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# OPTIMIZING THE TRAINING PROCESS IN INCREASING THE EFFICIENCY OF TECHNICAL MOVEMENTS OF SKILLED WRESTLERS

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**Annotation**

The article is mainly devoted to optimizing the ratio of planned means of CT and TTT, developed to determine the effectiveness of the method for optimizing the ratio of physical (PT) and technical-tactical training (TTT) of qualified wrestlers. According to the results of the tests studied during the experiment, it was found that the relative increase in the arithmetic mean values of the results of the subjects of the experimental and control groups during the experiment was almost twice as high as the corresponding indicator.

**Key words**

physical training, technical and tactical training, optimization method, relative growth, statistical characteristics.

Relevance. The fact that Uzbek wrestling, which embodies national values, patriotism, courage and human dignity, is recognized as a world sport on a global scale, is also reflected in the establishment of the international "Kurash" association on the initiative and with the direct participation of representatives of 28 countries of the world, the intensity of prestigious competitions in the mask sport is increasing, wrestlers from different countries compete in the sport of wrestling, a wrestling competition makes it difficult to win in the competition. Therefore, improving the technical and tactical training of wrestlers involves optimizing training processes aimed at teaching offensive and defensive actions in competition based on their physical quality indicators.

There are wrestling styles in the world such as dyuzdo, sambo, freestyle and Greco-Roman wrestling, and it is important that our Uzbek national wrestling be included among these styles, in world arenas "little" "sideways", "halal" the use of these phrases serves to further enhance the attractiveness of wrestling in the world. Although training methods, training bases, and training programs have been developed in all types of wrestling sports, every year, new names are discovered at

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each competition, which is due to the organization and effective management of the wrestling athlete training system based on new technologies and optimal planning of workloads. As every nation in the world has its own national sport, There have been unique Bukhara wrestling, Fergana wrestling, which has been the pride of the Uzbek people since ancient times, and today the Bukhara style has received the name "kurash" (wrestling). kurash, which has a long history and has survived from century to century, has developed over the years and continues to demonstrate itself at a high level, inspiring joy in the hearts of fans. Wrestlers of our country have won important victories in world sports fields. However, in order to maintain the achieved high positions and to further develop them in the future, it is necessary to continue research aimed at improving the training process and to increase the effectiveness of the methods of training wrestlers. The above ideas are also related to solving the problem of optimizing the physical training of qualified wrestlers and rationally planning and controlling training loads. The need to improve the effectiveness of the members of the national wrestling team requires scientific planning and control of training loads. In our republic, important work is being done to implement and improve the technical and tactical actions of athletes, and to attract talented athletes to professional sports among young people.

Therefore, in our country, wrestling is considered as one of the priority areas of sports development in the popularization of sports and the achievement of high levels. “It is important to educate the young generation in all aspects, select talented athletes among young people, and create the necessary conditions for them to realize their abilities and talents.” The Resolution of the President of the Republic of Uzbekistan No. PP-3306 dated October 2, 2017 On measures for the further development of the national sport “Kurash”, as well as the Decree of the President of the Republic of Uzbekistan No. PP-4881 dated November 4, 2020 “On measures for the development of the national sport of Kurash and further increasing its international prestige”, as well as other regulatory legal acts related to this area, provide for the implementation of the tasks set forth in this dissertation research serves to a certain extent The purpose of the study. It consists in the development of a technology for optimizing the performance of special physical training exercises in training processes to improve the technical and tactical movements of skilled wrestlers.

**Table 1**

**The dynamics of change in the time of performing technical methods 10 times by the subjects of the control group during the pedagogical experiment (control group n=12)**

| *The name of the technical methods for the test (time taken to perform 10 times)* |
|---|

