

YOUNG SAMBO WRESTLERS BEGINNER THROUGH SPECIAL GAMES AT THE PREPARATORY STAGE DEVELOPMENT OF PHYSICAL FITNESS

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Annotation:In the article, the general and special physical of young sambo wrestlers using special games to increase the level of preparation, functional and the main thing is to increase physical fitness, develop competition skills, tactical improve thinking, increase the ability to compete in difficult situations and it is possible to quickly implement non-traditional methods developed methods are shown.

Key words:Sports, initial training, skills, healthy phase, game tasks, sambists.

Introduction:Requirements for comprehensive training of athletes for modern sports constant exaggeration is characteristic. In such conditions, young sambo wrestlers coordination of technical actions at the initial preparatory stage, deep learning is of great importance.

In children of different ages, physical qualities are not formed at the same time. For the development of each quality, it is possible to achieve its greatest growth there are some sensitive periods. They have the peculiarities of their ability and has a genetically determined talent development program. Junior in children, interest in various motor actions increases significantly. Competition the intensification of their sense leads them to seek new actions and make them, especially, leads to learning things that are not familiar in unexpected situations. Every man not only tries to learn new movements, but also makes it with good partners tries to take possession.

At this age, they easily make the most difficult movements can successfully master. School-age i.e. 7-17 education of the elderly in actions engaged in a well-structured program it is most convenient for, which in turn leads to the formation of technical training has a significant effect. Currently, the development of coordination skills there is a biological basis, the development of which is the sum of the tools of the cup it is carried out on the basis of formation. It has the motor function of children and adolescents manages to determine a large inequality in development. Sambo wrestling is a variety of it is a sport rich in extramural movements, with a specific task, strength, time and space characterized by parameters, coordination complexity, etc. Within the framework of a number of activities of complex tactical and technical actions and complexes represents [1, 3,]. 7-10-year-old beginner of sambo players in the preparatory stage the ability to move supports high growth rates.

This is due to the high plasticity of the central nervous system and the intensity of the motor analyzer, which is expressed in the improvement of certain immediate properties of movements helps develop [3]. A special place in Sambo wrestling training occupies. According to a number of authors, the physical development of improvement it is important to train qualified athletes of different levels should be considered as one of its departments. Therefore, physical in the learning process great attention should be paid to the improvement of its development, which will make athletes it should be considered as one of the important sections of preparation .

The fight against the study of children and adolescents was carried out at mctam boarding school. Young ng athletes were trained in sambo under the presented program. TG the technical actions we developed for the curriculum are the method of special action games included. In our playing style, the exercises that bring, the game tasks are basic general structure of competitive

action, external biomechanical of technical action retains its structure. To develop motor actions in their implementation the conditions that will help are provided, the consistency and step-by-step carried out on the basis of psychological conditions, great attention to physical development will be paid. Development of special games, game tasks, physical qualities performing specific right exercises to develop into simulation exercises was based on.

Conclusion:The general structure of the main competitive action and the technical action exercises leading to games that maintain an external biomechanical structure, method of development of game tasks, development of motor actions it makes it possible to create conditions that facilitate, to implement the didactic principle of sequence and instep. This method is a general and special physical training of young sambo players increase level, expand Motor experience, functional and basic physical improve training, acquire wrestling skill skills, improve tactical thinking to improve, improve the ability to fight in difficult situations, and from them allows you to quickly find unconventional methods. Training sessions allows more precise control.

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