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Importance of Developing Technical –Tactical Preparing and Improving Coordination Skills Freestyle Wrestlers (based on Questionnaire Results)

Key words: *free style wrestling, co-ordinational skills, innovative methods, preparation of wrestlers, means and methods of improving co-ordinational skills.*

Annotation: *the results of the survey questionnaires in order to learn the purpose of improving the coordination skills and developing technical-tactical preparation of free style wrestlers and relevant conclusion for them are explained in this article.*

Importance: the types of free –style wrestling has been widely spread in Uzbekistan and also our athletes have achieved great success in the international arenas. The preparing of highly qualified athletes requires the tendencies of the current stage of sports development. It's required the systematically re-train sports training and introduce new training techniques into the training sessions in order to achieve the highest results in the world sports arenas.

According to the Decree of the President of the Republic of Uzbekistan №28/21 that was dated on March 9, 2018 “On preparation of Uzbek Athletes for the Third Olympic and XVI Paralympic Games which will be held in Tokyo (Japan) in 2020”, all necessary measures to prepare athletes for the prestigious competition have been given. One of the most important issue is to find a method for increasing the effectiveness of training sessions to the further enhance competitiveness of the free-style wrestlers (1,2,3).

Physical, technical –tactical and psychological preparations of wrestlers have been thoroughly investigated by our and foreign experts. Various activities at the training and competition activities are required athlete to constantly demonstrate the high co-ordinational skills. Athletes have to do many technical movements under the changing their directions at the wrestling competitions in a short time. Taking to the achievement is determined by the various extent and stability skills, the different type of technical movements. High levels of mobility can help the detect an effective way of attack or counter –attack (4,5,6).

The present importance of issue is determined by the above points.

The main aim of the research is to study the importance of co-ordinational skills and development of technical-tactical preparations of highly qualified athletes during the training.

The object of the research is to determine the importance of co-ordinational skills and development of technical-tactical preparations of wrestlers by conducting the survey questionnaires among leading specialists and practitioners on free-style wrestling.

The organizing of the research – professor –teachers of the department of theory and methodology of international and national types of wrestling of the Uzbek State University of Physical Education and Sport, the coaches of Sports School №1 which is situated in District Zangiota, The Olympic Reserve Boarding School, Olympic Reserve College in Chirchik have

been participated. Totally 45 coaches have been taken part in the questionnaire. The survey results have been showed the following:

When we asked the question: “How is the importance of technical –tactical preparation of free –style wrestling?”, 82.15% of respondents said “very important”, 17.85% of them answered “not very important”.

When we gave the question “Which age is the best time to develop the co-coordinational skills of free –style wrestlers?”, and 30.3% of coaches answered that 10-12 years, 57.6% of coaches replied 12-14 years, 12.1% ones said that 13-16 years old.

“How often do free-style wrestlers need coordinational skills and which positions?”, when we gave that question our 34.1 % of respondents answered “at the attack”, 31.1% of respondents said “at the defend”, 34.8% of participants replied “at the counter-attack”.

"What part of the training should be used to develop co-ordination skills? 60.1% of the respondents answered in the main part, 37.1% in the "preparation section" and 2.8% in the final part. They have admitted more to using basketball and action games.

"What tools can be used to develop co-ordination skills? 37.8% of respondents acknowledged the use of "special exercises", 37.8% for "mobile games" and 24.4% for "general exercise".

"Do you have enough scientific and methodological literature on developing co-ordination abilities? "38.7% of respondents said that they were" insufficient ", 9.6% said" adequate "and 51.7% said" very few ". Most of the trainers pointed out that although there are literatures, but we have few in Uzbek.

"What methods do you use to develop co-ordination skills?" Said that 39.4% of respondents would use "duplicate methods", 39.4% would use "sophisticated methods" and 21.2% would use "intermediate methods". "Do you think the methodology that has been created so far for developing co-ordinational skills of free-wrestlers has been enriched with innovative methods? 51.6% of respondents said no, 19.3% said "yes" and 29.1% said "I do not know exactly". “What is the result for an athlete who does not have good coordination skills? 50% of coaches said to this question, they “do not achieve high results in sports”, 40.6% “do not maintain the balance” and 9.4% ‘ getting a lot of injuries’” have been recognized. 35.3% of respondents said that “the correct functioning of the tasks”, 32.35% “balancing” and 32.35% - “that athletes can be determined by their adaptation to the sport.

Questionnaire survey results (in the schedule view)

N	Questions	Answers with percentage %					
		1- answer	%	2- answer	%	3- answer	%
1	How important is the technical tactics of training in freestyle wrestling?	not very important	17,85	very important	82,15	sometimes necessary, sometimes not	-
2	At what age do you think, it is best to develop the	10-12 age	30,3	12-14 age	57,6	13-16 age	12,1

	coordination skills of free wrestlers?						
3	What is the most important process in terms of coordination skills for freestyle wrestlers?	in attack	34,1	in defense	31,1	in opposing attack	34,8
4	What do you think, in which part of the learning process you can use exercises in order to develop coordination skills?	Preparation part	37,1	Main part	60,1	Final part	2,8
5	What are the best exercises for developing coordination skills?	Special exercises	37,8	Activating games	37,8	General developing exercises	24,4
6	Do you think you have enough scientific and methodological literature on the development of coordination skills?	Not enough	38,7	enough	9,6	enough, but very little	51,7
7	What methods do you use to develop coordination skills?	repeating	39,4	strictly ordered	39,4	breaking	21,2
8	Do you think that the current methodology of developing coordination skills for the young freestyle wrestlers' has been enriched by innovative methods?	yes	19,3	No	51,6	Don't know exactly	29,1
9	What is the result for an athlete who has poor development of coordination skills?	can not achieve high goals in sports	50	suffered many injuries during training	9,4	can not maintain balance	40,6
10	How to identify a good developing of coordination skills?	Depending on the proper doing of the tools	35,3	According to the balancing	32,35	depending on the sportsman's to the type of the sport	32,35

Conclusions: the development of wrestlers' coordination skills is one of the needful issues, that quality execute whole action process in a purposeful way, repeated demonstration of adapted forms of action forms or according to changing environment requirements supports to develop the skills from one movement to another. A survey among leading freestyle wrestling coaches showed that coaches are responsible for developing coordination skills during the training and know when to start their development. We believe that coordination talents should

be applied proportionally, and not in any part of the learning process. Many coaches have approved the use of active games to develop coordination skills. They also recognized that they lacked sufficient knowledge of the methods and means of coordinating skills, but they did not have access to comprehensive methodologies for using innovative methodological literature, especially in the Uzbek language, on innovative methods. From information that we mentioned above we can conclude that the further deepening and improvement of the work to improve the coordination skills of young freestyle wrestlers, the introduction of innovative methods in the training process and the provision of trainers for scientific and methodological literature are the basis for the successful training of modern athletes.

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