

**Eine methode zur effektiven organisation des trainingsplans von 14-15-jährigen  
freestyle wrestlern im wöchentlichen mikroklima zu entwickeln**

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**Abstrakt:** In diesem Artikel werden die Ergebnisse der wissenschaftlichen Forschungsarbeit zur Erstellung der Methode der Wirksamkeit des wöchentlichen Mikroklima-Trainingsplans beschrieben, die auf die Entwicklung der körperlichen Qualitäten von 14-15-jährigen Freistilringern in der Trainingsgruppe abzielt.

**Schlüsselwörter:** freier Kampf, Training, körperliche Entwicklung, Mikrozirkulation, Kraft, Beweglichkeit, Elastizität, Ausdauer, aerobe, aerobe, glykolytische Richtungsübungen.

**To develop a method of effective organization of the training plan of 14-15-year-old freestyle wrestlers in the weekly microclimate**

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**Abstract**

In this article, the results of scientific research work on the creation of the method of effectiveness of the weekly microclimate training plan aimed at developing the physical qualities of 14-15-year-old freestyle wrestlers engaged in the training group are described.

**Keywords:** free struggle, training, physical development, microcirculation, strength, agility, elasticity, endurance, aerobic, aerobic, glycolytic direction exercises.

Among many sports in the world, freestyle wrestling is responsible for the fact that at the same time the competition in the sport is growing sharply, the responsibility for the responsibility of specialists in the field of physical training of

freestyle wrestlers, as well as for the stable development of all physical qualities in the absence of disability, is seriously overloading.

Analysis of the data on the results of the competition and the growth indicators of physical development and optimization of various aspects of preparation on this basis are extremely relevant. Therefore, studies have been carried out on training loads taqsimlash and planning, control of the movement of competitions and special exercises and its functional analysis in improving the effectiveness of the development of physical qualities of 14-15-year-old freestyle wrestlers engaged in training gruxi. However, through a special system of Free fighters in the training group, the sustainable development of their physical qualities in the absence of disability has been excluded from the researchers ' point of view of carrying out scientific work on improving training loads taqsimlash and planning, effectiveness.

In the process of analysis of scientific-methodological literature on the topic, the problems of increasing the effectiveness of technical and tactical actions of athletes, training them competently in international arenas, the problems of a new scientific-theoretical approach in the process of planning training sessions were discussed by a number of Authors [A.A.Roziev, 2001; X.A.Sanasy, S.L.Musaelyan, M.G.Agamyan, 2002] is listed in his scientific-methodical work.

Foreign specialists expressed different opinions about the tools and methods used and tried to illuminate the ways of their application in practice [A.A.Roziev, 2001; A.N.Abdiev, 2004; F.A.Kerimav, 2004; Adilav. S.Q.2020] at the same time, these authors note that in the physical and technical-tactical preparation of the athletes of the free struggle, it is noted in the works of a number of authors about the correct planning of training tools and loads.

On the example of various sports, some aspects of the development of technical and tactical abilities of physical qualities are presented in the scientific research and methodological work of specialists, however, in this given information, the sustainable development of physical qualities and technical and tactical abilities by

developing a method for the proper organization of training processes in microseconds of freestyle wrestlers is not

The scientific, theoretical and methodological basis for the correct development of physical training and technical-tactical exercises in a number of studies [A.N.Abdiev, 2004; N.N.Azizov, 2007; S.V.Bagaev, 1998; F.A.Kerimov, 2005; F.M.Polatov, 1999; R.Mathesius, 1994; R.Petscnig, R.Baran, 1996; D.Sale, 1991; M.Tossavainen, A.Nummela, L.Paavolainen, A.Mero, H.Ruska. 1996] illuminated.

At the same time, the scientific-theoretical and methodological-technological basis for the development of the technology of development of physical, technical and tactical abilities of 14-15-year-old freestyle athletes and increasing the effectiveness of technical and tactical actions is not formulated in a systematic manner [A.A.Karelin, 2002; N.A. Kerimov, 1999; A.A.Roziev, 2001; B.I.Tarakanov, 2000; A.S.Zire " Lost In Test MatchA.Shakhmuradov, 1999; M.Ersegan, 1990].

The above analytical data suggest that scientific research work is inadequate and confirm that the problem of proper organization of training processes in microcycles in the development of physical and technical-tactical abilities of 14-15-year-old freestyle athletes and increasing the effectiveness of their technical-tactical efforts is extremely urgent. Conclusion from the analysis of literature it is possible to say that taking into account the accumulation of great scientific and methodical experience in this field, it was determined that the development of physical, technical and tactical abilities of Free fighters and the effective implementation of technical and tactical actions by properly organizing training plans in microseconds would yield great results.

