



IMPROVEMENT OF TECHNICAL ACTIONS OF SAMBO WRESTLERS AT THE INITIAL PREPARATION STAGE

Radjapov M.A.

Uzbek state university of physical education and sport.

Senior teacher

Nurullaev S.Z.

Uzbek state university of physical education and sport. Student

Chirchik, Uzbekistan

Таянч сўзлар: самбо, техника, бошланғич тайёргарлик, усул, кураш, мураббий:

Ключевые слова: самбо, техника, начальная подготовка, приём, борьба, тренер.

Key words: sambo, technique, initial training, technique, wrestling, coach.

Actions in motion, balance, technical actions, young wrestlers, sambo wrestling. The issues of training high-class wrestlers had covered in sufficient detail in the scientific literature. Unfortunately, much less attention had paid to the training of young beginner wrestlers.

Despite the fact that many authors pay great attention to managing the development of sportsmanship in wrestlers, there are a number of unresolved issues . Almost all aspects of the sports training of sambo wrestlers need improvement. The authors of the article agree with this statement and propose to consider issues related to the formation of technical actions of beginning sambo wrestlers. Probably only experts know that several years can pass from a child joining a sports section to his first appearance on the wrestling mat in Sambo. There are strict age restrictions in the wrestling rules; moreover, some techniques had generally prohibited for use by children under 13 years of age. The generally accepted practice of recruiting sambo coaches into initial groups is children 10 years old. Consequently, the duration of training influences on a child will be about 3 years. Agree that this time is quite important from the point of view of the formation of basic technical actions, motor abilities and moral and volitional qualities. Any miscalculations, especially in the technique of performing techniques, will negatively affect future sports activities. All of



the above forms the relevance of this work. As is known, the main measure of training activity is the sports result. If the preparation had carried out efficiently and without failures, then the result will not be long in coming. Consequently, the lack of results that are significant for the athlete is a signal about the need to make changes to the training system. However, while youth and adult athletes have a busy calendar of competitions, beginning sambo wrestlers do not have such an opportunity to check the quality of their training. Therefore, if any mistakes had made at this stage of preparation, it is quite difficult to notice and correct them. Consequently, in teaching wrestling techniques, the role of the coach at the initial stage cannot be overestimated. According to Gaziev Sh.Sh., and Kamadov N.Zh., a successful career of a young athlete in professional sports will directly depend on the trusting and coordinated work of the “coach-athlete” system. Unfortunately, according to G.P. Parkhomovich, in Russia, coaches often work with children without proper education and the necessary experience, athletes who have just completed their careers, specialists from other sports, etc. With rare exceptions, coaches with 10 or more years of coaching experience work with beginning wrestlers. The situation is completely different, for example, in Japan. There, the most experienced trainers, who know all the nuances of wrestling, train beginners. In our country, trainers had forced to replace the lack of personal experience with information from educational and methodological manuals.

Modern methodological and scientific research works substantiate in detail the provisions on the leading role of general physical and special training in the formation of speed capabilities, flexibility, strength and endurance of wrestlers. Indeed, according to the authors, in most sambo sections, educational and training sessions had based on the accentuated development of such physical qualities as speed and strength. Questions related to the specialized physical qualities of wrestlers, taking into account the impact on improving the function of balance and vestibular stability had much less studied. Only a few special studies allow us to talk about some dependencies between the level of development of the balance function and the level of development of speed-strength capabilities of athletes. The novelty of the published research is to highlight the lack of complete and accurate information on this issue.

Most coaches at the initial stage of teaching technical actions to beginner sambo wrestlers use techniques from the classical school of sambo and judo. Throws over the shoulder and hip are mainly used as they are the most convenient for showing to beginners. At the same time, they forget that high-quality execution of these throws requires not only good technical, but also physical fitness. Those guys who are more physically developed will have a definite advantage at the initial stage.

Moreover, by trying to complete a throw in the shortest possible time, these wrestlers will use their advantage in strength. As a result, the technique of performing the technique will fade into the background. A similar picture could often be seen during the training of young and beginning athletes. He who is strong wins. This strength style is encouraged by many coaches, and few people think about what will happen if a sambo wrestler meets on the mat with a wrestler who is superior to him in physical qualities. The lack of “physics” will need to be made up for with technology. Where can I get it? This is the main miscalculation in the training of wrestlers at the initial stage. After all, if wrestlers, when performing incorrectly defined technical actions or techniques in general, make sufficient physical effort, then the techniques will be successful .

Consequently, the ability to perform technical actions through muscle efforts is formed, but the effectiveness of such actions is very low and the ways to improve it are very limited. Another gross mistake of many coaches is that when studying and practicing technical actions in a standing position, wrestlers stand still, and do not use movements on the mat in order to remove the opponent from a state of stable balance. But every sambo wrestler, before starting to study a throw, must learn to take the correct stance, move on the mat, imagine what favorable conditions are for performing a technique, and be able to create such conditions.

