© Eurasian Journal of Sport Science 2024; 1(1): 16-22
https://eajss.uz

Increasing the performance of basic throws of highly qualified sambo wrestlers

Gaziev Shukurjon Shukhrat ugli[1]

[1]Uzbekistan state university of physical education and sport, Chirchik, Uzbekistan

Abstract

Purpose: Increasing the reliability of performing signature techniques of highly qualified sambo wrestlers.

Methods: The study uses methods of analysis of scientific and methodological literature, questionnaires; pedagogical observations; biomedical methods, control tests characterizing special preparedness, pedagogical experiment, mathematical and statistical data processing.

Results: Based on the results of the study, we can conclude that the training models we introduced have shown their effectiveness in all parameters of special endurance of highly qualified sambo wrestlers. The biggest changes can be seen in the "Successful painful techniques" test: in the control group the increase was 19.8%, and in the experimental group the increase was ahead of the control group by 67.1%. In the experimental group, the largest increase was noted in the "Successful Retention" test, the results of which doubled. And the smallest share of changes went to the "Performed Throws" and "Disabling Opponent's Grips" tests, since the changes did not exceed 10% growth.

Conlcusion: The results of our analysis allow us to draw some particular conclusions that are of interest to our research:

Summing up the intermediate results, we can say that at the stage of highest sportsmanship it is necessary to maintain an emphasis on the signature techniques of sambo wrestlers. Because highly qualified sambo wrestlers already have a large arsenal of attacking actions, and only signature techniques can contribute to success in competitive fights.

When analyzing a competitive match, you need to take into account both attacks in a standing position and in prone wrestling. Many Sambo wrestlers struggle with the expectation that their opponent is about to make a mistake. And as a result, they immediately respond to the opponent's attack with a counter attack.

Based on the positive results of the "model for increasing special endurance" we introduced, we come to the conclusion that it is necessary to introduce this program into the one-year training cycle for highly qualified sambo wrestlers. So, with the help of this model you can safely adapt sambo athletes to competitive loads.

Keywords: sport, sambo, qualified sambo wrestlers, speed-strength qualities, technical-tactical movements, fights, skill, technical and tactical techniques, final, competitive activity, general physical fitness, special physical fitness, special endurance.

Introduction

The growth of sports results in the process of many years of training has ensured mainly by two factors: "increasing the level of special physical fitness of the athlete and his ability to organize his movements in such a way as to realize the growing motor capabilities as fully as possible." [11].

Achieving constant and sustainable growth in sportsmanship is possible only with clear planning based on precise control of all aspects of athletes' preparedness. Therefore, in the process of many years of preparation and long-term planning, one of the main places is control over the development of special physical qualities and the formation of technical and tactical skills of athletes. This is especially important at the stage of in-depth sports improvement at the age of 18-20, when promising athletes transition from one age group to another. [11].

As S.M. Struganov noted, the process of training qualified athletes is such a multifaceted and multifactorial system that it is impossible to increase its effectiveness with private local measures. What is required is a holistic concept based on a systematic approach, which is the concept of optimization, which includes a wide range of pedagogical influences, including the diagnosis of sports abilities, adequate use of means, methods and conditions of training, rational organization and structure of the pedagogical process, and much more. This approach will not just improve the quality and increase the efficiency of training, but will allow achieving sustainable growth in results without additional material and time costs [9].

Scientists like E.P. Vrublevsky, S.V. Sevdalev, A.G. Narskin, M.S. Kozhedub believe that the concept of optimizing the training of promising athletes, unlike other approaches, should be based on clearly defined criteria: maximum possible result adequate to the given conditions and minimal expenditure of time and effort. This requirement has become more relevant due to the fact that in recent decades the possibilities of increasing sports results through increasing the volume (time) of exercises have been exhausted. The total volume of training

work among qualified athletes in wrestling has long reached 50 or more hours per week [3].

In types of combat sports, including wrestling, the result determines a wide range of qualities and skills. However, the most significant effective factor is technique, since has been precisely this that determines the success of the main competitive exercise. Motor qualities, mainly speed-strength, agility, endurance (specialized at a high level) and functional condition of an athlete significantly determine the capabilities of first of all mastering, and subsequently the implementation of technical and tactical training of sambo wrestlers [13].

