

MANAGEMENT OF SYSTEM OF PREPARATION OF HIGH QUALIFICATION WRESTLERS WITH USE INNOVATIVE PEDAGOGICAL TECHNOLOGIES

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Abstract

In article was written about useful methods of pedagogical technologies in teaching and preparing physical training and its importance in wrestling competitions.

Keywords: *management, high education, wrestling, wrestler, pedagogy, pedagogical technologies.*

INTRODUCTION

The prestige of high sports achievements, increasing competition at major international tournaments, steadily growing exertion in training and competitions, geographic expansion of wrestling urge the need to improve the scientific and methodological bases of preparation of highly skilled wrestlers. One of the major conditions for achieving success in modern sports is the development and implementation of innovative pedagogical techniques of preparation of high-class athletes.

Steadily growing prestige of the world championships, especially Olympic Games, has led to increased competition in the international arena for national image and priority among the major sports powers.

In turn, this urged the “industrialization” of preparation of national teams with investment of substantial funds and application of latest scientific achievements. This has equaled the level of training of some national teams on general and special aspects, techno-tactical skills, which made it more difficult to maintain the leading positions in sport.

Thus, sports practice puts many challenges before trainers, scientists and organizers whose efforts determine the success or failure in the main international competitions, Olympic Games.

Sports science is now at the stage of deepening knowledge in terms of the system of training highly skilled wrestlers and the Olympic reserve. We can say that fundamental changes in scientific knowledge about the content of this system are rare, but they significantly refine theoretical and methodological positions mentioned before. This especially seen in the trend towards improvement of such parts of the theory and methodology of sports training as the use of innovative educational technology (1, 2, 3).

In this case, under the innovation refers to: a) new technologies as a result of scientific and technological progress, b) end product of innovation, embodied in the form of new or upgraded technologies implemented in the pedagogical process (2, 3,4).

From the perspective of an innovative implementation of educational technologies, this work aims at improving the means and methods of sports training, based on data on the physiological, psycho-physiological and psychological mechanisms of the regularity of competitive activity. In terms of innovative technology, it provides for improvement of training through fundamental innovations in organizing the training process of wrestlers, introduction of new principles and management schemes. These innovations include:

1. Improving individual skills of highly skilled wrestlers and extending the range of competitive activities.
2. Increasing variability of tactical actions.

3. Increasing the basic level of fitness, with emphasis on the development of power, speed and special stamina.
4. Accumulation of the potential of competitive activity.
6. Optimization of the entire system of training of highly skilled wrestlers on the basis of: strict continuity of training programs, increased individual training time, regular training practice for developing technical and tactical skill.

The current system of preparation of highly skilled wrestlers assumes the following forms:

- Forecasting sports results, necessary for achieving success in various stages of preparation;
- Analysis and modeling of competitive activity of wrestlers;
- Analysis and modeling of various aspects of preparedness of wrestlers;
- Analysis and programming of training sessions designed to ensure the target result.

Each of these forms includes monitoring of the athlete's preparedness (verification of compliance with the model features) and development of new training and recreation methods, as well as ways of monitoring of their impact on organism.

One of the main issues in the training of highly skilled wrestlers is the development of model features. Model features of Olympic athletes should reflect the level of individual properties or parameters of an athlete, which enables him/her to achieve good results. In this connection Olympic athletes should meet the following requirements:

Model characteristics should be based on the most significant parameters, in terms of objectives, reflecting the level of wrestlers' training;

Model parameters shall be combined by structural and hierarchical dependence;

Each of the main parameters should have possible ranges of variation, depending on the objective functions or, in other words, limiting factors;

Model parameters must be fully provided with sufficiently reliable and compact recording devices and related methods;

Necessary complement to the model is a set of battery tools and techniques to influence functioning of any parameter;

Further development of this direction includes: from the separate model parameters to search for some relationship between them; from registering the separate links to the systematic analysis of all the variables composing (determining) high sports results, and, finally, coherent logically consistent theory of sports training.

Ideally, the Olympic model should include the following features:

- training process (volume of stresses, alternation of intensity, etc.);
- functional state of highly skilled wrestlers (physiology, biochemistry);
- preparedness of wrestlers (physical, technical, tactical and psychological).

This requirement must be followed in order to be able to observe the changes in individual subsystems of an organism in standard stresses.

Thus, the model parameters should be in correlated interdependence both horizontally and vertically, even despite the fact that presently there are no mathematically expressed correlation coefficients of these relations between the separate parameters.

For the effective management of training and competitive processes of wrestlers we need consider issues of improving the structure of organizational forms of management, criteria for evaluating various aspects of preparedness of athletes, the use of quantitative information with qualitative analysis of various features of motional activity of athletes, etc.

Currently there is no doubt that the management of the system of preparation is a very complicated form of intellectual activity and the competitions and preparations for them should be controlled. In concrete

terms, the sports management is a function of organizational systems that determine the sport development, athletic performance and achievements in the international arena.

The practice of training highly skilled wrestlers for big tournaments clearly demonstrated the advantage of planning and control, which include:

- Analysis of psychological preparedness of wrestlers;
- Development and implementation of systems of monitoring and analysis of functional state of wrestlers with medico- biological research methods;
- Research and development of effective ways of using pharmacological agents that improve the wrestlers' physical conditions;
- Development of control system of training and competitive activities of highly skilled wrestlers using modern information technologies;
- Study of rational construction of the learning and training process.

Thus, the optimal functioning of the system of training highly skilled wrestlers is possible only in a single functional mechanism of all components of this system and competent management of this mechanism. This requires not only improving the necessary process of preparation, but also an organizational structure and mechanisms of special management of this process.

CONCLUSIONS

1. Development of technology and algorithms of preparation of highly skilled wrestlers is based on the analysis of mechanisms of adaptation to training and competition stresses at various stages of the annual macro-cycle.
2. The choice of means and methods for managing the training process is based on model features of competitive activity (including the main contenders), the goals for the competition, general and particular regularities of improvement programs adequate to the training phase.

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