of speed and strength training of highly qualified female wrestlers with the accuracy of performing game actions.



Research methods and its organization. The research methods used were the analysis and generalization of scientific and methodological literature data, laboratory testing, pedagogical testing, expert assessment, and methods of mathematical statistics.

To assess the level of physical and technical fitness of athletes, the following tests were used: "long and high jumps from a place", "triple jump", "running from a high start and immediately at 15 meters", "accurate long-range lifting of the ball (28 m)", "running from a place and running and throwing the ball as far as possible with both hands", "kicking the ball for a long distance".

The number of technical and tactical actions performed by athletes during the game is an indirect indicator of the level of special physical training of female wrestlers. The reliability coefficient, which represents the ratio of the number of techniques accurately performed by the player to their total number, is a quantitative indicator characterizing the technical and tactical readiness (ttt) of the player.

The analysis of the participation of female ok wrestlers in competitions and the results of pedagogical observation has become very important. The coaches of the experimental control groups received the results of pedagogical observation of the athletes' playing activities, which gave them the opportunity to make appropriate adjustments to the training process.

The results obtained and their discussion. According to the results of the pedagogical ban on the playing activities of the leading teams of Asia and Uzbekistan, it was possible to determine the level of speed and strength training of the following techniques: passing the ball; hitting the goal; headbutts in wrestling. On the way to this goal, a map of technical and tactical actions was developed and the reliability coefficient was calculated.

Our research has allowed us to establish that in foreign national teams, the number of ball passes over medium distances in one match is almost the same. However, if we compare the IR using this method, the difference in the quality of execution becomes obvious. In the teams of the top league of Uzbekistan, the IQ is 0.63, and in the leading foreign teams-0.73.

When evaluating the quality of various techniques of the game, it was revealed that, compared with foreign teams, Uzbek teams perform fewer long-range ball passes.

Taking into account the role of the players, minor differences in the IR indicators of defenders and forwards were revealed.

Much more noticeable differences were observed in female wrestlers of the ok middle line. After all, the IQ of athletes of this role in foreign teams is significantly higher (0.75) compared to the Uzbek national team (0.64) and significantly higher than that of the Major League teams (0.34) 150. At the same time, it should be noted that the performance of the Major League teams should be compared with the performance of the national team, taking into account the skills of the ok wrestlers, which unconditionally affect their playing actions, the norm of responsibility, etc.

In the course of pedagogical observations of the Uzbek championship, the number and quality of shots at goal from medium and long range were studied.

The players of the Uzbek national team attacked significantly more often in responsible international meetings than at medium and long distances (12 and 10, respectively), and their



opponents - less (8 and 4). However, the numerous attacks of the wrestlers of the OK national team of Uzbekistan lacked high accuracy.

In this regard, the results of foreign athletes, both in general on the teams and on the attacking lines, seem excellent. The relatively small reliability coefficient of the athletes of the national team of Uzbekistan can be explained, to a greater extent, by the more skillful defensive actions of foreign national teams (compared with the games of the domestic championship) in relation to the effects of a number of other factors.

Consider such an important indicator as putting the ball into play from the sideline of the field at a distance of more than 20 meters. The girls of the leading foreign teams used this method on average 6 times per game (IK – 0.72); members of the Uzbek national team – 2 times (IK – 0.54); members of the Major League teams – 1 time (IK - 0).

The above indicators suggest that insufficient attention is being paid to improving such an important method as putting the ball into play with your hand from the sideline. The development of special exercises aimed at improving the quality of this technical method will significantly expand the tactical capabilities of teams.

Conclusion

Summing up the analyzed games, it can be noted that at the present stage of the development of women's wrestling, game actions on the level of physical and technical training and skill of women's wrestling teams, based on a high level of manifestation of speed and strength qualities, are becoming increasingly important.

It should be noted that passing the ball and including it in the game with your hand requires the development of a special set of exercises as close as possible to gaming activities using such techniques as playing the ball with your head in martial arts. At the same time, the training process should be organized in such a way that increasing the level of speed and strength training of players leads to an increase in the reliability coefficient when performing game actions.

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