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Development of physical and technical preparedness of kurash students using the circular training method

Norov Olim Toshpulatovich[1]
[1]Karshi state university, Karshi, Uzbekistan

Abstract

Purpose: Development of technical and physical training of students engaged in wrestling in a complex-circular training style.

Methods: Analysis of scientific and methodological literature, pedagogical observations, heart rate monitoring, methods of pedagogical experience

Results: All participants must complete a certain number of throws from the hip and back in accordance with the recommended standards in each exercise. In the first month of training, the participant performs 170 scheduled body throws in each method. In total, 510 throws will be made in the first month. With each subsequent month, the number of throws increases by 5% from the previous one and amounts to 537, 564 and 591, respectively. In 4 months of experience, this figure has been brought to an average of 2202 throws.

Conlcusion: During the pedagogical experiment, there has been steady growth in all registered indicators (see table 3). The motor training density increased by 27.9%, the speed and strength training of students has significantly increased (an increase of 91.7%), the quality of throws from the hip and back by 59.1% and 60%, respectively, dexterity as a complex physical quality increased by 14.6.

Keywords: month period,.indicators of speed and strength training of students, circular training.

Introduction

Resolution of the President of the Republic of Uzbekistan Sh.M. Mirziyoyev, dated 02.10.2017 “On measures for the further development of the national sport kurash” №-3306, as well as Resolution of the President of the Republic of Uzbekistan, dated 04.11.2020 “On measures for the development and further enhancement of the international prestige of the national sport kurash” №-4881 further increased attention to our ancestral value of our heritage – the struggle embodying such invaluable qualities as honesty, nobility, courage and patriotism, and gave the opportunity to specialists in this field to work even more actively.

At the same time, currently, in order to further popularize and systematically develop kurash, its official inclusion in the European, African and Pan—American continental Games and to receive recognition from the international organization “GAISF - Global Association of International Sports Federations”, inclusion in the program of the International Olympic Games, the concept of bringing the national sport of kurash to a new level has been developed the level by 2025. The concept defined the goals, objectives, priorities, future stages of the systemic development of kurash in Uzbekistan and foreign countries, and also serves as the basis for the development of programs and comprehensive measures for the development of wrestling.

Further increasing the prestige of kurash in the world by eliminating the problems that have accumulated in recent years in this area, ensuring the aspirations of all segments of the population, especially young people, to a healthy lifestyle, educating them in the spirit of courage, devotion, love for the Motherland, fostering a sense of pride in kurash, which has turned from national sport into world sport is the true essence of today's kurash trainings.

In ancient times, young people were interested in various physical exercises, and kurash among them was the most favorite and popular type of activity. Its popularity and importance for physical development is evidenced by the fact that in ancient times, wrestling was considered the first sport at public festivals and weddings. Wrestling is still a national sport that has wide development among young people, especially among university students.

Our Government is carrying out a number of activities to popularize, develop and spread kurash in the world, which is a national sport embodying the ideas of national values, in particular, courage, bravery, patriotism, humanism, and turning this value into a masterpiece of world culture.

At the same time, the increasing popularity of wrestling requires the organization of prestigious international competitions, modernization of the existing infrastructure and material and technical base, improvement of the supply of sports equipment

and clothing, expansion of production in this regard, and it is also necessary to increase attention to the training of qualified personnel, professional coaches, judges in this field, development of teaching manuals, enrichment of scientific and methodological basis of the struggle.

Today, national kurash, which is one of the national values of our people, serves to popularize Uzbek sports all over the world. The growing popularity of wrestling poses challenges for industry specialists to further increase attention to the training of qualified personnel. To pass on to future generations the rich traditions and values of kurash inherited from our great ancestors, to enhance the role of kurash under the brand of Uzbek sports on the world stage, to support and encourage the interest of young people in national sports, to strengthen their sense of patriotism, to promote the involvement of all segments of the population in this sport, especially youth, as well as the peoples of the world are relevant the tasks of today.

Organizing and conducting pedagogical experiment.

Technical and physical training of wrestlers is a basic training that has always been the focus of attention of researchers and experts. A lot of scientific and methodological literature has been published on this subject, but it cannot be said that all the problems have been studied and solved.

The decisive role in the results of the wrestlers' competitions is played by their physical and technical training, which is constantly enriched with the help of various techniques performed by hands, feet and body.

From the point of view of the author J.K. Khurramov, the training should be complex and circular in nature, combining the development of speed and strength abilities through specially prepared physical exercises, i.e. each muscle warm-up training should be aimed at educating certain specific physical abilities of the athlete [7].

The purpose of the pedagogical experiment is to identify the influence of complex and circular training on the effectiveness of educating some of the main indicators of physical and technical fitness of the second year students who were engaged in wrestling during the year preceding the experience.