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| groups | statistical indicators | Shoulder Overload (EOT) | Lateral Override (YoOT) | Waist Up (BOT) | Before the legs Playing (OOCh) | Bird Method Execution (QUB) | Inside leg throw (OIIT) | Shoulder Overhand Throw (TUEOT) |
|---|---|---|---|---|---|---|---|---|
| At the beginning of the experiment | $\overline{X}$ | 1,57 | 1,82 | 1,69 | 1,83 | 1,55 | 1,87 | 1,68 |
| | σ | 0,31 | 0,32 | 0,3 | 0,33 | 0,29 | 0,36 | 0,31 |
| | V % | 19,75 | 17,58 | 17,75 | 18,03 | 18,71 | 19,25 | 18,45 |
| At the end of the experiment | $\overline{X}$ | 1,41 | 1,65 | 1,56 | 1,69 | 1,40 | 1,71 | 1,54 |
| | σ | 0,27 | 0,30 | 0,28 | 0,29 | 0,25 | 0,33 | 0,28 |
| | V % | 19,15 | 18,18 | 17,94 | 17,16 | 17,86 | 19,30 | 18,33 |
| Relative growth, % | | 10,19 | 9,34 | 7,69 | 7,65 | 9,68 | 8,56 | 8,33 |
| t | | 2,10 | 2,09 | 1,71 | 1,72 | 2,11 | 1,76 | 1,80 |
| P | | <0,05 | <0,05 | >0,05 | >0,05 | <0,05 | >0,05 | >0,05 |

By the end of the study, the time of the test subjects of the control group to perform 10 times of the technical methods according to the analysis of the indicators of the dynamics of change at the beginning and end of the pedagogical study: the arithmetic mean value at the beginning of the study on performing the shoulder extension method in the control group is 1.57; standard deviation – 0.31; the coefficient of variation was 19.75, and by the end of the research, the average arithmetic value was 1.41; standard deviation – 0.27; the coefficient of variation was 19.15. According to it, the relative increase is 10.19 and the reliability level is improved to R<0.05. Arithmetic average value at the beginning of the study on performing the method of side elevation - 1.82; standard deviation – 0.32; the coefficient of variation was 17.58, and by the end of the research, the average arithmetic value was 1.65; standard deviation – 0.30; the coefficient of variation was 18.18 According to it, the relative increase is 9.34 and the level of reliability is improved to R<0.05. Arithmetic average value of performing the waist reduction method is 1.69; standard deviation – 0.3; the coefficient of variation was 17.75, and by the end of the research, its average arithmetic value was 1.56; standard deviation – 0.28; the coefficient of variation was 17.94. According to it, the relative increase is 7.69, improving the level of reliability to R>0.05. Arithmetic average value of performing the method of playing in front of the feet - 1.83; standard deviation – 0.33; the coefficient of variation was 18.03, and the average arithmetic value by the end of the study was 1.69; standard deviation – 0.29; the coefficient of variation was

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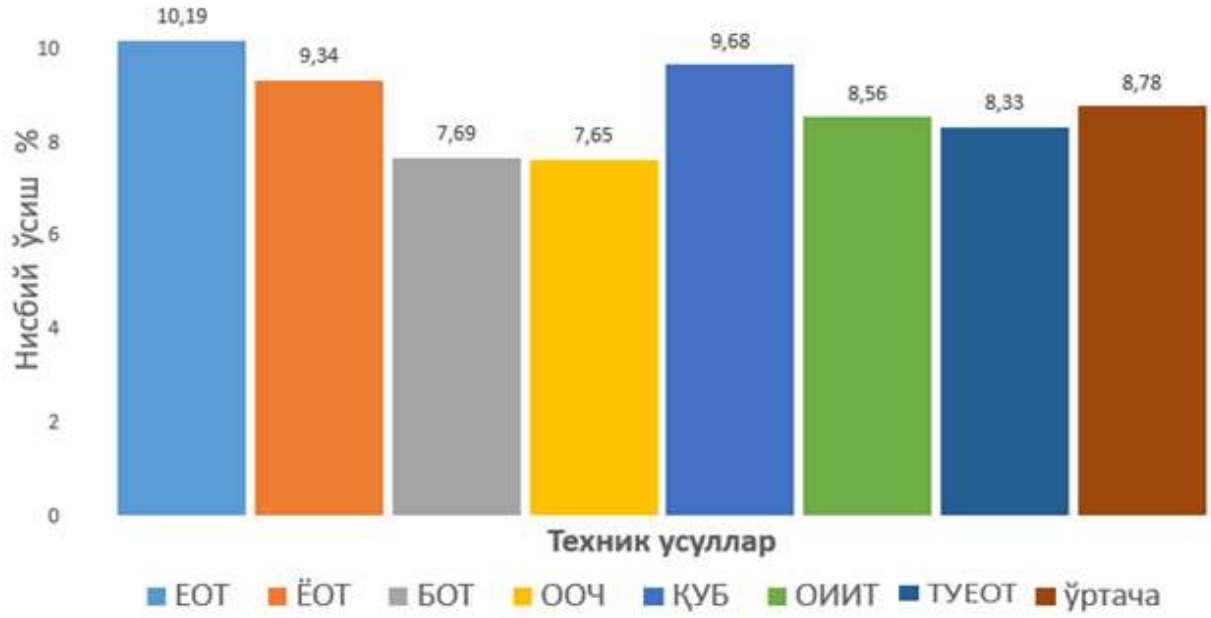
17.16. According to it, the relative increase is 1.72, improving the level of reliability to R>0.05. Arithmetic average value for performing the bird method is 1.55; standard deviation – 0.29; the coefficient of variation was 18.71, and by the end of the research, the average arithmetic value was 1.40; standard deviation – 0.25; the coefficient of variation was 17.86.

