

METHODOLOGY FOR THE DEVELOPMENT OF PHYSICAL QUALITIES BASED ON THE ANALYSIS OF THE RESULTS OF THE COMPETITION OF YOUNG BELT WRESTLERS: INTERNATIONAL EXPERIMENTS

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Annotation:

This article covers the methodology of developing the physical qualities of young belt wrestlers based on the analysis of the results of the competition. The study examined international experiments as well as innovative approaches used in foreign countries and analyzed aspects of their effectiveness. In particular, the methods used in the development of agility, strength, endurance, agility and coordination skills in young athletes were compared in the sports schools of Russia, Japan, Turkey and Korea in the areas of struggle close to belt wrestling. As a result, it was scientifically substantiated that the adaptation of international experiences to national conditions, the improvement of the competition activities of athletes and their ability to increase the level of physical fitness can serve. These approaches are instrumental in increasing the effectiveness of young wrestlers in competitions and achieving sustainable results in the sport.

Keywords: belt wrestling, competition activities, physical qualities, international experience, agility, strength, endurance, coordination, sports methodology.

Introduction

Today, the wide development of various sports, in particular, belt wrestling, internationally, assumes the development of new methodological approaches in the process of training young athletes. Belt wrestling is characterized by its national roots, traditional values and harmonization of modern sports principles. In this regard, the analysis of the competition activities of young wrestlers serves not only to assess their existing physical and technical capabilities, but also to improve the processes of further training on a scientific basis. Competition activities are considered one of the most important criteria indicating the level of training of the athlete. Especially for young belt wrestlers, the results of the competition are not only an indicator of achievement, but also an indicator of the level of development of physical qualities, the formation of technical and tactical capabilities and psychological

stability. Therefore, it is necessary to study in detail each action in the competition process, the number and effectiveness of the techniques used, the duration of the fight, strategies for fighting against the opponent. International experience shows that in advanced countries, the development of physical qualities in the training of young athletes is given special attention. In particular, high sports results are achieved by harmonizing strength, endurance, agility, agility and conformity. In this regard, the improvement of training processes and the development of methodological foundations based on the analysis of competition activities is one of the important factors in the high level of training of young belt wrestlers.

Main part

The role of physical qualities in the study of competition activities of young belt wrestlers is of particular importance in terms of sports theory and practice. Because physical qualities-strength, agility, endurance, agility and flexibility-are one of the main criteria for a wrestler to gain an advantage over an opponent. Therefore, the development of the methodology for their development and assessment through the analysis of competition activities are considered to be relevant issues of modern sports pedagogy. Scientific sources note that in young athletes, physical qualities are formed in a complex way, and the systematics of the training process, psychological training in competition conditions, and an individual approach play a large role in their development. Depending on the specific technical and tactical requirements of belt wrestling, there is a need for athletes to form strength and agility together, regularly develop play dexterity and coordination skills. Because in a collision with an opponent, quick decision-making, situational assessment and effective use of physical capabilities directly affect the results of the competition. Even in the experience of foreign countries, methods of developing physical qualities based on an integrated approach to working with young athletes have been developed, which mainly rely on scientific and analytical analysis, biomechanical observations and psychological training programs. Therefore, the study of the activities of young belt wrestlers in the competition process will serve to determine the dynamics of their development, assess their strengths and weaknesses, and improve the training methodology in the future.

In foreign countries, physical fitness experiments in Belt Wrestling and similar national wrestling types are of particular scientific and practical importance, and research in this direction serves as an important factor in the high performance of athletes. In particular, in Central Asian countries such as Kazakhstan, Kyrgyzstan, Tajikistan, a combination of traditional and modern styles is observed in the development of physical qualities in national types of wrestling close to belt wrestling. In these countries, special attention is paid to the qualities of strength, endurance, agility and speed in the process of training athletes, training is enriched at different stages with special physical exercises, general training tools and

technical and tactical training. In the Turkish and Iranian experience, methods aimed mainly at strength training, elements of weightlifting, plyometric exercises and increased endurance are widely used in the training of athletes in National Wrestling disciplines. In their training programs, too, muscle strength, speed, coordination and psychological stability occupy a special place as the main components of physical fitness. And in Russia and the CIS countries, in the process of training wrestlers, innovative techniques developed on the basis of scientific research are used, and the practice of training athletes on the basis of individualized programs is widespread. At the same time, in European countries (for example, Germany, Poland, Hungary), monitoring systems are included in the physical training process that take into account the biomechanical and physiological characteristics of the body of athletes, this technique allows athletes to protect against injuries, optimally set training loads and effectively increase results. In the Chinese and Japanese experience, however, special attention is paid to breathing techniques, elements of athletics, as well as meditation and psychological training, in addition to general physical training in the development of national types of wrestling. Such experiments serve as an important scientific basis and practical experience in the formation of the physical qualities of young belt wrestlers. Therefore, the study of the experiences of foreign countries and their application in the local environment can significantly increase the effectiveness in the process of training young athletes.

Table 1. Experiences of the development of physical fitness in national types of wrestling in foreign countries

Country	National wrestling type	Base physical qualities	Preparation methods	Scientifically based approach
Uzbekistan	Belt wrestling	Strength, endurance, agility	Traditional exercises (lifting, throwing, wrestling techniques) as well as modern simulators	Monitoring based on competition results and functional tests
Kazakhstan	Kazakh wrestling	Strength, agility, balance	Elements of weightlifting, sprint exercises, wrestling-specific combinations	Based on biomechanical analysis and morphofunction indicators
Russia	Sambo	Strength, speed-strength, tactics	Combination training, sparring, special training	Individual approach based on sports physiology and psychology
JapanKoreablic of Korea	Sumo	Strength, static endurance, reaction rate	Heavy weight resistance exercise, low posture exercise	Harmonizing traditional preparation with scientific and theoretical models
Country	Ssireum	Strength, agility, coordination	Sand training, heavy loading exercises, wrestling techniques	Control of movement coordination and balance through scientific tests

The table provides a scientific analysis of the experiments used in the development of physical fitness in the types of Belt Wrestling and similar national wrestling in foreign countries, covering both general and specific aspects of methodological approaches. In particular, while physical training in sumo wrestling in Japan is mainly aimed at the formation of strength and stability, it is a priority to develop the harmony of endurance and strength in yagona methods, which is considered the only type of wrestling in Turkey. In Korean experience, however, technical-qualification training is closely harmonized with the development of physical qualities. The experience of national struggles in the countries of Central Asia is characterized by the application of effective methodological approaches to the formation of speed, strength and balance in young athletes. These aspects also play an important scientific and practical role in improving the effectiveness of the competition activities of belt wrestlers. As can be seen from the table, each country uses different styles in the development of the physical qualities of young wrestlers, based on its national traditions and sports culture. Therefore, the study of these experiments and their application in the local environment serve to improve the technical and tactical and physical training of young belt wrestlers on a scientific basis.

Conclusion

The process of developing a methodology for developing physical qualities based on the analysis of the results of the competition of young belt wrestlers is manifested as an important factor in improving the effectiveness of athlete training. The analysis shows that international experiments on Belt Wrestling and methods used in other types of National Wrestling have great scientific and practical significance for young athletes. The complex development of physical qualities – strength, speed, endurance, agility and flexibility-directly affects the results of the competition of athletes. In particular, in the process of training in international experience, special attention is paid to taking into account modern technologies, an individual approach, age-specific physiological characteristics. These scientific approaches also have the potential to be used in optimizing the training of national athletes. Therefore, the development of the methodology for the development of physical qualities of young belt wrestlers on the basis of international experiences will serve to make athletes achieve high results.

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