



Technical and Tactical Training of Fighters

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Annotation: This article provides a summary of the technical and tactical training of a wrestler.

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In the struggle, methods, techniques and tactics of actions are shown as a whole. The method of performing technical-combat techniques, and tactics is the method of using technical actions to solve various tasks during the fight. It is necessary to take into account the possibility of himself and his opponent.

It is necessary to teach fighting methods and actions, to improve them based on the following principle, that is, to teach and improve each method and actions based on the understanding of their combinations.

Technical training is the most important part of the training process. It is improved and individualized during the school years. That is why great attention is paid to it. The richer the athlete's technique, and the better he understands the tactical meaning of certain methods and actions in the fight, the higher his tactical skill.

The high level of technical training of a wrestler should be based on the fact that it depends on technical training, that is, the concrete formation of movement skills in the field of wrestling, their improvement, and at the same time, the development of the most important physical and volitional qualities. Therefore, it is important not only to master the techniques of the methods, but also to skillfully use these techniques when different opponents fight, in order to find and perfect the methods of movement and work methods defined by the wrestling school. This means that an athlete must have a high level of mastery of wrestling techniques, and in order to achieve victory in a wrestling situation, he must skillfully know this technique, that is, he must have colorful tactics. All this shows that technique and tactics are not only closely connected with each other, but also in terms of moral and willful preparation.

To get a general idea of the technical methods of the wrestler, preparatory and basic groups are given. In the training group of methods, the main position and actions of the wrestler, throwing, defense and counter methods are revealed in the main group. Groups 1 and 2 can have various combined actions.

It is necessary to study the scheme of tactical actions in the fight in order to understand the relationship between the methods of fighting techniques and the tactics of actions. From it, we can see that there are 3 groups of actions, that is, the first preparatory actions - these are the main

actions: intelligence, searching for the opponent's weak points, maneuvering, using tricks, masking, should ensure the success of distracting the opponent. The second main tactical actions are offensive and defensive actions, counter-attack actions, fighting using 3 different methods and actions, training fights, tournaments, competitive fights, etc.

We will analyze the system of methods and the classification of tactical actions, having a general idea of fighting methods and tactical actions. In this classification, we tried to organize the system of struggle methods in the consistency of reading, that is, learning in the process. Undoubtedly, this structure of the system of methods is not fixed, of course. For this reason, one trainer can change and improve the consistency of education depending on the contingent of participants.

The competition of wrestlers consists of preparatory and basic tactical actions.

Preparatory actions are actions allowed by the rules of the competition, which ensure the success of offensive and defensive actions. In a wrestling match, these include scouting, exploiting your opponent's weaknesses, maneuvering, and planning your moves and positions.

Intelligence - about the wrestler's opponent, about his physical structure, characteristics, qualities, possibilities and condition: about the style of fighting - about active or passive, offensive or defensive wrestling: his favorite moves, actions aimed at obtaining external and internal information about y-thoughts, etc.

Intelligence is conducted before and during the competition.

Before the competition, the athlete receives general information about the opponent's surname, nationality, qualification, title: determines his approximate height, appearance, condition, etc.

During the competition, what is the athlete's favorite position, what distance does he stand, what grip method do they use and their strength, how do they tend to move with their legs, how do they prepare for a technique, their intentions, how do they attack, defend and counter. it is especially important to determine how they attack, what their strength, agility and endurance are. Reconnaissance can be done with real and fake actions of a more preparatory nature, and with the use of favorite methods of combat.

During the fight, the wrestler must be a psychologist - he knows the state of his opponent; to be a physiologist - to know the state of the opponent based on his movements, breathing and sweating; being an artist, deceiving the opponent with fake moves, deceiving the opponent from using the correct method, forcing his opponent's fight plan and thereby strictly implementing his plan and achieving victory must be a brave, strong-willed athlete.

Using a trick is to make preparatory actions for the purpose of single-handedly catching the opponent, moving in different ways, creating favorable conditions and successfully applying the method, choosing a favorable moment for defense and counterattack. Deception can be done by standing in different positions and at different distances, using feints and feints, prompting, inviting, as well as using offensive and defensive actions to carry out a chosen method or counterattack action. With a trick, the athlete tries to take the initiative, to show activity, to choose a comfortable place on the bed for the necessary action, and sometimes to avoid the opponent.

His actions and position are disguised in order to hide his real intentions from his opponent, to lose his vigilance, to distract him and to implement his own plan. In camouflage movements, experienced athletes show themselves to their opponents as calm and sluggish, some are relaxed and suddenly use all their strength, some show the professionalism of a talented artist - they walk from side to side, flexing their muscles, while others sit relaxed, relaxed or confident before a fight, etc.

Each wrestler has his own style of disguise. Therefore, sometimes it is very difficult to determine whether his intention is true or false.

Defensive offensive actions, defense-defense and counter-attack actions are the main tactical actions. A simple attack method and actions in an attack include some throws that are performed more at a single pace and solve a single tactical task. They are pedunculated, tumbling and throwing; are methods of lifting and throwing over the shoulder while bending down.

Complex attack methods and movements in the attack - these are two-pace deceptions, throws performed in combination with fake movements, all consist of a set of various combinations-methods.

Defense methods and actions - these are defensive and counter-attack actions. Defensive actions include: techniques used by the opponent to attack, escape or avoid an attack by using a counter technique.

Counter-attacking moves are the act of taking the initiative while preparing a counter-attack for an opponent's attack and attacking in order to use the counter-attack method first, or taking a comfortable defense and then counter-attacking. Counterattacks can be a counterattack against an opponent's attack's finisher by name.

In order to train tactical thinking and speed of action, it is necessary to constantly plan and conduct various training, control and calendar competitions with students, amateur athletes and masters in the process of training. In control competitions, it is necessary to hold competitions by shortening and increasing the time and according to the rules of the competition. It is necessary to hold the tournament competition just like classification and calendar competitions.

Tactical actions can be classified in different ways. In this classification, the basics of tactics of actions, which are important for a wrestler, are revealed.

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