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## Ways to Develop Education for Obtaining General Physical Qualities of Young Wrestlers Through Action Games

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### ABSTRACTS

The modern stage of the development of the sport of wrestling is characterized by the increasing popularity of non-Olympic sports. Therefore, the International Wrestling Association (IKA) changes the rules of the competition with one goal - to activate the effective technical movements of wrestlers and increase their competitiveness. Here, the purpose of this study was to find out and demonstrate ways to develop education for getting the general physical qualities of young wrestlers through action games.

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## 1. INTRODUCTION

According to the Decree of the President of the Republic of Uzbekistan No. PF-5924 of 24.01.2020 "On measures to further improve and popularize physical education and sports in the Republic of Uzbekistan", in recent years, popularization of physical education and sports in our republic, population consistent measures are being taken to promote a healthy lifestyle, create the necessary conditions for physical rehabilitation of disabled persons, and ensure their proper participation in the international sports arenas of the country. By putting into practice, a specific program that helps to strengthen the health of the population in the field of physical education and sports, young people are widely attracted to sports. Our goal is to select talented wrestlers from among them and form a fully mature and physically healthy person with a high culture in the country. Recently, due to the growth of the cultural level of the people, many families are interested in their children playing sports. Physical education coaches and teachers should conduct some activities aimed at determining whether children have abilities and inclinations to one or another sport. It is known that it is especially difficult to determine whether teenagers can successfully master the movement skills of their chosen sport.

The best means of selecting gifted children and adolescents are tests based on active games. Game tests have a significant advantage over control exercises because they evaluate the unity of physical qualities and abilities typical for a certain sport (Hanna *et al.*, 2021). It is known that in the process of game activity, knowledge, skills, and abilities are formed, and individual characteristics of children and adolescents are revealed (Apriyatna *et al.*, 2023). In games, children show great movement activity, which helps the coach to determine whether they have good movement skills for future sports.

Every coach knows that not all qualities (characteristics) can be developed in children. Genetic factors are of serious importance and determine the hidden potential of children and adolescents' development. But it should be considered that the feelings acquired by a person are superior to the feelings passed from generation to generation. The used game tests should help the coach to determine and determine the presence of the abilities that interest him. For this, as a rule, several games with different movement activities are used. When conducting game tests, it is advisable to use action games with different orientations: games that determine the skills of coordination, concentration, and quick thinking.

Each participant scores a certain number of points in tests during action games (outdoor sports games). The determination of the test result is carried out according to the score of each participant, which in turn characterizes (describes) the unique characteristics of the person. According to the results of the game, it is possible to think about the suitability of a person for the sport he has chosen, his suitability for this sport, and the presence of abilities specific to this sport. Currently, experienced coaches skillfully use game tests to select children and teenagers. It is appropriate to use action games as a control test in sports development groups.

In wrestling, working with a partner and training with changing partners, etc. These fights have a comprehensive effect on the formation of fighting mechanisms, and at the same time increase his physical and technical-tactical preparation (Moloney *et al.*, 2021).

All the indicated types of physical training are closely related to each other. Inadequate assessment of any type of physical training during the training process will ultimately prevent the improvement of sports skills. Therefore, it is very important to observe the optimal ratio of the types of physical training shown during training. The special physical training of an athlete consists of the process of training the physical quality that can meet the specific requirements of the chosen sport. requires to be and to be manifested (Xalmuxamedov *et al.*, 2021).

For example, a wrestler is required to have a special ratio of agility and strength qualities (sometimes it is called strength), as well as agility and endurance based on the use of energy resources of muscle contraction in an anaerobic state (lack of oxygen) (Mansur, 2022). Various physical qualities The education of such specific abilities based on their unique manifestation and coordination is achieved through the athlete's special physical training. One of the most important factors in the training of young athletes is the formation of the skill of physical training planned for the purpose and achieving a high result during the competition. However, in sports practice, there are often situations where planned physical exercises do not give the expected result in the development of appropriate movement qualities. One of the main reasons for this is that the volume and intensity of one or another physical exercise used in training, as well as the degree of impact on the body of the participants (body's reaction to the load), do not objectively provide these indicators (Mansur, 2019).

## 2. METHODS

This paper is a literature survey. Data were obtained from references in internet sources, especially from articles in international journals. Data were then collected and reviewed as well as summarized and compared with current conditions to get a conclusion in this study.

## 3. RESULTS AND DISCUSSIONS

Action games can be used to help children, teenagers and young adults acquire and improve skills needed for both general physical development and specific sports. The following action games are recommended for young wrestlers in training.

The first action game is "pull of the handkerchief".

- (i) Rules: It is not allowed to grab the opponent's hand; it is forbidden to push the player.
- (ii) Variants: The handkerchief stands on the waist of the players in front; the handkerchief is placed on the player's waist on the shoulder side; the handkerchief is on the waist of the players on the right or left side; it is possible to play while standing on the knees; the handkerchief can be tied to the lower part of the player's calf; you can play as a team. (The games are explained with pictures).

The second game is "fight with legs".

- (i) Description of the game. Players are divided into pairs. They put their hands on each other's shoulders. The task of the players is to touch the palm of the opponent's foot more times with the tip of their foot.
- (ii) Rules: not to move on the field, not to allow the opponent to flatten the palm of the foot, and not to drop his hand from the shoulder.
- (iii) Variants (types): touching only the tip of the right or left leg to the leg of the same name; you can touch the palm of your foot.

The third game is "touching the ball".