The same authors believe that a wrestler’s skill had expressed in the ability to create favorable situations for throwing. The wrestler must, through his actions, force the opponent to lose balance or remove him from a stable position. All throws in Sambo wrestling are carried out either in development of the opponent’s movements, or using his resistance to any active actions of the attacking wrestler. However, these training principles do not work if the wrestlers stand motionless, without resisting or, on the contrary, leaning against their partner, as often happens in the training of young beginner sambo wrestlers. Under these conditions, wrestlers do not feel the strength and inertia of the opponent’s movements, so they perform throws using significant muscle effort, which is fundamentally wrong. Therefore, in fights between young wrestlers there are abundant manifestations of physical strength and moral and volitional qualities to the detriment of the technical art of performing techniques.

In order to improve the technical skills of beginning sambo wrestlers, the authors conducted a pedagogical experiment with two groups of sambo wrestlers. The age of the wrestlers was 12-13 years. I had about six months of experience in wrestling. The object of the study was the educational and training process of young sambo wrestlers. The subject of the study was the formation of technical actions of beginning sambo wrestlers based on the mandatory use of preparatory actions for a throw (jerks, pushes, etc.) in movement and balance exercises. The



authors assumed that the formation of technical actions of young sambo wrestlers would become more successful if the state of the modern educational and training process was analyzed, and methodological developments for the formation of technical actions based on the targeted use of preparatory actions performed in movement were carried out and tested using tests. exercises to develop balance function. The authors note that exercises to develop the balance function are necessary for beginning wrestlers, as they form the ability for timely attacks and counterattacks, as well as for active defense against opponent's techniques.

The study was conducted on the basis of SILA LLC in 2023. 24 sambo wrestlers of the first year of study took part in the pedagogical experiment (12 people in the control group, 12 people in the experimental group). The control group trained according to generally accepted methods, the experimental group according to the program developed by the authors. The methodology for forming technical actions of beginning sambo wrestlers was conceptually different from existing methodological programs in the following aspects: a) targeted development of a sense of balance; b) the use of preparatory and accompanying motor actions performed in motion. The main methodological techniques were the introduction of preliminary and accompanying motor actions into the process of learning and teaching technical actions and reducing the time for performing each technical action.

The methodological techniques used by the authors to form the technical actions of novice wrestlers are presented in Table. 1. It should be noted that all the preparatory and accompanying actions used in the movement represented various motor actions that the wrestlers had to perform before attempting a sambo technique. For example, before performing an over-the-shoulder throw, the attacking wrestler was given the task of bringing the opponent out of a position of stable balance with a sharp jerk. Such tasks (pushes, tugging, pulling with the hands of a resisting opponent, etc.) should, according to the authors, be included in the sambo wrestling training process and take at least 30 minutes of the total class time.

Table 1

Techniques for improving the technical preparedness of beginning wrestlers

Methodical techniques	Execution examples
Increasing the pace of exercise	Perform more moves in less time
Increasing the number of repetitions and number of exercises used	Perform more technical actions in less time



Reducing rest intervals between performing exercises aimed at improving the function of the vestibular analyzer (static and dynamic balance)	After rotating ten times in pairs, holding hands at a signal, quickly take a lying position and begin bending and straightening your arms
Increasing the difficulty of the exercise	Performing techniques from different stances, using different grips
Executing trainer tasks while turning off individual analyzer systems	Performing fighting techniques blindfolded
Incorporating pre- or accompanying exercises to improve technical proficiency	Fixation of static positions after rotational movements (on the floor, gymnastic balance beam); juggling with a ball or clubs in a position of static balance (for example, in a swallow), etc.
Introduction of counteraction	Pair exercises in balance, in which each athlete is given the task of maintaining a stable posture despite the partner's opposition (for example, "pulling"); the simplest game forms of wrestling
Holding your body in unusual or difficult conditions	Weights carrying a partner to different distances, overcoming obstacles in the path of movement
Fighting techniques in various combinations against the background and at the time of vestibular stimulation	Performing a technical action after several somersaults or rolls
Masking a true attacking action behind a series of false ones	Before actually attempting to perform a technique, be sure to carry out several distracting attempts performed at partial strength.
Keeping your opponent off balance	Mandatory use of jerks, pushes, pulling to the sides, etc. before attempting a reception
Changing the form of training to increase the emotional background of the lesson	Inclusion of various outdoor games into the training process

A year after the start of the experiment, the authors conducted a series of control tests to assess the technical skill of the athletes under study. Since in the practice of scientific research in wrestling, subjects often use various techniques as a test, the authors for testing chose the throw over the back as a specific technical action



for Sambo wrestling. Throws were performed by sambo wrestlers from both the control and experimental groups. Both the total time spent performing the techniques and the time spent performing each throw individually were recorded.

The research carried out by the authors allowed us to obtain results confirming the prospects and necessity of including special means of developing balance, as well as preparatory and accompanying techniques of motor actions in the system of technical training of beginning wrestlers. If before the start of the experiment no significant differences in the time of performing wrestling techniques were found between the sambo wrestlers of the control and experimental groups, then at the end of the experiment the difference in time between the groups turned out to be significant. The average time of throws over the back of the control group was 51.5 ± 0.1 s, and the experimental group was 41.2 ± 0.05 s, which was significantly faster ($P < 0.01$). The time required to complete the first and last throws also differs in both groups. In the experimental group, the difference between the 1st and 10th throws was not significant, but in the control group it was significant ($P < 0.01$). These data allow us to judge the higher quality of technical readiness of the athletes in the experimental group; to assess the level of balance, the athletes walked a five-meter distance with their eyes closed. The number of deviations (errors) from the straight line of movement was assessed.

