PRE-COMPETITION TECHNICAL AND TACTICAL TRAINING OF HIGHLY QUALIFIED FREESTYLE WRESTLERS METHODS OF INDEX BOXING

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Annotation: *In this article, we used pedagogical testing methods to determine the pre-competition preparation indicators and diagnose physical qualities of highly qualified freestyle wrestlers. We included them in the following test groups: 1) the recovery process after loads and tolerance to loads were determined.*

Keywords: *freestyle wrestlers, techniques and tactics, prohibitors, shoulder extension, waist extension, shoulder extension, chest extension, standing vertical jump.*

ЮҚОРИ МАЛАКАЛИ ЭРКИН КУРАШЧИЛАРНИ МУСОБАҚАОЛДИ, ТЕХНИК-ТАКТИК ТАЙЁРГАРЛИК КЎРСАТКИЧЛАРНИ БОХОЛАШ МЕТОДТИКАСИ

Анноция: *Ушбу мақолада. Юқори малакали эркин курашчиларни мусобақаолди тайёргалик курсаткичларини аниқлаш ва жисмоний сифатларни диагностика қилиш учун педагогик тестлаш методларидан фойдаландик. Уларни қуйидаги тестлар гуруҳига киритдик: 1) юкламалардан сўнг тикланиш жараёни ва юкламаларга бардошлилиги аниқланди.*

Калит сузлар: *эркин курашчилар,техник-тактик, Олимпия, Кўприк холатида, режалаштиришда, тақиқот,елкадан ошириб ташлаш,белдан ошириб ташлаш,қолни бойнига ўраб ташлаш, кўкракдан ошириб ташлаш,жойидан туриб узунлика сакраш.*

ПЛАНИРОВАНИЕ ПРЕДСОРЕВНОВАТЕЛЬНОЙ ПОДГОТОВКИ ВЫСОКОКВАЛИФИЦИРОВАННЫХ БОРЦОВ ВОЛЬНОГО СТИЛЯ

Аннотация: *В данной статье с помощью методов педагогического тестирования определены показатели предсоревновательной подготовки и диагностированы физические качества борцов вольного стиля высокой квалификации. Они были разделены на следующие группы тестирования: 1) определяющие процесс восстановления после нагрузок и толерантность к нагрузкам.*

Ключевые лица: *Контроль, опыт, прыжки, вперед, борьба, бег, гимнастика, вращение вокруг головы,*

INTRODUCTION

Worldwide, interest in freestyle wrestling is steadily increasing, with special attention being paid to its development among both youth and adults. The process of preparing talented athletes for Olympic sports is leading to intensifying competition and requiring training processes to be conducted at a higher pace and intensity. This, in turn, calls for the development of new methods and approaches to improve the training system for highly qualified athletes.

In particular, the inclusion of freestyle wrestling in continental championships, world championships, and the Olympic Games has strengthened its position in the global sports community. To ensure the participation of freestyle wrestlers in these competitions, large-scale efforts are being made to modernize the training system for highly skilled wrestlers in accordance with contemporary demands. Today, one of the most urgent tasks in all sports is the proper and effective planning of pre-competition preparation.

The Decree of the President of the Republic of Uzbekistan dated March 5, 2018, No. PF-5368, "On measures for the radical improvement of the system of public administration in the field of physical culture and sports" [6], as well as the Resolution of the Cabinet of Ministers of March 4, 2020, No. 122, "On further improvement of the system of selection of athletes to the national teams in various sports" [2], and other regulatory documents in this field, have laid the foundation for the realization of these goals. This dissertation contributes, to a certain extent, to the implementation of these tasks.

Globally, various sports similar to wrestling have been studied to reveal their contribution to physical development, their role in promoting sports ethics, and their effectiveness. Extensive scientific research is being carried out to further develop these aspects and to scientifically substantiate the training system for highly qualified freestyle wrestlers. In particular, systems have been developed for freestyle wrestling that are based on functional and physical preparedness, technical and tactical skills, and physical qualities.

