



WAYS TO DEVELOP WOMEN'S PHYSICAL FITNESS IN FREESTYLE WRESTLING

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Annotation

This article discusses the development of the processes of training qualified women in each sport, including freestyle wrestling in the development of women's sports, as well as the selection of talented athletes from among women.

Keywords: women's sport, wrestling, freestyle wrestling, program, system, health, preparation, training, planning, load.

Literature review on the topic (letterature Review)

Today, the development of physical education and sports is one of the priorities of the state and society. Due to the fact that women with disabilities do not have the right to play sports, they cannot play sports as an auxiliary means to maintain the health of the nation. In women's sports, this approach to parenting is an homage to sports parenting, since in this case, parenting is an homage to adults.

Modern Olympic short-water swimming competitions for men and women-short-water swimming competitions for men and women-short-water swimming competitions for men at the 2010 Winter Olympics in Turin.

The Olympic Games made it clear that women's freestyle wrestling is a well-organized and very interesting sport, and that the technical and tactical superiority of most athletes is already approaching the level of men and is not inferior in terms of the emotion and intensity of duels.

Even in Uzbekistan, such a rapid development of free struggle by women abroad urgently requires an in-depth scientific study of various aspects of the training of female athletes in this sport and the development of plans and programs of the educational process adapted to the characteristics of the functioning of the female body.





Research Objective

In the development of women's sports, each sport, that is, the development of the processes of training qualified women in freestyle wrestling, is justified in experience.

Research task. Determination of the TSHR and role of free struggle in the development of women's sports.

Style of research. Pedagogical observations, questionnaire surveys, control tests were used.

Research results. Taking these cases into account, we have extensively studied the main characteristics of women's training and competitive activities as freestyle wrestlers of various qualifications and ages in terms of sexual dimorphism, as a result of these studies, aggregated data was obtained to significantly modernize the multi-year program of the main departments of training women's wrestlers. It was the basis for such modernization, taking into account the dimorphic differences of athletes of different sexes:

- according to its biological properties-cyclic changes in the performance of athletes, Morpho-functional properties, stress hyperandrogenism;
- the connection with physical fitness - the peculiarities of the structure of this side of the training of female wrestlers, the features of the composition of the tests for its control;
- on competitive activities-the composition of technical and tactical actions, the dynamics of sports and technical indicators, the reliability of competitive endurance activities of athletes and the peculiarities of the parameters of noise immunity;
- motivation of factors of professional sports activity by female wrestlers-on the characteristics of the motivation structure, low marks;
- on educational methods-means of the need to apply practical content, increasing the importance of the method of repeated training;
- by the way of recovery-high cost of recovery tools training female wrestlers, the need to increase the volume of these funds;
- according to the peculiarities of injuries-the traumatism of athletes increases.

Exemplary sports training programs were adopted as the basis of BOISM, IBO'SM, OZK and OSMM[1,2], developed by the country's leading experts for male wrestlers. These programs have approximate training programs for long-term training of wrestlers (in hours), methods of training and requirements for physical, technical and sports training, training indicators and competitive endurance training in annual





cycles at different stages of the long term, time distribution for different types of training (from the total number of hours per year to the foyer), age and training stages of

Lack of basic objections to the content of these programs and acceptance are the basis of most of the generalizing information, to which we have made significant changes and thus adapted the main sections of the program to the practice of women's freestyle wrestling, taking into account sexual dimorphism.

Summarizing the totality of scientific information about volume parameters during many years of training, taking into account the loads of wrestlers and the recommendations of women's sports specialists on organizational and methodological issues of sports training, we modernized and clarified the approximate training program the process of training women in freestyle wrestling, which includes all the main stages of training, was covered. This curriculum is shown in the table.

As can be seen from the content of the table, the developed training plan includes a ratio for female wrestlers in accordance with the requirements of each stage and taking into account sexual dimorphism, the qualifications and age of athletes, the load size of the main sections of training sessions and the total number of hours per school year were taken. This plan has several significant differences from similar plans developed for male wrestlers[1, 2]:

1) significant increase in the volume of rehabilitation measures: in the training phase - 21 hours (20.2%), in the stage of sports improvement - 55 hours (25.0%), in the stage of high sportsmanship - 76 hours (27.7%); psychological training: in the stage training -7 hours (16.2%), in the stage of sports improvement - 12 hours (17.6%), in the stage of high sportsmanship - 20 hours (22.2%); medical supervision: in the stage of training and sports improvement - 8 hours (by 66.7%), in the stage of the highest sportsmanship-for 20 hours (for 27.7%)

2) significant increase in the volume of general physical fitness at the initial stage of training: in the first and second years of study, 10 hours (5-8-6.6%), and in the third year of study for 20 hours (11.6%);

3) positive dynamics of the total number of annual hours, depending on the qualifications of athletes and the duration of training in wrestling, in accordance with the requirements of the principle of gradual increase in loads.

Thus, the modernized program of long-term training of female wrestlers has a pronounced humanistic orientation and allows athletes to achieve high sports results without compromising reproductive function, while the risk to health is reduced to a minimum.





Table. Approximate training program for long-term training of wrestling women (in hours)

Preparatory departments	Student groups and years of study												
	Initial training			Education and training				Sport improvement			Highest sportsmanship		
	1	2	3	1	2	3	4	1	2	3	1	2	3
Theoretical upbringing	12	14	14	21	33	36	40	48	52	56	60	60	60
General physical upbringing	162	182	192	212	218	224	230	232	204	178	178	172	172
Special physical upbringing	46	70	78	112	148	192	220	260	300	335	350	350	350
Technical and tactical upbringing	62	92	112	163	230	240	264	304	334	360	454	564	564
Psychological training	10	12	12	20	35	40	50	60	70	80	95	110	110
Competitive preparation	4	16	16	24	36	45	56	74	86	90	110	140	140
Teacher and judicial practice	0	0	4	6	10	12	14	26	30	34	34	40	40
Reception and transfer tests	12	12	12	14	16	19	21	24	26	28	28	36	36
Recovery measures	0	10	18	40	90	110	125	200	230	275	310	350	350
Medical supervision	4	8	10	12	16	18	20	20	20	20	45	50	50
Total number of hours	312	416	468	624	832	936	1040	1248	1352	1456	1664	1872	1872

Based on the results of the study conducted and the analysis of scientific literature, the following conclusions can be drawn on the development of women's free struggle: First, the organization and development of each sport increases the chances of population inclusion. The use of this tool also pays off in the development of women's sports. In particular, the development of free struggle among women is important in their involvement in sports;

Secondly, it is considered necessary to train female coaches in this direction in the development of free struggle among women. It will be necessary to organize systematic work aimed at attracting women to coaching activities, improving the quality of their training work;

Thirdly, a special approach to women's Sports by developing special programs aimed at the development of women's physical fitness. In the process, it will be necessary to focus on the organization of physical training based on their sexual-physiological capabilities;



Fourth, it is necessary to increase their psychological knowledge and experience in the development of sports among women. Especially when organizing competitions in freestyle wrestling, as well as in the process of organizing training on the physical fitness of Htin-girls, psychological knowledge will be needed in the Prevention of mental tension.

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