



# International Journal for Innovative Engineering and Management Research

A Peer Reviewed Open Access International Journal

www.ijiemr.org

**COPY RIGHT**



**ELSEVIER**  
**SSRN**

**2021 IJIEMR.** Personal use of this material is permitted. Permission from IJIEMR must be obtained for all other uses, in any current or future media, including reprinting/republishing this material for advertising or promotional purposes, creating new collective works, for resale or redistribution to servers or lists, or reuse of any copyrighted component of this work in other works. No Reprint should be done to this paper, all copy right is authenticated to Paper Authors

IJIEMR Transactions, online available on 17th Feb 2021. Link :

<https://ijiemr.org/downloads/Volume-10/Special>

**DOI: 10.48047/IJIEMR/V10/I03/33**

Title: **IMPROVING THE RELIABILITY OF COMPETITIVE ACTIVITIES OF HIGHLY QUALIFIED WRESTLERS**

Volume 10, Issue 03, Pages: 144-149.

Paper Authors

**O. E. Toshmurodov**



USE THIS BARCODE TO ACCESS YOUR ONLINE PAPER

To Secure Your Paper As Per **UGC Guidelines** We Are Providing A Electronic Bar Code

## IMPROVING THE RELIABILITY OF COMPETITIVE ACTIVITIES OF HIGHLY QUALIFIED WRESTLERS

O. E. Toshmurodov

Samarkand state University

E-mail: otoshmurodov74@mail.ru

**Abstract.** The paper considers the issues of improving the reliability of competitive activities of highly qualified wrestlers. Various methods of improving the technical and tactical actions of wrestlers used in competitive matches are proposed. This article is intended for coaches working with highly qualified athletes in various types of wrestling.

**Keywords.** wrestling, competition, indicator technical and tactical training (TTT), The “crown” reception, technical and tactical actions, attack, offensive tactics, a simple offensive action (SOA), complex attacking actions (CAA).

### I. Introduction.

Management competitive activities include development of a plan for the upcoming competitive matches and monitoring their implementation. When developing a plan for the upcoming match, the coach must have information about the opponent in order to determine the most effective tactical actions of the student to achieve victory over the opponent and weaknesses in the preparation of a particular athlete. This information is necessary for making adjustments to the training process. Methods of studying sports equipment include a variety of ways to register the characteristics of movements of a kinematic and dynamic nature, which make it possible to analytically identify elements of movements.

In the case when the purpose of training an athlete is to successfully participate in major competitions, such as the world and Asian Championships, the TTP indicators should be determined by analyzing the protocols of fights of these competitions, focusing on fights with highly qualified wrestlers. Thus, we note that the targets of the sports training program determine the nature and level of the evaluated indicators.

Recently, in the practice of wrestling and in the literature, the term “technical and tactical skill” is widely used. Under the technique of wrestling in the narrow sense of the word, we understand the most rational ways to perform the actions of the wrestler, bringing victory. At the same time, the technique is based on movements based on biomechanical and physiological patterns inherent in all wrestlers, regardless of their individual characteristics. Tactics in sports are understood as a set of forms and ways to achieve a high sporting result and win over the enemy. Tactics consists of a complex of factors: the use of the strengths of their training and the shortcomings of the enemy, individual characteristics of the technique, misleading the enemy with distracting actions, the use of effective methods at favorable moments of the fight, the ability to spend energy sparingly, clearly implement the opportunities defined by the rules, the area of the carpet, their morphological and physiological data, etc. (3, 4, 6, 7,8).

In types of single combats, especially in wrestling, the technique and tactics are in such inseparable connection that some experts differ in the differentiated consideration of the movements of the wrestler, which actions are considered

technical, and which are tactical. In reality, they constitute a dialectical unity (5, 6).

At the beginning of the development of wrestling, depending on the technique used by wrestlers, rules were created that define technical and tactical actions. So there were different types of struggle. In the future, the rules were changed for each type of wrestling. They were used to limit some actions and encourage others. Depending on the quantity and quality of technical and tactical actions used, the rules were tried to change so as to affect the type of wrestling, improve its sports and entertainment character.

