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ACTIVITY AND DEVELOPING TECHNICAL AND TACTICAL
PREPARATION***

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**INCREASING BASICS OF THE EFFICIENCY OF COMPETITION
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Abstract. Improving the efficiency of competition activities and developing technical-tactical training, problems and solutions have been explained by literature analysis in the article. It is necessary to solve the current issue through experiments in order to increase the effectiveness of the methods of ensuring that athletes achieve high results in international competitions and improving the technical and tactical preparation of wrestlers during training through a scientific and methodological approach. In the article, it is explained that in different cases of the athlete's body, which makes it difficult to perform the movements, the method of performing exercises is performed in different ways.

Key words: competitive activity, set of special exercises, technical and tactical actions, sports fight, counter methods, defenses.

Importance. In order to prepare the athlete from a technical and tactical point of view, it is necessary to constantly study the characteristics of SA. It is necessary to study the main factors describing success in competitions. In the traditional analysis of the competition activity, it is necessary to establish a constant approach to obtaining reliable information about the competition activity

and quick control, which provides opportunities for quick use of quantitative information for decision-making in competitions [1; pp. 117-119, 2; pp. 58-61, 3; pp. 49-50, 4; pp. 46-53, 5; pp. 190-197].

The technical training of wrestling is characterized by the level of mastery of the system of actions that ensures the achievement of high sports results by the athlete [6; pp. 16-25, 7; pp. 18-26].

General and special technical training of the wrestler is distinguished. General technical training is aimed at acquiring various movement skills and skills in auxiliary sports, and special technical training is aimed at achieving technical skills in sports wrestling. [8; pp. 240-245].

Technical training in sports wrestling is aimed at solving a number of complex tasks:

- increasing the efficiency of using the maximum voltage;
- saving working voltage;
- increasing the speed and accuracy of movement in the changing conditions of competition activities.

Improvement of sports technique is carried out during many years of training of wrestlers, and it is focused on improving technical skills in the chosen type of wrestling [9; pp. 46-49, 10; pp. 55-62, 11; pp. 25-28].

Technical skill means perfect mastery of the most rational movement technique in the conditions of intense sports competition [12; pp. 193-205].

There are three stages of improving technical skills:

1. Research. 2. Stabilization. 3. Improving adaptation.

At the first stage, technical training is aimed at forming a new technique of competition movements, improving the conditions for acquiring it in practice, learning (or re-learning) certain movements included in the system of competition movements.

In the second stage, technical training is aimed at deep mastering and strengthening of all skills of competition movements.

In the third stage, technical training is aimed at improving the formed skills, expanding the limits of their variability, stability, and reliability in accordance with the conditions of the main competitions [8; pp. 240-245].

The main tasks of each stage of technical preparation are as follows:

1. Achieving high stability and reasonable variability of movement skills that form the basis of wrestling techniques, increasing their effectiveness in competition conditions.

2. Partial reconstruction of movement skills, improvement of some parts of the methods taking into account the requirements of competition activity.

To solve the first task, the method of complicating the external situation, the method of performing exercises in different states of the body is used. To solve the second task - the method of facilitating the conditions of performing technical actions, the method of simultaneous influence is used [16; pp. 120-128].

When performing technical methods, the method of complicating the external situation is carried out in a number of ways:

Methodical method of conditioned opponent's resistance helps the athlete to improve the structure and rhythm of performing technical movement, to achieve stability and efficiency faster.

Methodical method of initial difficult situations and preparatory actions. For example, when improving a throw, it is necessary to change the distance between the grip and the wrestlers.

3. The method of limiting the space for performing the methods helps to complicate the intended conditions for skill improvement. In wrestling, carpets of reduced size are used.

A methodical way to perform the movement while being very tired. In this case, after a large volume and intense physical training, the athlete is offered exercises aimed at developing technique.

Control determines the methodical method of performing actions in a state of great emotional stress after training-training competitions. [14; pp. 40-45].

From time to time, a methodical method of prohibiting or limiting the fight helps to selectively influence the content of the movement skill. [15; pp. 97-105].

In a competitive situation, the method of forced performance of certain methods or actions stimulates the activity of the wrestler in the process of improving the skill. In training competitions, a fighter is instructed to focus more on technical methods of defense, or vice versa, on methods of attack.

