

Methodology For Improving The Efficiency Of Competition Activities Based On Improving The Quality Of Explosive Forces Of Freestyle Wrestlers

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Abstract: *An analysis of the literature on the theory and methodology of physical education reveals that in the theory of sports (wrestling, etc.) and in separate articles, the authors have described explosive power as a physical quality.*

The manifestation of explosive force is the mechanism of its activation. As the burst time of the muscle decreases, the intensity of the bursting force increases. However, the intensity of the explosive force can also be increased by increasing the magnitude of the absolute force of the muscle.

Summarizing the above points, it can be concluded that the study of the features of the methodological basis of the formation of explosive mobility in athletes in fast-paced sports plays a certain role in solving important vital issues in sports.

Key words: *wrestling, muscles, physical education, competition, activity, measuring, physical culture.*

1. INTRODUCTION.

Every year in all developed countries of the world, world records are updated with the creation and application of modern technologies for the development of sports. A lot of scientific research has been done on the development of the explosive power of athletes in particular. The complexity, inconvenience (depth of jump, platform jump), grandeur (pliometry), imperfection (jumps with a tied meter tape), the lack of a growing target set during the jump, the lack of a modern target technique for measuring and developing explosive force indicates.

There are the following methods for measuring and developing explosive power in the world:

✓ vertical jump with a centimeter belt tied around the waist; vertical jump from a specially equipped platform;

✓ deep jump pliometry method;

✓ vertical jump on various hanging objects;

There are also traditional classes. It should be noted that there is a lack of specific research on the rapid development of explosive ability in these methods and its impact on the performance of athletes and personal factors;

• Insufficient study of the development of explosive ability from a psychophysiological point of view;

• The lack of simple, popular high-efficiency methods for the rapid development of athletes' explosive abilities underscores the urgency of the topic.

Taking into account the above, a new device "SPORK" (measuring and developing the explosive ability of athletes) was created to measure and develop the explosive ability of physical culture and various sports. The results of special studies have proven that the device created is effective, popular, excludes injuries, achieves high results with low power and time. From the first years of independence, great attention has been paid to physical culture and sports in the Republic. Since independence, the Law "On Physical Culture and Sports" has been amended three times. Today, our athletes achieve high results in various sports competitions. It is advisable to carry out a wide range of scientific research to further consolidate these results. In particular, it is important to create modern methods for measuring and developing explosive power in our country.

Law of the Republic of Uzbekistan "On Physical Culture and Sports" in 2015, Decree of the President of the Republic of Uzbekistan "On measures to further develop the national sport of Kurash" in 2017, President of the Republic of Uzbekistan "On measures to further develop physical culture and mass sports" The resolution of 2017, as well as the implementation of the tasks set out in other regulations in this area, will to some extent serve in this study.

The ability to move explosively is actually manifested in conjunction with explosive power. Therefore, in the modern literature, the authors have studied the ability to move explosively along with power. The explosive force mentioned above is manifested as a result of the performance of a certain action. These actions are voluntary actions. Every voluntary action is a conscious action. According to IM Sechenov, every consciously controlled act of action is called psychomotor. In this sense, the action of explosive force can be conditionally divided into two components. That is, explosive and power components. "Explosive" - a substance that provides rapid muscle contraction. The next is the "force" structure, which is formed under the influence of nerve impulses. The preservation of power is of course related to physiological and biochemical processes.

That is, along with the efferent nervous system, it manifests itself under the influence of other physiological, biochemical processes. Although the context of the interaction of these two components is considered, the superiority of the first content (explosion) over the second (force) is observed. Because in the manifestation of explosive force, it is the trigger mechanism. As the burst time of the muscle decreases, the intensity of the burst force increases. However, the intensity of the explosive force can also be increased by increasing the magnitude of the absolute force of the muscle. The results of our experiment showed that when the explosive mobility was measured in a specially designed device in different sports (belt wrestling, freestyle wrestling, wrestling, weightlifting, football and track and field), the jump size in athletes was found to be equal. This begs the question, can these measurements be called explosive power or not? We got a natural answer to this in the course of the experiment. In fact, strength is measured in kilograms or joules. A new vertical jump measuring device called SPORK is measured in centimeters. If the results obtained in centimeters are compared in different sports, it is possible to draw the wrong conclusion. For example, if the results of weightlifters and players of the same weight are equal, then their explosive power cannot be said to be equal. Because the weight of a weightlifter is greater than that of a footballer. In other words, an equal-jumping player cannot lift the weight on a barbell lifted by a weightlifter. It is well known that the absolute strength of a weightlifter is greater than that of a player.