High-class wrestlers can always optimally use technical and tactical actions, depending on the changing rules. We can assume what impact the new rules will have on the skills of leading wrestlers: they will increase their ability to use mainly attacking actions, effective techniques, real defensive and counterattacking actions.

The system of sports training of high-class masters requires strict compliance of the performed technical and tactical actions with the individual characteristics of the wrestler. The structure of technical and tactical actions should correspond exactly to its morphological characteristics, physical development, functional features, and psychological readiness.

Scientific research in the field of sports morphology has found that wrestlers with certain total body sizes and proportions are more successful in using certain techniques (6). For example, the longer the forearm, the less the relative strength of the flexor and extensor muscles. The longer the hip and leg, the greater the absolute strength of the hip flexor and extensor muscles, and the less the relative strength.

In this regard, it is probably easier to perform lifts for wrestlers with shorter limbs, since the effect of the work in this case depends on the relative strength. For wrestlers with long limbs, it is more convenient to use techniques related to actions without taking the opponent off the Mat, using the conditions of unstable balance (a favorable dynamic situation). In addition, long limbs provide a winning path and speed. At the same time, technical and technical capabilities are also associated with individual features of strength training. So, to perform technical actions with the separation of the opponent from the carpet can be wrestlers with well-developed muscles-extensors of the back and relatively high growth.

There is still no consensus on the minimum of attacking technical and tactical actions that a highly qualified wrestler should have. There was a period when outstanding wrestlers owned one "crown" reception and successfully applied it. However, such tactics continued to be improved and enriched by various tactical actions. "Crown" reception began to be carried out from different initial (starting) positions with different captures and after various methods of tactical preparation. Some wrestlers developed about 30 ways of tactical actions, which always ended with one "crown" reception. At the same time, there were also outstanding wrestlers who mastered several options for successful completion of the attack. Such wrestlers at competitions were usually awarded prizes for the best technique. However, the growth of competition in major competitions contributed to the fact that high-class wrestlers, while maintaining their "crown" technique among technical and tactical actions, expanded their tactical capabilities. Some wrestlers have mastered two or sometimes three "crown" techniques.

**Research result.** Studies of modern wrestling techniques have shown that

outstanding wrestlers use 16-20 variants of various attacking technical and tactical actions during one competition. In addition, the strongest fighters attack quite effectively and reliably. Only when the attack is well prepared tactically, they use maximum strength and speed. Using tactical actions that do not require much effort, they save power and keep working until the end of the fight. More than 50% of attacking actions are evaluated by their judges as an advantage.

The most important tactical action is the threat of an attack using deceptive movements. The ratio of real attacking actions to deceptive attack movements of 1:2 gives the probability of an attack with a coefficient of 0.5. This probability is more difficult to recognize by the enemy and it is difficult for them to defend against a real attack.

Sports practice has developed attacking, defensive and counter-attacking structures of technical and tactical actions. About 400 variations of techniques have been registered at major competitions. The modern level of development of wrestling requires that the wrestler owns all types of technical and tactical actions, is able to apply them and it is expedient to combine them with each other. However, attacking technical and tactical actions are the main ones, since they are related to the nature of wrestling.

Offensive tactics are a sure way to win, as they are more in line with modern rules and the style of judging at major competitions. The best wrestlers in the world are athletes of a pronounced offensive style.

Offensive tactics require high activity from the wrestler, however, this requires excellent functional and psychological readiness, the ability to apply a variety of technical and tactical actions of a combination style, alternating continuous deceptive and attacking actions with episodic spurt attacks.

Wrestlers who are not proficient in technical and tactical actions usually perform unprofitable, irrational techniques designed mainly to overcome the resistance of their opponent. Such actions bring success only if the attacker has an advantage in strength.

High-class wrestlers often defeat even a physically stronger opponent by applying rational technical and tactical actions that bring their structure closer to the "biomechanical standard". With the right combination and application of internal and external forces, a structure of attacking technical and tactical action is formed, which provides a gain either in strength or in time.

