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A Method of Developing the Speed Strength of Wrestlers through Action Games

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ABSTRACT

This article discusses the modern pedagogical methods of effective use of action games in the development of quick strength qualities of wrestlers.

KEYWORDS: wrestler, agility, strength, training planning, athlete's cognitive activity, pedagogical assessment.

Introduction. As it is known, as a result of the independence of our Republic and the tireless efforts of wrestling officials, wrestling has developed as a new sport in the world. According to the decisions No. PQ-4881 dated 04.11.2020 "On the measures to develop the national sport of wrestling and further increase its international prestige", today the further development and popularization of wrestling among young people, which is growing adopted in order to strengthen the feelings of national pride and patriotism in the next generation, as well as to promote a healthy lifestyle in society and to ensure high results in world sports fields. This decision is the basis for further development and popularization of our national sport of wrestling in our country and in the world. As a result of the direct support of our country and the International Wrestling Association, the international sport of "Wrestling" is widely recognized in the world. Terms such as "fight", "honest", "bow", "stop", "side" have taken a strong place among international sports words and expressions. From time immemorial, wrestling is a symbol of nobility, bravery and honesty, a part of the national-cultural heritage of our people with a history of several thousand years, and is a priceless treasure.

In the literature of our country and foreign scientists, work on the problems of this topic has been carried out. Among these, the following literature can be mentioned. N.A. Tastanov, F.A. Kerimov, Z.A. Bakiyev, Sh.A. Abdullayev, among foreign scientists, such as V.M. Zasiorsky, A.D. Novikov, L.P. Matveyev, V.N. Platonov, N.G. Ozolin, I.I. Alikhanov, P.F. Matrushak, conducted several special studies on the development of wrestlers. Opinions and considerations are mentioned in the literature.

A large number of scientists and experienced trainers in this field claim that the use of action games is highly effective in developing the physical qualities of young wrestlers, and that action games, including national

folk games, are one of the main tools for developing their physical qualities. In the literary analysis of the above-mentioned and other sources, those who have focused on the method and methodology of using action games among other tools in developing the physical qualities of wrestlers, but the classification of games in the use of action games in the development of physical abilities of young wrestlers. Very little information is given. In our opinion, for this reason, it is necessary to pay attention to the need to improve the process of using action games in the development of physical qualities of young wrestlers. Today, development of a new technology for the use of motion games in the development of physical qualities of young wrestlers, selection of the used motion games is one of the urgent tasks.

During the pedagogical experiment, we determined the effectiveness of action games in the development of physical qualities of young wrestlers in the experimental group and included action games in the training plan in order to develop the necessary recommendations. In this case, we chose action games based on the characteristics of the methods and methods of development of physical qualities. We conducted the training based on the following methodology:

1. Relay action games were widely used in the preparatory part of each training session. The goal is to warm up the wrestlers' body and the entire muscular system and prepare their body for the main part.
2. Action games were determined based on the task of training.
3. Action games were organized as a competition. The goal is to increase the interest of wrestlers in training.
4. Games that develop attention were used in the final part of the training.
5. We paid special attention to the development of physical qualities of the action games and set special tasks for each game after planning in advance.

In conclusion, the analysis of special scientific and methodical literature can be the basis for the recognition that the purposeful use of action games in the training process of young wrestlers makes it possible to solve the problem of developing their physical qualities. In order to apply mobile games to the training process in training, it is necessary to determine the intensity and volume standards of mobile games and develop a methodology for their application. Action games serve to increase the interest and desire of young wrestlers for training. We believe that the methods and tools used by us will be of great help in training the physical qualities of young wrestlers and achieving high results in sports.

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