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THE ROLE OF WRESTLING IN THE DEVELOPMENT OF PHYSICAL QUALITIES OF ATHLETES

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Abstract: Wrestling work is characterized by a strong anarchic character, including subversive processes with high intensity, alternating with submaximal work. In the previous century, the tournament structure of international freestyle wrestling began several forms that evolved from a continuous 5-minute period in the late 1990s to the present: two 3-minute periods with a 30-second rest between periods. When tournaments are held, you can include several matches per day, and it can be organized for several days in a row. As is typical for female competitors, there are no differences in the rules. There is no overtime period; the draw is interrupted by a points classification in the second round. There are different features in wrestling and it is difficult to attribute it to a certain sports category. It can be described as an individual, combat, technical or power sport. Wrestling involves groups of very different characteristics that impose extra work on coaches and wrestlers to achieve their peak results. The modern theory and methodology of training wrestlers is based on centuries-old fundamental knowledge. The style of a wrestler is determined by the structure and level of development of his physical and psychological qualities, as well as anthropometric characteristics.

Key words: sport, freestyle wrestling, style, match, tournament, classification, source, category, sport, rules, preparation.

Introduction. The President of the Republic of Kazakhstan QasymZhomartToqaev says to his people of Kazakhstan “Kazakhstan in a new reality: time for action”: We must pay more attention to the sports, creative the stronger and the younger generation ... At first place should be given to mass sports, physical education and, of course, our children. Because they are our future. Sports sections should be opened in each region, large district centers [1].

This proves the role of sports in the life of the entire population of Kazakhstan.

Freestyle wrestling first appeared in 1904. In Greco-Roman wrestling, only upper body movements are allowed, whereas freestyle wrestling includes upper body and leg wrestling. Both styles are currently offered at the Olympic Games and other international competitions. In September 2001, the International Olympic Committee announced the inclusion of women’s freestyle wrestling at the 2004 Olympic Games in Athens (Wrestling Canada website: Spectator Resources, 2016) [2].

At the Olympic Games in Stockholm in 1912, there was no freestyle wrestling in the program, instead "Icelandic wrestling" was organized. Wrestling matches were held on three mats in the open air. They lasted one hour, but the finalists fought without time limit (United World Wrestling website). Over the past century, the match structure of international freestyle wrestling has taken several forms that have evolved from a continuous 5-minute period in the late 1990s to the present: two 3-minute periods with a 30-second rest between periods. A match can be won by "falling", technical superiority, or points (Wrestling Canada website: Spectator Resources, 2016). During tournaments, there may be several matches per day for several days. There are no differences in the rules for female competitors. There is no overtime period; the draw is interrupted by a points classification in the second round.

Exploring the topic of our scientific work, we studied not only domestic, but also foreign sources on the sport of wrestling. Wrestling has different features and it is difficult to attribute it to a certain sports category. It can be described as an individual, combat, technical or power sport. Wrestling involves groups of very different characteristics that impose extra work on coaches and wrestlers to achieve their peak results. The modern theory and methodology of training wrestlers is based on centuries-old fundamental knowledge. The physical, technical and

tactical components of training planning are not a new discipline, they have been used for centuries. That is why the retrospective evaluation of teaching methods cannot be degraded. On the other hand, when we compare the ancient curriculum with today's, the differences arise from two main areas. Such are the dramatic successes of sports science and the evolving rules of wrestling.

Over the past 30 years, the changes that have taken place in wrestling have been related to the fundamental rules of the game. On the other hand, some organizations are rearranging these rules to make wrestling faster, more popular and more attractive. The change in the rules changed not only the basic structure of the game, but also the physical, technical and tactical training and the periodization of the fight [4].

In connection with the early specialization, which also affected wrestling, it is important to think about the question of the types of training in it from the point view.

So, the very order of presentation of types of training in wrestling, in our opinion, forms ideas about primacy and dominance.

Methods. In wrestling textbooks, the types of training are presented as follows–

- physical training of a wrestler;
- special physical training of the wrestler;
- technical training of the wrestler;
- tactical training of a wrestler;
- psychological training of a wrestler;
- theoretical training of a wrestler.

Wrestling has worldwide popularity, and a large number of men from high school and colleges participate in it. However, the heavy nature of this sport leads to a high level of injury. The level and structure of injuries in wrestling will differ depending on the practice in high school and college, as well as the impact of matches [5].

According to the research, in order to achieve high stable results, it is necessary to be comprehensively developed.

There are three types of indicators.

Strength, speed, endurance, agility, flexibility are developed directly in wrestling classes, as well as through the use of various general developmental workout and workout from other sports.

Force is defined as the ability to apply force in finite conditions independent of time and space. Strength is very strongly related to both speed and biomechanics, so interpreting the results of power data when it is impossible to observe and control the technique is a limitation. In the wrestling literature, strength is often measured by the percentage of 1RM on a multi-joint/primary lift, by the dynamometry of the hand grip, and is often expressed relative to the athlete's mass (relative strength) [3].

