DYNAMIK DER ALLGEMEINEN KÖRPERLICHEN FITNESS VON 14-15-JÄHRIGEN WRESTLERN, DIE AN TRAININGSGRUPPEN TEILNEHMEN

Xomudjonova Feruza Komiljon qizi
Lehrer des Pädagogischen Instituts der Karshi State University

Anmerkung: In diesem Artikel wurden die allgemeine körperliche Fitness und das körperliche Qualitätsniveau von 14- bis 15-jährigen Wrestlern, die in Trainingsgruppen einer auf Kampfsport spezialisierten Kinder- und Jugendsportschule tätig sind, auf Geschwindigkeit, Kraft, Beweglichkeit, Flexibilität und Ausdauerqualitätsindikatoren untersucht.

Schlüsselwörter: körperliche Belastungen, körperliche Qualitäten, Ausdauer, Schnelligkeit, Beweglichkeit, Kraft, Flexibilität Indikatoren für die körperliche Entwicklung.

DYNAMICS OF GENERAL PHYSICAL FITNESS OF 14-15-YEAR-OLD WRESTLERS ENGAGED IN TRAINING GROUPS

Xomudjonova Feruza Komiljon qizi
Teacher of the Pedagogical Institute of Karshi State University

Abstract: In this article, the general physical fitness, physical quality levels of 14-15-year-old wrestlers who are engaged in training groups at a children's and youth sports school specializing in martial arts have been investigated for speed, strength, agility, flexibility, endurance quality indicators.

Keywords: physical loads, physical qualities, endurance, speed, agility, strength, flexibility indicators of physical development.

In our republic, a number of works are being carried out to train highly qualified specialists in the field of physical education and sports, specializing in the training of highly qualified athletes, including Olympic Reserve colleges, sports clubs, and sports training centers, schools. Taking this into account, physical education and sports in our country should be shaped and improved with the help of new fundamental scientific and practical proven means. It would not be an exaggeration to say that one of our main goals is to increase the quality of education, further promote the demand for physical education and sports, and educate our youth physically strong and mentally mature using the opportunities and conditions created by our leader. The level of physical fitness of young athletes engaged in wrestling sports and highly interpreted tasks are important for them to achieve high results. To determine to what extent the overall physical fitness performance of 14-15-year-old athletes who are training in a wrestling sport is taking advantage of the wide opportunities given, this study was carried out.

Purpose of the investigation: Determination of the dynamics of the overall level of physical fitness of wrestlers 14-15 years old.

Task of Investigation: Determination of physical fitness, physical quality indicators of wrestling girls 14-15 years old.

Object of Investigation: The training process of 14-15-year-old wrestling girls.

Subject of the study: study groups study the dynamics of general physical fitness of 14-15-year-old wrestling girls.

Methods of Investigation: analysis of scientific methodological literature, pedagogical observation, pedagogical tests, mathematical and statistical analysis.

Organization of research: In the course of training sessions of young wrestlers engaged in training groups at the children's and Youth Sports School of shakhrisabz of kashkadarya region. Wrestlers aged 14-15 took part in our experiments.

While the training processes carried out by many highly qualified trainers in the sport of wrestling with young athletes have raised the honor of our country to a higher level, many of our scientists also contribute to the distribution of physical loads given to athletes in the training processes of young people with their research on this sport and the elimination of

The overall physical readiness levels of the unit were determined through each set of control tests.

Practical theory tests were taken to find out to what extent the dynamics of the indicators of physical development of 14-year-old wrestling girls during training is taking shape. The initially selected practical control test was performed by running a distance of 60m, in which the indicators of the speed physical quality of young wrestling girls were determined. While the preparation group wrestlers were 10.2±1.2 seconds before the experiment, it was revealed that by the end of the experiment their results had improved to 9.6±1.5 seconds. The variation coiphisent, on the other hand, was at the beginning of the year (V=11.7%) by the end of the year (V=15.6%) and was considered equal. The experiment took and the difference between the results after the experiment was 0.6. However, no statistically reliable differences were found when the results obtained were justified ($p<0.05$).

