

## METHODS OF DEVELOPMENT OF SWEEPING METHODS AND TECHNIQUES IN 14-15-YEAR-OLD WRESTLERS IN CHILDREN'S AND YOUTH SPORTS SCHOOLS"

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**Annotation:** This article discusses the tourism potential of the Republic of Uzbekistan. The author analyzes the problem on the basis of available scientific and historical literature, based on archeological data, archival documents and written sources, and explores the specifics of the subject.

**Keywords:** Tourism, hotels, cultural tourism, pilgrimage tourism, tourists, tourism potential.

### Introduction:

Wrestling is a specific type of wrestling in which victory over an opponent is achieved through the use of certain actions and techniques. In wrestling, all methods are said and performed under 7 names: sweep, chil, double, load (load), shoulder, bard, side. There are hundreds of ways to do this.

Teaching Techniques and Anti-Sweeping Techniques All methods of sweeping with the right or left foot are called "Supurma".

**Pre-sweep This method is more convenient when the opponent is bent forward or in motion.**

*Initial Position (DH) - Wrestlers are in the starting position. Catch the opponent under two elbows. Step 1 Step to the side with the base leg, shake the opponent vigorously with your hand, and kick his legs through the attacking leg. 2- Turning the opponent's shoulders, continuing to shake, with the surface of the attacking foot, tapping his ankle. 3 Cut off the body (legs) of the opponent from the carpet by twisting his shoulders. Once the direction of fall of the 4th opponent is clear, the wrestler should lower one arm and allow him and himself to be careful.*

**Sweep from the side in sync with the step.** *It is convenient to perform this method when the opponent moves to the sides (Fig. 8). The first condition is the state in which the wrestlers begin to fight. The catcher grabs the opponent by the elbows. Step on the 1st side and use your hands to force the opponent to take an equal step. 2- As the opponent puts his far leg on the carpet, continuing the movement of the arms, the attacking leg is released from the weight of his body and the opponent's elbows are raised inwards and upwards, sideways. kicking the attacking leg to his leg with his thigh. On the 3-4th attack, hit the opponent's legs with the foot and cut off the carpet, throwing the hands on the carpet with the shoulders to the opposite side of gravity. When it is clear that the opponent will fall 5-6, put his far*

arm, allow him to take care of himself, and put the attacking foot on the carpet and stand firmly.

**Sweep the opponent's soles and heels from the inside** The opponent spreads his legs wide, pulls back and pulls him, and does this comfortably on the shoulders. The starting position of IC-wrestlers. Hold on to the left or right sleeve and collar. 1- Swing and transfer weight to the base leg. 2-3 wrestlers take a big step with the attacker's foot and approach the opponent, without putting their foot on the carpet, wrap the opponent's foot around the heel and cut it off the carpet. Wrestler 4-5 continues to move forward, hitting the opponent's attacking leg, not allowing him to put on the mat, and knocking the opponent to the mat with his shoulder.

To fully understand the technique (methods) of wrestling, to be able to perform it in any situation, that is, to fully master it, you must first have an understanding of its methods, the interaction of two wrestlers, how the methods are performed.

When the wrestlers go to the fight, they stand facing each other on the edge of the carpet, and after the bow, they fight according to the rules set by the judge. Both during training, they have to sit with their coaches on their backs, with their left foot behind their right foot, their hands on their knees, and their chords dry.

In wrestling, by means of permitted methods, the opponent or partner is removed from the balance of the base, and the method is carried out and the opponent is defeated. Methods that do not harm human health, do not cause harm and are beautiful are divided into groups and studied separately. The techniques are mainly performed using the arms, legs and pelvis while standing.

**The following exercises are recommended to avoid falling out of the center of gravity:**

1. Standing on one leg, lift the other leg forward, sideways, and backward.
2. Lean forward, left and right, bend backwards and rotate the body without moving the pelvis, with the legs in pairs.
3. Rotate the legs in pairs while standing upright with the pelvis (in each direction).
4. Perform this movement on one leg.
5. Rotate the body while standing on one leg.
6. Jumping on one leg.
7. Do not jump out of the center of gravity by turning the body 90, 180, 360 degrees.

Distributing each wrestling method according to their general classification allows professionals to develop theoretical and practical knowledge of the science and at the same time helps to identify gaps in knowledge. Interaction methods are based on systematization. Systematization is the systematization of wrestling techniques, which is a sequence of mock-ups in a certain order. In systematization, unlike classification, objects are compared to identify and arrange a sequence. The systematization explains the possibilities of this classification scheme, pointing out its shortcomings.