The method of easing the conditions for performing technical actions consists of a number of methodological methods:

1. Methodical method of separating the action element. For example, in freestyle wrestling - to carry out a catch from the upper part of the waist.

2. A methodical method of reducing muscle tension helps the wrestler to make more precise adjustments to certain movements in the movement skill. In order to improve technical movements, a lighter weight class opponent is chosen for the wrestler.

3. The method of quick information helps to quickly acquire the required width, rhythm, speed of movement, activates the process of understanding the performed movement.

It is convenient to use a video camera and a video recorder for quick information about technical activity [21; p. 117-119].

The joint effect method is implemented in sports training using methodological methods based on mutual development of physical qualities and improvement of movement skills [17; pp. 146-151, 18; pp. 24-25].

Fighting technique is a set of techniques, counter techniques and defenses allowed in the competition rules.

Techniques of wrestling are based on methods (application of methods) - these are goal-oriented offensive actions, with the help of which the wrestler gains an advantage over his opponent. Each method consists of two parts. The first part

is to capture the method. Grabs are divided into grabs from the top, bottom, back, front, side, etc. The catch is very important in the successful execution of the method. The quality of performance of all methods depends on how well the capture is done. In the second part, various movements: while standing - transfers, throws, overturns; on the parterre - there may be turns and throws on the parterre [19; pp. 98-103].

During the implementation of techniques in freestyle wrestling, sambo, judo and wrestling, various movements are simultaneously performed with the legs, that is, kicks, kicks, hooks, front hangs, grapples, back hangs. Many of these movements can be performed from behind, in front, from the side, from the inside, from the outside [20; pp. 21-24].

A series of movements can be performed with the same grip, and conversely, the same movement can be performed with different grips. For example, it is possible to take hold of the hand and the body, and to overturn with a blow. However, it is also possible to grab the opponent by the arm, body, hand and neck by bending down [21; pp. 193-205].

A wrestler can use any technique for attacking and counter-attacking. Using a method or a part of it as a deceptive action, the fighter can prepare favorable conditions for the purpose or task of distracting the attention of the opponent and carrying out an attack by another method [22; pp. 55-61].

Counter techniques are targeted actions performed in response to an opponent's attack, with the help of which the wrestler gains an advantage over the opponent.

Countermeasures include complex technical actions. A wrestler making a counterattack must make the right decision in an instant and precisely match his movements with the movements of the attacking opponent so that the opponent does not have time to execute the technique.

Defenses are targeted actions that prevent the opponent from performing techniques (counter-techniques).

Defenses are divided into primary and direct defenses. Initial protection is performed in advance, that is, before the implementation of the adversary method [23; pp. 230-239].

Direct defense is aimed at stopping the opponent's attack. The effectiveness of such protection depends on its timely implementation. Immediate protection can be done at the beginning of a method, during method execution, or at the end of method execution. [1; p. 117-119].

All technical movements are performed by wrestlers from different positions. [8; pp. 240-245]. (The main cases are: standing, parterre and bridge)

A stand-up is a wrestler's stance in which he stands upright on his feet. It is divided into right, left and general standing. Each of them, in turn, can be high, medium and low. Fighting while standing can be done at close, medium and long distances.

Parterre is the starting position of the wrestler, where he stands on his knees. In this case, the palms of the hands are supported on the carpet, the hands are 20-25 cm from the knees. located far away.

There is a difference between the high position and the low position in the parterre. The high position is the starting position of the wrestler on the parterre, and the low position is the position of the wrestler standing on his knees and resting on the mat with his forearms.

When fighting on the ground, one of the wrestlers is on the bottom and the other is on top. A wrestler standing in the top position on the floor can assume any starting position he wants before the start of the fight. Only the palms of the hands should rest on the shoulders of the lower wrestler.

The bridge is the following position of the wrestler, that is, in which he leans back and rests on the mat with the palms of the feet (which are written approximately shoulder width apart) and the head (any part). The wrestler moves into this position to avoid touching the mat.

In freestyle and Greco-Roman wrestling, the bridge is one of the main elements in performing a series of attacks and counterattacks [15; pp. 97-105].

The richer the reserve of technical movements of the wrestler, the more skillfully he can use them, the higher his technical skill.

Wrestling technique is the basis of a wrestler's skills and largely determines his capabilities. There are dozens of methods and their variants in the fight. However, this does not mean that the wrestler should know all of them perfectly [27; pp. 98-103].

