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The methodology of the development of pre-competitive training of 12-14 years old female freestyle wrestlers

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Abstract

Purpose: The methodology for the development of pre-competitive training of 12-14 years old female freestyle wrestlers is to develop and substantiate it based on pedagogical experience.

Methods: theoretical analysis and generalization of scientific and methodological literature, pedagogical observation, pedagogical testing, pedagogical experiment, mathematical and statistical analysis.

Results: It is advisable to assess the strength by throwing a stuffed ball (1 kg) over the head with two hands jumping on the spot. In the initial position, the stuffed ball is held with two hands at waist level. At the command, players swing arms in a semi-sitting position and jump up, then throw the ball over the head. The best results after three attempts were taken into account.

Conlcusion: When determining and evaluating the functional fitness of girls aged 12-14 years engaged in freestyle wrestling, it is envisaged that the functional systems of the body will be purposefully developed through physical exertion.

Keywords: young female freestyle wrestlers, physical fitness, functionality, physical qualities, general and special physical training.

Introduction

A wide range of opportunities and conditions have been created in our republic for the development of all sports, and the upbringing of the younger generation physically healthy and mentally mature has risen to the level of state policy. In particular, the Concept of the development of physical education and sports in the Republic of Uzbekistan until 2025 defines the need to “Involving children and teenagers in systematic physical education and mass sports by improving and applying innovative methods of physical culture in educational institutions, as well as improving the methodology of training athletes taking into account the best international sports experience, the need for the formation of sports reserves for high-quality replenishment of the national teams” (1). Ensuring the fulfillment of these tasks, we believe that determining the physical and functional capabilities of young female freestyle wrestlers and, accordingly, improving training processes is one of the important jobs.

Methods

- Organization of training processes taking into account the morphofunctional characteristics of female freestyle wrestlers aged 12-14 at the initial preparatory stage;

- Substantiation of the methodology for determining the level of physical fitness of female freestyle wrestlers aged 12-14 years old;

- Experimental evaluation of the effectiveness of the methodology for determining the physical and functional capabilities of girls aged 12-14 years engaged in freestyle wrestling.

The training processes of young female freestyle wrestlers from the Nukus College of the Olympic Reserve were taken as the object of the study.

Results and discussion

In modern freestyle wrestling, various means and methods of training young female freestyle wrestlers are used. Recently, our country and foreign coaches have been paying special attention to the comprehensive physical training of young athletes. After all, at the stage of initial training, the foundations of general physical training are laid, then young female freestyle wrestlers master the techniques of wrestling, master the tactical actions of wrestling activities, which are the basis of the content of the educational process. The training process is carried out in accordance with the laws of age development, the level of physical development and physical fitness of girls in freestyle wrestling. Therefore, it is currently necessary to improve the methodology for determining the physical and functional capabilities of young female freestyle wrestlers. To do this, it is necessary first of all to take into account morphofunctional properties. Functional systems theory states that "biological systems are characterized by the ability to anticipate reality". This means that before the realization of any goal, there is an

Table 1. Sensitive favorable periods of development of physical qualities in determining the physical and functional capabilities of 12-14 years old female freestyle wrestlers:

Parts of physical training				
Physical qualities		12 years old	13 years old	14 years old
Running speed		PRG	PRG	MGRP
Fast power		PRG		
Overall endurance			PRG	PRG
Adaptability		PRG		
Coordination		MGRP	MGRP	
Overall power				PRG
Power endurance		PRG	MGRP	MGRP
Components of technical training				
Technical exercises	Accuracy,	PRG	PRG	
	Speed, accuracy		PRG	PRG
Special agility		PRG	PRG	PRG
Differentiation of muscle strength		MGRP	MGRP	
Components of tactical training				
Operational thinking	Speed	MGRP	MGRP	MGRP
	Accuracy			MGRP
Focus sphere				MGRP
Changing the focus		MGRP	MGRP	
Distribution of the focus		MGRP	MGRP	
Stability of the focus				MGRP
Predicting the reaction		PRG	PRG	MGRP

idea of the final result - the purpose of the action. In sports, this principle manifests itself in the creation of an athlete who is able to show a programmed result (2). It is very important for young athletes to pay attention to the fact that the development of physical fitness is associated with other components. That is, the morphofunctional characteristics of young female freestyle wrestlers should correspond to the growth rate of their physical qualities (see table 1). It is advisable to evaluate the speed of movement in terms of running time from a high start to 30 meters. At the same time, the young athlete occupies a high starting position. It starts after the command "march". As a result, the minimum time indicator is taken into account.

