Khamidzhanov Abdunazar Usubjan ugli
Namangan State Pedagogical Institute,
Master of the Department of Physical Culture and Sports 1st stage
Uzbekistan, Namangan
E-mail: khamidjonovabdunazar@gmail.com

THEORETICAL AND PRACTICAL BASIS OF SPECIAL EXERCISES IN THE DEVELOPMENT OF QUICK-STRENGTH QUALITIES OF WRESTLERS

DOI: https://doi.org/10.5281/zenodo.15645643

Annotation. this article analyzes the importance of speed-strength quality in the sport of wrestling and a special system of exercises for its development. Speed-strength has a significant impact on the technical skill of wrestlers, their effectiveness in competitions and the level of protection against injuries. The article covers the main types of special exercises, the technique and plan for their implementation, as well as the importance of an individual approach. It also shows ways to improve the overall fitness of athletes through the regular use of these exercises. This study included recommendations that could be used in practical training.

Keywords: fast-strength, special exercises, wrestling Sports, Physical Training, plyometric exercises, technical efficiency, individual approach.

Introduction. The sport of wrestling is characterized by its ancient history and specific technical and psychological characteristics. Currently, this sport is not only a symbol of national pride, but also serves as an important means of glorifying the honor of Uzbekistan in international sports arenas. The success of wrestlers in competitions largely depends on their physical qualities, in particular, the level of speed-strength. Speed-strength is the ability of a wrestler to quickly perform specific techniques and dynamic movements with high accuracy. The role of special exercises for the development of this quality is large, which serves to improve the physical fitness of the wrestler. Today, the attention of our president to the field of sports is incomparable. In particular, the decision" on measures for the development of physical education and sports in the Republic of Uzbekistan "(January 24, 2019, PQ-4124) and the decision" on measures to attract young people to physical education and sports, to stimulate their achievements in the field of sports" (October 30, 2020, PQ-6099) are important documents in creating conditions worthy of further development of this field, recognition at the international level. On the basis of these decisions, wide opportunities were created for the development of national sports, including wrestling, the comprehensive training of athletes and their increased competitiveness.

Purpose and function. This article analyzes the theoretical and practical foundations of the development of speed-strength for wrestlers, types of special exercises and methods of their successful application. By increasing speed-strength, ways to improve the technical capabilities of athletes and achieve success in international competitions are revealed (Figure 1).

Main part. The theoretical basis of rapid-force, rapid-force is the ability of a person to perform an action with maximum force in a short period of time. This quality is considered one of the decisive factors in the sport of wrestling, since the technique, agility of the athlete and the level of stability during the competition largely depend on this quality. The main physiological factors of fast-strength are the ability of muscle fibers to contract at high speeds, the reactivity of the central nervous system and the efficiency of energy production processes.

