© Eurasian Journal of Sport Science 2024; 1(1): 27-29
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Improving the process of physical and functional training of girls aged 18-19 in belbogli kurash (belt wrestling)

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Abstract

Purpose: development of a methodology aimed at improving the level of development of physical qualities and indicators of the functional state of girls aged 18-19 years engaged in belbogli kurash in order to increase the competitive result.

Methods: theoretical analysis of scientific and methodological literature on the problems of research, pedagogical observation, pedagogical testing, pedagogical experiment, mathematical statistics.

Results: In the test "flexion and extension of the arms in the prone position" in the Control group, the result increase was only 3.5 times, in the Experimental group this indicator improved by 9.7 times and amounted to 17.5%. The indicator was achieved through active strength exercises used in the main part of the training session, both with and without weights, in turn, this also led to an increase in the index of strength endurance of the abdominal muscles, since there were no significant changes in CG, and in EG the indicator increased by 19.9%. In the special control exercises "wrestling bridge" and "performing 10 throws by falling over the hip" in EG, the results improved by 5.63 cm and 11.6 s, respectively, in CG – by 0.95 cm and 7.4 s.

Conlcusion: The presented technique, aimed at developing the level of physical and functional fitness of girls engaged in belt wrestling, has confirmed its effectiveness. The most significant positive increase in the studied indicators occurred in the EG.

Keywords: methodology, physical and functional capabilities, efficiency.

Introduction

With the further development of gender equality, women are increasingly showing the need to assert themselves and prove their equal rights with men in all spheres of life, including sports. The desire of women to engage in professional sports is due to the fact that currently sports is a prestigious activity that brings not only moral satisfaction, but also financial reward, as well as recognition in society. Sport activates the financial, economic and logistical structures of society. Women's participation in sports brings elements of beauty, entertainment and aesthetics to it (3). Currently, girls and women have the opportunity to actively participate in competitions in almost any kind of sports, and wrestling is no exception. The ever-increasing popularity of Olympic types of wrestling (judo, freestyle wrestling), as well as national types of wrestling (belbogli kurash, kurash, kures, chidaoba, etc.) and among the number of girls involved require the development of special conditions for the organization of the educational and training process, methods, technologies and programs that take into account the peculiarities of the development of the body, formation physical functional capabilities, motor skills, the course of mental processes (4). In addition, an important aspect in the process of women's sports training are socio-psychological, pedagogical and biological factors, the study and systematization of which are an urgent problem.

Methods

The study was conducted in the period from 2022-2023 (September-May) on the basis of the Uzbek State University of Physical Culture and Sports. 18 girls engaged in belbogli kurash, who have at least 5 years of "sports experience", took part in the pedagogical experiment. Nevertheless, pedagogical observations during the training and competitive processes allowed us to determine that in the course of technical actions (techniques), girls make mistakes, as well as not always sufficient manifestation of physical and functional capabilities by athletes during competitive and training matches.

To implement the pedagogical experiment, control and experimental groups (n-9) were formed by random sampling. A control test (pedagogical testing) conducted in these groups to determine the level of development of physical and functional indicators allowed us to establish that the level of development of these characteristics is significantly lower than the official values for this age group. According to the results of preliminary testing, the initial level of physical and functional fitness of the girls in the experimental and control groups was almost the same.

Results and discussion

According to the results of the analysis of the competitive activities of the participants, it was revealed that during competitive battles at tournaments, the athletes used only a few active techniques, mainly two-prop throws based on pectoral motor skills, which in theory and practice of belt wrestling are among the simplest in qualification, according to the coordination complexity (5). Among other things, most of the participants did not have the effectiveness of implementing technical actions in competitive fights.

Due to the need to expand the use of the technical arsenal by athletes in competition conditions, which is directly related to the development of physical and functional abilities of those involved, the experimental group of athletes was developed and included in the training process (EG). The developed technology of the training process, aimed at improving physical and functional conditions, was based on performing physical activity of variable power. Training sessions in the control group (CG) and EG were held 4 times a week with a duration of 90 minutes. The structure of the training session in the two groups was identical and consisted of preparatory, main and final parts. The main difference between the EG training program was that in the main part of the lesson, general developmental exercises were performed in a serial manner with variable power.

