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Ways to improve the professional skills of kurash coaches

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Abstract

Purpose: It consists in conducting a public survey of kurash coaches and parents of athletes from youth sports schools and pedagogical analysis of the results obtained.
Methods: Analysis of materials of scientific and methodological literature, pedagogical observation, pedagogical experiment, mathematical and statistical analysis, questionnaire analysis.
Results: In order to make kurash more popular, it was determined that it is necessary to provide full information to parents about the importance of this sport for the health of young people, as well as to create all conditions for the preparation of methodological manuals, the organization of training based on innovative methods, as well as how important it is to have knowledge and skills to prepare qualified coaches.
Conclusion: Research shows that the popularity of kurash among young people will not only strengthen their health, but also increase the chances of identifying talented athletes from among them. Based on the ideas expressed by the parents of athletes, the ideas expressed will help practitioners improve their sports skills.

Keywords: kurash, interest, abilities, talent, thinking, movement, physical qualities, parents of an athlete.

Introduction

The attention of the world community to physical culture and sports in the preservation of human health is increasing day by day. The penetration of physical education into all spheres of human social life increases its role and influence as a social institution. In this process, the correct formation of our attitude to physical culture and sports, an approach as the primary source of health, will lead to further popularization of physical culture and sports.

The approach to physical culture and sports as one of the main means of ensuring health, along with the development of the system of physical culture and sports, creates the need for further development of the process of training qualified personnel in this field. This will serve as a basis for further improvement of the criteria for training specialists who meet modern requirements. In this regard, it is necessary to attract young people to physical education by increasing their interest in physical culture and sports, as well as the systematic organization of the selection of strong future athletes.

The technology of sorting in sports is based on: knowledge of the requirements for sorting in sports and familiarity with the specific norms of indicators limiting the range of candidates, the goals and objectives of selection; scientifically sound and methodologically sound selection criteria, their qualitative and quantitative characteristics; normalized and proven analytical procedure, including the results of the survey and the provision of conclusions. In other words, in order to popularize a particular sport, it is possible to study the problems in it by means of a "survey", to identify problems and achievements in this area.

Due to the need to further improve the process of training qualified specialists in the field of physical culture and sports in our country, it is necessary to develop measures in this area based on the identification and study of the problems of each sport. In particular, the study of coaches' views on problems in the field of kurash plays an important role in the development of this sport.

Nowadays many specialists and scientists are conducting scientific research on the development and popularization of kurash.

Of great importance is the development of measures to popularize kurash in our country, as well as the organization of research work, which provides an opportunity for in-depth study of problems.

Methods

During this study, parents of athletes and coaches were asked questions (based on a questionnaire). As a result of the survey, scientific conclusions were made.

Results and discussion

The first stage of the study was attended by parents of 24 students of the Youth Sports School of the Samarkand region engaged in kurash.

Table 1. **Results of a survey of parents of 24 schoolchildren engaged in kurash**

Questions of the survey	Yes	No
Do you think kurash is suitable for your child?	21	3
Do you mind that your child is engaged in kurash?	1	23
Would you like a kurash club to open in your area?	24	
Do you consider kurash one of the fastest growing sports in Uzbekistan today?	22	2
Is it important for your child to be interested in sports?	23	1
Do you think that kurash classes affect the proper development of your child's figure?	23	1
Can you allocate funds for your child to go to sports clubs?	20	4
Have you created favorable conditions for your child to do sports?	22	2
Are you against your child doing sports that he is interested in?	20	4
Are there opportunities in your area for parents to observe the training process in sports complexes?	19	5
Do you ask from your child how the coach's activity is going?	23	1
Can the fact that your child is engaged in sports negatively affect his mental activity?	23	1
Are there hygienic conditions for those who work out in sports complexes?	18	6
Do you consider your child's coach to be a qualified coach?	20	4
Do sports clubs operate regularly in your area of residence?	17	7

The answers to the following questions are important in this survey and have a significant impact on the development of kurash.

The fact that the answer to the question "Do you think kurash is the right sport for your child?", from 21 parents was "Yes", indicates that the parents realize that kurash is a useful sport for their child, and gave them to this sport.

The fact that the answer to the question "Would you like a kurash club to open in your area?", from 24 parents was "Yes", indicates that kurash is an important sport for parents in the development of their children.

The fact that the answer to the question "Is it important for your child to be interested in sports?", from 21 parents was "Yes", showed that the child's interest is important for the parent.

To the question "Do you ask from your child how the coach's activity is going?" 23 parents answered "Yes" and to the question "Do you consider your child's coach to be a qualified coach?" 4 parents answered "No", which indicates that coaching and learning skills are important for parents, they want their child to be brought up by a qualified coach, unfortunately the training of today's coaches is insufficient.

At the second stage of the study, 21 kurash coaches of the Youth Sports School located in the Samarkand region took part.

Table 2. **Results of a survey of parents of 24 schoolchildren engaged in kurash**

Questions of the survey	Yes	No
Are there any conditions for kurash?	28	4
Will you be able to interest the participants during the training?	31	1
Do you think the kurash coaches in your area are qualified enough?	20	12
Are there sufficient conditions for conducting trainings using innovative technologies?	14	18

Table 2. Results of a survey of parents of 24 schoolchildren engaged in kurash

Do you think that the effectiveness of training will be maximized if	30	2
Are you satisfied with the participants' attendance in the training?	30	2
Do you think your training is good enough for participants?	21	11
Are their abilities important to you when choosing children?	30	2

The fact that the answer to the question "Do you think the kurash coaches in your area are qualified enough?" from 12 coaches was "No" and "Are there sufficient conditions for conducting trainings using innovative technologies?" from 18 coaches was "No" indicates that the issue of qualification of coaches and conditions is one of the main problems in the development of kurash.

Financial incentives and the availability of sports grounds are important in the training of qualified athletes and serve as the basis for all other factors. In this regard, being in good physical shape; playing hard; playing smart; not deviating from the instructions of the coach is important in the formation of such qualities.

Conclusion

In general, based on the above considerations and the results of the study, the following conclusions can be drawn:

Firstly, studying the process of training specialists in the field of physical culture and sports will further improve the process of training qualified specialists;

Secondly, the formation of comprehensive knowledge among specialists working in the field of physical culture and sports is important in increasing the interest of young people in physical culture and sports, as well as in the selection of qualified athletes. In particular, in the further development of kurash, the ability of coaches to see problems in their field is important.

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