- (i) Description of the game. Players stand in pairs in a circle with a diameter of 3-4 meters. One of the players will have the ball in his hand. His task is to throw the ball over the shoulder of the opponent. The second player passes and prevents his partner from touching the ball.
- (ii) Rules: the ball can be touched only in the agreed place. A player who goes out of the circle is considered a loser.
- (iii) Options: the ball can be touched to the opponent's knee; only one player can have the ball; both players may have the ball during play.  
The fourth game is "applause".

- (i) Description of the game: A circle with a diameter of 3 meters is drawn on the ground. Two players are chosen; they stand in a circle. The task of each player is to give the opponent a left and clap him on the bottom of the knee and not allow the opponent to perform this action. The player who claps the most during the game is the winner.
- (ii) Rules: players are not allowed to hold each other tightly and leave the circle.
- (iii) Variants: clapping can only be done on a pre-arranged leg.  
The fifth game is "drawing a circle".

- (i) Two players stand in a circle with a diameter of 3-4 meters. When the signal is given, they put their hands on each other's shoulders and push each other. They start The task of each player is to push the opponent out of the circle.
- (ii) Rules: If at least one foot is out of the circle, the player is considered a loser, that is, he loses.  
The sixth game is "grab the ball".

- (i) Game description. Participants stand or kneel. They hold the ball with both hands. When the signal is given, each player tries to grab the ball and raise it over his head.
- (ii) Rules: The position of the hands must be the same when holding firmly. If the game is performed in a standing position, it is forbidden to fall on the carpet (floor). Options: the game can be performed sitting; the game can be performed while kneeling; the game can be played lying on the stomach; the game can be played while standing.

In conclusion, it is very important for wrestlers, in general, in every sport, to use more movement games in the necessary manners for them to master the skills of the game carefully and solidly.

In the process of many years of training related to the training of talented young wrestlers, the regular practice of the above-mentioned movement games allows not only the effective development of strength and flexibility qualities but also provides the basis for easier improvement of technical and tactical skills in a short period.

It is aimed at the development of wrestlers in strict accordance with the requirements imposed by the specifics of the competition activity. Therefore, competition exercises involving various possible complications are used as the main means of special physical training. Such complex exercises increase the effect on the body of the wrestler.

Therefore, considering the compliance of the physical load (physical exercises) used in the training process with the functional capabilities of the body of the trainees allows for the appropriate planning of these loads. One of the main tools for the effective development of a wrestler's special endurance is technical and tactical skills in the process of a two-way training game. Endurance is the ability of the body to function for a long time without getting tired or to continue any action at a high level for a long time.

At the same time, the performance of technical skills with high efficiency during a long-term competition does not require proof that it is directly related to the quality of special endurance. sharply weakened.

This situation draws attention to the fact that the special endurance of these wrestlers is not developed at a high level. So, it can be seen that the quality of special endurance occupies a special place in maintaining the effect of technical skill for a long-time during competitions. It is known that it has been proven that special endurance can be effectively formed with well-developed general endurance. According to V.G. Vadyushin, to develop special endurance, a fighter should perform special technical exercises for a long time, even when there are complications of fatigue. General endurance is formed based on the long-term performance of high-volume exercises (long-distance running, rowing, swimming, cycling, etc.) at moderate intensity. N.G. Ozosin recommended the following test exercises to assess the physical qualities of wrestlers (12)

- (i) 1000-meter run from a high start;
- (ii) jumping from seats (2x50m);
- (iii) jumping up from the place; (until tired)
- (iv) at high speed (10s) 9-3-6-3-9m

They have proved based on research how significantly the technical and tactical skills and other abilities of wrestlers can be formed as a result of regular engagement with exercises aimed at developing quick strength and special endurance qualities over a long period. The special physical training of wrestlers is aimed at developing the qualities of movement in strict accordance with the requirements imposed by the characteristics of the competition (Griban *et al.*, 2021).

The special physical training of a wrestler is mainly conducted on the wrestling field and is aimed at developing the most important movement qualities in the movement skills. That's why competition exercises involving various possible complications are used as the main means of special physical training. Such complex exercises increase the impact on the body of the wrestler. For example: throwing a heavier basketball up in the fingers and passing it to a partner, receiving it creates a good effect during the game. All specified types of special physical training are interrelated. Inadequate assessment of any type of physical training during training hinders the improvement of sports skills. Therefore, it is very important to observe the most favorable ratio of types of special physical training shown during training. Its numerical expression is not always considered size, but the skills of wrestlers change depending on the period of the training process and the current state of the body.

Special physical strength is lost by the athlete in special movements corresponding to the competition movements. The uniform increase in the volume of general and special physical training means, the ratio between them changes regularly, and the volume of special physical training from year to year increases concerning the total volume of the load and, accordingly, the total physical fitness decreases. Enthusiasm for teaching, Innovative methods of teaching, and Being approachable for help.

#### 4. CONCLUSION

There are many such works in sports wrestling, in which various structures of optimal distribution of loads during training, sequence of use of tools, and methods of their consideration are not given. This is their common drawback, the lack of standardization of these loads. In conclusion, the promotion and promotion of the wrestling sport, which took place in the world arenas with the honor of our independence, the history of its origin, and pure honest competitions and preparations are a great tool for health included in the minds of the growing youth. This study must convey correctly that it is a sport. To our athletes engaged in the sport of wrestling, to our mentors, who selflessly prepare students, to work

regularly on themselves and to sing Uzbek in competitions in world arenas, to sing the national anthem of our independent Uzbekistan at the end, and to sing Uzbek on the victory lap. This study wishes them great success in ensuring that their families continue to grow.

## 5. AUTHORS' NOTE

The authors declare that there is no conflict of interest regarding the publication of this article. Authors confirmed that the paper was free of plagiarism.

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