Methods

During the research, the following tasks were solved:

1. Determination of the effect of complex circular training on the motor density of training sessions.

2. Definition of indicators:

a) speed and strength training of students;

b) majmuaviy jismoniy fazilat sifatida chaqqonlikni;

c) the quality of the throw through the hips and backs.

The following research methods were used to solve the tasks set:

1. Analysis of scientific and methodological literature.

2. Pedagogical experiment

3. Mathematical and static methods of processing the results.

The analysis of scientific and methodological literature has shown that conducting circular training with students constantly leads to an increase in the motor intensity of training sessions. At the same time, there is insufficient scientific data on the effectiveness of circular training of students engaged in wrestling.

Results and discussion

The indicators of speed and strength training of students were determined by converting seconds into points according to a 5-point system according to a test developed by G.P. Galochkin, N.V. Shchetinin [3].

The determination of the wrestlers' dexterity indicators was carried out in seconds on the recommendation of E. M. Chumakov and S. F. Ionov, and based on a test developed by G.P. Galochkin, A.A. Lukin, two partners performed a hip throw of 10 repetitions in a 3 m circle [6, 4].

The quality of the throws was evaluated by an expert commission consisting of 3 kurash specialists by observation, giving an average score on a 5-point system.

A four–month pedagogical experiment was organized in a group of second year student wrestlers (n=24 people) who expressed a desire to participate in its conduct (September-December 2023). For the convenience of the experiment, two subgroups of 12 people were formed (subgroup 1, coach O.Norov) (subgroup 2, coach O. Nuralieva).

The composition of the subgroups was approximately the same in age, qualifications, weight and general physical fitness.

Classes with students were held 2 times a

Table 1. The number of throws made by each student in one training session in September 2023.

Number of throws	1	2	3	4	5	6	7	8	During a month
Throw over the hip while holding the belt from behind	10	12	18	22	24	26	28	30	170
Throw from the back holding by the shoulders	10	12	18	22	24	26	28	30	170
Throw from behind, grabbing both hands	10	12	18	22	24	26	28	30	170
Total	*30*	*36*	*54*	*66*	*72*	*78*	*84*	*90*	*510*

week for 1.5 hours.

Wrestlers of both subgroups practiced the same technique, received the same cognitive and physical activity, combining speed and strength qualities and throwing techniques, taking into account the biomechanics of movements and a single physiological regime.

Lesson content – 90 minutes.

1. Alignment, counting, checking of students, a short conversation of an educational nature, transfer of lesson assignments – 5 minutes.

2. General physical exercises - 6 minutes.

3. Performing special exercises to perform body-forward throws-10 minutes.

4. The distribution of the participants in the experiment and throws from the hips and back according to the developed norms – 50 minutes.

5. Conducting standing training competitions (2 competitions with different partners).

Table 2. The number of throws made by each student in during training sessions

Months	september	october	november	december	During 4 months
Throw over the hip while holding the belt from behind	170	179	188	197	734
Throw from the back holding by the shoulders	170	179	188	197	734
Throw from behind, grabbing both hands	170	179	188	197	734
Total	*510*	*537*	*564*	*591*	*2202*

6. The fight in the prone position is 3 minutes.

7. The final part (group formation, summing up the lesson) is 6 minutes.

Total 90 minutes.

The participants of the experimental group were given a difficult task: to improve the throwing technique in each lesson and develop the physical qualities necessary for practicing.

Note. With each month of the training, the number of throws increases by 5% from the previous one.

Wrestlers of both subgroups practiced the

Table 3. The results of the four-month pedagogical period of second year students engaged in "Kurash"

Duration of the experience Indicators	Beginning, September	Ending, October 2024	Increase of indicators%
Motor training density	58	74,2	+27,9
Speed and strength training of	1,2	2,3	+91,7
Dexterity, points	35,3	30,8	+14,6
Quality of throws, points *quantity more* *quantity less*	*2,2* *2,0*	*3,5* *3,2*	*+59,1* *+60,0*

same technique, received the same cognitive and physical activity, combining speed and strength qualities and throwing technique, taking into account the biomechanics of movements and a single physiological regime.

The participants of the experimental group were given a difficult task: to improve the throwing technique in each lesson and develop the physical qualities necessary for practicing.

The number of throws planned by each student in the first month of training (September 2023) is shown in Table 1.

In subsequent lessons (October, November, December 2023), the monthly number of throws was increased by 5% compared to the previous month (see table 2).

Conclusion

Conducting comprehensive round-robin classes with students helps to increase the efficiency of the entire educational process, which is a good reason for their implementation in universities where kurash is being developing. Their use not only increases the motor density of training sessions, but also has a positive effect on the results of physical and technical training of students involved in sports.

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AUTHOR BIOGRAPHY:



Olim Toshpulatovich NOROV

Employment
Docent at Karshi state university

Degree
MD

Research interests
Student sports, FISU, rowing and canoe, swimming, water polo.

E-mail:
norov_to@gmail.com