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Systematic control of technical and tactical training of qualified female wrestlers in the national wrestling "Kurash"

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Abstract
Purpose: The article highlights the improvement of special and physical training of athletes through systematic control of technical and tactical training of qualified female wrestlers according to the results of the study.
Methods: During the training process of qualified wrestlers, we conducted a video analysis, a questionnaire survey, theoretical analysis, motivational and effective methods, statistical methods for determining the reliability of the average adult, as well as ongoing monitoring using 3 tests: Orthostatic test, The Rufier Dixon test, Evaluation for technical movements.
Results: The analysis of changes in the indicators of competitive activity carried out at the beginning and at the end of the pedagogical experiment showed that the reliability of differences in all indicators was observed in the female wrestlers of the experimental group ($p<0.05$). This is evidenced by the fact that the method of planning, current and step-by-step pedagogical control of loads, which we offer, has a positive impact on the training of qualified female wrestlers.
Conclusion: We believe that the results of the method of systematic implementation of pedagogical control in the course of pedagogical research (ongoing and step-by-step) will become an effective tool in improving technical and tactical actions when planning the training of athletes of different categories and in determining their reliability indicators when improving technical and tactical actions of athletes of different categories.

Keywords: Systematic training plan, technical and tactical training, functional capabilities, athlete status, level of training, complex attacking movement, control of the training process, attack effectiveness.

Introduction

Normalization of loads among the central sections of the methodology for preparing the structure of loads for wrestlers. The problems of planning and controlling training loads are in the focus of attention of specialists, scientists and teachers of this field, as well as leading practitioners-coaches in terms of showing high results in sports.

At the present stage, the main direction in sports is the creation of organizational structures and services capable of quickly responding to the dynamic development of sports in the world, providing training and competitive processes with new technologies, effectively promoting the activities of athletes, coaches, scientists, military personnel, managers and entire organizations.

Currently, among the most important stylistic principles of teaching are the following:

- dynamism of the preparatory system. It will determine the direction of the development of sports skills in flexible planning, changing the rules, regular study of international calendars and making quick adjustments to programs based on accounting;

- rational use of tools, methods and loads, depending on the stage of preparation in the annual cycle, contributes to a significant individualization of training and competitive processes, thereby encouraging various alternative approaches.

Planning - is divided into operational, current and long-term planning. You can consider two sides of the organization of the planning system. The first one is connected with the formation of a standard training program based on the latest theoretical and practical research, as well as the identified features of modern competitive activity and shortcomings that were provided for when planning previous cycles (Ataev, 1987).

During the training period, the training is aimed at ensuring a gradual transition from active recreation to intensive special work, the subsequent development of physical qualities, as well as the acquisition of combat techniques and tactics, as well as improvement. During this period, it is necessary to create a solid foundation for the successful activity of athletes in the pre-competition period. The main objectives of the preparatory period are to increase the functional capabilities of the body, improve and improve general physical fitness, eliminate deficiencies in their implementation, and cultivate willpower and spiritual qualities.

According to the results of scientific research conducted on wrestlers belonging to the National Team of Uzbekistan, their physical development and physical fitness were analyzed. Based on these results, standards of mor-

phofunctional and physical capabilities of wrestlers of different ages and genders were developed. These standards can be used to assess the ability of athletes to adapt to training.

A new set of exercises specific to the action program adapted to the conditions of the wrestlers' competitions has been created, which highlights the essence of special exercises that are used as part of the procedure for developing muscles involved in performing technical movements of a qualified wrestler.

Problems of planning and control of training loads high results in martial arts are in the focus of attention of pedologists in the same field, as well as leading practicing trainers. But the program of planning and control of training loads needs serious revision. Here it is necessary to take into account the individual characteristics of the international calendar of competitive activities, the adaptation of the body to loads in different directions. The solution to the general problem is to conduct the following research:

- determination of the individual characteristics of the training and competitive activities of qualified wrestlers;
- to systematize and classify the sizes of training equipment and load characteristics in microtechnics;
- to develop a method of rational planning of training loads in the structures of the training process based on the optimal variability of training parts;
- to develop a method for controlling the size of training loads, taking into account the following characteristics, specialization, orientation and coordination complexity of loads.