Table 1. Experimental analysis of the physical development of wrestlers

Tezlik-kuch sifatlari				
Physical ability	Tests	The beginning of the experiment	End of experiment	Reliability level (P)
Special durability				
speed force (writing legs)	Long jump while standing (sm)	22,1	2,47	<0,001
Rapid power	Pull on a 5 cm rope	7,8	7,6	<0,05

<b>(shoulder belt)</b>				
<b>Fast-power</b>	Running 30 m (s),	4,5	4,7	<0,05
<b>Special fast power</b>	mannequin throw 8 times (s)	20,8	18,2	<0,05
<b>Speed force (shoulder belt)</b>		4,7	5,3	<0,05
<b>Fast power (shoulder belt)</b>	Shooting for 5 seconds on the column (many times)	20,8	18,2	<0,001
<b>Special high speed</b>	Return 1 (feet in 10 seconds) (several times) shooting for 5 seconds on the column (many times)	17,2	18,4	<0,001
<b>Special fast power</b>	Return 1 [feet in 10 seconds (several times)	15,5	603	<0,05
<b>Rapid-force (abdominal muscles)</b>	Lift the legs and shoulders at the back for 10 seconds (many times)	17, 2	18,4	<0,05

The task of classifying and systematizing wrestling is to reflect the essence of wrestling. Classification and systematization cannot be done without preliminary work on defining concepts (throwing, sweeping, pushing, weighing, etc.).

Classification of methods is important for creating science-based terms. The term “intermediate” is a combination of terminology used in their scientific and pedagogical work.

Terminology based on the classification and systematization of these methods provides information on the subject of science. This term is scientifically based terminology. Thus, by thinking about methods, classification, systematization, and terminology, they can be considered in this order and used to construct a sequence of classification tasks. In other words, first a classification is made, as a result of which a certain system is formed, and then on its basis are given scientifically based names of all methods of struggle.

Different types of battles have a common law and they consist of the following.

1. A fight involves two athletes, each of whom can defeat an opponent using methods or previous methods. Thus, there is a wrestler and a wrestler (called an attacking fighter) who combines every attack and the method and combination of attacks.
2. One of the main tasks of each wrestler is to maintain the chosen position (sweeping method).
3. The task of the attacking wrestler is to balance the position of the opponent on the carpet. In this case, the differences between the fighters may be different.
4. The weight of the wrestlers on the carpet helps to change the situation on the carpet.
5. The biomechanical basis of a particular method is to give the opponent's body the desired impact (drag force, energy production, use of force and creation of moments of inertia).
6. The method allows you to win strong, and they consist of several parts:
7. preparatory actions, pursuits, major attacks, and closures.

Technical training in combat is characterized by the level of skill of the athlete to achieve high sports results. General technical training is aimed at acquiring skills and abilities

Various actions in auxiliary sports include special technical training to achieve technical skills in

sports. 6. Technical training in martial arts is aimed at solving a number of complex tasks: -increasing the efficiency of maximum voltage; - Maintaining the operating voltage; - Improving the speed and accuracy of competition in changing conditions. Improvement of sports technique is carried out during many years of training of wrestlers and is aimed at improving the technical skills of the chosen wrestler. Technical skills are one of the most effective methods in tough wrestling.

General principles of technical operations. Wrestling technique is a set of methods, countermeasures and defensive measures allowed in the rules of the competition. Targeted attack methods that leave the wrestler behind the opponent. Each method consists of two parts. The first part is to hold on to use this method. Detainees are divided into upper, lower, back, front, side, and so on. General principles of technical operations. Wrestling technique is a set of methods, countermeasures and defensive measures allowed in the rules of the competition. Targeted attack methods that leave the wrestler behind the opponent. Each method consists of two parts. The first part is to hold on to use this method. Detainees are divided into upper, lower, back, front, side, and so on. Defense is a purposeful action that prevents the enemy from carrying out methods (countermeasures). Protections are natural and indirectly protected. The initial defense is done with a pre-determined precedent, i.e. before the opponent can do it. Direct defense is aimed at stopping the enemy's attack. The effectiveness of such protection depends on its timely implementation. All technical actions are performed by the fighters in different situations. Defense is a purposeful action that prevents the enemy from carrying out methods (countermeasures). Protections are natural and indirectly protected. The initial defense is done with a pre-determined precedent, i.e. before the opponent can do it. Direct defense is aimed at stopping the enemy's attack. The effectiveness of such protection depends on its timely implementation. All technical actions are performed by the fighters in different situations.

**Conclusion.** in supurma and other methods of wrestling, by means of permitted methods, the opponent or partner is removed from the balance of the base, and the method is carried out and the opponent is defeated. Methods that do not harm human health, do not cause harm and are beautiful are divided into groups and studied separately. The techniques are mainly performed using the arms, legs and pelvis while standing. Improving the physical fitness of a wrestler through a variety of methods is an important component of sports training and is a process aimed at increasing physical fitness, strength, flexibility and speed.

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