The control group found that statistical differences between pre-experimental and post-experimental pointers (10.1±1.4; 9.8±1.5) recovered from young wrestlers were equal to 0.3%. It is possible that we can see that these indicators are greater than 15.30 from the variation coiphisent (V=13.8%) in the control group. Among the pre-experimental speed indicators of the experience and control group are (10.2±1.2; 10.1±1.4;) no statistical differences were observed between ($p>0.05$). By the end of the year, the indicators of the experimental and control group (9.6±1.5; Statistical differences between 9.8±1.5) were determined to be equal to reliable $p>0.05$.

1000 m. the results shown at the beginning of the year in the experimental group of practical control tests on distance running ran at a time of 5.25.0±0.33 minutes and amounted to a variation coiphisent (V=6.28%). By the end of the year, this figure was reached in 5.00.0±0.23 minutes. We can see that the variation is better than the coiphisent (V=4.6%). Statistical differences between them were found to be equal to 0.25%. Through a practical test exercise in control groups, endurance physical quality indicators were determined. In the experiment obtained, the results

shown by the young wrestler girls at the beginning of the year covered an interval of 5.28.0±0.33 minutes, (V=8.52%) by the drift of the year this figure was 5.11.0±0.48 minutes. Variation coific (V=9.4%) statistical differences have a workability (t=1.12 p>0.05).

As an auxiliary tool in the development of general physical fitness of 14-year-old wrestling girls, we have proposed in the hypothesis of our research work that the intensity of application and the effectiveness of the implementation of the training process will be high.

How close the scientific hypothesis put forward in our point of view is to the fact that when the physical qualities of the fighters involved in the experimental group are compared to the results of their peers engaged in the control group, large differences in the percentage of the growth rate are determined.

The conclusion of the results obtained after the intensity of the use of drugs in the general physical development of 14-year-old girls, their pros and cons and application to the training process was positive. Now the development of the puddle of action games, which is our scientific novelty, the development of was to determine whether the initial preparatory stage is effective by applying it to the training process.

Experimental group stages 4x10 meter distance running test showed that if the result of 7.5±1.3 (seconds) was repeated at the beginning of the year the variation coiphisent was equal to 17.3%, by the end of the year it is possible to see that the variation coiphisent of 7.0±0.89 (seconds) changed to a positive side by Statistical differences were found to be equal in reliability (p>0.05). The results shown by the control group at the beginning of the year were 7.4±1.12 seconds with a relapse variation coiphisent (V=17.3%). By the end of the year, there was an increase in the indicators of young wrestling girls in a certain amount. (7.2±1.9) the variation coific (V=26.3%) ended with the result. The control group is equal to the reliability of statistical differences at the beginning of the year and the end of the Year (t=1.71 p>0.05).

The general Force is the force manifested by the athlete, not attributable to the special actions of the wrestler. The special force is represented by the athlete in special movements corresponding to the movements of the competition.

Absolute strength is characterized by the possibilities of strength, manifested in the movements of the athlete with a very large character. In the fight it is important to get one-on-one with the help of force (N.A.Tasatanov, 2017 168-p).

In order to determine the changes in the physical quality of strength, the experience and control group when conducting an examination on knowledge of the data on the differences between wrestlers, the experience Group is equal to the results of the wrestlers t=2.92 (p>0.05) (see Table 1).

Where the long jump experiment group showed at the beginning of the year in wrestlers, the results jumped to a distance of 1.62±0.51 m. the variation coefficient was (V=31.4%). This indicator showed a positive result by jumping to 1.75±0.51 m by the end of the year, ending with a variation coefficient (V=29.14%). The reliability of statistical differences is equal to t=3.24 (p<0.005). Control young wrestler girls ' pointers jumped to 1.63±0.45 m at the beginning of the year while they

jumped to 1.65±0.63 m by the end of the year. In these, it was found that by the end of the year it had grown to a distance of 2 m. The variation coefficient was at the beginning of the year (V=27.6%), while at the end of the year this exponent was equal to (V=38.18%.

