

Formation of Professional Competence of Future Teachers-Coaches on Uzbek Wrestling

Hasanov Asliddin, Rustamov Elnor, Khomidov Mirkhan, Jamalov Feruz

Faculty of Pedagogical Education and Sports of Turan Zarmed University,
Teachers of "Department of Preschool Education and Sports".

ABSTRACT: this article provides information on ways and methods of applying theoretical knowledge, practical skills and qualifications of Uzbek national wrestling coaches during sports training.

KEYWORD: national wrestling qualification, physical quality, extracurricular physical education, physical education, sports, physical education, physical development, physical maturity.

It is known that Uzbek national wrestling is a widespread sport in Central Asia and Kazakhstan, and the "Bukhara" and "Fergana" forms of wrestling are widely used in these regions. In "Bukhara" wrestling, there is a method of knocking down while standing, without grabbing below the waist. The main methods of this fight are to throw the opponent over, hook, choke, roll from the inside as a shin, grab the opponent's shoulder, and throw him over the shoulder by hooking him with the knee. Bukhara, Khorezm, Samarkand, Kashkadarya, Surkhandarya, Jizzakh regions and the territory of the Republic of Karakalpakstan used the "Bukhara" wrestling. In Fergana wrestling, opponents are held in front by their belts while standing, and they are not released even during the competition. The opponent is lifted from the ground and knocked down with leg movements. The characteristic methods of this fight are: throwing, throwing the opponent off the ground first, bending and turning the opponent, throwing the opponent without touching the head on the mat, turning the opponent and knocking him down, grabbing the opponent by the thigh, knocking over the shoulder. Fergana wrestling took place in Fergana valley, Tashkent, Syrdarya regions¹. Yes, wrestling is one of the ancient, universal, widespread values of our people, which requires honesty and is far from arrogance. During the years of national independence, it has expanded its borders, has wide borders, and is now covering the world. There are lovers, fans and participants of Uzbek wrestling in more than 100 countries on five continents. National Uzbek wrestling, embodying national pride, honesty, dedication, pride, courage, has been the cause of prestigious competitions since 1992. International tournaments for the Presidential Prize held in memory of "Father Tursun" in Karakol, "Amir Temur" in Shahrisabz, "at-Tirmizi" in Surkhandarya, "Bahouddin Naqshband" in Bukhara, "Babur Mirzo" in Andijan, "Pahlavon Mahmud" in Khorezm made a great contribution to the rise of Uzbek wrestling to a high level and to the introduction of a new type into the world of sports

Therefore, the subject of national wrestling, which is part of the system of physical education taught in the educational institutions of the republic today, is an important subject that increases the physical fitness of young people, improves their moral and moral potential, willpower, and prepares them for social work and

the defense of the Motherland. is widely promoted as a tool. After all, based on the requirements of the "Law on Education" and the "National Personnel Training Program", this subject enables our students to:

- To grow into physically fit as well-rounded, strong people;
- To be strong-willed, tenacious, brave and courageous;
- To be brave boys who are free from cowardice and fearlessness and are ready to face any danger;
- To develop independent thinking, free thinking, creativity, initiative;
- To teach people who are deeply aware of their identity, faithful, honest, patient, compassionate, and ready to be people who ensure the inviolability of the borders of our Motherland;
- It serves as a science that is loyal to national and universal values, preserves and increases spiritual heritage, and is ready to defend its people and nation from any failures.

It is natural that this situation will turn our youth into people who can meet the demands of today's intense life and society, active participants of the newly created society. Therefore, the prestige of "Types of National Struggle and Teaching Technologies" taught in educational institutions, especially in family educational institutions, has increased. Also, the fact that Uzbek wrestling is covering the world, the establishment of the International Wrestling Association, the holding of international wrestling tournaments, the inclusion of wrestling competition in the Olympic Games, increased the attention to the teaching of this science. It should be recognized that the subject of "Types of National Struggle and Teaching Technologies" teaches students agility, dexterity, courage, pride, courage, kindness, faith, honesty. - as it serves to educate religion and honesty, it needs the information of the sciences related to physical education. Especially "Physical Culture Theory and Methodology", "Physical - 8 - Education Hygiene", "Physiology and Biomechanics of Physical Exercises", "Sports Games and Teaching Methodology", "Gymnastics and Teaching Methodology" information in the sciences to teach national wrestling to young people, to train them in general and special physical training, to inculcate movement techniques, to ensure the voluntary, moral, and spiritual preparation of wrestlers in the process of wrestling, as well as to plan, organize and conduct wrestling training provides practical assistance in the project. Building the direction of the educational process in the teaching of the subject "Types of national struggle and its teaching methodology" in a certain consistency and integrity, education that realizes the specified goal of the educational and cognitive activities of pupils (students) requires the choice of forms, methods and means of communication. For this, it is necessary not to ignore certain laws, rules and specific aspects of didactics. Because according to scientific sources, teaching technology (as a result) is a scientific project model of the didactic process, which ensures the success of pedagogical actions during the activity.

What is embodied in the content of teaching technologies:

1. Designing the teaching process based on educational standards.
2. Guaranteeing the expected result and fully achieve the guaranteed result.
3. Clearly defining the purpose of obtaining a guaranteed result, that is, to clarify the general purpose of education and the purpose of the educational subject, as well as the purpose of the educational information to be mastered.
4. Accurate selection of didactic teaching tools and maximum (optimal) use of them.
5. Basing on the principles of continuity, gradualism, scientificity, comprehensibility, demonstrability, practicality of teaching.

6. Development and planning of the map of educational activities based on the knowledge, skills, competences and pedagogical activities (teacher-student activities) to be mastered.
7. It is aimed at ensuring the independence, activity, and creative maturity of learners.
8. The educational process should consist of the components of motivation, learning activity of the learner, management of the student's activity and implementation. In addition, in the teaching of the subject "Types of national wrestling and teaching methods", the use of advanced and modern methods of education, the application of new innovative pedagogical technologies, lectures, and practical exercises for students' mastery of the subject content. it is necessary to use advanced innovative technologies

Summary

The professional-pedagogical activity of the coach is multifaceted and covers a number of directions, including: educational work, management of sportsmen's activities in training and competitions, selection of talented personnel, scientific and methodological activities, organization of competitions and training transfer, improvement. personal skills in preparation for competitions and material and technical support. One of the most important tasks of a coach is to teach. It includes the ability to teach the technical and tactical behavior of the chosen sport, physical and spiritual development, and the formation of a well-rounded personality. A coach for athletes should know training methods, willpower, normalization of physical activity in training physical and moral qualities, choose tools and methods taking into account the individual characteristics of the participants, their functional readiness, physical and mental development.

List of references

1. Kerimov F.A. - "Wrestling Theory and Methodology" Book. T., 2001.
2. Karelin A.A. - Sports training of highly qualified wrestlers: Monograph / A.A. Karelin.-Novosibirsk: Mangazeya Publishing House, 2002.
3. Kerimov F.A. - Educational guide "Scientific research in the field of sports". T., 2004.
4. Kerimov F.A. - "Wrestling Theory and Methodology" Book. T., 2005.
5. Bakiyev Z.A. Free wrestling theory and methodology / Book. -Tashkent: "Leading press" publishing house, 2011.- P.230-239.
6. Abdullaev Sh.A., Agzamov A.A. Free wrestling theory and methodology. Manual. T. 2016.
7. Abdullaev Sh.A. Improving sports and pedagogical skills in freestyle wrestling. Manual. "Orak Press" publishing house - 2017. 208 rates