

Assessment of the Functional State of Wrestlers Specializing in Freestyle Wrestling, Depending on the Style of the Fight

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ABSTRACT

An assessment of the physical performance and physical fitness of freestyle wrestlers was carried out, taking into account the style of waging a duel. Differences and dependence of indicators on the power of the load performed by the muscles, on the indicator of physical performance, hemodynamic indicators, aerobic capabilities of a linear nature have been established: although the indicators have specific differences for wrestlers with different styles of fighting, however, with increasing load, the indicators of physical performance and MPC increase proportionally.

KEYWORDS: freestyle wrestling, fighting style, physical performance, aerobic capacity, hemodynamic parameters

Relevance: It is considered established that in international types of wrestling, in particular in freestyle wrestling, sambo, judo, and Greco-Roman style wrestling, qualified athletes use 4-5 techniques in a standing position and the same number on the ground. Despite the fact that many techniques are used in wrestling, only 1-2 techniques are used during decisive fights, the so-called "crown techniques" [4; 162 pp., 3; pp. 277-282]. The use of technical and tactical techniques also depends on the style of the fight. Thus, the training process - jiu-jitsu for athletes at the stage of sportsmanship - must be built taking into account the competitive style of fighting and mastering the favorite technical and tactical arsenal of wrestling techniques, based on the individual capabilities and abilities of the wrestler [6; pp. 93-94]. However, V.A. Tolochek, V.S. Dakhnovsky [5; pp. 11-13.], having analyzed the influence of tactical training on the fighting style of judokas, indicated that it is unlawful to "identify the fighting style with the tactics of activity used by the wrestler." According to the authors, the style of activity is always a stable individual system, capable of changing shape depending on external conditions, but always maintaining its fundamental structure." The above was the rationale for conducting a comparative assessment of the functional state and performance of freestyle wrestlers depending on the style of the fight.

Purpose of the study: Comparative assessment of physical performance and physical fitness indicators in freestyle wrestling, depending on the style of the fight.

Material and research methods: In the experiment, we assessed the physical performance, physical fitness of wrestlers who are members of the national freestyle wrestling team of Uzbekistan (17 wrestlers), 3 wrestlers - Greco-Roman wrestling, who have sports qualifications as masters of sports of international class. The athletes were divided into 3 groups based on their individual

characteristics, that is, the functional cards indicated the fighting style used by the wrestler and the techniques used.

The athletes were divided into 3 groups: the first group of wrestlers mastered only attacking techniques, the second group - counterattacking techniques, and the third group mastered both attacking and counterattacking techniques. Then tests were selected that characterize the characteristics of functional status, aerobic capacity; from indicators of general physical fitness. Testing adapted to the specifics of freestyle wrestling and reflecting the dynamics of the main physical qualities of wrestlers was carried out.

The block of these tests included: - physical performance according to PWC-170, MOC - maximum oxygen consumption, IOC - minute volume of blood circulation, arm dynamometry, 60m run, 3000m run, standing long jump, jump up. The results obtained are reflected in table No. 4.1. The highest physical performance - 2081.39 kg/m/min was found among wrestlers who prefer a combination wrestling style. This figure is slightly lower for attacking style wrestlers - 1834.84 kg/m/min.

For defensive style wrestlers, the PWC-170 indicator was even lower and amounted to 1425.88 kg/m/min. A generally accepted criterion for assessing physical performance is oxygen consumption under conditions of maximum muscle load. In this case, the maximum is considered to be a load of such power, the increase of which is no longer accompanied by an increase in oxygen consumption, that is, a load that exhausts the body's reserves for supplying working muscles with energy sources [3; 72 p.]. It should be noted that the wrestlers leading the match in the combination style showed homogeneous results in aerobic capabilities, assessed using the MPC method. All indicators were rated "excellent," which averaged 5.69 l/min.

The most promising wrestlers both in terms of physical performance and MPC are Rakh-ov Kh. (2673.8 kg/m/min), Saf-ov N. (2093.5), Chuli-ev (2057.5), Var-yan A. (2058.60). (Table 4.1).

The level of physical fitness of wrestlers of various specializations depends on the degree of development of a number of physical qualities, in particular, endurance. Endurance is a motor quality necessary for wrestlers, which manifests itself in the ability to maintain performance for a long time.

This is especially true when performing static efforts. It should be noted that with age, athletes not only increase their physical performance, but also their endurance. The most important condition for successful training is the development and improvement of special endurance and the correct and rational construction of the training process. Rational construction of the training process is possible by

taking into account the athlete's level of fitness, physiological ratio of GPP and SPP. and age-related characteristics of the body, and the correct

Table№ 1 Assessment of physical fitness and physical performance of freestyle wrestlers depending on the style of the fight