Taking as an example the results of 14 young wrestling girls were found to be lower than the results shown by the wrestlers of this age than the experimental of the wrestlers of the theory group compared with the results of the tests carried out in amolyot in order to compare them to one of the changes in the accident in relation to

Flexibility is the ability of a wrestler to perform movements of great amplitude. Flexibility is determined by mobility in the joints. It, in turn, depends on a number of factors: the structure of the articular bags is formed by tendons, muscle stretching and their stretching abilities, there are several types of flexibility.

Active flexibility is the ability to perform movements with a large amplitude at the expense of individual muscle tension.

Sluggish flexibility is the ability to perform movements at a large amplitude at the expense of external forces: weights, opponent's movements. The volume of weak elasticity is higher than the corresponding indicators of active elasticity.

1-table.

General of 14-year-old wrestlers engaged in experimental and control groups dynamics of physical fitness (girls) (n=56)

	Control exercises	Groups					*dif*	*t*	*P*
			X±α	**V%**	X±α	**V%**			
1.	60 m. distance running (seconds)	TG NG	10.2±1.2 10.1±1.4	11.7 13.18	9.6±1.5 9.8±1.5	15.6 15.30	0.6 0.3	2.69 0.69	<0.05 >0.05
2.	1000 m. distance running (minute)	TG NG	5.25.0±0.33 5.28.0±0.45	6.28 8.52	5.00.0±0.23 5.11.0±0.48	4.6 9.4	0.25 0.14	2.11 1.12	<0.05 >0.05
3.	Mokki method running 3x10 m (seconds)	TG NG	7.5±1.3 7.4±1.12	17.3 15.13	7.0±0.89 7.2±1.9	12.47 26.3	0.5 0.2	2.71 1.71	<0.05 >0.05
4.	90 pull-ups (times)on a low tourniquet	TG NG	14±1.2 13±1.3	8.57 10	17±2.21 15±2.03	13 13.53	3 2	2.92 1.71	<0.05 >0.05
5.	Long jump from a standing position (m)	TG NG	1.62±0.51 1.63±0.45	31.4 27.6	1.75±0.51 1.65±0.63	29.14 38.18	0.13 0.02	3.24 1.12	<0.005 >0.05
6.	Forward bend (cm)	TG NG	11±2.4 11.1±25.8	21.8 25.22	17±2.1 13±2.4	12.35 18.46	6 1.9	3.24 1.56	<0.005 >0.05

Dynamic flexibility is the capabilability that is manifested in exercises with dynamic characteristics. Static flexibility is flexibility that is manifested in exercises with static flexibility.

General elasticity-the ability to perform movements with large amplitude in the largest joints in different directions (N.A.Tasatanov, 2017 178-p).

In determining the quality of elasticity, we managed to determine the results below using the forward bending control test while standing. The experience group was equal to the variation coefficient (V=21.8%) if the results shown at the beginning of the year in the wrestlers were 11±2.4 cm. By the end of the year, the results shown by the wrestling girls were the variation coefficient (V= 12.35%), which was better than 17±2.1 cm. Experience was also gained from control group wrestlers to determine the levels of physical quality of 14-year-old wrestling girls ' curvature. The results they saw at the beginning of the year were equal to 11.1±2.8 cm. The coefficient of variation, on the other hand, was (V=25.8%). By the end of the year, this pointer ended with 13±2.4 cm (V=18.46%). Above is born the need to give so opinions to the taxable conclusion of the results, which were repeated by the fighters of the group of experience and flirtation. According to him, in the experiment and control group, it was found that there was almost no difference in the indicators at the beginning of the year. And at the end of the year, it is possible to see that the experience and control group improved to 4cm in the results shown by the wrestling girls.

Based on the conclusions of the results obtained from our scientific research using the methods of scientific-methodical literature questionnaire survey, pedagogical observation, pedagogical testing, pedagogical experiment was carried out on 15-year-old wrestling girls with the aim of determining the effectiveness of the implementation of the practical games in the development of the physical qualities of young wrestlers.