Based on the foregoing, it follows that the existing system of major international competitions among youth and youth places high demands on the training of active and nearby reserves. On the one hand, ensuring successful performance, and on the other, eliminating the possibility of forced training at this stage, the task of which is to prepare and preserve talented youth for further progression in a group of highly qualified athletes. The problem of improving the technical and tactical training of highly qualified sambo wrestlers at the present stage is especially relevant in terms of improving the relationship with psychological training. Enough data has accumulated on methods for regulating the pre-start states of martial artists before a fight, and on the influence of emotions on the course of a sports performance. Despite a wide range of studies devoted to the study of emotions in sports, these works do not pay attention to a comprehensive methodology for improving technical and tactical training.

The stage of highest sports mastery is characterized by certain zones of mastery development: the zone of the first great successes (fulfillment of the master of sports standard), participation in international sports competitions, the zone of achieving optimal opportunities (reaching the level of the best sambo wrestlers in the world, participation in championships and cups of Asia and the World); zone for maintaining top sports results. Tracing the evolution and development trends of wrestling in the International Olympic Movement [7].

The correlations between the levels of sports achievements of wrestlers from different countries and continents and certain features of evolutionary changes in rules and competitions have been identified. A significant disproportion has been revealed between the previously developed provisions of the theory of sports wrestling and practical ways of their implementation in the training and competitive activities of wrestlers [8]. Training takes on a specialized focus, using the entire complex of effective means, methods and organizational forms of training in order to achieve the highest results in competitions [12].

The training process should be individualized as much as possible and built taking into account the characteristics of the competitive activity of martial artists [6]. The main task of competitive practice should be considered the ability to realize one's motor skills and functional capabilities in difficult conditions of competitive confrontation. Currently, the development of an individual style of competitive activity in various types of wrestling continues, new data on technical and tactical indicators characterizing the dynamics has been obtained, and an analysis has been carried out between wrestlers of various disciplines and weight categories, in particular, in Greco-Roman wrestling and freestyle wrestling [1, 2 , 5]. When improving technical and tactical readiness, special attention is also paid to individualization and increasing the reliability of technique implementation in extreme conditions of competitive fights [4, 10].

The relevance of our research has determined by a number of existing contradictions in the system of training athletes. In particular, between the existing system of knowledge in the field of the relationship between means and methods of technical and tactical training of highly qualified sambo wrestlers, on the one hand, and the insufficient level of improvement of their individual capabilities for successful competitive activity, on the other. At the same time, the general principles of individualization of the training process have not yet found proper development and practical implementation in the national and priority sport of Sambo.

The scientific problem of the research is to improve the training process of highly qualified sambo wrestlers, taking into account the individual characteristics of athletes and to improve the signature techniques used in competitive fights. Since, signature techniques are a key skill that ensures the reliability of the effectiveness of competitive wrestling, we have proposed and introduced into the training process of highly qualified sambo wrestlers auxiliary exercises to develop the implementation of basic techniques in the standing position, widely used by sambo wrestlers.

For the study, we selected highly qualified sambo wrestlers who have repeatedly com-

Table 1. Indicators of the effectiveness of attacking actions of sambo wrestlers according to 5 competitions between the control and experimental groups at the beginning of the study (n=36)

№	Indicators	x± σ	υ
	Control group		
1.	Throws completed	57,67±2,95	5,12
2.	Successful rolls	7,44±,07	9,47
3.	Throws from the ground	2,89±0,58	20,18
4.	Counter attacks	43,39±3,13	7,21
5.	Attempts to hold	7,44±0,7	9,47
6.	Successful Retentions	2,78±0,65	23,28
7.	Attempts for submissions	7,61±0,7	9,17
8.	Successful submissions	2,83±0,71	24,96
9.	Avoiding opponent's throws	108,06±4,24	3,92
10.	Grabbing the opponent's jacket	158,28±5,82	3,68
11.	Disabling opponent's grabs	129,44±4,59	3,55
	Experimental group		
1.	Throws completed	56,22±2,71	4,83
2.	Successful rolls	7,06±0,73	10,28
3.	Throws from the ground	2,56±0,62	24,09
4.	Counter attacks	41,89±1,78	4,25
5.	Attempts to hold	6,39±0,61	9,51
6.	Successful Retentions	2,39±0,61	25,44
7.	Attempts for submissions	6,72±0,67	9,95
8.	Successful submissions	2,44±0,62	25,19
9.	Avoiding opponent's throws	104,83±3,33	3,18
10.	Grabbing the opponent's jacket	150,61±6,53	4,33
11.	Disabling opponent's grabs	125,89±6,990	5,55

peted at international sambo tournaments. Of these, 20 are masters of sports and 16 masters of sports of international class. The weight categories of sambo wrestlers ranged from 64 kg to 79 kg. These weight categories are the most difficult to perform technical and tactical actions, as they are medium-light weight 64, medium 71 kg and medium heavy weight 79 kg. Sambo wrestlers in these weight categories have a huge arsenal of attacking actions, such as power techniques, techniques that require a high level of explosive power, as well as techniques that require increased flexibility and speed. The athletes had divided into control and experimental groups in April, and had studied until November 2023.

