



**ENHANCING THE EFFECTIVENESS OF SPECIAL
PHYSICAL TRAINING IN 11–15-YEAR-OLD FREESTYLE WRESTLERS: A
COMPARATIVE ANALYSIS OF FOREIGN AND LOCAL PRACTICES**

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Annotatsiya: *in this article 11-15-year-old fighter for free on the formation and development of the system of special physical preparation has been the analysis of foreign and local experience. School sports training systems applied in various of the world, in particular, russia, european countries, usa and turkey minds learn methodical, is comparing their specific features. Also, the fighter in uzbekistan to improve the physical preparation of scientific research, and their analysis of the system of sports training are the results. Article in young athletes strength, speed, agility and durability focused on the development of physical quality on the basis of the scientific conclusions given the effectiveness of the approach.*

Keywords: *free fight, special physical training, young athletes, uzbekistan, international experience, efficiency, durability, strength exercises, sports methods.*

Which sport requires top physical fight free from the type of preparation, especially for youth wrestlers put on the right path age of 11-15 special physical training is critical. In this period the beginning of the age of puberty in children, noticeable changes take place in their body; therefore, the training process of young athletes coaches respectively physiological characteristics should be established. The fight about the sport that are specific to the preparation special physical strength, speed, agility, durability, such as special exercises aimed at the development of physical qualities of the system is understood to be and downloads. Special physical preparation necessary for achieving high results exactly this creates the foundation fighter and competitive sport increases the possibility of the implementation of technical actions [1].

The results of scientific studies also gain success in sports competitions and special physical training is one of the most important factors for confirmed. For example, a foreign young scientists to achieve the form of the top sports for at least 10-12 polvon from the age of about 14 years engaged in the fight and trigger a regular preparation should not be noted. Therefore, the period of adolescence from the systematic development of special physical preparation is a guarantee of achievement of high sport results in the future [2]. Special physical training for young wrestlers successfully perform their methods not only technical, but also for injury prevention and overall healthy development is also important. Shown in the relevant scientific sources thus





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structured on a strength training program designed for young athletes a positive effect on their physical development, reduces the risk of injury [3].

Foreign experience

The Russian experience

Russia (former USSR) free fighter training school, in sports, a long-term plan is built based on. According to the theory of soviet sport, youth base during the period of general physical preparation, in later stages, the formation of special physical qualities, it is desirable to (Matveev, 1965; that neat, 1970). In particular, in the age of 12-14, efficiency, and elasticity is given great attention in the development of agile, from the age of 15 while starting power and quick-grow is the entrance to the quality of power [4]. Young scientists of russia and the same without the use of tools similar to the early shtanga heavyweight athletes, first of all, your own body weight, the ball gantellar, increase the power of your will recommend using gymnastics equipment [5].

The European experience

Fight on continuous training of teenagers in Europe and also has free step-by-step if you have a system in many ways, the achievements of the former soviet traditions and modern science have to rely on school sports. Eastern European countries – Bulgaria, Poland, Ukraine and Croatia – a strong school on the fight if it has to fight to attract the children here, from the age of about 10-12 and long-term preparation procedure is applied. For example, researchers looking for fights among teenager's Croatian anthropometric indicators of successful athletes and physical training has determined that the results of the test is much higher than others. In particular, shoulder medalist 17-18-year-old fighter with the power (with pliers squeeze test), and the vertical jump test, durability tests like to lose in the fight general physical better results compared to athletes who have specific special located [6].

The us experience

Teenagers in circles on the fight club prep sports and the usa school system established through this process if the achievements of science in physical education and extensive use of modern sports medicine. American experts with long-term athlete development (long-term Athlete Development, LT) model applies to the 11-15 age interval “to teach the lessons of” the stage is all they know. In this period the basic movement skills to teach children to fulfill technical, the weight of the body to work with is working on mastering exercises for strength and speed of light. Later reaching age and physical development, as was the power with exercise, the extra weight slowly is included. Weightlifting dangerous elements have been considered previously for kids, current scientific studies, and is safe strength exercises young athletes that qualified under the control of the fulfilled on the contrary, it proved that the injury would prevent [7].

Experience turkey

Turkey is one of the leading countries in the world on the fight for free, here of the rich traditions and modern methods include implementation of training young wrestlers.





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Teenage fighter of special physical preparation of physical exercise in turkey and is given great attention to the combination of increasing technical order. In particular, the fat layer under the skin of the athlete's experience during in grab am, gain and reduced the size of circulating shoulder -improved indicators of the strength of the breast. These results indicate that; the fight can also make an important contribution to technical exercises specific to the physical development of adolescents. General and special physical preparation for team turkey on the experience of the young fighter on the basis of the annual plan of gradual increases are special.

Local (Uzbekistan) experience

Mainly the Uzbek fighter training school of the former Soviet Union is formed without have to rely on the traditions of the sports system, although during the years of national independence by the increasing number of young scientists and experts has been conducting scientific research in the field of physical preparation of athletes. In Uzbekistan 11-15-year-old freedom fighter, initially the extensive development of general physical training, when working with them in the formation of emphasis is given to ensuring healthy movement skills and physical development. For example, Arslonov (2024) 12-14 age during the period identified in their research efficiency, agility and adaptation should be like development of quality, strength and adolescents 15-16 years of age come and quick-starting to grow in the form of the ability to complete power workout you will be writing about. According to him, the power in the age of 12-15 mainly with the development of its weight, the ball gentle, gymnastics equipment, such as wand be done using light, while gradually increase the weight in the age of 16-18, and vacation time through the reduction of the duration of exercise, it is desirable to extend complicated of downloads [8].

Local expert's teenage fighter speed-to increase the quality of endurance running, jumping, to fight with the combination of specific exercises climbing like to all-inclusive the tools also are used. For example, a sports boarding schools of the republic of nationwide training classes held in the program a few times per week, then gymnastics, athletics physical form elements through basic is the consolidation of the fighter. Also, special physical preparation for the development of the national struggle (fight with a belt) being enriched with sessions, specific to the method of fighting in wrestler power tolerance shall be formed of the quality and agile.

Comparative analysis

When comparing foreign and local practices, primarily it seems in many respects that is common of them. Both experts also special physical preparation of Uzbekistan for foreign young fighter will highlight the need for the development of gradual and systematic. In each case two age 11-15 during the period of growth and physiological characteristics of young athletes due to it being the conclusion of the program, the speed, the agile adaptation primarily as the development of quality, and then gradually it will take strength and endurance. Foreign experience in local experience, technical get the





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right to participate in the special fighter of his physical condition-it is recognized that the determining factor of tactical success. For example, as a result of the special physical preparation experience in Ukraine who apply to the program that show all the test 2-3 times as much compared to the control group in fighter development be identified, a significant difference in favor of the experimental group in an experiment similar in Uzbekistan was noted. Therefore, confirms the effectiveness of special physical training of foreign and local sources, and in this regard there is the combination of thoughts.

Conclusion: 11-15-year-old fighter is a free special physical preparation of systematic and step-by-step, it is important to be carried out. Foreign and local research shows that physiological characteristics of athletes of this age are developed considering their technical skills along with an increase in training programs, will help to prevent injuries. Preparations made on the basis of a gradual approach in the European countries and Russia are enhanced, it is paid more attention to the individual development of the athlete's experience in use and turkey. In Uzbekistan, while the national traditions of struggle with the combination of scientific methods based are introduced. Compare analysis shows that the special physical preparation of athletes start from the early age and long-term systemic sessions to the results of their sport to attract a significantly positive effect.

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