In order to conduct a pedagogical experiment, 15-year-old girls were divided into two groups namely the experimental group and the control group. A 100m distance running exercise was selected in order to find out if the speed physical quality of the young wrestling girls was at a higher level. According to the results of the pedagogical experiment, the participants of the experimental group showed at the beginning of the year that the variation coefficient of 17.8±1.3 seconds was V=7.30%, and by the end of the year this indicator showed a result of the variation coefficient of 16.5±1.8 seconds V=10.60%. The difference between them was 1.3% better. Even in the control group wrestlers, this test exercise was taken at the beginning of the year and showed at the end of the year that the natural did not differ much from the experimental group. (17.4±1.2 s V=6.89%;) (16.9±1.2 s V=7.10%) the reliability of statistical differences was equal to t=0.69 p>0.05.

By running a distance of 1000 meters, the endurance physical quality indicators of young wrestling girls were determined. Initially, test exercises were carried out on the fighters of the experimental group. The results shown at the beginning of the year were 4.52.0±0.32 (minutes), the variation coefficient was V=7.07%, while the variation coefficient of 4.20.0±0.23 (minutes) by the end of the

year is equal to V=5.47%. It is possible to see a change to a positive side at the end of the year compared to the beginning of the year. Statistical differences were 0.12%.

By the end of the year there was an increase in these indicators if the results shown by the fighters of the control group were 4.54.0±0.33 (minutes) variation coefficient V=7.26%. 4.32.0±0.41 (minutes) showed the result, the variation coiphisent was equal to V=9.4%. As can be seen in the experiment, there was also an increase in a certain amount by the end of the year in the control group. Reliability of statistical differences (t=1.12 p>0.05) (see Table 2).

Speed physical quality levels of 15-year-old wrestling girls in the Mocci 4x10 m distance running were determined. The experimental group showed that the results of the wrestlers at the beginning of the year were equal to 7.3±1.22 (second) variation coefficient (V=16.71%), while the results of the young wrestling girls at the end of the year were 6.8±0.82 (second) variation coefficient V=12.5%. The difference between the experiments changed by 0.5%. The result shown by the control group wrestlers at the beginning of the year was 7.2±1.8 (seconds) variation coefficient v=25%, while the results of the young wrestlers at the end of the year showed 7±1.6 (seconds) variation coefficient V=22.85%. statistical differences between the experiment amounted to 0.2.

2-table.

General physique of 15-year-old wrestlers engaged in experimental and control groups dynamics of preparedness (girls) (n=58)

	Control exercises	groups					*dif*	*t*	*P*
			X±α	**V%**	X±α	**V%**			
1.	100 m. run distance (seconds)	TG NG	17.8±1.3 17.4±1.2	7.30 6.89	16.5±1.8 16.9±1.2	10.60 7.10	1.3 0.5	2.69 0.69	<0.05 >0.05
2.	1000 m. distance running (minute)	TG NG	4.52.0±0.32 4.54.0±0.33	7.07 7.26	4.20.0±0.23 4.32.0±0.41	5.47 9.4	0,12 0,22	3.13 1.12	<0.005 >0.05
3.	Mokki way running 3x10 m (seconds)	TG NG	7.3±1.22 7.2±1.8	16.71 25	6,8±0.82 7±1.6	12.05 22.85	0.5 0.2	2.71 1.71	<0.05 >0.05
4.	90 pull-ups (times)on a low tourniquet	TG NG	14.2±1.5 14.3±1.8	10.56 12.58	17±2.12 16.2±2.1	12.47 16.2	3.2 1.9	2.92 1.54	<0.05 >0.05
5.	Long jump from a standing position (m)	TG NG	1.71±0.63 1.72±0.55	36.8 31.9	1.85±0.65 1.78±0.58	35.13 32.58	0.14 0.06	3.24 1.12	<0.05 >0.05
6.	Forward bend (cm)	TG NG	11.2±3.5 11±3.5	31.2 31.8	16.5±2.4 14.5±3.4	14.54 23.44	5.3 13.5	4.12 1.56	<0.05 >0.05