At the beginning of the study, to determine the level of effectiveness of the attacking actions of sambo wrestlers, we conducted a block of tests that had accurate indicators that determined the level and result of attacks in competitive fights. Athletes of both groups spent 5 competitions of a competitive nature, after which all attacking actions were analyzed using a video camera. A total of 180 competitions were analyzed and the results were tabulated as numbers (Table 1).

As indicated in Table 1, the perfor-

Table-2. Model for increasing the special endurance of highly qualified sambo wrestlers

Time	Name of activity	Given time	Explanation
9:00-9:50	Pre-competition exercises	40-50 minutes	During this specified time, sambo wrestlers complete all pre-competition exercises (running, acrobatic exercises)
10:00-10:15	1st fight	15 minutes	This competition is held in accordance with the rules of the competition. However, if a painful method or a clearly superior method is performed, the competition will continue with the score recorded.
10:15-10:50	Recovery process	30-35 minutes	Between competitions, sambo fighters prepare for the next competition by performing the necessary treatments and exercises for recovery.
10:50-11:00	Preparation for the second fight	10 minutes	Until the second competition, sambo wrestlers perform turns with their partners at a medium speed.
11:00-11:15	2nd fight	15 minutes	The second competition will be held in the same manner as the previous competition. If a painful method or a clearly superior method is performed, the competition continues with the score recorded.
11:15-11:50	Recovery process	30-35 minutes	After the second competition, sambo fighters are recommended to consume liquid products.
11:50-12:00	Preparation for the third fight	10 minutes	Until the start of the third competition, athletes were recommended to perform mainly exercises without partners. At the same time, the coach may give special tasks and instructions for the third competition.
12:00-12:15	3rd fight	15 minutes	The third competition is managed according to the previous competitions. However, it is important that the technical and tactical actions performed by sambo wrestlers are performed economically, and that they are able to correctly distribute the energy they spend within the specified time
12:15-12:50	Recovery process	30-35 minutes	After the third competition, sambo wrestlers can eat liquid products and rest.
12:50/55-13:00	Preparation for the fourth fight	5-10 minutes	Until the fourth competition, athletes perform turns without a partner at medium speed and receive instructions from the coach.
13:00-13:15	4th fight	15 minutes	Although this competition, like the above competitions, is held based on the rules of sambo, the competition is stopped when the method of pain or the method that gives a clear advantage is used. Sambo wrestlers should fully demonstrate their skills in this competition at the semi-final level
13:15-16:30	Recovery process	3 hours and 15 minutes	As a time for recovery between the semi-finals and the final, between the 4th and 5th competitions, sambo wrestlers can have lunch and recover by sleeping. At this time, sambo fighters do not perform any exercises.
16:30-17:00	Preparation for the fifth fight	30 minutes	During this training period, sambo wrestlers start from the beginning, i.e. running, and finish with acrobatic exercises and URM.
17:00-17:15	5th fight	15 minutes	The fifth fight will be governed by direct competition rules, as compared to the final match. All catches, offensive and defensive actions, technical-tactical actions, methods and pain methods performed by sambo fighters require a high level of performance.

mance indicators of attacking actions in 5 competitive competitions are 11 actions, such as the number of techniques performed in a standing position, the number of successful techniques, the number of throws from a prone position, the number of counter attacks, the number of attempts to hold, the number of successful holds , the number of attempts at painful holds, the number of successful painful holds, the number of escapes from the opponent's throw, the number of completed holds, the number of disabled grips of the opponent.

