

## AGE-SPECIFIC DYNAMICS OF PHYSICAL FITNESS OF 12-YEAR-OLD WRESTLERS IN INITIAL TRAINING GROUPS

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**Keywords:** physical culture, physical education, physical qualities, speed, strength, endurance.

The study of scientific and methodological literature of scientists of our country and foreign countries shows that in our republic a number of works are being carried out to train highly qualified specialists in the field of physical education and sports, specializing in the training of highly qualified athletes, including Olympic Reserve colleges, sports clubs and sports training centers, schools. Taking into account this, it is necessary to develop and improve physical education and sports in our country with the help of new fundamental scientific and practical proven means. It will not be an exaggeration to say that using the opportunities and conditions created by our country, to improve the quality of education, to further promote the demand for physical education and sports, and to educate our youth as physically strong, mentally mature, is one of our main goals. The level of physical fitness of young athletes who are engaged in the sport of wrestling, as well as the tasks interpreted in detail, are of great importance for achieving high results. In order to find out to what extent the indicators of general physical fitness of 12-year-old athletes who are training with the sport of wrestling are taking advantage of the wide range of opportunities given, this research practice was carried out.

Currently, the training processes of many highly qualified coaches in the sport of wrestling with young athletes have increased the honor of our country by returning high results, while many of our scientists are also helping to eliminate them by finding out the high distribution of physical loads given to athletes in the

training processes of young people and the erroneous shortcomings of young athletes.

General levels of physical readiness, the indicators of the formation of theinig were determined through each established control test.

In order to conduct a pedagogical experiment, a 12-year-old wrestler divided students into two groups, namely an experimental group and a control group.

As part of determining the speed physical quality of young wrestling students, a 60 m distance running exercise was selected from control exercises. According to the results of pedagogical experiment, the reliability of statistical differences in the Nati ( $9.8 \pm 1.2$  s  $V=12.2\%$ ) shown in control group wrestlers at the beginning of the year and at the end of the year was equal to  $t=0.69$   $P>0.05$ .

In order to learn endurance skills, the quality indicators of young wrestling students were determined by running in the 1000 meters. Test drills were initially held at the experimental group wrestlers. The results shown at the beginning of the year were  $4.5-2.0 \pm 0.44$  (minutes), the variation factor was  $V=9.7\%$ , while the variation factor of  $4.1-3.0 \pm 0.23$  (minutes) by the end of the school year was  $V=5.6\%$ . It can be seen that at the end of the year compared to the beginning of the year has changed to a positive side. Statistical differences were  $0.39\%$ .

The results shown by the control group wrestlers were  $4.5-4.0 \pm 0.39$  (minute) variation Factor  $V=8.5\%$ , while by the end of the year there was an increase in these indicators and a result of  $4.2-8.0 \pm 0.41$  (minute), with variation Factor  $V=9.6\%$ . In the experiment obtained, it can be seen that even in the control group, by the end of the year, there was an increase in a certain migraine. Statistical difference reliability ( $t=1.12$   $P>0.05$ ).

The mokkisimon 3x10 meter race control exercise on the study of the physical quality of speed of 12-year-old wrestlers was identified. At the beginning of the school year, control group wrestlers showed an early-year result of  $7.1 \pm 1.8$  (seconds) variation Factor  $V=25.3\%$ , while at the end of the year, young wrestlers showed a variation factor of  $6.9 \pm 1.6$  (seconds)  $V=23.2\%$ .

Practical control tests were carried out to determine the strength physical quality indicators of 12-year-old wrestling students. In determining the quality of strength at this age, a traction control exercise was selected on the turnstile. In the results shown by control group wrestlers earlier in the year ( $3.8 \pm 1.8$ ), it can be seen that there was a 3.9% increase in students by year depth. Statistical differences are reliability ( $t = 2.92$   $P < 0.05$ ).

Control group wrestlers also had a 1.1% improvement on their performance at the end of the year compared to their performance at the beginning of the year.

Where standing, the results of control group wrestlers at the beginning of the year when the variation coefficient of  $1.64 \pm 0.55$  (meters) was equal to 33.5%, by the end of the year there was an increase of 0.14% in the results of this indicator. Statistical differences have been found to be reliable. ( $t = 1.12$   $P > 0.05$ ).

In order to determine the changes in power quality, it was found that there was no significant difference between the results we showed in our experience obtained at the beginning of the year in experimental and control groups.

According to the results of the analysis of scientific and methodological literature on the development of physical qualities in unicorns, through the analysis of scientific and educational and methodological literature, the reach of specialists in the field of physical education and sports in recent years is aimed at developing the most effective tools and methods of general and special training, which put the increased requirements

Scientific studies and scientific research are based on the fact that the effective use of various tools, including action games, in the development of physical qualities of young wrestlers has a great effect, and a deeper study of this bias on the cheek and its scientific basis. One of the founders of the theory of physical education was P.F Lesgaft it was shown that regular running of action games helps well when children learn to control their movements and in which bundey develops skills.

That is, games teach them to act with a clear goal, seeing great speed, agility and dexterity. In doing so, they also teach them to follow the rules, manage themselves, appreciate sharing. Based on the results of test exercises that represent the degree of development of physical qualities, the results shown at the beginning of the year in the experimental and control groups were almost different from each other.

Physical quality indicators-including: strength, agility, endurance, agility, flexibility-were known to have developed sufficiently in 12-year-old wrestlers. It was also found that the physical condition of the experimental and control groups is at the right level.

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