Operational planning is carried out on the basis of daily planning. Such planning involves determining the load capacity and intensity of various tasks, tools, methods. The structure of the training is determined by the fact that it is aimed, first of all, at achieving the maximum training effect. In accordance with the operational training plan, a training plan is drawn up, in which, during preparation, the characteristics of body heating, the main and final parts, the number of repetitions, the duration of breaks and rest are described (Nurshin, et al. 1987).

Based on the above, it is possible to improve both special and general physical training by systematically monitoring the training plans of qualified female wrestlers.

Methods

Pedagogical observations were carried out in order to determine the characteristics of MF, types and parameters of training loads, pedagogical control of loads that are used in the process of training qualified female wrestlers.
Pedagogical observations were carried out taking into account the structure of technical and tactical movements performed by experienced female wrestlers, combinations of technical movements were determined. During the follow-up before each training task, the heart rate (HR) was taken into account during the training. In the first experiment, cases of fatigue and recovery of qualified female wrestlers were determined using tests, and a methodology was developed (Kerimov, 2001).

In the main experiment, we practically proved the effectiveness of the proposed method of systematic control of the technical and tactical training of qualified wrestlers in the training process of qualified wrestlers in the proposed training process. When determining the results of the study, various control exercises (conditional competitions in tests) were used to assess the general and specific physical, technical and tactical readiness of the control, as well as the level of their physical fitness during the study. Also, the evaluation criteria were used to perform the methods of the “G. S. Tumanyan Scale” (Kerimov, 2004).

When developing various research results, the following statistical methods were used (arithmetic mean, mean square deviation, coefficient of variation), methods of analysis.
To determine the reliability of the data obtained, statistical hypotheses were investigated (in accordance with the Student's t-criterion).

$X = \frac{1}{n}\sum_{i-1}^{n} xi;$	Arithmetic mean
$\mathfrak{S} = \sqrt{\mathfrak{S}^2 = \sqrt{\frac{\sum_{i=1}^{n}(xi - x^2)}{n-1}}}$	Deviations criteria
$V = \frac{\mathfrak{S}}{X} \cdot 100\%$	Coefficient of variation
$tp = \frac{(X1 - X2)}{\sqrt{\sigma_1^2 + \sigma_2^2}} \bullet \sqrt{n}$	Student’s t-criterion

Results and discussion

At the beginning of the study, preliminary control tests were conducted on 12 qualified female wrestlers. As a result of the control, it was decided to comprehensively prepare the athlete during training and in competitive activities and solve many tasks to reveal significant functional capabilities in the body system, that is, by assessing the athlete's condition, degree of readiness, and effectiveness of activities at competitions.

If you pay attention to the results, then at the beginning of the week the number of heartbeats was normal, and by the end of the week we saw a slight increase. Some girls have an indicator that exceeds the norm. When we asked them about their condition, it became known that they had fatigue in their body and they could not rest well. By the second week, we started doing a workout with a reduced load. Apparently, the results improved compared to the first week. By the 3rd week, we gave experienced female wrestlers a load aimed only at one side. The results are improving more and more. By the 4th week, the results we expected were obtained. At the beginning and end of the week, it was found that the dynamics of recovery from fatigue in girls with a decrease in the number of heartbeats was good.

At the beginning of the new week, the "Rufier Dixon test" began to be held every Monday. This showed that the girls were ready for a week-long training process. In the first week, qualified wrestlers received an average of 5.6 points. But some of our girls also have grades 7, 8. They asked about the status, measures were taken on them. By the second week, the average score was 4.5 points. One girl was awarded 7 points. By the third week, on average, 5 was evaluated. It became known that two of our athletes received 7 and 8 points. When asked about their condition, they said that a state of fatigue had set in and the recovery dynamics was low. By the fourth week, they had received an average score of 4.18. Our 12 female wrestlers also do not have excellent (maximum) ratings.