Analysis of the structure of attacking actions of wrestlers showed the presence of a movement mechanism that causes a pair of forces to roll the opponent back down in eight directions around various axes of his body at an angle from 90° to 270°. When attacking with a throw, a pair of forces must be created by two active movements directed in different directions and applied above and below the General center of gravity of the body, so that the opponent's body turns around instantaneous centers of rotation. With the attack stalling and coup, a couple of forces is generated by any active force and a passive formed by the reaction of the support and the friction force, the enemy's body tilts around the axes in the points of contact of the opponent with the carpet.

Of great importance is the place and direction of effort (capture the upper part of the body of the enemy and hold, or, knocking it down the lower part). It is important that these places are more distant from the axis of rotation and are at right angles and tangent to the rotating body of the enemy. Turns in the stalls are more appropriate to perform around the longitudinal axes, which have a smaller moment of inertia. When designing the structure of attacking actions, it is necessary

to create such links between elementary movements, in which the accentuated efforts and movements with the maximum amplitude are distinguished (a biomechanical standard). The practical expediency of the applied structure of attacking actions is determined by the speed of rotation of the body of the attacked enemy.

Mastering and improving the rational structure of an attacking action does not yet provide a wrestler with high sportsmanship. It is necessary to be able to apply these structures in a fight with an opponent who is more often in the rack position and has a certain degree of stability. In addition, during the fight, in most cases, the opponent is in motion. It periodically loses and restores balance (being in different degrees of stability), seeks to bring the attacking wrestler out of balance and neutralize his actions. The attacking wrestler, applying this or that technique, meets active resistance from the opponent. The opponent, straining the muscles and changing the position of the body, creates an insurmountable angle of stability in the direction of attack. While in a mutual grip, wrestlers often lean on each other and create a complex system consisting of two bodies with a common center of gravity. In a wrestler who does not take into account the degree of stability of his body and the body of the opponent, correct movements do not always lead to a successful reception. It is not advisable to use techniques that coincide in the direction of a large angle of stability of the enemy. Perform the reception should be in the direction of the smallest angle of stability of the opponent's body. Practically, the degree of stability of the opponent is determined by the position of his legs and torso. However, during the fight, the opponent very often and quickly changes the position of the legs and torso. Positions that are convenient for performing a particular technique, the enemy takes for very short

periods of time. It is necessary to use these points. The attacking wrestler is faced with the task of choosing such a moment of movement of the system of two bodies (attacked - attacking), which would be convenient for performing a certain structure of reception (its basis) and have time to perform it.

Thus, the application of a certain basis of the reception structure is closely related to the time factor. The reception must be performed at such a moment and in such a direction that the bodies of both wrestlers have a favorable position for overturning. This situation of wrestlers is called a favorable dynamic situation. During the fight, many such situations are created for various structures of technical actions.

High-class wrestlers are characterized by the ability to apply a rational structure of technical and tactical actions ("biomechanical standard") in moments of favorable dynamic situation.

High-class wrestlers skillfully maintain stability in the fight and, therefore, it is difficult to catch the moment of a favorable dynamic situation for performing a reception with such an opponent. They quickly recover lost balance and in an unstable position on their own initiative are only in two cases - at the beginning of their attack, when they move from the position of the rack to perform a reception, and after a failed attack, when they return to the original position (stand).

It is dangerous and impractical to allow the enemy to attack you in order to catch him at the moment of a favorable dynamic situation. You should also not expect that the enemy himself will take a position convenient for the intended reception. It is all the more hopeless to expect erroneous movement and loss of stability on the part of an experienced wrestler. Therefore, during the fight in the

stand and stalls, a high-class wrestler must be able to prepare the moment of a favorable dynamic situation with their technical and tactical actions.

In modern wrestling, success is more often brought by complex attacks than by simple ones. Studies of modern fighting techniques have established that a direct attack that begins immediately with the structure of the reception, rarely reaches the goal. Usually success is brought by such attacking actions, when the preparation of a favorable dynamic situation and the structure of the attacking technique are combined into a single action - a "motor ensemble".

