

## **The Role and Importance of Planning Competitive Loads of Highly Qualified Freestyle Wrestlers (Analysis of Scientific and Methodological Literature)**

**Jorakhanov Khamidullo Khojimirzayev**

Lecturer at the Faculty of Physical Culture of Namangan State University

**ABSTRACT:** This article presents an analysis of scientific and methodological literature on the role and importance of planning pre-competitive loads of highly qualified freestyle wrestling.

**KEYWORD:** high qualification, freestyle wrestling, pre-competitive, loads, planning, freestyle wrestling, competition, cycle, technical and tactical, preparatory.

Relevance. Changes in the rules of competition introduced by the International Wrestling Federation in recent years have led to the need to significantly increase the number of combat fights due to the increased activity and efficiency of the technical efforts of wrestlers. This situation required the necessary adjustments to the entire learning process and competitive performance.

An important factor in this direction in wrestling is to choose a reasonable structure of pre-race training in the stages of the annual cycle. At the same time, it is necessary to take into account the requirements of the competitive activities of wrestlers, which determine the sequence of investment in the training process, taking into account the impact on the growth and continuity of sports results. High athletic achievement is provided by a specific set of motor skills, so the tools used must have a sufficient set of specific learning effects. The results of the study and analysis of the scientific and methodological literature have shown that special tools close to the competition and competition exercises themselves play a key role in training qualified wrestlers (A. A. Novikov, 1993; G. S. Tumanyan, 1998; R. A. Piloyan, 1999; V.M. Igumenov, 2000; D. G. Mindiashvili, SH.T. Nevretdinov, 2000; O. P. Yushkov, 2000; B. A. Podlivaev, 2001).

The diversity and complexity of technical movements in different types of wrestling should be combined with high reliability of their performance in competitive conditions, which requires the maximum approach of training tools to competitors (I. Alikhanov, 1986; VS Dakhnovsky, 1989; Yu.A. Shakhmurodov, 1998; G. S. Tumanyan, 2000; B. A. Podlivaev, 2002).

However, the uncontrolled increase in the partial volume of competitive training means, as a rule, leads to a significant increase in training loads and, as a result, can adversely affect the body, and in some cases the state of over-training of wrestlers (G. S. Tumanyan, 2000; O.P. Yushkov, 2000;

A.D.Sukhanov, 2002). In this regard, the issues of rational planning of the structure of special means of competition and consistency of their implementation at the stages of the annual cycle of young wrestlers are of high theoretical and practical relevance.

The aim of the study is to develop and substantiate the rational design of special tools and assembly competition blocks to increase the technical and tactical training and efficiency of competitive activities of qualified young wrestlers in the pre-competition stages of the annual cycle.

The object of research is the process of planning the pre-competition loads of highly qualified wrestlers.

The research topic is the intensification of pre-competition training of wrestlers in the annual cycle and the implementation of the content of management tools and methods.

It is assumed that the consistency and intensity of special tools and assembly race blocks at different stages of the annual cycle will significantly increase the reliability and effectiveness of technical and tactical movements, the effectiveness of junior wrestlers' sports activities, and training process management.

The theoretical and methodological basis were the main provisions of the concept of the theory and methodology of sports training (L. P. Matveev, V. M. Zatsiorsky, N. V. Platonov, G.S. Tumanyan); the theory of adaptation of the human body system to training and competitive loads (F. Z. Meerson, V.N. Platonov, N. I. Volkov, Yu.V. Verkhoshansky, A. S. Solodkov); management of wrestling training (A. Novikov, I. I. Alikhanov, A. M. Dyakin, V. M. Igumenov, V. S. Dakhnovsky, R. A. Piloyan).