The main part of the pedagogical experiment consisted of two stages: basic and technical. At the first stage, the main focus (25-30% of the total time) It was aimed at improving the speed and strength abilities of athletes. A repeated method was used here – strength exercises were performed with a minimum time of the active phase of work with a weight of 30% of the maximum weight (1; 6). The exercises were performed in series, with 3-4 repetitions in each. The rest interval between each series of exercises was 2 minutes. At the same time, twice a week, the main part of the training consisted of 25-minute exercises with a weight of 25% of the athlete's own body weight, the exercises lasted 1 minute and consisted of 5-6 sessions. The rest between series was 2 minutes. During special endurance training, exercises were performed with and without a partner (30%), and training bouts were conducted without taking into account the rules of the competition. After three months, at the technical stage of the experimental program, 3-minute bouts of a competitive nature based on a variable method were used to develop special endurance and long-term development of physical abilities, according to the recommendations of the authors (3;7).

Thus, battles were held with one or two accelerations. Motor tasks were performed with variable intensity, which was regulated based on a heart rate of -130 beats per minute, the time of aerobic, cyclic work increased to 15 minutes. The intensity of the work increased

Fig 1. Dynamics of indicators of physical fitness of girls engaged in belbogli kurash control and experimental groups after a pedagogical experiment, M±m

№	Tests	CG	EG	Difference	t	P
1	Leaning forward on the gymnastic bench, cm	8,1±0,7	9,8±0,6	1,7	1,3	>0,05
2	Running at 30 m, s	6,2±0,2	5,4±0,7	0,8	1,5	>0,05
3	Flexion and extension of the arms in the prone position, number of times	12,7±1,3	17,5±1,5	4,8	2,5	≤0,05
4	Shuttle run 3×10, s	10,06±0,1	8,6±0,2	1,4	1,9	>0,05
5	Running at 30 1500 m	12,4±1,1	9,1±1,3	3,3	2,8	≤0,05
6	Wrestling bridge, cm	39,6±1,7	48,1±1,3	8,5	3,1	≤0,05
7	10 throws by falling over the hip, s	30,1±0,3	25,3±0,5	4,8	2,9	≤0,05
8	Lifting the torso from the supine position in 20 seconds, number of times.	14±0,6	20±1,1	6	3,6	≤0,05
9	10 somersaults forward, s	18,01±0,5	16,0±0,5	2,1	2,5	≤0,05
10	Performing throws for 1 min, number of times.	16,12±0,7	19,25±0,6	3,13	2,5	≤0,05

every 3 minutes, while during the next 15 seconds there was a sharp increase in the power of the work to the maximum values of the pulse. After 15 seconds of working at maximum power, the participants reduced the pace of movements to the required criteria for the pulse cost of work (up to 130 beats / min) and maintained it for 3 minutes. After the main part of the lesson, mobile sports games were used to help students increase the emotional color of the training session. It should be noted that both the preparatory and final parts of the lesson in EG and CG were equivalent in content.

After the implementation of the main phase (stages 1 and 2) of the pedagogical experiment, repeated testing of the studied indicators was carried out in the process of sports training of girls engaged in belt wrestling. A positive vector of increasing the development of physical and functional conditions of the EC participants was revealed. Of the ten tested indicators, only three were unreliable – a test for speed and flexibility, which improved by only 1.7 cm and 0.8 cm, respectively, in comparison with CG. The results of the pedagogical experiment are shown in the Table.

Thus, the organization of the training process according to the proposed methodology made it possible to optimize the indicator of physical and functional fitness of the participants. Also, the rationality of this technique was confirmed by the performance of EG girls at regional competitions. The EG participants used more active techniques during the competition, which led to the effectiveness of attacking actions.

Conclusion

The organization of a training session allows to vary the content of training tasks, without prejudice to the generally accepted program for the sport.

The proposed methodology, while observing generally accepted norms, means and methods, can be recommended for use in working with the female contingent of other types of wrestling.

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