Within the training process, it is possible to organize exercises, regulate their loads, determine the type of recovery after training, establish training frequency, harmonize different intensities and directions of workload, and adjust the structure

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and repetition of microcycles. However, studying, teaching, and promoting freestyle wrestling at the global level requires the introduction of methods for evaluating the physical potential of elite wrestlers during pre-competition preparation, with a particular focus on predicting sports achievements.

To determine pre-competition readiness indicators and diagnose the physical qualities of highly qualified freestyle wrestlers, we used pedagogical testing methods. These were grouped as follows:

1. the recovery process after loads and the endurance to training intensity were determined.

Based on the aim of our study, a pedagogical experiment was conducted at the specialized school of combat sports in Namangan region to justify the effectiveness of our methodology directed toward assessing and monitoring pre-competition readiness indicators of highly qualified freestyle wrestlers. A total of 28 wrestlers from the sports school participated in the pedagogical research. The participants (n=28) were divided into two groups: an experimental group (EG) and a control group (CG). Both groups had the same number of wrestlers (n=14). While training in the control group was conducted in a traditional manner, according to standard programs and regulations, training in the experimental group was conducted based on the methodology we developed and proposed (see Table 1)

Table-1

Comparative statistical analysis of technical-tactical preparedness indicators of highly qualified freestyle wrestlers before the experiment (n=28)

control tests	experimental group n=14		control group n=14		t	P
	($\bar{X}$ ±σ)	V	($\bar{X}$ ±σ)	V		
Shoulder throw, 10 times (s).	15,7±1,8	11,8	16,4±1,3	8,1	1,64	P >0,05

Hip throw, 10 times (s)	16,2±1,4	9,1	16,7±1,2	7,4	1,56	P >0,05
Execution of arm-around-the-neck throw 10 times (time in seconds)	17,4±1,8	10,4	18,1±1,3	7,4	1,66	P >0,05
Chest throw, 10 times (s)	17,8±1,8	10,2	18,5±2,1	11,5	1,20	P >0,05
Transferring a partner of equal weight to the upper parterre position by pulling the arm, performing a combination of 4-point techniques within 30 seconds (number).	16,8±2,3	14,3	15,8±2,1	13,1	1,17	P >0,05
Transferring a partner of equal weight to the upper parterre position by	17,4±1,4	8,3	16,7±1,6	9,2	1,61	P >0,05

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pulling the arm, performing a combination of 2-point techniques within 30 seconds (number).						
Transferring a partner of equal weight to the lower parterre position by pulling the arm, performing a combination of 2-point techniques within 30 seconds (number)	20,9±2,1	9,9	20,4±1,4	7,1	1,11	P >0,05

Note: NG – Experimental group; CG – Control group; n – number of participating athletes.

Hip throw (10 times, s): in the experimental group – 16.2 ± 1.4 s, in the control group – 16.7 ± 1.2 s. Mathematical processing revealed a significant statistical difference ($t = 1.56$; $p < 0.05$).

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Arm-around-the-neck throw (10 times, s): in the experimental group – 17.4 ± 1.8 s, in the control group – 18.1 ± 1.3 s. Mathematical processing revealed a significant statistical difference ($t = 1.66$; $p < 0.05$).

Chest throw (10 times, s): in the experimental group – 17.8 ± 1.8 s, in the control group – 18.5 ± 2.1 s. Mathematical processing revealed a significant statistical difference ($t = 1.20$; $p < 0.05$).

Transferring a partner of equal weight to the upper parterre position by pulling the arm, performing a combination of 4-point techniques within 30 seconds (number): in the experimental group – 16.8 ± 2.3, in the control group – 15.8 ± 2.1. Mathematical processing revealed a significant statistical difference ($t = 1.17$; $p < 0.05$).

Transferring a partner of equal weight to the upper parterre position by pulling the arm, performing a combination of 2-point techniques within 30 seconds (number): in the experimental group – 17.4 ± 2.3, in the control group – 16.7 ± 1.6. Mathematical processing revealed a significant statistical difference ($t = 1.61$; $p < 0.05$).

Transferring a partner of equal weight to the lower parterre position by pulling the arm, performing a combination of 2-point techniques within 30 seconds (number): in the experimental group – 20.9 ± 2.1, in the control group – 20.4 ± 2.4. Mathematical processing revealed a significant statistical difference ($t = 1.11$; $p < 0.05$).