But not all general developmental workout equally contribute to the development of physical qualities necessary for a wrestler. Of all their diversity, only those that contribute more to specialization in wrestling should be used.

Results. The results showed that performing large or small group workout for the upper body at the end of the exercise sequence resulted in significantly fewer repetitions compared to when the same workout were performed at the beginning of the exercise sequence. A more recent study showed a similar phenomenon in trained women when upper and lower body workout are performed in the same exercise. The previously mentioned studies have shown that the exercise performed last in training has an acute negative effect regardless of whether the exercise involves large or small muscle groups. Our results showed that these effects can also affect the results in a chronic way. These results show that the exercise most important for training purposes should be placed at the beginning of the workout to increase strength more, regardless of the size of the muscle groups involved. The early increase in muscle strength (during the first few weeks of training) is mainly mediated by an increase in the firing rate of motor units. Thus, an increase in muscle the strength in which there is no muscle soreness is equal to usually we can observe at the

initial stages of the performed strength training. But we cannot know whether the results we obtained are related only to neuromuscular adaptation, while taking into account that muscle volume and muscle soreness were not evaluated. Therefore, additional studies the intervention may be the longest and the use of procedures to assess muscle volume and muscle soreness are needed to further understand the chronic effects of exercise order.

Discussion. Our results show that performing the workout first in the upper body/lower body or alternately in a fight with resistance did not lead to a difference in maximum strength. The results also show that whenever one exercise is the last in the sequence performed in training, its effectiveness will be negatively affected. Applying the results obtained to the appointment of workout, the order of large and small muscle groups may be more useful for untrained men when they are trying to improve their health [7].

Conclusion. Thus within the framework of the problem of theoretical and methodological support of individualized training of freestyle wrestlers, the task of developing test selection and evaluation scales to identify a wrestler's preference for a certain style of wrestling is relevant.

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Аннотация: Борцовская работа отличается сильным анархическим характером, включая подрывные процессы с высокой интенсивностью, чередующиеся с субмаксимальной работой. В предыдущем веке турнирный состав интернациональной вольной борьбы начали несколько форм, эволюционировавших от непрерывного 5-минутного периода в конце 1990-х годов до настоящего времени: два 3-минутных периода с 30-секундным отдыхом между периодами. Когда проходят турниры можно включить несколько матчей в день, и это может организоваться нескольких дней подряд. Что свойственно для женщин-соперниц, нет никаких отличий в правилах. Сверхурочного периода не существует; ничья прерывается очковой классификацией во втором раунде. В борьбе имеется разные особенности и ее трудно отнести к определенной спортивной категории. Его можно описать как индивидуальный, боевой, технический или силовой вид спорта. Борьба включает в себя группы самых разных характеристик, которые накладывают дополнительную работу на тренеров и борцов, чтобы достичь их пиковых результатов. Современная теория и методика подготовки борцов основана на многовековых фундаментальных знаниях. Стиль борца определяется структурой и уровнем развития его физических и психологических качеств, а также антропометрическими характеристиками.

Ключевые слова: спорт, вольная борьба, стиль, матч, турнир, классификация, источник, категория, вид спорта, правила, подготовка.

Түйін: Еркін күрес бойынша жұмыс күшті анархиялық сипатқа ие, оның ішінде субмаксимальды жұмыспен жоғары қарқындылықтағы диверсиялық процестер кезектеседі. Өткен ғасырда халықаралық еркін күрестің турнирлік құрамы 1990-шы жылдардың аяғында үздіксіз 5 минуттық кезеңнен қазіргі уақытқа дейін дамып келе жатқан бірнеше формаларды бастады: кезеңдер арасындағы 30 секундтық тынығумен екі 3 минуттық кезең болды. Турнирлер өткен кезде күніне бірнеше матчты қосуға болады, және бұл бірнеше күн бойы ұйымдастырылуы мүмкін. Қарсылас әйелдерге тән, ережелерде ешқандай айырмашылық жоқ. Қосымша уақыт жоқ; екінші раундта жеребе ұпайлардың жіктелуімен шектеледі. Күресте әртүрлі ерекшеліктер бар және оны белгілі бір спорт санатына жатқызу қиын. Оны жеке, жауынгерлік, техникалық немесе күштік спорт ретінде сипаттауға болады. Күрес жаттықтырушылар мен балуандарға өздерінің ең жоғары нәтижелеріне жету үшін қосымша жұмыс жасайтын әртүрлі сипаттамалардың топтарын қамтиды. Балуандарды даярлаудың заманауи теориясы мен әдістемесі көпғасырлық іргелі білімге негізделген. Балуанның стилі оның физикалық және психологиялық қасиеттерінің құрылымы мен даму деңгейімен, сондай-ақ антропометриялық сипаттамасымен анықталады.

Кілт сөздер: спорт, еркін күрес, стиль, матч, турнир, жіктеу, классификация, көзі, категория, ереже, дайындық.