The 15-year-old wrestler Girl A had practical control tests to determine the strength physical quality indicators. at this age, in determining the quality of strength, 90º pull-up exercise was selected in a low tourniquet. It was found that there was practically no difference in the results shown by the experience and control group wrestlers at the beginning of the year (14.2±1.5; 14.3±1.8) when the results of the experiment group were weighed 17±2.12 times by the end of the year, the variation cofisent was 12.47%. Compared to the beginning of the year, it is possible to see that at the end of the year there was an increase in young wrestling girls by 3.2%. The reliability of statistical differences is equal to $T=2.92$ $p<0.05$.

In the control group wrestlers, too, the results they showed at the end of the year improved by 1.9% compared to the results they showed at the beginning of the year.

In the long jump where it stood, the experimental group showed that the results of the wrestlers before the pedagogical experiment were 1.71±0.63 (meters) variation coiphisent 36.8%. By the end of the year, the results shown by the young wrestling girls jumped to a distance of 1.85±0.65 (meters). The variation coific was equal to 35.13%. The growth difference between the experiment was 0.14%.

By the end of the year, there was an increase in the results of this indicator by 0.06%, when the results of the control group wrestlers showed at the beginning of the year were equal to 1.72±0.55 (meters) variation coifisent 31.9%. The reliability of statistical differences was determined. ($T=1.12 >0.05$)

In order to determine changes in the quality of power, it was found that there is no significant difference between the results of experiments and control groups that we showed in our experiment at the beginning of the year.

Through the next obtained practical control test, the physical quality indicators of curvature were determined. According to him, the exercise of the Forward Bend was selected. In the experimental group wrestlers, the forward bend while standing was equal to 16.5±2.4 cm, (V=14.54%), and 14.5±3.4 cm (V=23.44%) if in the control group. It was found that the results that the group of experiments showed were better than the control group. The reliability of statistical differences was determined. $p>0.05$

CONCLUSION

By analyzing the scientific and educational and methodological literature on the development of physical qualities in solo artists, in recent times, the focus of specialists in the field of sports is on the development of the most effective means and techniques of general and special training, which put increased requirements on the functional systems of the athlete's organism, the capabilities of which determine the

Scientific research and scientific research has been based on the fact that the effective use of various means, including action games, in the development of the physical qualities of young wrestlers will have a great effect, and a deeper study of this direction and its scientific justification. One of the founders of the

theory of physical education is P.F Lesgaft it has been shown that it is good that action games are regularly held when children learn to control their movements and develop bundey skills in them.

That is, the games teach them to act with a clear objective, seeing great speed, agility and agility. In doing so, they are also taught to follow the rules, to control themselves, to appreciate the comrade. According to the results of the test exercises, which represented the level of development of physical qualities, natili, who showed at the beginning of the year in experimental and control groups, were practically different from each other.

Physical quality indicators including: qualities such as strength, speed, endurance, agility, flexibility, it turned out to be sufficiently developed in wrestlers aged 14-15 years. It has also been found that the physical conditions of the experimental and control groups are at a better level.

REFERENCES

1. Resolution of the president of the Republic of Uzbekistan No. 4881 of November 4, 2020 “on measures to develop a national sport of struggle and further increase its international prestige lex.uz
2. Abdullaev Sh.A.- Tashkent, information press 2017y.
3. Aliev I.B. – Training loads of students engaged in wrestling. Tashkent – 2012y.
4. Bobomurodov F.I. A differential approach to improving the technical and tactical actions of wrestlers, taking into account their morphological characteristics. Ped. (PhD). diss. abstract.
5. Kerimov F.A. – Greco-Roman Wrestling. Educational-methodical manual, information heritage. 2017y.
6. Nurshin J.M. – Uzbek national struggle. Tashkent. 1993y.17-p.
7. Tastanov N.A. – Theory and methodology of types of struggle.T.:2017y.
8. Taymurodov A.R. - Fight. Monograph 2007y.78-.
9. Yusupov K.T. – National Wrestling Rules. Monograph. Tashkent-1992y.