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The effectiveness of the development of physical qualities of young female belt wrestlers in the pre-competition period

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Abstract

Purpose: Designing of methods for the development of physical qualities of young female belt wrestlers in the pre-competition period and the development of their physical qualities in such a way that our athletes could win at future competitions. Also, the results of the study are recommended to coaches and specialists who work with female belt wrestlers.

Methods: Analysis and generalization of the existing scientific and methodological literature and regulatory documents on the research topic, 8 refined test exercises aimed at determining the state of physical fitness to identify current problems.

Results: According to the results of the study, the physical qualities of the 1st group of young female belt wrestlers increased from 4.8% to 4.9%, and the indicators of technical techniques increased from 4.5% to 4.6%. The physical qualities of the 2nd group wrestlers increased from 4.8% to 5.6%, the effectiveness of techniques increased from 4.5% to 5.3%. Our three-month study boosted the self-confidence of female belt wrestlers.

Conlcusion: In order to prepare the girls for the competition faster, the 1st group very slowly and with difficulty assimilated the techniques given to them. During the competition, they could not use the techniques they had learned. Group 2, although they mastered fewer techniques compared to them, these techniques brought them victory in competitions. The coach teaches the athlete not only to avoid injuries, but also to properly distribute heavy loads - this, in turn, should be of great importance when preparing tactics for future competitions. For this reason, we recommend that athletes always follow the instructions of the coach.

Keywords: physical culture, physical education, sports, doping, stimulants, physical and mental strength, anti-doping, sports value, system, attitude.

Introduction

It should not be overlooked that the prestige of belt wrestling in the international arena has increased, as well as competition has increased. The growth of sports results of female wrestlers depends on the rational construction of an effective training system for qualified athletes. Our belt wrestling is developing widely in many countries of the world, including the inclusion in the V Asian Indoor Games held in Turkmenistan on September 7-27, 2017, indicates that the world recognizes our belt wrestling. But it seems that we lack new training methods to be able to compete on a par with athletes from other countries on the world stage and always win. It is especially obvious that some of their physical qualities are not sufficiently developed during the performance of technical techniques at the competitions of our female wrestlers.

Currently, one of the pressing issues remains the development of new training methods so that Uzbek belt wrestlers can raise the flag of our country even higher on world arenas. 2020 year of the President of the Republic of Uzbekistan

Resolution № 4881 of November 4 "On measures to develop the national sport of wrestling and further increase its international prestige" states that "By supporting and encouraging the interest of young people in national sports, strengthening their sense of patriotism, all segments of the population, especially young people, emphasize that it is necessary to create the necessary conditions for practicing this sport".

Methods

Analysis and generalization of the existing scientific and methodological literature and regulatory documents on the research topic, 8 refined test exercises aimed at determining the state of physical fitness to identify current problems were used.

The tests are as follows:

Sprint (30 meters);
Walking in the bridge position (10 meters at a time);
Long jump (meter);
Climbing a rope with a length of 3 meters (for time);
5 side throws (for time);
5 throws with a turn (for time);
Lifting and throwing 5 times using the knee (for time);
8- 5 throws with a block (for time).

Results and discussion

Physical training of female belt wrestlers is one of the important components of sports training and is a process aimed at developing physical qualities - strength, endurance, flexibility, agility and speed.

The main tasks of physical training are as follows:

To improve the health of athletes and the functionality of various systems of their body.

- Development of physical qualities in a squad that meets the specifics of wrestling.

Physical training is divided into general, auxiliary and special training (2).

All these types of physical training are inextricably linked. An inadequate assessment of any physical fitness during the training process will ultimately hinder the improvement of sports skills. Therefore, it is very important to observe the optimal ratio of types of physical training during training (1).

According to the results of the preliminary study, it was found that the development of physical qualities is one of the important tasks in the preparation of female belt wrestlers, especially in the initial period of training. The experiment is aimed at increasing up to 40% of the hours devoted to the development of special physical qualities during the training of female wrestlers.

To verify the correctness of the assumptions based on experiments, a comparative analysis was carried out between a research group (15 people) and a control group (15 people) consisting of 17-18 years old female belts wrestlers. At the beginning of the experiment, there were no statistically significant differences in most indicators of fitness of female wrestlers of the main and control groups.

At the beginning of the study, we developed tests consisting of physical qualities and concentration in order to determine the level of development of physical qualities of belt wrestlers. These tasks are created using not too difficult for female belt wrestlers, so that they do not have a negative impact on their health (See research methods).