To date, on the basis of the study of the training process activities of Free fighters aged 14-15 years, it was found that there are no studies on the development of physical and tactical abilities and the effectiveness of technical and tactical movements. Such an approach will help to wisely manage the processes of competitions and training. Because, physical and technical-tactical training provides a

great effect on the ability of athletes to evaluate indicators that link the magnitude of the impact on each other, and on the rise in sports results.

**Purpose of the study:** to develop a method of sustainable development of the effectiveness of technical and tactical training of physical training of 14-15-year-old freestyle wrestlers engaged in the training group by properly organizing training sessions in microseconds.

**Research objectives:** analysis of literature on the topic;

- to determine the level of physical readiness technical-tactical effectiveness of 14-15-year-old freestyle wrestlers engaged in the training group.

- improving the technique of aerobic and aerobic glycolytic training in the development of physical qualities and technical-tactical behavior of 14-15-year-old freestyle wrestlers (strength, speed, endurance, elasticity, agility) engaged in the training group.

**Object of research:** the training process of 14-15-year-old freestyle wrestlers engaged in the training group.

**Subject of the study:** Organization of the training process aimed at developing the physical indicators kompleks, while taking into account the individual capabilities of 14-15-year-old freestyle wrestlers engaged in the training group, they.

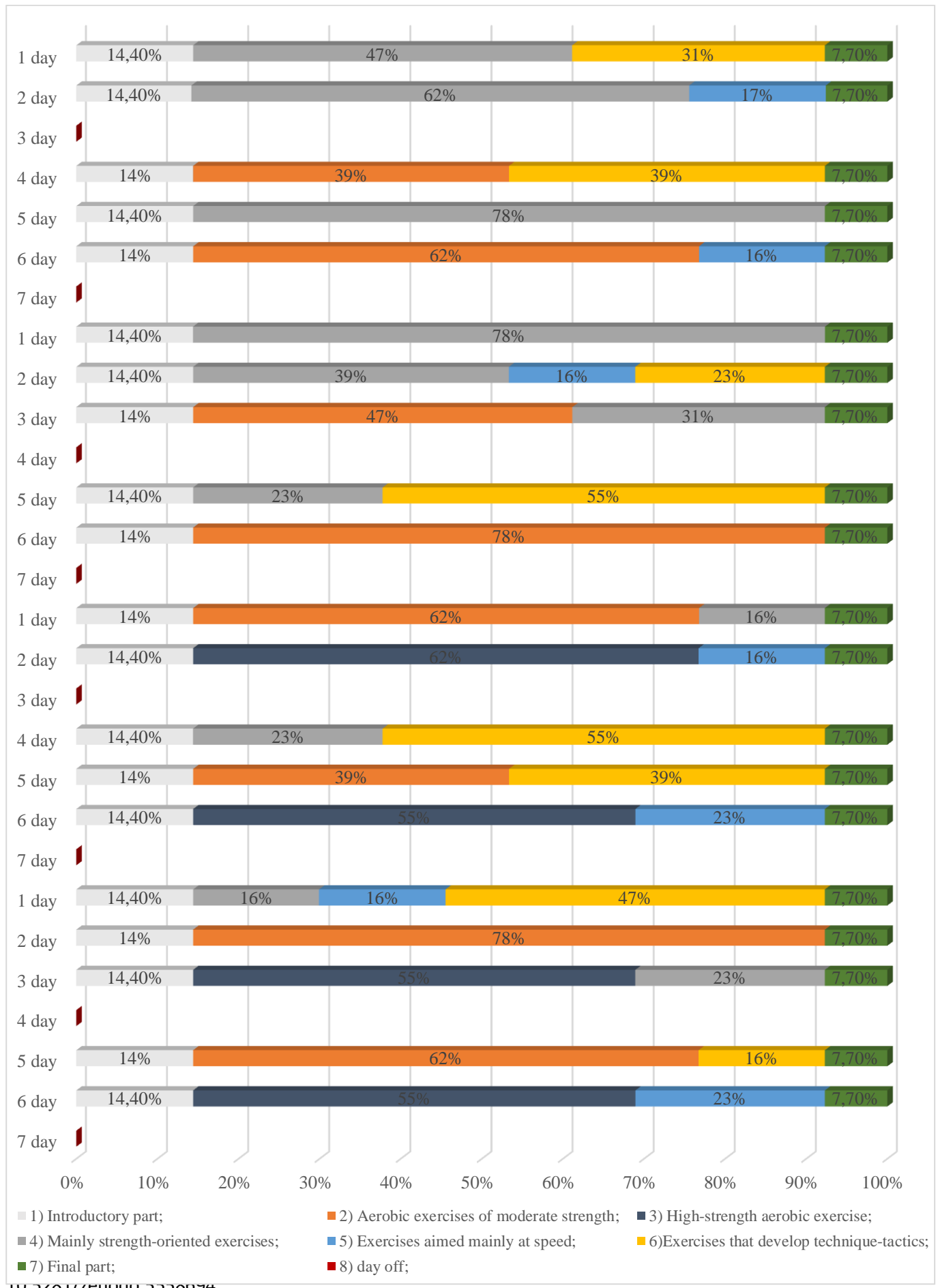
**Research methods:** Analysis of scientific and methodological literature, questionnaire, pedagogical observation, pedagogical testing, pulsometry, chronometer, and mathematical and statistical analysis.