The methods described above are used for a variety of purposes. One of them measures explosive power, the other measures it develops. It should be noted that from a psychological point of view, along with the development of strength in all the mentioned techniques, the athlete's explosive ability is also developed. It should be noted that not all methods have an increasing target setting in the development of explosive ability in athletes.

When an athlete sets a goal, or rather increases it, the internal structure of the movement changes partially with each jump exercise, especially in the upper part of the cerebral cortex, and the muscles "adjust" their activity according to the size of the goal. It is controlled by comparing and correcting its results with the goal of the final action, as well as developing the ability to display volitional tensions. Thus, the neurological mechanisms of movement, including the afferent nature that controls movement, change with the change in motivation, which consists of the function that changes through movement and, consequently, the internal psychophysiological content.

Ability does not come to man from the outside. The individual must have internal conditions. The core of ability is not the mastered automated operation, it is the management of the same operations, the function of their qualitative processes. The psychological factor in the development of explosive power is the ability to explode. Abilities, while being individual psychological traits of a person, should not be understood as his innate abilities.

According to literary sources, ability is a dynamic concept in its essence. Ability exists only in action, only in development. Psychologically, it is impossible to talk about the ability that existed before its development and at the same time about the ability that has reached its full development, completing its development. Ability is formed in the process of activity, each activity involves different actions, exactly complex, single or multiple actions takes Psychomotor skills in the cerebral cortex when performing these movements formed.

Psychological research has shown that some mental functions are affected by complex, neurophysiological functional systems.

is done. These functional systems are formed in a holistic brain structure to perform specific mental functions. It can be said that functional systems have such a property that in return a certain mental function is performed. Thus, ability is a feature of functional systems that perform certain mental functions, which ensure the quality assimilation, implementation and success of their activities. Any ability is an ability to do something and some activity. The fact that a person has a certain ability means that he is fit for a certain activity.

The formation of an ability arises from the requirements of the activity, and as an ability to function, it develops in the activity and becomes established in the person as a fixed property of it to one degree or another. The concept of "psychomotor" was first introduced by the great Russian physiologist IM Sechenov. He writes: "The needs of life give birth to desires, and this in turn leads to actions.

is coming; then desire becomes a motive or goal, and action becomes a means to an action or goal. When a person performs a voluntary (free) action, this action appears in his mind after desire.

Action as an unwelcome motive or impulse would be completely meaningless. According to this view of the phenomenon, the centers of action formed on the brain are called psychomotor.

According to VV Klimenko, psychomotor skills are a complex mechanism of activity. In it, the motivating and executive management participates as a whole. The first is to act and act

The destroyer is based on many forces, and the second one executes thoughts, satisfies needs, and helps to achieve goals. With the development of explosive psychomotor skills, different goals can be achieved depending on the sport, because explosive ability is an element of many movements, manifested in a qualitative form such as "tension". Re-afferentation (P.K. Anoxin's theory) and D.N. Uznadze's teaching on installation play an important role in the development of explosive psychomotor ability and the formation of psychomotor installation.

The ability to explode is important in high-speed sports. At present, there is no universal methodology for the rapid development of explosive ability, which is acceptable for all categories of practitioners. The solution of this problem in the second chapter of the dissertation is "The structure of the device designed to develop the explosive ability of the

athlete and its compliance with the requirements of psychometric tests." The content and tasks (functions) of the newly developed technology of skills development are described. For this discovery received a certificate of authorship numbered №AGU 0070. This chapter also presents experiments that confirm the compliance of the technology developed on the basis of experimental studies with the requirements for psychometric tests. The existing literature provides various methods for measuring and developing "explosive power" (E.M.Abalakov, Yu.Yu.Verkhoshansky and others). Admittedly, in all methods, control of the results of actions is based on the acquisition of information through the senses.

2. CONCLUSION.

Experimental research conducted by O.A.Konopkin in the field of sensomotor activity showed that precise control of the reaction time rate based on sensory information does not provide a single closed (ring) process of independent control of reactions as a whole, while the "speed" capabilities of the subjects are fully realized. will not be increased. When the conditions are created for conscious management of activity, it is possible to have full control. The author emphasizes that the goal of the activity adopted by the subject is the central link of conscious management. It is an object that is always understood. A clear understanding of the purpose of the subject's own activity is an important psychological factor, which plays a systemic role in the structure of the whole system of independent management of activities.

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