Table-3. Model for improving the effectiveness of signature throws of highly qualified sambo wrestlers

№	Name of throw	Assistance exercise	Quantity (times)	Number of approaches (times)
1.	Unbalancing	Side turns with lifting 10-15 kg with a weight plate(at speed)	20	5
		Bending and extension of arms with a professional barbell in a standing position (at speed)	10	5
2.	Shoulder throw (melnitsa)	Imitation of a technique with a grab by the collar of a partner's jacket with resistance from 10 to 50%	20 (on each side)	5
		Imitation of a throw with a jerk on one leg (the exercise is performed without a partner and without a load)	10 (on each side)	10
3.	Hook from inside	Simulation of a throw with a load of 5% of body weight	50 (on each leg)	5
		Simulation of a throw with a special rubber attached to the attacking leg	50 (on each leg)	5
4.	Hook outside	Simulation of a throw with a partner's resistance at 10-50%	50 (on each leg)	
		Simulation of a throw with a special rubber attached to the attacking leg	50 (on each leg))	
5.	Double leg grab throw	Speed-forward lunges	10	10
		Single leg squats	5	10
6.	Hip throw	Imitation of a throw (the partner must be tied by the belt to a special rubber)	25 (on each side)	5
		Imitation of a throw with a partner's resistance from 10-20%	20 (on each side)	5
7.	One leg lift	Simulation of a throw with a load of 10 kg	20 (on each side)	10
		Development of hip flexibility	Determined depending on the level of flexibility	-
8.	Double leg lift	Imitation of a throw (the partner must be tied by the belt to a special rubber)	50	5
		Practicing a throw with an attached weight on the working leg (the weight should weigh 5% of body weight)	25	10
9.	Front footrest	Practicing a throw with an attached weight on the working leg (the weight should weigh 5% of body weight)	10 (on each side)	10
		Imitation of a throw (the partner must be tied by the belt to a special rubber)	20 (on each side)	5
10.	Arm twist throw	Partner squats with a simulated technique using a hand-twisting grip	10	5
		Imitation of a technique with a partner's resistance from 10-30%	10	10
11.	Overhead throw	Lifting the opponent on one leg in a prone position with a two-handed grip	10 (on each side)	5
		High jumps with a load of 10% on each leg	10	5

The model introduced to sambo srestlers consists of 11 main throws performed in all international competitions. In the 64, 71 and 79 kg weight categories, these techniques are the favorites among all technical actions. For each throw, the table shows the exercises we have

Table-4. Level of effectiveness of attacking actions of highly qualified sambo wrestlers (n=36)

№	Indicators	At first X± σ	υ	At the end X± σ	υ	Growth (%)	t	p
			Control group					
1.	Throws completed	57,67±2,95	5,12	58,67±2,95	5,03	1,7	1,02	>0,05
2.	Successful rolls	7,44±,07	9,47	7,94±0,8	10,1	6,7	1,99	>0,05
3.	Throws from the ground	2,89±0,58	20,18	3,28±0,83	25,27	13,5	1,63	>0,05
4.	Counter attacks	43,39±3,13	7,21	44,56±2,94	6,59	2,7	1,15	>0,05
5.	Attempts to hold	7,44±0,7	9,47	7,83±0,62	7,89	5,2	1,76	>0,05
6.	Successful Retentions	2,78±0,65	23,28	3,22±0,73	22,72	15,8	1,93	>0,05
7.	Attempts for submissions	7,61±0,7	9,17	8,11±0,83	10,26	6,6	1,95	>0,05
8.	Successful submissions	2,83±0,71	24,96	3,39±0,98	28,87	19,8	1,95	>0,05
9.	Avoiding opponent's throws	108,06±4,24	3,92	109,06±4,24	3,88	0,9	0,71	>0,05
10.	Grabbing the opponent's jacket	158,28±5,82	3,68	160,11±5,44	3,4	1,2	0,98	>0,05
11.	Disabling opponent's grabs	129,44±4,59	3,55	131,22±4,25	3,24	1,4	1,21	>0,05
			Experimental group					
1.	Throws completed	56,22±2,71	4,83	60,11±2,85	4,74	6,9	4,2	<0,05
2.	Successful rolls	7,06±0,73	10,28	9,78±0,81	8,27	38,5	10,63	<0,05
3.	Throws from the ground	2,56±0,62	24,09	4,67±0,69	14,7	82,4	9,72	<0,05
4.	Counter attacks	41,89±1,78	4,25	46,33±2,7	5,83	10,6	5,83	<0,05
5.	Attempts to hold	6,39±0,61	9,51	9,39±0,78	8,28	46,9	12,9	<0,05
6.	Successful Retentions	2,39±0,61	25,44	4,61±0,5	10,88	92,88	11,96	<0,05
7.	Attempts for submissions	6,72±0,67	9,95	9,61±0,92	9,54	43	10,8	<0,05
8.	Successful submissions	2,44±0,62	25,19	4,56±0,62	13,52	86,9	10,29	<0,05
9.	Avoiding opponent's throws	104,83±3,33	3,18	110,78±3,95	3,56	5,6	4,88	<0,05
10.	Grabbing the opponent's jacket	150,61±6,53	4,33	162,83±4,58	2,81	8,1	6,5	<0,05
11.	Disabling opponent's grabs	125,89±6,990	5,55	133,61±4	3	6,1	4,07	<0,05

developed for the day to improve certain throws, taking into account the number of executions and their repetitions.