To determine the jumping ability, this can be done in accordance with V. M. Abalakov's design. This is convenient to do so that you can determine the jump, which is typical only for volleyball. The height of the jump is estimated after raising the arm in a standing position and accelerating from one to two steps. After three attempts, the best one is taken into account. If this device is not available, it can be used by determining the distance to the basketball board and attaching the measuring tape to the board.

The definition of the functional training of female freestyle wrestlers aged 12-14 years also refers to important jobs. The essence of functional training is the purposeful development of the functional systems of the body in difficult conditions and with the help of heavy physical exertion, that is, to achieve large muscles capable of withstanding functional mental stress. Functional training includes special preparatory exercises that affect:

1) Improving the function of the nervous system. It is necessary to prepare

Table 2. **The main methods used in determining and evaluating the physical capabilities of 12-14 years old female freestyle wrestlers**

1	2	3	4
Measurement of motion speed	Determination of power	Calculation of the jumping ability	30 m run, long jump from place, triple jump from place, теннис throwing the ball over the head at a distance

Table 3. **Dynamics of physical abilities of female freestyle wrestlers at Children's and youth sports school in the initial stage of training**

№	Test exercises	Unit of measure	10 years old		11 years old		12 years old	
			CG	EG	CG	EG	CG	EG
			$\bar{x} \pm \sigma$	$\bar{x} \pm \sigma$	$\bar{x} \pm \sigma$	$\bar{x} \pm \sigma$	$\bar{x} \pm \sigma$	$\bar{x} \pm \sigma$
1	Running from a high start to 30	s	7,7±0,2 7,2±0,6	7,4 ±0,4 6,8±0,1	6,9±0,2 6,7±0,4	6,9±0,4 6,4±0,2	6,5±0,3 5,7±0,5	6,2±0,8 4,9±0,3
2	Throwing stuffed ball (1 kg)	m	4,6±0,4 4,9±0,3	4,5±0,7 5,3±0,6	5,3±0,3 5,9±0,2	5,1±0,3 6,9±0,2	6,1±0,5 7,0±0,2	6,0 ±0,7 7,9±0,1
3	High jump from place (according to Abaklov)	m	29,3±0,7 33,2±0,6	32,0±0,8 39,1±0,6	31,3±0,8 37,7±0,2	33,5±0,7 41,1±0,2	38,9±0,9 42,2±0,2	41,8±0,8 49,9±0,2

the central nervous system in such a way that it has a certain strength of the nervous process in order to withstand great physical and mental stress.

2) It has an effect on all functions, primarily on the vegetative supply of cerebral vessels, on improving the functioning of the cardiovascular and respiratory systems.

3) Programs the development and improvement of the analyzer functions.

4) It affects the development of the musculoskeletal system to train physical qualities.

To conduct a functional workout, following must be used:

1) recovery means (taking bath);

2) exercises that control blood circulation in the brain;

3) exercises that develop increased muscle sensitivity, vestibular and motor analyzers, breathing and cardiovascular systems.

The forms of functional training are as follows:

1) The inclusion of certain parts of functional training in all types of exercises;

2) Conducting complex trainings for the purpose of functional training;

3) The inclusion of recovery activities (morning gymnastics, walking, hiking) in training cycles.

The results of a pedagogical study to identify the functional capabilities of female 12 -14 years old freestyle wrestlers are presented (see table 3):

Conclusion

When determining the physical and functional capabilities of 12-14-year-old female freestyle wrestlers, the following conclusions were made:

1) When determining and evaluating the physical and functional capabilities of 12-14-year-old freestyle wrestlers, it is necessary first of all to take into account morphofunctional characteristics;

2) Morphofunctional characteristics of young female freestyle wrestlers should correspond to the growth rate of their physical qualities.

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