

Bayrambay K. Erimbetov,
Lecturer,
Berdakh Karakalpak State University

Problems of Improving Technical and Tactical Wrestlers' Actions

Key words: elite wrestlers, technical and tactical training, improvement, recommendations for coaches.

Annotation: the article considers problems of the improvement of technical and tactical training of in preparation for major international competitions. The paper analyzes various factors arising in the course of a competitive bout and gives recommendations for coaches.

Topicality. Uzbek wrestlers have had and have stable high results at the world sports arena. However to achieve such results permanently becomes more and more difficult from year to year, mainly following the path of high functional load in the prejudice of other types of training. Hence we receive the unforeseen loss of planned medals.

Wrestling belongs to those sports in which the active search continues for optimal competition rules and methods of competitive training in order to increase the effectiveness of the technical and tactical arsenal of wrestlers and the overall entertainment of the competition (2,3). Nevertheless, at present experts associate a decrease in the effectiveness of the performances of our leading wrestlers with a very limited motor training (2,3,4), and hence, as is well known, tactical limitations.

In recent years, high-class athletes use a rather narrow set of techniques that are effective in modern practice of refereeing. For this reason the training of wrestlers and the development of their skills advance realizes towards impoverishment of wrestling techniques (5,6).

At the same time, the main researches in the field of improving the technical and tactical training of wrestlers are based on quantitative indicators of competitive activity without differentiating its sensing component. This provokes the dominance of the functional orientation of the training loads, which makes impossible to improve the substantive component of the technical and tactical fitness of athletes.

When the best wrestlers of the country are preparing for international competitions under the conditions of centralized training, the above-mentioned tendency is aggravated for a number of objective reasons. It results in a significant depletive of individual technical and tactical arsenal of top class wrestlers, which stimulates coaches to over-exploit the functional reserves of athletes. Eventually, this leads to a reduction in sports longevity, impoverishment of competitive experience and, as a result, unpredictable technical and tactical losses.

However, the lack of a model of spatial-semantic technical and tactical activity in the methodology of wrestlers training specifies deficiencies in the substantive and methodological components of the programs of multi-year technical and tactical training of wrestlers and the methodology of training of elite wrestlers.

In this regard, the search for new ways and methods for improving technical-tactical skills of high-class wrestlers in the context of their training at the regional level, aimed at improving the competitive reliability and effectiveness of the technical and tactical arsenal in the modern competitive bout. It becomes an actual problem of sporting struggle.

The objective of the study: to improve the technical and tactical actions of wrestlers, taking into account various confounding factors.

Design of the study. For the study a special questionnaire has been developed. There were 28 the strongest wrestlers of the country, among them champions and prize-winners of world championships and international competitions.

In assessing the effectiveness of a technical action, the quantitative relationship between the level of development of physical qualities and the potential capabilities of an athlete was taken into account. Thus, the level of technical skill was determined by the degree of realization of the athlete motor potential. There is an inversely proportional relationship between the level of technical mastery and the amount of physical load per unit of sports performance index.

The external structure of athletic technique is characterized by the ratio of spatial, temporal and dynamic parameters of movements. The features by which the components of a movement differ are called its characteristics. Characteristics of movements are spatial, temporal, spatial-temporal (kinematic), dynamic and rhythmic. The spatial characteristics include the position of the body, the trajectory of movement of body parts and the amplitude of movement; to temporary ones - the duration and temp of movements; space-time (kinematic) - speed and acceleration; dynamic - differences in the mechanism of motion. (2,3)

Results of the study. It is known that in sports activities, especially under extreme conditions, acute conflict situations of competitive struggle, a number of confounding factors act on an athlete, therefore it serves as a convenient model for studying of various aspects of resistance to interfering factors. The most intense irritant, leading to a mismatch of functions and discoordination of movements, is a progressive fatigue. At the same time, the space-time characteristics of the support and support-free phases of the techniques, the magnitude of the developed efforts (1) are violated.

The data of a considerable part of the special literature indicate that it is necessary to form and improve precision movements under conditions of the effect of confounding factors. It has been argued that various disturbing influences (fatigue, surprise, mental tension) are constant elements of competitive activity, analogues of these influences should be modeled in the process of sports training and auxiliary competitions (5,6).

The importance and necessity of development of means of resistance to interfering factors for high-class wrestlers is evidenced by the fact that in recent years a sufficient amount of research has been devoted to this issue, based on the study of the sports activities of Uzbekistan's national teams. Pedagogical observations of the main competitions with participation of the strongest teams in the world allowed to identify and systematize the main confounding factors that determine the competitive reliability of the wrestling technique (see table).

The results of a survey of elite wrestlers about the dominant interference in competitions

№	Question	% of answers
1.	Inconvenient standing position of an opponent	63
2.	Inconvenient body length	24
3.	Inconvenient body build	11
4.	Inconvenient grip of the opponent	71
5.	Inconvenient standing position of attacking opponent	52
6.	Inconvenient movements of an opponent	22
7.	Power resistance of an opponent	24
8.	Impossibility to realize your usual grip	57
9.	Dynamic balance of an opponent динамическое сохранение равновесия	12
10.	Stratic balance of an opponent	16
11.	Significant superiority of an opponent in strength	36
12.	Significant superiority of an opponent in speed	21
13.	Significant superiority of an opponent in endurance	23
14.	Significant superiority of an opponent in agility	14
15.	Significant superiority of an opponent in flexibility	9

According to our survey of highly qualified wrestlers, it turned out that the most difficult factors during a competitive bout are:

- Inconvenient grip of an opponent
- Inconvenient standing position of an opponent
- Impossibility to realize your usual grip
- Inconvenient standing position of attacking opponent
- Above mentioned facts demonstrate the necessity of systematically simulation of negative effects for providing of reliable competitive technical and tactical activity, it should ensure a high training effect and adapt the activity of controlling sensor motor systems as well as vegetative structures regulating the total bioenergetics.

Summary. In order to ensure an effective increase in the reliability of technical and tactical skills of elite wrestlers at the stage of regional training, it is advisable to adjust the correction of technical and tactical skills using competitive exercises in the following areas:

1. Formation of a reliable technique-tactical complex in a standing position wrestling, taking into account a differentiated model in this mutual position due to stimulation and consolidation by using exercises in competitive modes.
2. Formation of a reliable technique-tactical complex in all positions corresponding to the classification sections of wrestling due to stimulation and consolidation through the use of exercises in competitive modes.
3. Ensuring the reliability of individual technique and tactical arsenals through the methods of pedagogical control of competitive activity with the calculation of the integral technical and tactical potential.

References:

2. *Goncharova OV. Developing Physical Skills of Young Athletes: Educational Guide.*

Tashkent, 2005; 172.

3. *Kerimov FA. I go down the fight. Tashkent, 1990; 174.*
3. *Kerimov FA. The theory and practice of sports fighting. Tashkent, 2001; 286.*
4. *Kerimov FA, Yusupov N. Mobile for plays. Tashkent, 2003; 72.*
5. *Petrov R. Freestyle and Greco – roman wrestling: FILA, 1986; 257.*
6. *Petrov R. The ABC of Wrestling: FILA, 1996; 101.*