Conclusion

The sambo wrestlers of the experimental group trained according to the models we introduced, indicated in Tables 2 and 3. At the end of the study, we conducted final tests to determine the level of effectiveness of attacking actions (Table 4).

Based on the results of the study, we can conclude that the training models we introduced have shown their effectiveness in all parameters of special endurance of highly qualified sambo wrestlers. The biggest changes can be seen in

the "Successful painful techniques" test: in the control group the increase was 19.8%, and in the experimental group the increase was ahead of the control group by 67.1%.

In the experimental group, the largest increase was noted in the "Successful Retention" test, the results of which doubled. And, the smallest share of changes went to the "Performed Throws" and "Disabling Opponent's Grips" tests, since the changes did not exceed 10% growth.

References

Apoiko R.N. (2015). *Eksperimental'naya metodika sovershenstvovaniya koronnyh tekhnicheskih dejstvij v sovremennoj greko-rimskoj bor'be* [Experimental methodology for improving signature technical actions in modern Greco-Roman wrestling]. Scientific notes of the University named after. P. F. Lesgaft, (7 (125)), pp.15-20. (In Russian)

Barabanshchikova V.V., Klimova O.A. (2015) *Professional'nye deformacii v sporte vysshih dostizhenij* [Professional deformations in elite sports]. National Psychological Journal, no. 2 (18), pp. 3-12. (In Russian)

E.P. Vrublevsky [and others] (2016) *Tekhnologiya individualizacii podgotovki kvalificirovannyh sportsmenok: teoretiko-metodicheskie aspekty* [Technology of individualization of training of qualified athletes: theoretical and methodological aspects] Ministry of Education of the Republic of Belarus, Gomel State. University named after F. Skorina. – Gomel: GGU im. F. Skorina, pp. 223 p. (In Russian)

Zakharov F.E. (2013) *Povyshenie nadezhnosti vypolneniya koronnyh priemov borcami greko-rimskogo stilya na osnove individualizacii skorostno-silovoj podgotovki* [Increasing the reliability of performing signature techniques by Greco-Roman style wrestlers on the basis of individualization of speed-strength training]: dissertation... Candidate of Pedagogical Sciences: 13.00.04 / Zakharov Fedor Evgenevich; National state University of Physics culture, sports and health named after. P.F. Lesgafta, St. Petersburg]. - St. Petersburg, pp 150. (In Russian)

Kokovkin A.V. (2019) *Effektivnost' trenirovochnogo mikrocikla regbistov v podgotovitel'nom periode* [The effectiveness of the training microcycle for rugby players in the preparatory period: a collection of conference proceedings] Pedagogy, psychology, society: theory and practice: materials of All-Russia. scientific-practical conf. (Cheboksary, December 3, 2019) / editorial board: Zh.V. Murzina [and others] - Cheboksary: Publishing House "Sreda", 2019. - P. 200-203. – ISBN 978-5-6044068-2-3. (In Russian)

Korzhenevsky A.N., Vasiliev S.A., Romanov E.A., & Podlivaev B.A. (2013) *Osobennosti adaptacii vysokokvalificirovannyh borcov, harakterizuyushchihsya razlichnym urovnem sportivnyh rezul'tatov, k nespecificheskoj nagruzke* [Features of adaptation of highly qualified wrestlers, characterized by different levels of sports results, to non-specific load] Theory and practice of physical culture, (12), pp. 68-71. (In Russian)

Oskolkov V.A., Sergeev S.A. *Metodika obucheniya yunyh sportsmenov tekhnike smeny napravleniya peredvizheniya po ringu, sohranyaya orientaciyu boevoj stojki na sopernika* [Methodology for teaching young athletes the technique of changing the direction of movement around the ring, while maintaining the orientation of the fighting stance towards the opponent] Man. Sport. Medicine, vol. 18, no. S, 2018, pp. 109-114. (In Russian)

AUTHOR BIOGRAPHY:



Shukurjon Shukhrat ugli GAZIEV

Employment
Docent at Uzbekistan state university of physical education and sports

Degree
PhD

Research interests
Sambo, Physical education and sport, Theory of physical education, Analyzing of sport competitions

E-mail:
shukurjon.gaziyev@mail.ru