According to the data obtained at the end of the study, the following results were identified. In the table, improvement can be observed in all fourteen indicators. For example, in the Stange test, reliable statistical differences were determined by the end of the experiment (see Table 2).

Rotations around the head in bridge position (3 times to the right and left): in the experimental group – 13.5 ± 0.7, in the control group – 13.2 ± 1.2. Mathematical processing revealed a significant statistical difference ($t = 0.82$; $p < 0.05$).

Bridge position rollovers (10 times): in the experimental group – 19.6 ± 2.1, in the control group – 20.2 ± 1.8. Mathematical processing revealed a significant statistical difference ($t = 1.12$; $p < 0.05$).

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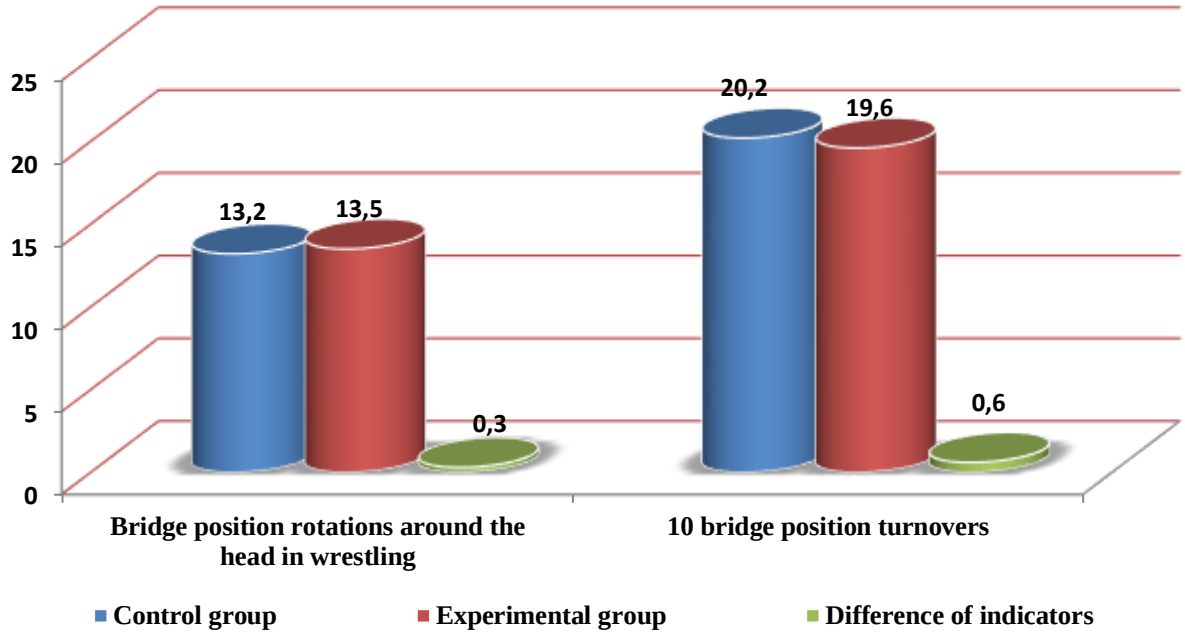

Table 2. Diagram illustrating the statistical difference in physical fitness indicators of the experimental and control groups of wrestlers at the beginning of the pedagogical experiment

In the control group, the training was conducted on the basis of the traditional program and regulations intended for sports school institutions, while in the experimental group it was carried out according to the methodology developed and proposed by us. According to the data obtained at the end of the study, the following results were identified (see Table 2). The table shows that in all fourteen indicators

