

AGE-SPECIFIC DYNAMICS OF PHYSICAL FITNESS OF 11-YEAR-OLD WRESTLERS IN INITIAL TRAINING GROUPS

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

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 11-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.

Practical theory tests were taken to determine to what extent the dynamics of the indicators of physical development during the training of the 11-year-old wrestler Bol are being formed. Initially, the selected practical control test was performed by running at a distance of 60 m.in it, the speed physical quality indicators of the young wrestler Bol were determined. While the control group wrestlers had 10.1 ± 1.4 seconds before the experiment, by the end of the experiment it was revealed that their results had improved to 9.9 ± 1.6 seconds. The variation coiffisent, on the other hand, was at the beginning of the year ($V=13.9\%$), compared to the Year-End ($V=16.2\%$). The difference between the results received an experiment and after the experiment was 0.2 seconds. However, there are no statistical reliable differences when comparing the results obtained ($P>0.05$).

The practical control tests of the 1000 m race through the practical test exercise conducted in control groups, the physical quality indicators of endurance were determined. In the experiment obtained, the results shown by the young wrestler Bol at the beginning of the year ran in the range of $4.5-5.0 \pm 0.31$ minutes, ($V=6.8\%$) by year depth this figure covered the distance in $4.1-8.0 \pm 0.16$ minutes. Variation coiffisent ($V=3.8\%$). Statistical differences have reliability ($t=2.26$, $P<0.05$).

Having developed the criteria for the intensity and size of the application of action games as an auxiliary tool in the development of the general physical training of the 11-year-old wrestler Bol, we cited in the hypothesis of our research work the high efficiency of application to the training process.

How close to reality is the scientific hypothesis put forward in our point of view is proof that the physical qualities of the wrestlers involved in the experimental group were determined by large differences in the percentage of the growth rate compared to the results of their peers who were mistreated in the control group.

The conclusion of the results obtained after the 11-year-old wrestler Boles was applied to the training process by the intensity, size and meticulousness of the action application in the overall physical development was positive. Now the intensity of application of action games, the development of volume criteria, which is our scientific novelty, was to determine the effectiveness of the initial preparatory stage by applying it to the training process.

Mokkisimon 3x10 m cross-country running test showed results at the beginning of the year if they reclaimed 7.2 ± 1.3 seconds variation coefficient ($V=17.3\%$). By the end of the year, there was a certain increase in the performance of young wrestler Bol. The (7.2 ± 1.9) variation coefficient ($V=15.1\%$) resulted. The control group is equal to the reliability ($t=1.23$) ($P>0.05$) of statistical differences at the beginning of the year and at the end of the year.

According to the analysis of the results obtained at the end of the year in order to determine the developmental difference of the wrestlers involved in the experimental and control groups of the physical quality of the speed group, it was found that the results returned by the wrestlers involved in the experimental group were good.

A pulling exercise was selected on the turnstile according to the task set by the young wrestler to determine the physical quality of the Boles ' strength. The average value of the results the control group showed at the beginning of the year of the wrestler BoLS, while the result was weighed 3.9 ± 1.4 times, at the end of the year this indicator changed to the following result. ($V=39.5\%$) ($V = 31.5\%$).

“Strength”, a physical quality, is understood as the ability of a wrestler to overcome the opponent's resistance or to resist him at the expense of muscle tension. It is accepted to distinguish the following types of strength: general and special, absolute and relative, fast and explosive, strength endurance.

A Common Force is a force manifested by an athlete, not referring to the special actions of a wrestler. Special strength is manifested by the athlete in special movements corresponding to the movements of the competition.

Absolute power is characterized by the power possibilities that are manifested in the movements of the athlete, which have a very large property. In wrestling, it is important to get solo with the help of force (N.A.Tasatanov, 2017-168 (b)).

Where standing, the long jump control group showed that young wrestler Boles jumped 1.61 ± 0.51 CM mosafa at the beginning of the year while jumping 1.73 ± 0.38 CM at the end of the year. These natida were found to have grown to a distance of 12 cm by the end of the year. While the variation coefficient was at the beginning of the year ($V=31.7\%$), at the end of the year this indicator was equal to ($V=21.9\%$).

Flexibility is the ability of a wrestler to perform movements with a large amplitude. Flexibility is determined by mobility in the joints. It, in turn, depends on a number of factors: the structure of the articular bags is characterized by the presence of folds, muscle stretching and their stretching abilities, several types of flexibility.

Active flexibility is the ability to perform movements with a large amplitude at the expense of personal muscle stresses.

Sluggish flexibility is the ability to perform its movements with a large amplitude at the expense of external forces: weights, opponent movements. The volume of sluggish elasticity is higher than the corresponding indicators of active elasticity.

Dynamic flexibility is flexibility that is manifested in exercises with dynamic characteristics. Static flexion is a flexion that manifests itself in exercises with static flexion.

General flexibility is the ability to perform movements with a large amplitude in the largest joints in different directions (N.A.Tasatanov, 2017-178 (b)).

We have been able to determine the results below using the standing forward tilt control test to determine the quality of flexibility. 11-year-old wrestler blarney also received experience from control group wrestlers to determine levels of

gullibility physical quality. His results at the beginning of the year were 9.2 ± 2.9 cm. The variation factor was ($V=31.5\%$). By the end of the year this pointer had finished with 11 ± 2.8 cm ($V=24.6\%$).

Based on the conclusions of the results obtained from our scientific research conducted on the above scientific and methodological literature tax questionnaire survey, pedagogical observation, pedagogical testing methods, the 11-year-old wrestler Bol was given a pedagogical experiment in order to determine the effectiveness of determining the severity of the use and measures in the development of physical qualities of young wrestlers.

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