The wrestlers of the 1st group, who were tested at the beginning of the study, returned to training, and the wrestlers of the 2nd group started training according to the program developed by us. The study examined the more undeveloped qualities of Group 2 wrestlers from the 1st week of their training. From the 2nd week, we have made changes to the preparatory part of the training to develop their general and special physical qualities. According to it, we have developed a training program taking into account their undeveloped qualities. We were engaged with them in weekly training sessions with the content of 5

Table 1. The results of preliminary tests to study the level of physical fitness and technical readiness of female belt wrestlers in the control and experimental groups

№	Test methods	At the beginning of the experiment				At the end of the experiment			
		Sprint (30 meters)	Walking in the bridge position (10 meters at a time)	Long jump (meter)	Climbing a rope with a length of 3 meters (for time)	5 side throws (for time))	5 throws with a turn (for time)	Lifting and throwing 5 times using the knee (for time)	5- throws with a block (for time)
Control group									
1	X_i	21.5	67.2	6.49	42.5	25.85	25.46	28.31	26.16
2	$\overline{X}$	4.3	13.4	1.298	8.5	5.17	5.092	5.6	5.2
3	σ	8.6	26.89	2.596	2.9154	10.34	10.1	11.3	7.9
Experiment group									
61	X_i	21.9	67.2	6.38	42.76	26.9	26.54	28.39	27.24
7	$\overline{X}$	4.3	13.4	1.2	8.5	5.38	5.3	5.67	5.44
8	σ	8.55	3.667	1.137	2.925	10.7	10.6	11.3	10.8

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Table 2. The order of physical qualities that female belt wrestlers receive in the research group during the training process

№	Weekdays	Monday	Tuesday	Wednesday	Thursday	Friday
1	Flexibility	+..	+..	+..	+..	+..
2	Dexterity		+..		+..	
3	Speed	+..		+..		+..
4	Endurance		+..		+..	
5	Power	+.		+.		+.
Exercises given to improve the physical qualities of the research group						
power	arm flexion, climbing a 3-meter rope, lifting a barbell weighing 10 kg, walking in a					
speed	Short-distance running 30 m, 60 m, 100 m, relay race, obstacle running, shuttle run, running carrying partner, running with a partner, run by pushing a partner, jump forward in height with a somersault, jump forward in long with a somersault, backward somersault, backward somersault (legs - raised, then opened, paired), somersault, fall to the right (long-range, medium, short-range execution), fall to the left (long-range, medium, short-range execution),					
flexibility	Transition from standing position to bridge position, transition from the position of the front support to the position of the bridge, walking in the bridge position, running in					
endurance	Long-distance running, cross, marathon.					
dexterity	Exercises consisting of light elements, coordination complex exercises.					

+. on this day, the development of this quality is explained by the fact that exercises are given only for evening classes.
+.. on this day, that exercises for morning and evening classes will be given to develop this quality.

Table 3. The results of the final tests to study the level of physical fitness of female belt wrestlers in the control and experimental groups

№	Test methods	At the beginning of the experiment				At the end of the experiment			
		Sprint (30 meters)	Walking in the bridge position (10 meters at a time)	Long jump (meter)	Climbing a rope with a length of 3 meters (for time)	Sprint (30 meters)	Walking in the bridge position (10 meters at a time)	Long jump (meter)	Climbing a rope with a length of 3
Control group									
1	X_i	21.5	67.2	6.49	42.5	21.7	67.1	6.58	42.5
2	$\overline{X}$	4.3	13.4	1.298	8.5	4.3	13.4	1.3	8.5
3	σ	8.6	26.89	2.596	2.9154	8.7	26.84	2.595	2.9154
4	$t_{ст}$					0.8	0.72	0.81	27.2
5						P>0.05	P>0.05	P>0.05	P<0.05
Experiment group									
6	X_i	21.9	67.2	6.38	42.76	21.61	67	6.83	42
7	$\overline{X}$	4.3	13.4	1.2	8.5	4.3	13.4	1.3	8.4
8	σ	8.55	3.667	1.137	2.925	2.08	3.66	1.175	2.898
9	$t_{ст}$					3.426	193.5	4.29	0.02
10						P<0.05	P<0.05	P<0.05	P>0.05

qualities, but with the benefit of exercises that differ from each other. During the preparation

of the research group, we have developed training types that consist of exercises that develop physical qualities at each training session to develop physical fitness (see table 2).

According to the results of the study, the female belt wrestlers of the 1st group increased their physical qualities from 4.8% to 4.9%, and the indicators of technical techniques increased from 4.5% to 4.6%. The female belt wrestlers of the 2nd group increased their physical qualities from 4.8% to 5.6%, the indicators of technical techniques increased from 4.5% to 5.3%. Our three-month study increased the self-confidence of female belt wrestlers.

The study lasted 3 months, at the end of the study, control tests were taken in both groups as at the beginning of the experiment, and there was a discrepancy between them, changes in the level of physical and technical techniques can be seen.

Conclusion

The development of the technical behavior of female belt wrestlers largely depends on the coach, the coach should be able to see the shortcomings of the athlete in the implementation of technical techniques and eliminate these shortcomings at each training session.

During the training period, the coach should pay attention to other insufficiently developed qualities of wrestlers, relying only on their physical qualities, which they have innate, and not content with the development of these qualities.

If female belt wrestlers are in good physical shape, it will not be difficult for them to master various techniques and apply them at competitions.

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