As the athlete acquires newer and newer methods, counter-methods and defenses, some of the methods that meet his special characteristics and habits and are successfully performed by him are included in the plan for further improvement [28; pp. 45-48].

Comprehensive technical training of a wrestler is one of the important requirements for the modern level of development of various sports [21; pp. 193-205].

The following rules should be followed when choosing technical actions for a solid takeover:

- mastering those technical moves, which technical moves are considered successful in the current rules of the competition;
- mastering the methods, counter-methods and defense options that best meet the specific characteristics of the athlete from among all types of techniques;
- taking into account the skill characteristics of the main competitors and choosing technical actions that will give good results in fighting with them;
- more attention to technical actions that can expand the possibility of using previously learned methods and counter-methods;
- study of technical movements that can be used in combinations and connections with the methods available in the wrestler's reserve;

- it is necessary to teach the movement technique that has the characteristics of the most rational solution of the movement task, which will save you from relearning in the future;

- eliminating unnecessary movements and excess muscle tension, mastering the basics of technique and general movement rhythm;

- training in methods should be concentrated in a period of time. Because long breaks between training sessions reduce its effect. On the other hand, it is not desirable to repeat the methods too often during one training session, because the development of coordination skills is related to overcoming the difficulty that quickly tires the nervous system;

- in order to prevent technical situations caused by insufficient physical conditions, it is necessary to organize a high level of special physical training corresponding to the dynamic characteristics of movements.

In order to improve the technical skills of the wrestler, it is important to identify the errors in the movement during the execution of the movements and determine the reasons for their appearance. Timely elimination of such errors is largely responsible for the efficiency of the technical improvement process.

All movement errors that occur during movement training are divided into five groups:

- errors due to lack of movement;

- errors due to deficiencies in training;

- errors due to unnatural conditions and unexpected errors [30; pp. 21-27, 24; pp. 41-54, 25; pp. 136-138].

Some experts [23; pp. 230-239, 16; pp. 120-128, 29; p. 193-205] believe that, in addition to greatly increasing the effectiveness of the athlete's development of coordination balance, it is necessary to use exercises that help a certain level of improvement in future exercises

The authors emphasize greater SPT training in TTT, which is insufficient to increase athletic performance. They are still in a somewhat developed state of coordination balance.

It is believed that athletes take heavy loads in order to do 30-50% of the total volume of work performed in individual TTT and SPT training.

The subsequent maintenance of the effects of loads depends on the movement stresses in the body and its vegetative functions. This stage is a necessary moment to increase the functional capabilities of the athlete's body during training. At the same time, it is necessary to develop methodological rules in order to eliminate movement errors that occur in the process of technical improvement. it is stated that.

In conclusion. It can be said that the analysis of scientific and methodical literature showed that in recent years, great attention has been paid to research aimed at developing the coordination skills of freestyle wrestling athletes and increasing the efficiency of their technical and tactical actions. In particular, the following rules and conclusions regarding the development of the coordination abilities of the wrestlers and the improvement of the effectiveness of their technical and tactical actions were determined:

1. It is considered the main base of special preparation for competitions in terms of development of coordination skills and improvement of efficiency of technical and tactical movements in the training of qualified freestyle wrestlers and ensures a significant increase in sports results.

The comparative analyzes given in the literature, the technologies currently used in the practice of sports wrestling, especially in freestyle wrestling, consist of standard methods, the development of coordination abilities of wrestlers and the improvement of technical-tactical training have not been purposefully formed, or scientific researches close to it have not been conducted sufficiently, and the information is expressed in a peripheral manner.

2. Skilled wrestlers are required to increase the effectiveness of training aimed at developing their coordination skills and increasing the efficiency of their technical and tactical actions.

3. Improving the effectiveness of methods of improving the technical and tactical training of wrestlers during competition and training is considered an urgent issue today, and it creates the basis for raising the performance of wrestlers to a higher level.

The theoretical importance of the work is that the set of special exercises related to the development of coordination abilities of skilled wrestlers and increasing the effectiveness of technical and tactical actions is not sufficiently covered.

Ways to improve the effectiveness of the coordination skills of freestyle wrestlers were studied, and experience indicators were obtained for improving the effectiveness of training.

In order to increase the effectiveness of technical and tactical training and coordination abilities of freestyle wrestlers during competition and training, they were fully studied on special simulators and equipment and explained to coaches and athletes in simple language.

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