The results of the two tests above showed that the loads that are given in training do not meet the requirements of modern competitive activity. It was found that the volume of downloads is high, zero is that the requirements of modern competitive activity should be focused on the development of technical and tactical procedures, and not on the volume of downloads. Based on the above, we have developed a load structure that is oriented in one direction, that is, on technical and tactical training, taking into account the technical and tactical training of our qualified female wrestlers, and distributed the loads by microcycles. We have developed microcycles in the following order (figure 1):

24 experienced female wrestlers took part in the main experiments (12 control, 12 research). At the same time, we carried out ongoing and step-by-step control based on the devel-

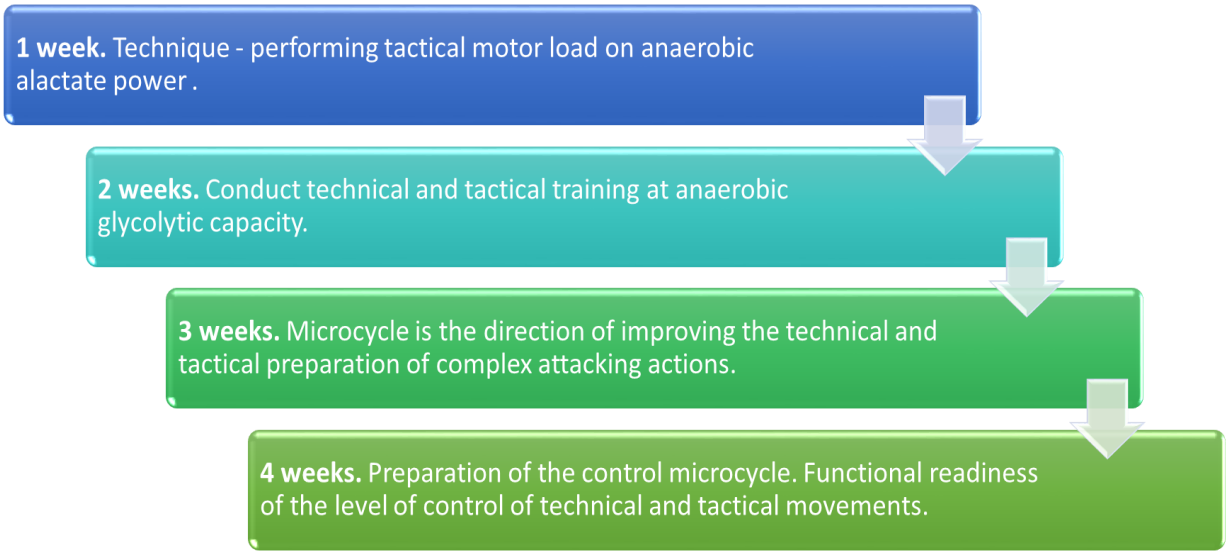


Figure 1. The structure of loads aimed at technical and tactical training has been developed, taking into account the technical and tactical training of our qualified female wrestlers.

oped methodology. We have determined the current control with an assessment of such a technical movement:

1. Over shoulder throw.
2. Throw over the back.
3. Bending technique ("yonbosh").
4. Perform combinations of these techniques.

The qualified wrestler girls were given the above tasks and the performance of the tasks was evaluated on the scale of G. S. Tumanyan.

A comparative analysis of the data conducted during the main pedagogical experiment revealed to us the following. (see tables 1, 2)

By the 4th week, we received the expected results. At the beginning and end of the week, it was found that the dynamics of recovery from fatigue in girls with a decrease in the number of heartbeats was good.

"Rufier Dixon Test" is held at the beginning of the week once a week. This makes it clear that the female wrestlers are ready for a week-long training process. We conducted this test every Monday using the following formula:

$$A = \frac{P1 + P2 + P3 - 200}{10}$$

Here P1 is the number of heartbeats in a calm state of the athlete. The athlete lies for 5 minutes and measures the pulse. P2 is the number of heartbeats after the athlete's load. The athlete does 20 squats and measures the pulse. P3 is the dynamics of recovery. The athlete

Table 1. The results of the pedagogical assessment of the technical efforts of the control group at the end of the pedagogical study.

