

ORGANIZATION AND CONDUCT OF BELT WRESTLING TRAINING

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Planning a sports training, this is the foresight of the conditions, means and methods of solving the tasks of sports training, the results of sports that an athlete should master. Proper planning of athlete training is the determination of the main indicators in the preparation process, based on the analysis of the characteristics of the contingent of athletes in question (or one athlete), as well as their timing taqsimlashdir. So ' in recent times, the perception of planning the training process in sports wrestling has changed considerably. This is due to the introduction of some changes to the rules of the competition and the demands made by the International Wrestling Federation to increase the spectator capacity of the competition's competitions. At the moment, objective conditions have been created for a more high-quality planning of the training of athletes who have accumulated large experimental material. Successful management of the process of training athletes requires taking into account two important conditions: firstly, a sharp increase in the volume and intensity of downloads (currently, in the sport of high results, downloads are close to the limit of Biological Standards); secondly, an equalization of the number parameters and skill level of training (in the experience of leading athletes in the world). Therefore, the optimization of the training structure and the construction of optimal training programs remain of the first level of importance. Planning the training process is primarily the creation of a system of plans for different periods. During these periods, a complex of interconnected goals should be implemented. Training is an elementary component of the process. From separate training, the training microcycle is formed. It forms a mesocycle, independent of the Union of several microcycles, which is the entire branch of the training process. The Union of several mesocycles forms a larger completed structure – the macrocycle. Depending on the separation of the training into periods such as micro-, meso- and macro-cycles, load sizes, size, intensity, preparation tools and styles change. In Belt Wrestling, the planning of the training process is carried out in the following forms:

- promising-for Stage, period, year, a number of years;- daily-training for microcycle;- fast-for a workout. When drawing up a plan for a multi - year training of belt wrestlers, it is necessary to follow the predictions of the development path of sports wrestling and changes in the rules of Moses-frogs. Therefore, the means, size and intensity of training it is necessary to imply a change in tasks. A promising plan is

drawn up for each wrestler separately, like the entire training group. The General (Group) plan of training and training with belt wrestlers includes the following sections: a brief description of the group; the purpose and main tasks of the multi-year training; the main direction of the preparatory stages and the training process by stages (main tasks, their share in each stage); Sports-technical indicators and control standards describing the training of athletes; pedagogicalThe promising planning of the training will certainly entail the development of annual plans. A detailed description of the tools and training downloads applied to the annual plans is included. In daily planning, scientific laws of the dynamics of the Sports form (occurrence, stabilization and temporary decrease) are used. The structure of daily planning is influenced by various factors: the order of study and work, the content of training, the total sum of the number and load sizes, the individual characteristics of the reaction to training loads, as well as the qualifications of wrestlers. Rapid planning is based on daily planning. Such a type of planning provides for the clarification of tasks, tools, methods, loading volumes and severity. The structure of Mash - ghoul is determined primarily by the fact that it is aimed at achieving the maximum training effect. In accordance with the operational plan of training, a synopsis of training is drawn up, which describes the preparation (body heating), the main and final parts, the number of repetitions, the duration of breaks and the nature of rest. In the process of training, three periods are distinguished: preparation, competition, transition periods. During the preparatory period, training is aimed at ensuring a gradual transition from active rest to intense special work, the development of physical qualities even later, the acquisition of wrestling techniques and tactics is also improved. During this period, it is necessary to create a solid foundation for the successful functioning of athletes in the period of competition ahead of them. The main tasks of the preparatory period are to increase the functional capabilities of the organism, improve general physical fitness and develop the physical qualities necessary for the wrestler, master and improve technical-tactical actions, eliminate the shortcomings in their implementation, and educate Will and spiritual qualities. The purpose of the training competition period is to prepare for competitions and successfully participate in it. The main tasks of this period are to have a high level of training, to strengthen and improve technical and tactical actions even later, to expand and strengthen the knowledge of tactics of conducting competitions, to achieve a high level of development of physical, Will and spiritual qualities, to expand theoretical knowledge-consists of a suture.

At this stage, athletes participate in responsible mousetraps, depending on their qualifications. The transition period of training will be characterized by the pasa - yish of the training load. The main tasks of the period: to strengthen health and strengthen the body, to increase the level of general physical fitness.

Basic tools: sports games, swimming, etc. A properly structured transitional period provides favorable conditions for the development of the functional capabilities of the body even later, improving the special training of the wrestler.

Planning preparatory mesocycles The training mesocycle is a stage of the training process that lasts from 3 to 6 weeks. The organization of the training process on the basis of mesocycles makes it possible to systematize it in accordance with the main task of the preparatory period or stage, to achieve the necessary consistency in the development of various qualities and abilities, ensuring the optimal dynamics of training loads and Moses - baqa activities, the targeted harmonization of various preparatory tools and methods, pedagogical influence factors Traditional mesocycles are classified into eight types, namely: - puller; - base and their developer; - stabilizer; - control-preparation; - bleach; - took a race; - race recovery-preparation; - recovery-preservative. Each mesocycle will consist of three, six microcycles. Their set is determined by certain tasks of the planned mesocycle. Such a large number of mesocycle types greatly complicates the structure of the training process and makes it difficult to plan - strain the training. It is precisely this that the rare use of the above-mentioned mesocycle types in training planning of athletes is associated, and the types of mesocycles are more convenient for classified practice: pulling, basal, control-preparatory, competition-taking and competition. According to Muta - chassis, the main tasks of pulling mesocycles are to purposefully bring athletes closer to the effective performance of special training work. In basal mesocycles, the main work is carried out to increase the functional capabilities of the main systems of the body, develop physical qualities, improve technical, tactical and mental training. Control-preparatory mesocycles synthesize the capabilities that athletes have achieved in previous mesocycles (in accordance with the nature of competition activity), that is, integral preparation is carried out. The competition received mesocycles designed to eliminate the mines detected during the athlete's training, to improve his technical im - cones. A special place in these mesocycles is occupied by mental-tactical training aimed at a specific goal. The number and structure of the competition mesocycles is determined by the specifics of the sport, sports characteristics, qualifications of athletes and the level of readiness and readiness. The stability of the general structure of mesocycles contributes to the regular improvement of their maz - Muni, effective control O'r - natish, the implementation of the principle of "advanced" planning on the surface in practice. According to this principle, the results of training in microcycles and mesocycles of the current macrocycle are immediately applied to the planning of a program of similar structures of the macrocycle in turn.

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