2-жадвал

Юқори малакали эркин курашчиларни техник-тактик тайёргарлик кўрсаткичларининг қиёсий статистик таҳлили талқиқотдан олдин (n=28)

control tests	experimental group n=14		control group n=14		t	P
	(Г ±σ)	V	(Г ±σ)	V		
Shoulder throw. 10 times (s).	13,5±1,1	8,1	14,7±1,9	13,1	2,7	P <0,05
Hip throw. 10 times (s)	14,1±1,8	12,9	15,1±1,1	7,5	2,3	P≤0,05
Execution of arm-around-the-neck throw 10 times (time in seconds)	14,5±1,7	11,3	15,3±1,2	7,1	2,2	P≤0,05
Chest throw. 10 times (s)	15,1±2,1	13,8	16,5±1,7	10,7	2,8	P≤0,01
Transferring a partner of equal weight to the upper parterre position by pulling the arm, performing a combination of 4-point techniques within 30 seconds (number).	18,3±2,4	13,1	16,9±2,4	14,1	2,23	P≤0,05
Transferring a partner of equal weight to the upper parterre position by pulling the arm, performing a combination of 2-point techniques within 30 seconds (number).	20,5±2,3	11,2	18,8±2,6	13,8	2,32	P≤0,05
Transferring a partner of equal weight to the lower parterre position by pulling the arm, performing a combination of 2-point techniques within 30 seconds (number)	22,1±2,5	11,3	20,4±2,2	10,9	2,86	P≤0,01

In the *shoulder throw* test performed 10 times (s), the experimental group showed **13.5 ± 1.1 cm**, while the control group demonstrated **14.7 ± 1.9 cm**. Mathematical processing revealed a significant statistical difference (**t = 2.7; p < 0.05**).

In the *hip throw (belt throw)* test performed 10 times (s), the experimental group achieved **14.1 ± 1.8 cm**, and the control group **15.1 ± 1.1 cm**. Mathematical processing revealed a significant statistical difference (**t = 2.3; p < 0.05**).

In the *arm-around-the-neck throw* performed 10 times (s), the experimental group recorded **14.5 ± 1.7 cm**, while the control group recorded **15.3 ± 1.2 cm**. A significant statistical difference was identified (**t = 2.2; p < 0.05**).

In the *chest throw* performed 10 times (s), the experimental group achieved **15.1 ± 2.1 cm**, compared to **16.5 ± 1.7 cm** in the control group. A highly significant statistical difference was found (**t = 2.8; p < 0.01**).

In the task of transferring a partner of equal weight to the *upper parterre position* by pulling the arm and performing a combination of 4-point techniques within 30 seconds (number), the experimental group performed **18.3 ± 2.4**, while the

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control group achieved **16.9 ± 2.4**. A significant statistical difference was identified (**t = 2.23; p < 0.05**).

In the same task, but performing a combination of 2-point techniques (number), the experimental group showed **20.5 ± 2.3**, compared to **18.8 ± 2.6** in the control group. A significant statistical difference was revealed (**t = 2.32; p < 0.05**).

In the task of transferring a partner of equal weight to the *lower parterre position* by pulling the arm and performing a combination of 2-point techniques within 30 seconds (number), the experimental group achieved **22.1 ± 2.5**, while the control group recorded **20.4 ± 2.2**. A highly significant statistical difference was found (**t = 2.86; p < 0.01**).

CONCLUSION

Based on the above data, the following general conclusions were drawn. In particular, a system has been developed that ensures the technical–tactical preparation of highly qualified freestyle wrestlers, taking into account the specifics of all types of wrestling, and is based on the development of functional abilities, technical–tactical actions, and physical qualities.

In order to substantiate the effectiveness of our methodology aimed at assessing and monitoring the pre-competition preparation indicators of highly qualified freestyle wrestlers, a pedagogical experiment was conducted. A total of **28 wrestlers** from the Namangan Regional Specialized School of Martial Arts participated in the study. The participants (n = 28) were divided into two groups: the **experimental group (EG)** and the **control group (CG)**. Both groups consisted of an equal number of wrestlers (n = 14).

In the control group, training sessions continued according to the traditional program and regulations, while in the experimental group, the training process was conducted based on the methodology we developed and proposed.

For example, in the exercise of transferring a partner of equal weight into the *lower parterre position* within 30 seconds by performing a combination of 2-point techniques (number), the experimental group achieved **20.9 ± 2.1**, while the control group recorded **20.4 ± 2.4**. Statistical

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According to the results of the study, improvements were observed in all 14 indicators presented in the table. For instance, in the *Stange test*, statistically reliable differences were identified by the end of the experiment.

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