



LEARNING TECHNIQUES TO TRANSFER FROM THE WAIST TO THE PAINING METHOD IN SKILLED GIRLS

Submission Date: April 20, 2022, **Accepted Date:** April 25, 2022,

Published Date: April 30, 2022

Crossref doi: <https://doi.org/10.37547/pedagogics-crjp-03-04-23>

Journal Website:
<https://masterjournals.com/index.php/crjp>

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ABSTRACT

The fact that after the independence of Uzbekistan, the attention paid to the sport of sambo today is more important than in previous days, as evidenced by the honorable places of our athletes in the World and Asian competitions.

KEYWORDS

Pain method, special training, technical-tactical, coordination, model, proprioceptive, physical training.

INTRODUCTION

Despite the fact that our independent Uzbekistan is young, we should be proud not only of our boys, but also of our female athletes in the sport of sambo, of course, the attention of the President to the sport of sambo.

The achievements of coaches and researchers in improving the training methods of qualified Sambochi girls have in many ways contributed to the successful

participation of qualified Sambochi girls in major competitions. In this case, the valuable scientific data obtained in the course of complex research conducted during the preparation and participation of qualified sambo girls in competitions play an important role in the study of current problems in sambo training, including the natural conditions of training or competition activities.



Their complex use is typical of many studies. In determining which technical interventions should be included in the training program, the following conditions should be met: The results of scientific research are the basis for teaching the pain method in sambo girls.

Training with sambo wrestlers is a complex and lengthy process aimed at teaching pain techniques. Coach Sambochi should be able to plan the training session with the girls and imagine how the volume of training and competition loads will affect it and how it will be reflected in the success of the sport.

The direction and volume of training loads have their own characteristics in the teaching of painful methods in the training process. In the preparatory phase, general and auxiliary training play a key role. The initial stage of preparation is characterized by an increase in the volume of preparation.

During the training phase of sambo girls, the share of special training increases significantly and the share of general training decreases. At the stage of maximum realization of individual capabilities, special training may exceed the total amount. Sambo wrestlers require that their technical efforts in performing pain techniques be strictly consistent with their individual characteristics. The structure of technical actions should correspond to its morphological properties, physical development, functional capabilities, mental readiness. Sambo wrestlers with certain body size and proportions perform some techniques more successfully.

For example, the longer the wrists, the lower the relative strength of the flexor and extension muscles. The longer the thigh and leg, the greater the absolute strength of the muscles that flex and stretch the thigh, and the lower the relative strength. Therefore, it is probably easier for Sambo girls who have shorter

limbs to perform lifts, because in this case the efficiency of the work depends on the amount of relative strength. Sambo girls with long arms and legs are more likely to use methods involving movement without lifting an opponent off the mat using unstable balance conditions (comfortable dynamic situation). In addition, long limbs allow you to swallow on the road and speed. At the same time, technical and tactical capabilities are related to the specifics of force training. The technical movements performed by lifting an opponent off the ground can be performed by athletes with well-developed back muscles and relatively tall stature.

The result of teaching painful techniques in sambo girls competitions largely depends on Sambochi's sensible technical preparation. The perfect technique for sambo girls to perform painstaking techniques is a set of effective ways to perform the exercises in order to achieve the highest results. the level of training in pain techniques varies (from the simple technique of a beginner to the perfect technique of an international-class master of sports). At each stage of technical training, a "growth scale" should be determined and a system for evaluating the techniques recorded in the competitions should be used. Sambo should be done in adolescence to improve the technical element methods in teaching girls pain techniques. The total time spent on technical training increases as the skills of the girls increase, but decreases in percentage relative to the total amount of training. This ratio is due to the need to increase the level of strength training and speed endurance. The success of coaches and researchers in improving their training methods has in many ways contributed to the successful participation of Sambo wrestlers in major competitions. In this case, the valuable scientific data obtained in the course of complex research



conducted during the preparation and participation of girls in sambo competitions played a significant role.

The following types of research are used in the study of current problems of sports: theoretical, practical (including the establishment of pedagogical experience, the study of events in the natural conditions of training or competition activities) and laboratory experiments. Their complex use is typical of many studies. In this, one of them takes the lead. The following conditions should be followed in determining which methods should be included in the research program : an in-depth and comprehensive study of the nature of the phenomenon under study; clearly express the purpose, tasks, hypothesis of the research; adequate level of knowledge of the researcher in this field; technical equipment of research staff; financial resources of the research team; other conditions that are important for the successful solution of research tasks. Mastering research methods and using them wisely in sports allows you to take the right approach to managing the learning process. The results of scientific research are the basis for progress in wrestling. It is necessary to create the necessary conditions for a well-organized scientific research and the application of scientific results in the practice of training wrestling professionals. "

1) Actions according to a strict program of behavior: in this case, the athlete intends to "catch" his opponent while he is performing a certain method. To do this, he waits for the same time to come and does not recognize other ways of opportunities that arise to attack.

2) Sambo girls will have several "pre-prepared" tactical moves as their first 'model'. The transition to attack is usually based on the principle of whether or not to pass.

3) The behavior of sambo girls is more thoughtful: they do not think of a decisive path in advance and act according to the actions of the opponent.

4) It will be necessary to train sambo girls not to be tied to the opponent's actions and to prepare for that dynamic situation, that is, to take advantage of the time to prepare for the decisive attack. Improving pain techniques is inseparable from psychological Thai labeling. The reliability of a sambo wrestler's technical movement is ensured by the level of his emotional shell and cognitive processes. Training in technical movements develops tactical thinking, coordination, agility, proprioceptive sensitivity.

The tactical decision in teaching pain techniques is the product of Sambochi's thinking activity. Sambo girls use tactical situation images and make decisions based on the principle of 'agreed' and 'disagreed'. Psychological training is the basis of the general training system. Physical training, in turn, is a specific basis for improvement, technical and tactical training is a means of realizing the physical and psychological capabilities of the athlete. Knowing the choice and speed of decision making is the most important aspect of Sambochi's psychological preparation.

At each stage of technical training, a "growth scale" should be determined and a system for evaluating the techniques recorded in the competitions should be used. Sambo should be done in adolescence to improve the technical element methods in teaching girls pain techniques. The total time spent on technical training increases as the skills of the girls increase, but decreases in percentage relative to the total amount of training. This ratio is due to the need to increase the level of strength training and speed endurance. The success of coaches and researchers in improving their training methods has in many ways contributed to the successful participation of Sambo



wrestlers in major competitions. In this case, the valuable scientific data obtained in the course of complex research conducted during the preparation and participation of girls in sambo competitions played a significant role.

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CONCLUSION

Sambo can play an important role in teaching girls the pain method to achieve the highest results and win with effective methods.

1. The judicious technique of the sambo girls in performing the painful method allows the sambo



wrestler to perform the technical movements sparingly.

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