According to it, the relative increase is equal to 9.68, and the level of reliability is improved to R<0.05. Arithmetic average value for performing the method of hanging back from the inside of the leg - 1.87; standard deviation – 0.36; the coefficient of variation was 19.25, and by the end of the research, its average arithmetic value was 1.71; standard deviation – 0.33; the coefficient of variation was 19.30. According to it, the relative increase is equal to 8.56, and the level of reliability is improved to R>0.05. Arithmetic average value of carrying out the method of lifting from the shoulders by holding the elbows is 1.68; standard deviation – 0.31; the coefficient of variation was 18.45, and by the end of the research, the average arithmetic value was 1.54; standard deviation – 0.28; the coefficient of variation was 18.33. According to it, the relative increase is equal to 8.33, and the level of reliability is improved by R>0.05. By the end of the study, according to the analysis of the dynamics of changes in the time of technical methods 10 times of the test subjects of the control group at the beginning and end of the pedagogical study, the relative increase was 8.33 and the level of reliability was improved by R>0.05.




Explanation: EOT-Over the shoulder, YOOT-Over the side, BOT-Over the waist, OOCh- Kick in front of the feet, QUB- Perform the bird method, OIIT-Hanging back from the inside of the leg, TUEOT- Over the shoulder by holding the elbows.

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**Figure 1. Technical methods of control group testers**

**Characteristics of the relative increase in the duration of the pedagogical experience of 10 times**

Figure 1 shows the technical methods of the control group wrestlers

We can see the levels of relative growth characteristics in the continuation of the pedagogical experiment of 10 execution times. According to him, according to the figure 1 of the indicators obtained in the control group, it was determined that the skill of performing technical methods 1, 2, and 5 showed a high growth rate, while the skill of performing technical methods 3, 4 showed a low growth rate. This, in turn, was a comparative analysis of physical quality indicators obtained from 12 testers of wrestlers in the control group involved in the study.

**Table 2**

**The dynamics of changes in the time of technical methods 10 times of test subjects of the experimental group in the course of the pedagogical experiment (n=12)**

| *The name of the technical methods for the test (time taken to perform 10 times)* | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| **groups** | **statistical indicators** | ***Shoulder Overload (EOT)*** | ***Lateral Override (YoOT)*** | **Waist Up (BOT)** | **Before the legs Playing (OOCh)** | **Bird Method Execution (QUB)** | **Inside leg throw (OIIT)** | **Shoulder Overhand Throw (TUEOT)** |
| ***beginning of the experimen*** | $\overline{X}$ | 1,63 | 1,75 | 1,64 | 1,77 | 1,49 | 1,82 | 1,73 |
| | σ | 0,33 | 0,27 | 0,3 | 0,31 | 0,31 | 0,35 | 0,31 |
| | V, % | 20,25 | 15,43 | 18,29 | 17,51 | 20,81 | 19,23 | 17,92 |
| **end the experime** | $\overline{X}$ | 1,31 | 1,49 | 1,34 | 1,47 | 1,29 | 1,54 | 1,49 |
| | σ | 0,24 | 0,22 | 0,23 | 0,24 | 0,26 | 0,27 | 0,23 |
| | V, % | 18,56 | 14,64 | 17,04 | 16,43 | 19,87 | 17,56 | 15,46 |
| Relative growth, % | | 10,19 | 9,34 | 7,69 | 7,65 | 9,68 | 8,56 | 8,33 |
| t | | 4,14 | 4,07 | 4,23 | 4,14 | 2,61 | 3,39 | 3,36 |
| P | | <0,001 | <0,001 | <0,001 | <0,001 | <0,05 | <0,01 | <0,01 |

