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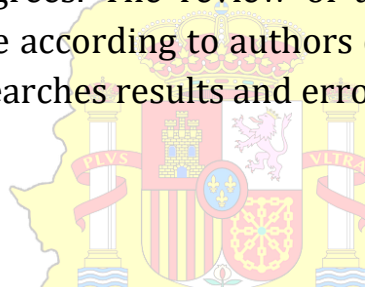


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CHARACTERISTICS OF THE FREESTYLE WRESTLER TRAINING PROGRAM, TAKING INTO ACCOUNT THE COMPETITION STYLE.

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Annotation. The development of a complex of means for the technical and tactical training of freestyle wrestlers is considered relevant. At the same time, ever-increasing competition, equalization of the skills of leading wrestlers from different countries, and coach bookkeeping often lead to defeats of high-class wrestlers in international competitions and a decrease in the stability of their sporting results. Such situations require further improvement of the system of training wrestlers, including the main aspects of training and competitive activities.

Keywords: Freestyle wrestling, technique and tactics, coach, training, wrestler.

When developing an experimental program for training athletes in the freestyle wrestling style, wrestlers were initially identified depending on the manner of conducting the competition. The task was then set to implement a training program, which included organizing and conducting the training process, selecting means and methods of training, and monitoring the dynamics of the wrestlers' training level. The development of a complex of means for the technical and tactical training of freestyle wrestlers is considered relevant. At the same time, ever-increasing competition, equalization of the skills of leading wrestlers from different countries, and coach bookkeeping often lead to defeats of high-class wrestlers in international competitions and a decrease in the stability of their sporting results. Such situations require further improvement of the system of training wrestlers, including the main aspects of training and competitive activities. The experiments involved members of the Uzbekistan national freestyle wrestling team, divided into 3 groups based on the individual characteristics of the athletes. For example, the first group mastered attack methods with an emphasis on the attacking style, the second group emphasized defense techniques, and the third group improved attack movements and defense techniques, these are wrestlers with a combination style. During the development of the program, we provided the author with [111; 99] recommendations were applied.

It emphasizes that "the individual training of martial artists, taking into



account the requirements of the upcoming competitions for the athlete's motivation, tactics of conducting the competition, and attacking movements, allows for the maximum application of all the best qualities inherent in athletes, balancing their shortcomings, taking into account the characteristics of future opponents, the conditions of the upcoming competition, and stabilizing the achievement of high sporting results in the international arena as a whole."

During the study, during a training session held in the Ugam foothill region of the Tashkent region, we videotaped the performance of "king" combinations by 14 wrestlers who are masters of freestyle wrestling of international class. Analysis of the video recordings revealed that most of the tested athletes switched to combining styles later in their sports career. In the early stages of sports activity, technical actions used by them before attacking techniques, specific techniques for wrestlers of the defensive or attacking style were mastered in combination with defensive actions of the opponent. The following types of wrestling, performed standing: throws over the chest, holding the leg by the hands and waist; throws over the chest, holding the hands and waist; throws over the chest, holding the head and hands from above; throws with the leg by the leg, holding the waist and neck from above; throws with the hand behind the shoulder, holding the head over the shoulder; throws from outside, holding the leg by the shoulder, holding the arm over the waist; throws over the chest, holding the chin over the head, holding the. The following throws and overturns were recorded in the parterre pose: throwing with the head clutched at the chin; overturning the lower leg from the inside at a distance; overturning with the distant leg clutched at the waist and elbow; overturning with the thigh and near shoulder; overturning with the near leg clutched at the scissors and elbow; overturning with the near leg clutched at the shoulder; overturning with the near leg clutched at the shoulder; overturning with the near In combinational wrestling, the use of techniques performed with impact on the opponent's legs allows for an increase in the impact of the attack and a faster net victory. Dual impact, performed simultaneously with the arms and legs, quickly throws the opponent out of balance, resulting in a loss of balance. As a result of the wrestler's loss of stable balance, the ability to control the attacking wrestler's movements is also lost. The combinational style of conducting a fight is based on the interrelation of preparatory actions and attacking techniques with defensive or counterattacking actions of the opponent [58; 47]. The combination of methods has a significant advantage over other individual methods. This occurs when the opponent attempts to perform a strong defense from the first attack, unaware of the complexity of the attack, and does not have time to react with the next defense to the method of completing

the combination [58; 47. 90; 88-92). The results of a survey conducted among wrestlers in the freestyle wrestling style show that the most common methods used by wrestlers in the combinational and attacking styles during the fight are 41% of the time holding the opponent's legs and 51% of the time holding the opponent's legs. Among the most effective technical and tactical actions in a standing position for wrestlers in the defensive style are the application of defensive actions with the implementation of "king" techniques during subsequent attacks of the opponent (25.1%), and the tactics of forceful pressure (20.9%). The proportion of all other technical and tactical actions in the standing position is only 15%, including dipping (9%), half-turning, bending or stepping throws (2.5%), counter-taking and overtaking (3.5%). At the same time, wrestlers perform the lowest number of technical and tactical actions in the parterre (13.0%), dominance is attributed to throws with overturning - 9% and rotations with grasping "confused calves" - 4.0%.

