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METHOD OF USING PLYOMETRIC EXERCISES IN THE DEVELOPMENT OF SPEED-STRENGTH QUALITY IN WRESTLERS

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Annotation. This article will study the factors for the development of speed-strength quality in wrestlers and their impact on the results of the competition. The study analyzed the role of plyometric exercises, resistive loadings, and high intensity short duration exercises in increasing speed-strength quality. The results show that the rapid-fire development of wrestlers has a significant impact on their achievements in competitions, serving to increase their technical and tactical potential.

Keywords: fast-strength, struggle, plyometric exercises, resistance exercises, physical training

Introduction. One of the main physical qualities to ensure the high efficiency of athletes in wrestling is the development of speed-strength. Speed-strength is an important factor that allows you to perform many movements necessary for an athlete. Wrestlers use plyometric exercises, resistive loadings, and high intensity short duration exercises to increase speed-strength. These exercises serve to further develop the technical and tactical potential of athletes, increase endurance and quick movements. In our country, special attention is paid to the field of sports, including the training of wrestlers, in this regard, the decision of the president of the Republic of Uzbekistan dated November 4, 2019 "on measures for the development of National Sports"PQ-4500 plays an important role. This decision is aimed at creating conditions in the training of athletes, supporting the implementation of new, scientifically based approaches.

Relevance. This study analyzed a program of exercises aimed at developing fast-strength quality in wrestlers, plyometric exercises as part of it, and the effectiveness of high-intensity resistance exercises. Plyometric exercises are important in increasing the strength and speed of athletes, which include high jump, "high knee" running. These exercises were selected for the development of fast-strength quality, which were performed with a short duration at high intensity.

Exercises with resistance: fast-to increase strength, exercises with resistance were applied to wrestlers. Including speed with weights, resistance jumps, exercises for the muscles of the arms and legs were performed. It develops the speed-strength quality of athletes through exercise.

Main part. This method included short-duration exercises performed at high speed with small breaks. These exercises are aimed at increasing the rapid reaction and strength necessary in the fight. Classes were held three times a week and the total duration was 6 weeks. In each session, plyometric, resistance exercises and short-duration intensive exercises were combined. In the results of this study, the effectiveness of plyometric and resistance exercises in the development of fast-strength qualities of wrestlers was analyzed. In athletes in the experimental group, a significant increase in indicators such as speed, strength and endurance was observed. The ability to perform strength and quick movements has become much higher than the athletes of the control group. At the final stage of the training program, preliminary and final measurements were taken to assess the

speed and strength qualities of the wrestlers, the results of which were analyzed.

The results of this study clearly showed the effective methods of developing fast-strength qualities in wrestlers and their impact on sports results. During the study, it was found that exercises performed with plyometrics and resistance had a significantly positive effect on the speed and strength characteristics of athletes. The results confirm that high intensity exercise serves to improve athletes ' physical endurance by increasing the reflex. This provides the basis for the development of the technical and tactical potential of wrestlers.

The study is also in harmony with other scientific literature and research, in which the effectiveness of plyometric exercises as well as resistance-based training is confirmed by many theories. In particular, plyometric exercises provide a great advantage in attack and defense against an athlete, with a harmonious increase in strength and speed in wrestlers. This training is very important for wrestlers who are being challenged in competitions due to unsatisfactory speed-strength performance. As for the limitations of the study, it became possible to work in this only in one age group and with moderately experienced wrestlers. In addition, an even wider duration and a large number of participants are required to analyze the long-term effects of exercise on athletes. Accordingly, for further research, it is recommended to engage different age and level groups of athletes and apply long-term control programs. The results of this study can serve as the basis for the development of physical training programs for success in national and international wrestling competitions. It also sets the stage for the development of practical recommendations for improving the methods of exercise used in the development of speed-strength.

Conclusion. this study was devoted to determining the effectiveness of the development of fast-strength quality in wrestlers and studying its impact on sports results. During the study, high intensity exercises based on plyometrics and resistance were found to be effective in increasing the strength, speed and endurance of wrestlers. These results show that systematic and special training aimed at developing speed-strength will significantly improve the performance of wrestlers in competitions, serving to increase their physical fitness. The exercises presented in this study and the program developed on their basis contribute to the development of the reflexes of wrestlers, as well as to increasing the chances of technically and tactically effective action. In this case, the chosen methodology is also recommended for athletes with a fast-strength quality. The results of the study emphasize that in order to succeed in national and international sports competitions, it is necessary to widely use plyometric and resistance exercises in the preparation of wrestlers. It is also recommended to conduct a wider range of research on the development of speed-strength in wrestlers with varying levels of age and experience in the future. It is important to develop specific strategies, guide athletes to individual training programs, and widely apply innovative approaches to achieving results.

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