**Organization of the study:** Gulistan was held with the participation of 27 students of the Olympic Reserve college.

Following the first week's microcyclic training plan, which is set up for 14-15-year-old freestyle wrestlers engaged in training Gruh, 47% at the beginning of the week is emphasized on the second day of the week, 62% at the beginning of the week and 78% of the training on the fifth Friday of the week, mainly on exercises that On Wednesday and Sunday of the week, 14-15-year-old freestyle wrestlers were given

the opportunity to rest for jismonan recovery. There was also no difference in the training plans for the rest of the week (see Figure 1).

The second week's microcyclic training plan of 14-15-year-old freestyle wrestlers engaged in training grux was as follows full 78% at the beginning of the week focused mainly on moderate-strength exercises and full-strength aerobic exercises, while 39% of the training on the second day of the week focused on developing the physical quality of strengthtirishga focused on exercises, 16%



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### **1-Figure Distribution of training loads in the mesocycl of 14-15-year-old freestyle wrestlers engaged in the training group**

the development focused on the confidence in the exercises. on Thursdays and Sundays, athletes were given the opportunity to fully relax for their recovery.

And the remaining two days of the week did not differ in the number of training sessions, while on Wednesday 47% of the emphasis was on average aerobic exercises, while the remaining 31% focused mainly on strength exercises made up the exercises of the day-to-day training process.

The confidence was focused on the fact that 14-15-year-old freestyle wrestlers ' third-week micro-training plan consisted of different exercises.

If the beginning of the week was started with exercises aimed at improving the quality of the average strength aerobic and strength bodytirishga, the second day of the week was included in the plan of exercises aimed at high strength and mainly agility, and athletes were given the opportunity to rest for recovery on the third day of the week.

23% of the training on Thursday was mainly in force, and 55% of the exercises developing technique-tactics were included in the plan. While the first half of Friday's training process consisted of moderate-strength aerobic exercises, the second half focused on technique-tactical development exercises, while in the end of the week, 55% focused on high-strength aerobic exercises, while 23% focused mainly on speed training.

On Sunday, athletes were given full rest so that jismonan could recover. As a result, Sports boredom in athletes was not observed in cases of fatigue from training, and in the course of training in the correctly planned cartilage microsigil, jismonan and mental fatigue cases were not observed.

The microclassical training plan, which is planned for this week of 14-15-year-old freestyle wrestlers engaged in training gruxi, was organized below. At the beginning of the Week, 16% were mainly focused on strength training, 16% were focused on agility, and the remaining 47% were focused on developing technique-

tacticstirishga when the majors were included in the plan, 78% on the second day of the week, and 62% of the training on the fifth Friday of the week took place in the training plan of Haftanaing said Wednesday and Saturday 55% of high-strength aerobic exercise accounted for a major part of the training process. On Thursday and Sunday, the athletes were given the opportunity for 14-15-year-old freestyle wrestlers to recover jismonan in two days of the week.

### **Conclusion**

- when analyzing the literature on the topic, it was found that in the training group of 14-15-year-old freestyle wrestlers who are engaged in the training of Kompleks preparation in microcycles, there is not enough research conducted after the researchers;

- a high level of training can be achieved by drawing up correctly planned microclimate training plans in the improvement of the state of microclimate training of 14-15-year-old freestyle wrestlers engaged in the training group;

- in the achievement of high-level training of 14-15-year-old freestyle wrestlers engaged in the training group, it is necessary to introduce a wide range of exercises of the aerobic, aerobic and glycolytic type into the training process;

- training should have a serious confidence in the diversity of the process, so that sports decoration, sericulture and similar rarities are not observed in athletes after the completion of the training.



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