By the end of the study, according to the analysis of the dynamics of changes in the time of the technical methods 10 times of the subjects of the experimental group at the beginning and end of the pedagogical study: the arithmetic mean value at the beginning of the study for the shoulder extension method is 1.63; standard deviation – 0.33; the coefficient of variation was 20.25, and by the end of the research, its average arithmetic value was 1.31; standard deviation – 0.24; the

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coefficient of variation was 18.56. According to it, the relative increase is equal to 10.19, and the level of reliability is improved to R<0.001. Arithmetic average value at the beginning of the study on the implementation of the lateral excrement method is 1.75; standard deviation – 0.27; the coefficient of variation was 15.43, and the average arithmetic value by the end of the study was 1.49; standard deviation – 0.22; the coefficient of variation was 14.64.

According to it, the relative increase is equal to 9.34, and the level of reliability is improved to R<0.001. Arithmetic average value for performing the waist reduction method is 1.64; standard deviation – 0.3; the coefficient of variation was 18.29, and by the end of the research, its average arithmetic value was 1.34; standard deviation – 0.23; the coefficient of variation was 17.04. According to it, the relative increase is equal to 7.69, and the level of reliability is improved to R>0.001. Arithmetic average value of performing the method of playing in front of the feet is 1.77; standard deviation – 0.31; the coefficient of variation was 17.51, and by the end of the research, the average average arithmetic value – 1.47; standard deviation – 0.24; the coefficient of variation was 16.43. According to it, the relative increase is equal to 7.65, and the level of reliability is improved to R<0.001. Arithmetic average value for performing the bird method is 1.49; standard deviation – 0.31; the coefficient of variation was 20.81, and by the end of the research, its average arithmetic value was 1.29; standard deviation – 0.26; the coefficient of variation was 19.87. According to it, the relative increase is equal to 9.68, and the level of reliability is improved to R<0.05. Arithmetic average value for performing the method of hanging from the inside of the leg - 1.82; standard deviation – 0.35; the coefficient of variation was 19.23, and by the end of the research, the average arithmetic value was 1.54; standard deviation – 0.27; the coefficient of variation was 17.56. According to it, the relative increase is equal to 8.56, and the level of reliability is improved to R<0.01. Arithmetic average value of carrying out the method of lifting from the shoulders by holding the elbows is 1.73; standard deviation – 0.31; the coefficient of variation was 17.92, and by the end of the research, the average arithmetic value was 1.49; standard deviation – 0.23; the coefficient of variation was 15.46. According to it, the relative increase is equal to 8.33, and the level of reliability is improved to R<0.01.