Freestyle wrestling Wrestlers - 20	PWC ₁₇₀ кг/м/мин	МПК		МОК	ДК прав/лев	60m sprint	Running on 3000m	standing long jump	Standing jump
		Абс	Grade						
Combination style									
Рахимов Хасан	2673,8	6,9	сред	8,2	61/49	8,20	10,35	245,5	51,5
Варданян Аран	2058,6	5,5	отл	8,3	50/50	8,16	10,30	242,2	51,2
Сафаров Нодир	2093,5	4,7	отл	7,0	36/39	8,22	10,35	240,8	49,7
Чулибаев Зафар	2057,5	6,8	отл	9,6	45/38	8,15	10,33	241,9	49,9
Рахманов Аббос	1921,2	5,3	отл	8,5	32/34	8,18	10,38	239,4	50,3
Улахунов М,	1884,9	5,2	отл	10,7	36/36	8,16	10,37	241,7	48,8
Абдулаев Гулом	1880,2	5,4	отл	9,5	50_46	8,22	10,48	240,7	51,2
Среднее +	2081,39	5,69		8,83	44,3//41,7	8,18	10,37	241,74	50,23
Attacking style									
Исломов Бобур	1941,0	5,3	хор	6,0	38/42	8,22	10,40	240,8	51,4
Отабаев Аброр	1630,6	4,4	хор	9,0	48/44	8,18	10,45	242,6	50,8
Шодиев Рустам	1627,5	4,6	низ	7,6	50/41	8,30	11,02	239,7	49,4
Кулдашев Мухамад	1616,5	4,6	отл	8,9	45/40	8,16	10,33	241,2	50,6
Жалолов Уминжон	1610,5	4,5	отл	7,5	43/39	8,20	11,00	240,6	49,8
Сапарниязов,А,	2527,9	6,5	отл	8,8	50/47	8,18	10,38	242,4	50,9
Отохонов Зафар	1889,9	5,2	Отл,	8,9	49/47	8,24	9,86	245,78	51,03
среднее	1834,84	5,01		8,1	48,4/42,9	8,21	10,49	241,87	50,56
Protective style									
Рахимов Нурбек	1493,1	4,3	хор	7,3	42/42	8,20	10,41	239,5	49,7
Бердимуратов Ж.	1283,9	3,8	удов	8,4	48/48	8,22	10,45	236,8	49,3
Ахунов Ж.	1457,6	3,9	хор	8,7	44/41	8,25	11,02	238,8	48,9
Хасанов Сирож	1202,7	3,7	низ	7,5	39/40	8,26	10,53	239,9	49,2
Рузимов Сардор	1769,5	4,7	отл,	9,6	49/47	8,22	11,09	238,6	51,2
Абдурасулов А.	1348,5	3,9	Хор,	8,9	48/45	8,30	10,46	238,5	49,8
среднее	1425,88	4,05	хор	8,4	45/43,8	8,24	10,71	238,52	49,68

To assess the endurance of wrestlers, the "3000m run" test (uphill climb) was used. The average running result was 10 minutes 37 seconds for combination style wrestlers, for attacking style wrestlers - 10 minutes 49 seconds; for defensive style wrestlers the result was -10 min. 71sec.

Although the overall result is presented in minutes and 10 minutes, differences are found in seconds. The best results were achieved by combination style wrestlers; a slight decrease was found in attacking style wrestlers; no increase in the long-distance running indicator was found in defensive style wrestlers - its value was 11 minutes. 11sec. The quality of speed is demonstrated in the 60 m run. It is known that speed is a type of physical quality and is measured by the time during which a motor action is performed [1; pp. 18-20]. In general, the best results were established for wrestlers in the following sequence - 8.18 seconds were set for combination style wrestlers, 8.21 seconds for attacking style wrestlers and 8.24 seconds for defensive style wrestlers. It is obvious that differences in speed running results depend on both the morphological and functional characteristics of athletes. Two tests, "standing long jump" and "standing jump," were used to assess the speed and strength qualities of wrestlers. In these tests, in particular "standing long jump", the best result was found for attacking style wrestlers -241.87 cm, the performance of combination style wrestlers was

slightly lower and amounted to -241.74 cm; the lowest result is for defensive style wrestlers - 238.52 cm. The result of the "jumping up from a place" test is the maximum for combination style wrestlers (50.23 cm) and the smallest for defensive style wrestlers (49.68 cm). To develop speed-strength qualities, it is recommended to use exercises associated with dynamic loads, in particular, overcoming and yielding types of work. In addition, it is necessary to be exposed to loads of a static nature, in particular, strengthening, yielding, and fixing work. For wrestling professionals, motor stereotypes must be formed in adolescence with targeted training influence and in the future will be the basis for achieving a high level of sportsmanship. The quality of strength occupies a special place in the training of wrestlers. According to the formulation of Pavlova O.I., 2003 [1; pp. 18-20], "strength is a physical quality that depends on the volume and quality of muscle mass." When analyzing the phases of techniques used in wrestling, the grappling phase is of particular importance. In this phase, muscle strength is characterized by the degree of tension in the wrist flexor muscles, forming the "lock principle." In this case, it is necessary for the muscles to resist as much as possible to overcome the external force. The results of the testing showed that the attacking style wrestlers showed high strength qualities, the result for the right and left hands was

48.4/42.9 kg, although the asymmetry is strongly pronounced, then for the defensive style wrestlers the dynamometry indicators were 45/43.8 kg, respectively for right and left hands. The lowest indicator of strength qualities was established for combination style wrestlers - 44.3/41.7 kg. An assessment was made of one of the physiological indicators - IOC - characterizing the state of the wrestlers' cardiovascular system. The average IOC after the second load was 8.8 l/min for combination style wrestlers, 8.1 l/min for attacking style wrestlers, and 8.4 l/min for defensive style wrestlers, that is, the differences are insignificant.

Conclusion: Differences in the manifestation of strength qualities have been established, and the dependence of physical performance indicators on the power of the load performed by the muscles, on hemodynamic indicators, and aerobic capabilities of a linear nature has been identified: although the indicators have specific differences for wrestlers with different styles of fighting, with increasing load the physical indicators performance and MIC increase proportionally.

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