

THE ROLE AND SIGNIFICANCE OF SPECIAL PHYSICAL TRAINING IN THE PREPARATION OF 11–15-YEAR-OLD FREESTYLE WRESTLERS

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Annotation: *in this article 11-15-year-old wrestlers in the process of preparation of the free will analyze the role and importance of the special physical preparation. Free combat athletes for strength, durability, efficiency, agility and flexibility based on scientific sources, such as the necessity of development of physical qualities lit. The results of the research training of young athletes offers a phased development approach, offering in the process. Also, physiological and psychological factors also taken into consideration, effective method of preparation was discussed. In the article aimed at increasing the capabilities of the young fighter in the maximum level of physical and technical training provides recommendations on the system.*

Keywords: *free fight, special physical training, sports sessions, strength, durability, efficiency, agility, elasticity, young athletes, physiological development, and psychological preparation.*

In the fight to free the physical preparation of athletes achieve high results is of particular importance. Special physical preparation (MJTK) when you say the fight-specific strength, durability, efficiency, agility, flexibility training system aimed at the development of physical qualities is understood to be as important. According to studies, the fight at the top level of the sport, the power to withstand not (stamina), takes physical qualities such as speed and agility. Therefore, the total preparation, in addition to the special physical training is an important aspect of the young fighter's training to put you on the right path [1]. A scientific source as noted in athletes training for the fight along with the technical and tactical skills necessary in the process of physical and also aimed at the development of a complex of pedagogical quality is a process [9].

Power (muscle power).

Free muscle strength and explosive power athletes to overcome your opponent in a fight (explosive capacity) is of decisive importance. In particular, the exercise of power feed will start gradually teenagers at the age of 11-15; carried out under proper supervision if such a force on the exercise of them is safe and effective. Research on elite level wrestlers that have a maximum strength of upper body and lower body muscles indicator, lifting it from the opponent attack or greater power reserves that would be

required to act like stay suspended indicated. Therefore, the young fighter's weight lifting to increase the strength, fulfilled their body weight workout to rely on exercises his power of personalized and special fighting techniques is considered important [10].

Durability.

Within a short period of high strain should be used in fighter had, for the reason that their total resistance and power resistance should be developed equally. If he continues to compete and fight for free than a short while (around 4-6 minutes for teenagers), they are an anaerobic high intensity scale consists of downloads. For this reason, anaerobic wrestler's opportunities (e.g., at a higher rate for the explosive action shots and short) along with the development of long-term aerobic base formation should be also offering the ability to try to get more. The fighter in the hands of the research and the strength of the resistance to the muscles of the body that is highlighted a very important factor in achieving victory [2].

Efficiency and agility.

Efficiency (effort to perform with great speed) and agility (agile in changing the situation with scan) is the key to success in the fight free. Instant decision in situations fighter attack and defense, will be required to act smart. According to scientific sources, 11-15 age range of adolescents in speed, power and coordination skills of the rapid development of the operation will not continue [8]. Therefore, bringing up issues to be quick and smart in this period exactly a special exercise (e.g., running speed short members, other that ran impede the coordination ladder area, reaction games) gives excellent results. Technical experts also repeat actions on the fight at high speed, increasing exercise of the limbs smart move that will give special attention to special [3].

Elasticity.

Elasticity (adapted) – amplitude the movement of the joints and the elasticity of the body – the fighter considerations to complex cutting performance and allows you to keep full of amplitude from injury in various methods. To be in the process of growth of young athletes, especially the muscles and ligaments at the beginning of the period of puberty in boys growing up temporarily due to the elasticity of the bone remain I reached back can decrease. For example, the elasticity is observed to be slightly reduced in the boys 14-15 age came indicators [7]. Therefore, when working with complex commercial and relax stretched wrestlers of age 11-15 exercises regularly conduct sessions at the beginning and at the end also thoroughly heating, also stretch the performance of exercises is very important.

Physiological factors and compatibility.

In the growth process of young athletes and teens in great changes in the body, therefore it is necessary to organize training and due to their physiological characteristics. As research shows, children who have reached puberty are able to increase your muscle

mass as a result of exercise of the power of a greater, although not nerve-muscle is adapted significantly at the expense of power can carry. While starting from the age of about 13-14, boys due to hormonal changes in muscle size and strength will increase dramatically [4]. So, the content of sessions 11-15 years of age biological age and physical development of the child according to the level of step-by-step get more complicated should go. Experts on sports physiology and methodology for teenagers a big year-old workout like athletes, but their anatomy-physiological capabilities, given that they should build special programs stressed. In the meantime, strength, speed, stamina, balance and flexibility training aimed at developing acceptable to prevent excessive strain and downloads apply. The approach developed on the basis of scientific research training in young athletes as a result of strengthening ligaments and bones, also shows that decreases the risk of injuries.

Psychological factors and approach.

Also adult psychological characteristics of young athletes is different. Interesting hobbies for teenagers at the age of 11-15, incentives and passion to awaken great importance, because children in this period of operation, the ability to still takes the form of attention to in a long time [5;]. Therefore, the use of training methods at the style of the game, giving a positive evaluation of different exercises and achievements by the turn it is to go to apply. The researchers noted that, considering the stage of development when working with young athletes in their programs, it is necessary to adapt the depth of psychological preparation. For example, in the period of early adolescence discipline and responsibility to children gradually absorption on the formation of a relationship should be compared to the competition, participation in competitions come under pressure to the age of 14-15 more attention is given to nurturing skills. Coach only physical training, but not in the spiritual condition of young control, training should strengthen confidence in the process and the goal to strive towards [6].

Abstract: in this article 11-15-year-old freedom fighter in the preparation of special physical preparation are important aspects of the analysis. The results of the survey show that the fighter strength, durability, efficiency, agility and flexibility of development of physical qualities such as sports, plays an important role in increasing their general results. Also, the process of taking their specific physiological and psychological training of young athletes of the organization of the scientific basis lit. In the article the effective methods in the preparation of athletes and training systems is recommended, as a result, given the maximum level of showing ways to increase their physical abilities.

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