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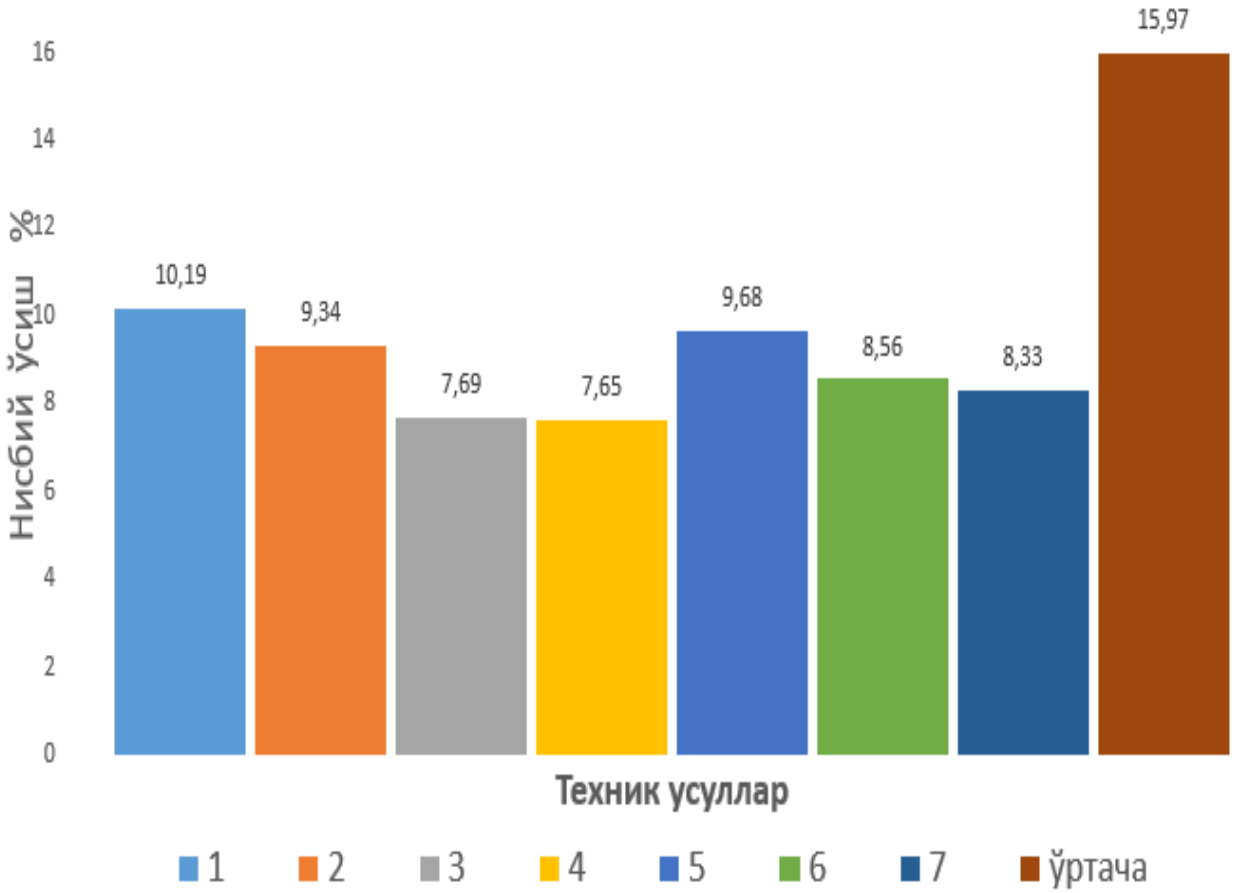


Explanation: EOT-Over the shoulder, YOOT-Over the side, BOT-Over the waist, OOCh- Kick in front of the feet, QUB- Perform the bird method, OIIT-Hanging back from the inside of the leg, TUEOT- Over the shoulder by holding the elbows.

**Figure 3. Technical methods of experimental group testers**

**Characteristics of relative growth in the continuation of the pedagogical experience of 10 times**

In Figure 3, we can see the levels of relative growth characteristics of the experimental group's wrestlers performing 10 times of technical methods in the continuation of the pedagogical research. According to him, according to Figure 3, the performance of technical methods 1, 2, and 5 showed a high growth rate, while the performance of technical methods 3, 4 showed a low growth rate. This, in turn, was a comparative analysis of physical quality indicators obtained from 12 testers of wrestlers in the experimental group involved in the study.

**Conclusion.** In our scientific research, based on the opinions and advice of coaches, based on the results of the world arenas of qualified wrestlers, as well as the results of observation and analysis of competitions, it was found that the technical movements performed by them are carried out to their full potential and they easily get out of difficult situations.

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In this regard, it was studied that scientific research on the offensive and defensive movements of strong wrestlers in the world arenas of sports in the field of wrestling has not provided sufficient information. In the selection of technical movements, not only technical movements successfully performed in prestigious competitions and wedding wrestling were studied, but also the technical and tactical mastery levels of a number of highly qualified wrestlers who performed these technical methods to their full potential.

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