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CLASSIFICATION, SYSTEMATIZATION AND TERMINOLOGY OF TECHNICAL METHODS OF FREESTYLE WRESTLING

After the independence of Uzbekistan, the restoration of our centuries-old cultural and spiritual heritage, national values, the realization in the minds of every citizen of a great future, boundless love, devotion and interest in their work Favorable conditions for the absorption of oysters began to emerge.

Keywords: *Wrestling , science , coach , qualified athlete.*

После обретения Узбекистаном независимости, восстановления нашего многовекового культурного и духовного наследия, национальных ценностей, осознания в сознании каждого гражданина великого будущего, безграничной любви, преданности и интереса к своему делу стали складываться благоприятные условия для поглощения устриц.

Ключевые слова: *борьба, наука, тренер, квалифицированный спортсмен.*

O'zbekiston mustaqillikka erishgach, ko'p asrlik madaniy va ma'naviy merosimizni, milliy qadriyatlarimizni tiklash, buyuk kelajakning har bir fuqarosining ongi va ongini anglash, o'z ishiga cheksiz muhabbat, sadoqat va qiziqish uyg'otib, ustrisalarini o'zlashtirishi uchun qulay shart-sharoitlar yaratila boshladi.

Kalit so'zlar: *kurash, ilmi-fan, murabbiy, malakali sportchi.*

Sports wrestling (Greco-Roman, freestyle, sambo, judo, etc.) is a kind of wrestling close to the psyche of our people, because the history of the development of these types of roots goes back to the history of tribal relations of peoples living in vast areas of our country. This historical sequence is the basis of the achievements of our national wrestlers in international competitions. However, national types of wrestling not only serve to preserve and enrich the traditions of our people, but also provide an opportunity to select the most talented representatives and find a solution to the most important problem. Of course, the main issue is how to train this champion, how a new athlete will become an international master of sports, how to manage this process. The process of finding answers to these questions has not always been smooth. Each generation of experts has its own vision of the solution to the problem . The first is based on the talent and diligence of the athlete, the second - on the peculiarities and secrets of wrestling that they know, the third - on the logistics of training for success, the fourth - on the high level of training of sparring partners. Unfortunately, among them were proponents of achieving victory through drugs, judges and proponents of compromise with the opponent. Of course, all of the above methods play an important role in the process of training a champion-wrestler , which does not go beyond the bounds of fairness . But there is another component, the importance of which is enormous. Here is a person's ability to recapture in the current context. If we demonstrate the essence of pre-return in the example of the work of a wrestling coach, a qualified specialist not only pursues the final goal (wrestler-champion), but also the ways to achieve it (advanced model of achieving the set goal). The idea of what to strive for and how to achieve the aspiration is called the coaching concept of an athlete's many years of training. In fact, it should be noted that the concept of coaching can be very primitive. Some people equate this concept with a simple idea: “If you find a talented wrestler, create good conditions for his life and practice, find him a strong sparring partner, train him by giving him large loads in terms of volume and intensity, and the wrestler If he endures, he will be invincible. ”Unfortunately, there are many supporters of this approach, because they have achieved high sports results due to that approach. However, such a concept is inherently based on natural selection, where the decisive factor remains not the experience and knowledge of the coach, but chance.

In the field of science, the discovery of the ability of living systems to predict the existence of existence connects this fundamental law of life development with the names NANABernstein and PK Anoxin. Thanks to these famous scientists of our time, we have realized that the training of highly qualified athletes is not a natural selection, but a sufficiently objective and manageable process. However, it is not enough to know that success in coaching has a theoretical basis. It is necessary to move from general considerations to setting clear goals. The coach who reaches them and his student approach the peaks of high sportsmanship, but the goals must be placed in a sequence of levels of achievement. This complex problem can be solved by referring to the psychological theory of activity . The next section is devoted to this issue. The training competition helps to improve technique and tactics, cultivates physical and volitional qualities

in the conditions close to the competition. The execution of all actions and operations is carried out with high responsibility for their outcome, but this does not mean that the wrestler is afraid of losing. Conducting a fight only when the wrestler is on the defensive will hurt to improve his favorite methods, counter-attacks, and tactical combinations.

Practice competition can be done without a task (free competition). In this case, the total time of the competition is determined and the athletes continue to fight in the position formed during the competition (on the ground or standing position). When wrestlers compete in freestyle, they should strive to perform more of their favorite methods and contours, using well-mastered methods of preparation and convenient situations.

It is not recommended to stop to point out the shortcomings of the exercise competition. It can be said when the struggle continues when there is a great need. The reprimands must be clear and concise, not to distract the wrestlers from the competition.

One type of exercise competition is the competition without throws. This type of competition is held if you have to train in a place without a carpet, as well as to avoid injury before the competition.

Training competitions are held mainly in preparation for the competitions.

The competition is aimed at further improving the combat characteristics, technical and tactical skills of the wrestler in the most difficult situations. In this competition, each of the wrestlers uses his technical, tactical, physical and volitional capabilities to strive to gain an advantage over the opponent.

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