The simplest structural groups include attacking actions in which the wrestler forces the opponent's body into a position of favorable dynamic situation and uses it to achieve a result in a single movement. In this case, a complex attacking action is made up of the preparatory force action and the structure of the attacking technique.

More complex structural groups are made up of attacking actions that involve the use of the enemy's reaction, which creates a favorable dynamic situation in response to certain actions of the attacker. Therefore, for successful application of techniques in wrestling, especially complex attacking actions, a high-class wrestler must know how to prepare favorable dynamic situations and be able to create special attacking and "motor ensembles". To prepare favorable dynamic situations during the fight, maneuvers, false movements and combinations are used.

High-class wrestlers use combinations that already represent a certain structure - a complex attacking action. The first (false) movement looks so real an attack threat that it almost always causes a certain defensive reaction of the opponent, which the attacker uses.

In addition to structural groups based on combinations of techniques, you can use other complex attacking actions of the main technique with one or more methods, the so-called tactical training. It should be borne in mind that preparatory movements (false techniques, etc.) play a very large role in the effectiveness of complex attacking actions. With various combinations of initial movements with the basis of the structure of the attacking technique, a completely new structure of motor skill is created, in which the old one changes significantly. The main difficulty of such a technical and tactical action is to establish links between movements at the point of transition from the preliminary movement to the main one and the ability to switch movements in the direction and amount of effort. Therefore, special attention should be paid to the ability to quickly change the direction of movement, its strict sequence, continuity and emphasis on efforts at the moment of switching.

According to research, the theoretical basis for the successful execution of complex attacking actions is that the enemy is forced to react twice to the planned attack of one complex movement with a change in the direction of effort, thereby losing the response time. First is first, the latent period of response to initial movement difficult offensive actions, then motor reaction time and stopping, the second latent period for detection of a new direction of effort complicated the attack and, finally, the second motor reaction time in the final movement difficult offensive actions. Thus, the second movement complex offensive actions coincides either with the engine part of the reaction of the opponent on the first part of the move (the same direction with the second part of the attack) or a latent period of reaction in the second part of a compound offensive action (the position of the body attacked, the best for a decisive action).

Usually high-class wrestlers possess any hypertrophic qualities of preparedness, due to which they achieve victory. These individual characteristics of wrestlers should be taken into account and build technical and tactical attacking actions with the best possible use of them. Developing and improving the structure of the attacking action, it is necessary to assign these qualities a dominant role in the structure of the attack.

The overall tactical background of the competition, the tactics of the individual bout and the entire competition as a whole should be carried out taking into account the superior qualities of the wrestler, which should compensate for the lack of development of other qualities of the wrestler.

Higher sportsmanship requires continuous improvement of technical and tactical readiness. Practice has shown that many wrestlers successfully perform at major competitions no more than 1-2 times. This is usually due to the fact that the growth of their technical and tactical skills has stopped. Sportsmanship in wrestling must be continuously updated and improved.

Athletes progress until the moment when the coach has a stock of knowledge and therefore the coach must constantly study and improve the competitive activities of both the wrestler and his rivals.

## REFERENCES

1. Kerimov F. A. Scientific research in the field of sports. T.: "ZAR QALAM", 2004. – p.336
2. Kerimov F. A. Theory and methods of struggle. - T.: "USI of PE", 2001. – p.286
3. Matveev L. p. Theory and methodology of physical culture. - Moscow: FIS, 2008. – p.544
4. Mindiashvili D. G., Podlivaev B. A. Free-style wrestling: history, events, people. Moscow: Sovetsky sport, 2007. P.360
5. Platonov V. N. General theory of training athletes in Olympic sports. - Kiev: Olympic literature, 1997. – p.583
6. Tumanyan G. S. Sport wrestling. Textbook. - M.: Soviet sport, 2000. – p.384
7. Raiko Petrov. Freestyle and Greco – roman wrestling Published by FILA, 1986. –p.257
8. Raiko Petrov. The ABC of Wrestling, Published by FILA, 1996. – p.101