1- table

Characterization of the experimental training program for freestyle wrestlers, taking into account the style of the competition

Challen ge Lead Style	Freestyle tools	Implementation of methods and implementation of high-performing technical and tactical actions	Load size	
			in ho urs	% in
Combin ation style: 1. R.X. 2. V.A. 3. S.N. 4. Ch.Z. 5. R.A. 6. U.M. 7. A.G.	Exercises on gymnastic equipment: barbell, rope, double-barreled; Exercises on simulators - exercises with rods and disks; Exercises on the wrestling "bridge"; simulation exercises on a rubber shock absorber; - half-twists and knockdowns of the opponent; training mannequin throws; Tosses; twists; twists and throws; twists and throws; throws; throws with a sharp movement or submersion; training events with each other's confused grip, with the sparring partner's legs removed from the carpet; Training competitions with	Main standby: 1. Improvement of technical movements in a standing position and in a parterre a) leg clutches b) partner throws for 5 minutes c) leg snatch throws g) Improving "king" methods to perfection d) The use of "Taking the Upper Block" simulators and others for developing body muscles. e) Complex exercises on the wrestling "bridge." j) leg clutches; z) 2000-3000 m mountain run		

	extra time; training competitions with sparring partners using the interval-round method.			
		<p>partner:</p> <ul style="list-style-type: none"> a) "confused calves" with grasping b) rollovers c) Improving effective defences during an opponent's attack g) improvement of tactical manners in combination style wrestlers 		
<p>Offensive style:</p> <p>I.B. O.A Sh.R. K.M. J.U. S.A. O.Z.</p>	<ul style="list-style-type: none"> 1. Exercises on gymnastic shells: 2. Training competitions with the evaluation of throws in only one classification group (for example, throws with a bent); 3. Training competitions with the provision of "Fore" (opportunity); training competitions with a reduced regulation; 4. Training matches with extra time 5. bending throws; half-turning throws; rotational throws and carrying; bending throws. 	<p>II. Improvement of effective technical and tactical techniques by wrestlers</p> <ul style="list-style-type: none"> a) Half-fold throws b) Over-the-shoulder throws c) step by step throwing g) leg snatch throws d) Improving tactical techniques for conducting competitions using the offensive method. e) Half-turned throws (with a back throw) j) partner throws at a variable pace for 5 minutes z) mastery of specific elements of the struggle i) 2000-3000 m hill run 		
<p>Protective style:</p> <p>R.N B.J. A.J. X.S. R.S. A.A.</p>	<p>Exercises on gymnastic shells:</p> <p>Exercises on simulators - exercises with rods and disks;</p> <p>Exercises on the wrestling "bridge";</p> <p>interval-round training matches with sparring partners.</p>	<p>III. Improving defensive actions with subsequent implementation of "king" techniques during an opponent's attack</p> <ul style="list-style-type: none"> a) Applying force-pressure tactics b) mastery of the characteristic elements of freestyle wrestling c) improvement of the complex g) exit from the carpet during the method implementation d) 2000-3000 m mountain run 		

Attention is paid to improving effective defences during opponent attacks and tactical techniques for conducting a fight.

Modern freestyle wrestling is characterized by a low level of activity in the parterre, as a limited complex of training sessions is used, which does not require long preparation. During the use of TTH in freestyle wrestling, when

the opponent exits the carpet, the athlete receives winning points (19.0%). This is also considered a positive effect, but at the same time, a low result is noted for the attacking wrestler, as only 2 points are awarded for such an action.

The following exercises were included in the experimental program's block of tools and techniques most characteristic of wrestlers in the freestyle style: exercises on gymnastic equipment (turn, rope, double-barreled); exercises on simulators - exercises with rods and disks; exercises on the wrestling "bridge"; simulation exercises on a rubber shock absorber; half-twists and knockdowns of the opponent; training mannequin throws; throws over the chest; half-twists; training competitions with throws evaluated only in one classification group (e.g., throws with a bent; Training competitions with the provision of "opportunities"; training competitions with a reduced regulation; training competitions with extra time; training competitions with sparring partners in the interval-round method. Summarizing the aforementioned data on the characteristics of the experimental training program for freestyle wrestlers' physical and technical training, this program, developed within the framework of the annual training cycle, is divided into 3 groups, taking into account the style of competitions, and it allows us to emphasize that the most commonly used methods in sports activities, particularly in training sessions, have been developed for wrestlers of each style. This training plan included the content of each training session, its main direction (R.Kh., Ch.Zh.), the priority implementation of methods, and the clean time of each training session. As an example, all of this information is presented in Table 1.

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