Assessing the level of dynamic balance, tested under conditions of passing a five-meter distance with eyes closed, also allows us to note the advantage of targeted development of balance in the wrestlers of the experimental group. According to the research, at the beginning of the experiment, both groups did not show significant differences. At the end of the experiment, in the control group the number of errors decreased unreliably from $12+4$ to 10 ± 3 , and in the experimental group - $12+5$ to $4+1$, which is significantly less ($P < 0.01$). The high reliability of the results confirms the advantage of the methodology proposed by the authors.

Conclusion. The research conducted by the authors allows us to draw the following conclusions.

1. The educational and training process in sambo wrestling for beginning sambo wrestlers should be based on the use of new methods for developing balance in athletes and motor actions accompanying the throw, performed in motion, which showed high efficiency among wrestlers of the experimental group. According to control tests, the average time for completing tasks in the control group it was 51.5 ± 0.1 s, and in the experimental group 41.2 ± 0.05 s, which is significantly faster.

2. To obtain an optimal training effect for beginning wrestlers, it is necessary that targeted sets of exercises for developing balance and improving the quality



of motor activity are presented at each training session in the required volume (at least half an hour). 3. Targeted training of the balance function has a positive effect on the quality of motor activity of young athletes. The number of errors when moving in a straight line among the sambo wrestlers of the experimental group significantly decreased ($P < 0.01$) from 12 ± 5 to 4 ± 1 , which gives them an undoubted advantage in movement over the wrestlers of the control group.

Literature:

1. Gaziev Sh.Sh.. «PRIORITY AREAS OF THE LONG-TERM SAMBO TRAINING SYSTEM» *Fan-Sportga*, no. 3, 2023, pp. 12-14.
2. Гуралев В.М. К вопросу об обучении юных дзюдоистов // Оптимизация учебно-воспитательного и тренировочного процесса в учебных заведениях высшего профессионального образования: материалы Всероссийской научно-практической конференции / отв. ред. Е.В. Панов. Красноярск: СибЮИ ФСКН России, 2012. С. 150-154.
3. Газиев Ш.Ш., and Қамадов Н.Ж.. «14-15 ёшли самбочиларнинг техник-тактик тайёргарлиги ни оптималлаштириш» *Fan-Sportga*, no. 7, 2022, pp. 23-25.
4. Завьялов А.И., Миндиашвили Д.Г. Биопедагогика или спортивная тренировка. Красноярск: Полис, 1992 64 с. 5. Никитин С.Н. Управление двигательными действиями на точность в спортивной борьбе // Теория и практика физической культуры. 2006. № 3. С. 11 6. Осипов А.Ю. Контратакующая борьба // Оптимизация учебно-воспитательного и тренировочного процесса в учебных заведениях высшего профессионального образования: материалы Всероссийской науч.-практич. конф. / отв. ред. Е.В. Панов. Красноярск: СибЮИ ФСКН России, 2012. С. 200-204,
5. Осипов А.Ю. Совершенствование технического мастерства борцов // Вестник КИПУ им. В.П. Астафьева. 2011. № 3 (17). Т. 1: Психолого-педагогические науки. С. 174-176. 8. Осипов А.Ю. Формирование двигательных действий начинающих самбистов на основе развития статокINETической устойчивости и выносливости: дис. Красноярск, 2008. 104 с. канд. пед. наук.
6. Gaziev Sh.Sh.. «Improving the speed-strength preparedness of sambo wrestlers at the stage of sports improvement» *Fan-Sportga*, no. 1, 2020, pp. 56-60.
7. SH.SH.Gaziev, & S.Z.Nurullaev. (2023). Influence of body weight regulation on the physical condition of sambo wrestlers. *Journal of Integrated Education and Research*, 2(5), 198–205. Retrieved from <https://ojs.rmasav.com/index.php/ojs/article/view/1110>

РЕЗЮМЕ

Ушбу мақолада самбочиларнинг бошланғич ихтисослашув босқичида техник тайёргарлиги масаласи кўриб чиқилади. Жангларда бажариладиган техникаларнинг техник арсеналини ўзлаштириш методологияси аниқ очиб берилган. Шунингдек, тадқиқот охирида тажрибанинг ижобий натижалари тақдим этилади.

РЕЗЮМЕ

В данной статье рассматривается вопрос о технической подготовке самбистов на этапе начальной специализации. Ярko раскрыта методика по освоению технического арсенала приёмов, выполняемых в поединках. А также, изложены положительные результаты эксперимента по окончанию исследования.

SUMMARY

This article discusses the issue of technical training of sambo wrestlers at the stage of initial specialization. The methodology for mastering the technical arsenal of techniques performed in fights is clearly revealed. And also, the positive results of the experiment at the end of the study are presented.