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**IMPROVING THE CREATION OF PEDAGOGICAL CONDITIONS  
IN THE TEACHING OF SPECIAL-TRAINING TECHNICAL PRACTICES  
OF WRESTLERS**

Annotation: In this article highlights of improving the creation of pedagogical conditions in the teaching of special-training technical practices of wrestlers.

Key words: creation, special training technical practice, wrestler.

Planning of training, this is the anticipation of the conditions, means and methods of solving the tasks of sports training, the results of sports that the athlete must master. Proper planning of athletes ' training, this is due to the analysis of the characteristics of the contingent (or one athlete) of these athletes, the determination of the main indicators in the preparation process and their distribution in time intervals.

Recently, the imagination about the planning of the training process in the sports struggle has changed significantly. This is due to the introduction of some amendments to the rules of the competition and the requirements of the International Wrestling Federation on increasing the audience of competition competitions. At the moment, a huge amount of experience material has been collected, objective conditions have been created for a higher level of quality planning of athletes training. The successful management of the process of training of athletes requires taking into account two important conditions:

firstly, a sharp increase in the volume and intensity of the load (at present, high results in sports loads are approaching the limit of biological norms);

secondly, an equalization of the number of parameters of training and the level of skill (in the experience of the world for this reason, the optimization of the training structure and the establishment of optimal training programs remain important at the first level. Planning the training process-this is, first of all, the

creation of a system of plans for different periods. During this period, the interconnected objectives complex should be implemented. Training is a component of the process. From individual classes, the training is organized by a microclimate. Independent of a combination of several microcycles, it forms the mesocyclicity, which is a whole part of the training process. The Association of several mesocycles is a more large completed structure — the macrocycle.

Depending on the separation of the training into periods, such as micro -, mezzo-and macroclasses, the load dimensions, volume, preparedness tools and styles vary. Planning of the training process in sports wrestling is carried out in the following forms:

- perspective - period, year, for a number of years;
- daily-training for microseconds;
- quick-for a workout.

When drawing up a plan for the multi-year training of wrestlers, it is necessary to follow the predictions of the path of development of sports wrestling, as well as changes in the rules of competitions. For this reason, it is necessary to refer to the changes in training tools, volume and functions. The plan is drawn up for each wrestler individually, like the entire coaching group. The General (group) plan of sports training includes the following sections:

- a brief description of the group;
- the purpose and main objectives of the multi-year training;
- preparation stages and the main direction on the stages of the training process (main tasks, their share in one stage of training);
- sports-technical indicators characterizing the preparation of athletes, and control m officials;
- pedagogical and medical supervision. The prospective planning of the exercise, of course, requires the development of an annual plan. A detailed description of the tools and training loads applied to the annual plan will be included. In daily planning, scientific legislation (occurrence, stabilization and temporary decline) of the dynamics of the form of sports is used.

The structure of daily planning is influenced by various factors: the mode of study and work, the content of the training, the number and the total of dimensions of the load, the individual characteristics of the reaction to training loads, as well as the qualification of wrestlers.

Operational planning is carried out on the basis of daily planning. Such type of planning implies the specification of tasks, tools, methods, the size and severity of the load. The structure of the training is determined by the fact that it is aimed, first of all, at achieving the maximum training effect. In accordance with the operational plan of the exercise, a synopsis of the exercises is drawn up, in which the features of preparation (body heating), basic and final parts, the number of repetitions, the duration of breaks and rest are described.

In the process of training, three periods are distinguished: preparation, competition, transition periods. During the training period, the training is aimed at ensuring a gradual transition from active rest to intense special work, to the subsequent development of physical qualities, to the improvement of both the technique and tactics of struggle. During this period, it is necessary to create a solid foundation for successful activity of athletes in the pre-competition period.

The main tasks of the preparatory period consist in increasing the functional capabilities of the organism, improving the general physical preparation and developing the physical qualities necessary for the fighter, mastering and improving technical and tactical actions, eliminating shortcomings in their implementation, training of willpower and spiritual qualities. The purpose of the training period of the competition is to prepare for competitions and successfully participate in it.

The main tasks of this period are to have a high level of exercise, to strengthen and improve the technical and tactical movements even later, to expand and strengthen the knowledge of tactics of competition in participation in competitions, to achieve the development of high physical, willpower and spiritual qualities, to develop theoretical knowledge. At this stage, athletes participate in

responsible competitions, depending on their qualifications. The transition period of training will be characteristic of a decrease in the training load.

The main tasks of the period: to cleanse and purify the body of Health, to increase the level of general physical training.

The main means: sports games, swimming and other. Correctly structured transition period creates favorable conditions for further development of functional capabilities of the organism, improvement of special training of the wrestler.

Training mesothelioma lasts from 3 weeks to 6 weeks training is a stage of the process. The organization of the training process on the basis of mesocycles is the main of the period or phase of its preparation systematization in accordance with the task, optimal dynamics of the activity of drill loads and m equipment, various means of preparation and the purposeful harmonization of styles, factors of pedagogical influence also at the restoration measures to ensure compliance between the various to achieve the necessary consistency in the development of qualities and abilities makes it possible.

A conventional mesocycles are divided into eight types, namely:

- drawer;
- base and developer;
- stabilized;
- control-preparation;
- bleach;
- before the competition;
- competition recovery-preparation;
- recovery-maintainer.

Each mesocycle consists of three, six cones.

Specific tasks of the mesocycle, in which their collection is planned determined with.

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