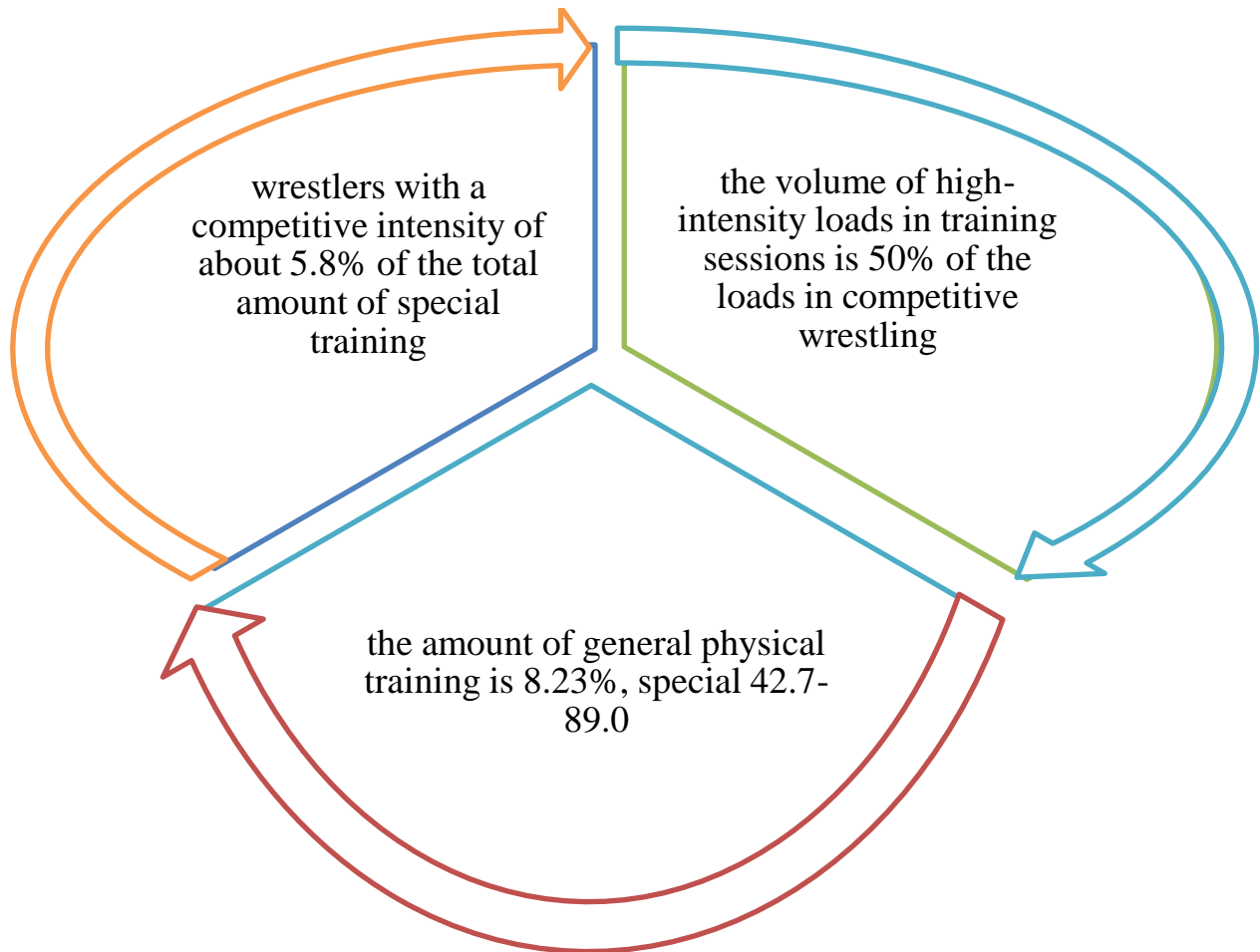
➤ During the year, an innovative method of strengthening the pre-competition training of qualified young wrestlers at different stages of the cycle was theoretically developed, experimentally substantiated and introduced into sports practice, which significantly increased the effectiveness of training management and resulted in high efficiency of young wrestlers. competitive activity;

by increasing the volume of special training with competitive intensity in competitive mesocycles and using competition collection blocks;

developed and proved the expediency of using a design model of the rational structure and composition of special means and loads in a competitive direction in the pre-competition stages of the annual training cycle of qualified young wrestlers;

➤ A system of tests to determine the effectiveness of the competitive activities of young wrestlers was established and tested.

The results of the study will supplement the theory and methodology of sports training with new information on the use of special tools and loads in the pre-race mesocycles of young wrestlers. The results of the study show that the proposed model of planning the competitive training of qualified young wrestlers makes significant adjustments to the organization and methodology of the training process, optimizing the nature and direction of training loads and training tools, developing tactical, technical and quantitative features. allowed to exit. and improving the physical fitness of junior wrestlers and the effectiveness of training management in general.



**Figure 1. Results of the study on the distribution of downloads in the process of pre-competition preparation**

An analysis of the specialized scientific literature and expert opinion showed that in the pre-competition mesocycle of a one-year training cycle, skilled junior wrestlers have about 5.8% of the total amount of special training with competitive intensity. However, this is not in line with the current trend of intensifying competitive activities due to changes in competition rules.

The results of experiments on the assessment of the structure of training and competitive loads in the annual cycle of training of young qualified wrestlers allowed to determine the following:

- The volume of high-intensity workload in training is 50% of the workload in competition;
- The volume of specific exercises of a competitive nature in the impact microcycle of the control and training mesocycle was 2.70% of the total amount of training per week, and in the competitive mesocycle this figure increased by 1.55 times (4.20%);
- Partial funding for competitive training of junior wrestlers up to 19-20%;
- the volume of loads in the high-intensity zone was 17.20%, submaximal - 10.4%;
- The total amount of physical training was 8,023.0%, special - 42.7-89.0%.

The development and implementation of innovative methods of intensifying pre-competitive loads has allowed to identify the most effective means of competitive preparation of adolescents in

wrestling, which has helped to increase the load on the pre-competitive mesocycle by 20-24%. At the same time:

- It is necessary to increase the volume of specific loads on the impact microcycles of the pre-race mesocycle of wrestlers from 2 to 4-5% and increase their intensity to 15%; it is necessary to increase the partial volume of pre-race preparations in the pre-race mesocycle. 8-10%, training loads in the submaximal intensity zone up to 26-27% and in the maximum intensity zone -12-13%;
- In the main mesocycles in the high-intensity zone it is most reasonable to increase the training load to 15-16%, and in the pre-race period to 18-20%.

In preparing qualified wrestlers for the main competitions, it is necessary to plan their participation in the leadership (3-4), separated by weekly recovery microcycles. The final summative competitions (5-6 matches) should be scheduled 12-14 days before the main.

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