№	Techniques	Control group			t	p
		$\overline{X}$	σ	V, %		
1	Over shoulder throw	6.9	0.79	11.44	1.55	>0.05
2	Throw over the back	6.9	0.79	11.44	1.75	>0.05
3	Bending technique ("yonbosh")	6.6	0.88	13.33	1.08	>0.05
4	Combination	6.8	0.56	8.23	1.37	>0.05

Table 2. Pedagogical evaluation of the technical efforts of the experimental group at the end of the pedagogical study.

№	Techniques	Experimental group			t	p
		$\overline{X}$	σ	V, %		
1	Over shoulder throw	8.7	0.86	16.53	2.82	<0.05
2	Throw over the back	8.5	1.08	12.70	2.64	<0.05
3	Bending technique ("yonbosh")	9.0	0.60	6.66	2.89	<0.05
4	Combination	9.0	0.90	10	2.99	<0.05

The stage control was carried out once a month. And when conducting this control, we used competitiveness indicators in accordance with the table below. (see tables 3, 4)

Table 3. Indicators of competitive activity of the control group at the end of the pedagogical study.

№	Indicators of competitive activity	f	Control group			t	p
			$\overline{X}$	σ	V, %		
1	Attack efficiency	C. attack	0.47	0.075	15.9	1.11	>0.05
2	Defense efficiency	C. defense	0.53	0.07	13.20	1.66	>0.05
3	Average rating (in one competition)	Ā	3.48	0.40	11.49	1.38	>0.05
4	Attack interval	I m	36.5	0.90	2.46	1.46	>0.05
5	Defense interval	I n	46.9	0.99	2.11	1.76	>0.05

Table 3. Indicators of competitive activity of the experimental group at the end of the pedagogical study.

№	Indicators of competitive	f	Experimental group			t	p
			$\overline{X}$	σ	V, %		
1	Attack efficiency	C. attack	0.52	0.07	13.46	2.50	<0.05
2	Defense efficiency	C. defense	0.63	0.09	14.28	2.91	<0.05
3	Average rating (in one competition)	Ā	3.69	0.39	10.56	2.42	<0.05
4	Attack interval	I m	38.2	0.93	2.43	2.33	<0.05
5	Defense interval	I n	48.5	1.31	2.70	3.95	<0.05

rests for a minute, and the pulse is measured again. We subtract 200 by adding up all the results. We divide the resulting number by 10. Then we find the exponent A. That is, we find the position of the wrestler. Excellent if A is up to 1-3; good if 4-6; satisfactory if 7-10; unsatisfactory if it comes out 11 or higher. This test determines whether the wrestler is ready for the training process, which is carried out during the week. If the results are satisfactory or unsatisfactory, the athlete is not put into training. If the health is in place, then attention is paid to the psychological state, after the condition improves, the athlete should continue training as usual. We recommend the current and step-by-step method of pedagogical control of technical and tactical training of qualified female wrestlers to other wrestling specialists.

Conclusion

With the help of the analysis of scientific and methodological literature and generalization of best practical experience, it was determined that solving the problem of current and phased pedagogical control in the technical and tactical training of qualified wrestlers requires research in this direction.

The pedagogical assessment given to the technical efforts of the female wrestlers of the experimental group turned out to be reliable in relation to the indicators of the wrestlers of the control group ($p<0.05$). When analyzing the changes in the indicators of competitive activity, conducted at the end of the pedagogical experiment, there were no differences in the indicators of female wrestlers of the control group ($p>0.05$). In sports practice, training is understood as a microclimate, a training session that takes place over several days and provides a comprehensive solution to the tasks of this preparatory stage. Based on this, we can say that the training plan, which is aimed specifically at preparing the athlete, gave a positive result in our study.

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