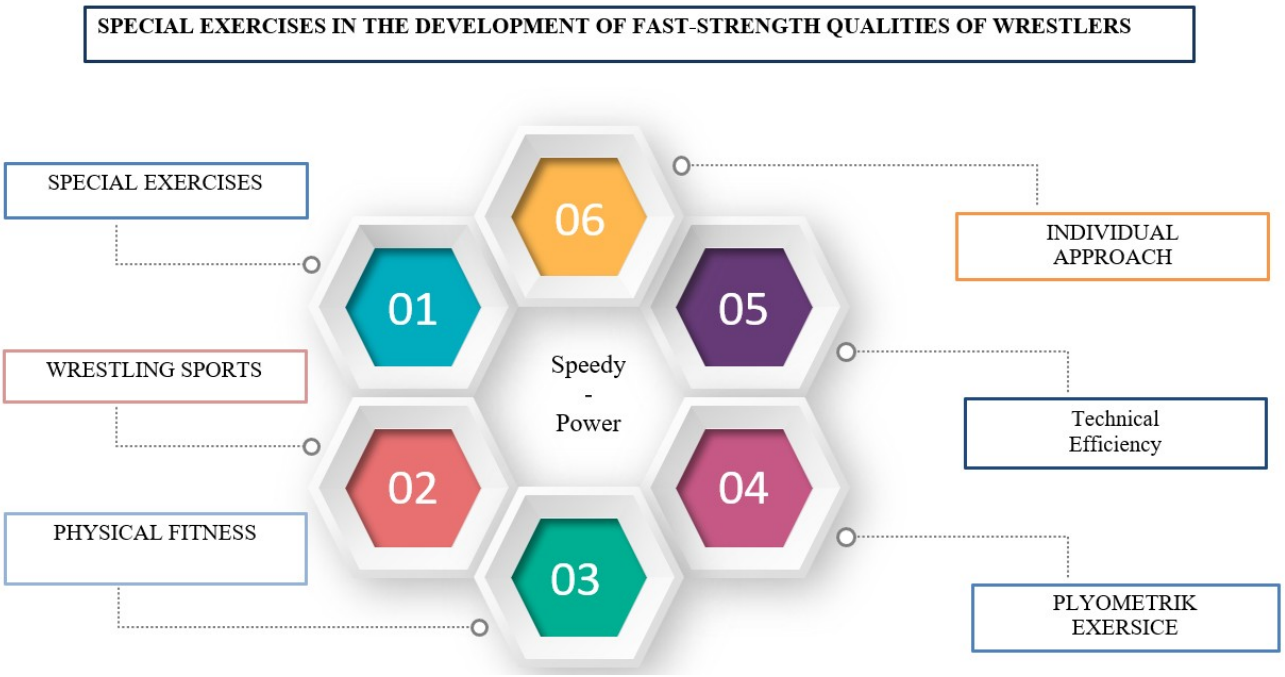


Figure 1. Fast-special exercises for strength

The role of speed-strength in the sport of wrestling is that it allows the athlete to quickly and strongly implement the necessary technical elements (such as throwing, catching and resisting). Fast-an athlete who does not have enough development of strength significantly loses the opportunity to win competitions. Therefore, the formation and development of speed-strength occupies an important place in the system of special training.

Types of special exercises and their features. Fast-to develop strength, it is necessary to correctly select special exercises and focus on the technique of performing them.

Below are the most effective types of exercises for increasing speed-strength:

Dynamic strength training: these exercises aim to harmonize dynamic movements with strength. For example: imitation of specific throws in quick pull, push and fight. These exercises improve the athlete's adaptation to situations in competition conditions.

Plyometric exercises: increase the reactivity of muscle fibers through jumping and explosive force-demanding movements. Examples: jumps on a slope, jumps forward and upward on two legs.

Exercises based on body weight: strengthen the stabilizer muscles through exercises performed by the athlete's own body weight.

These exercises help athletes develop muscle groups in a balanced way and adjust their muscle strength to the conditions of the competition.

Table 1.

Below is a table showing the types of exercises reflected in the graph, the results obtained in them and the indicators of effectiveness:

Type of exercise	Efficiency up to training (%)	Efficiency after training (%)	Example exercises
Dynamic strength training	65	85	Quick Draw, push, throw imitations
Plyometric exercises	70	90	Jumping on a slope, jumping high on two legs
Exercises based on body weight	60	80	Pull-up and lying-up exercises

Note:

1. Dynamic strength training: these exercises aim to harmonize the speed and strength needed in the fight.

2. Plyometric exercises: jumping and explosive strength exercises that serve to increase the reactivity of muscle fibers.

3. Exercises based on body weight: strengthen the stabilizer muscles through exercises performed by the athlete's own body weight.

Technique and plan for performing exercises. To perform special exercises effectively, the right technique and a clear plan are required:

Technical grounds: when performing exercises, it is necessary to maintain the correct position, control the direction of movement of the muscles and slowly master the movements to avoid injuries. The technique of each exercise should be adapted to the level of individual training of the athlete.

Duration and repetitions of training: fast-strength training is short-term, but it is necessary to be carried out at high intensity. For example, plyometric exercises are recommended to be repeated 8-10 times, setting a rest time of 30 seconds between exercises. One session should not exceed 30-40 minutes.

Individual approach: factors such as the physical and psychological state of the athlete, the level of pre-competition training, age and weight should be taken into account. This process is based on the close cooperation of the trainer with the athlete.

The effect of special exercises on wrestlers. When special exercises are used systematically, the following results are observed:

Speed-the development of strength: the ability of wrestlers to act with strength and accuracy in the necessary situations improves. This increases the chances of winning especially during competitions.

Expansion of technical capabilities: athletes ' technique in throws and catches improves, which is instrumental in gaining an advantage over the opponent.

Injury prevention: special exercises increase muscle and joint endurance and reduce the risk of injury.

Improving overall fitness: athletes achieve a high level of efficiency, not only in competitions, but also in daily training.

Conclusion. speed-strength is a decisive physical quality in the sport of wrestling and plays an important role in improving the technical and tactical skills of athletes. This article covered the theoretical foundations of speed-strength, the types of special exercises for its development and their implementation techniques, as well as their impact on athletes. Special exercises are an important tool in improving the effectiveness of wrestlers in competition, expanding their technical capabilities and protecting against injury. Especially through plyometric exercises and exercises that develop dynamic strength, the movement coordination and reactivity of athletes are significantly improved.

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