



THE NECESSITY OF PEDAGOGICAL MONITORING OF TRAINING AND COMPETITIVE ACTIVITIES OF QUALIFIED WRESTLERS

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Annotatsiya: O'quv-mashg'ulotlar jarayonida malakali kurashchilarning jismoniy tayyorgarligini baholash, umumiy va maxsus jismoniy tayyorgarlikni nazorat qilish uchun belgilangan mashqlarni qo'llash metodikasi takomillashtirilgan.

Аннотация: Усовершенствована методика применения специальных упражнений для оценки физической подготовленности и контроля общей и специальной подготовленности квалифицированных курашистов в учебно-тренировочном процессе.

Annotation: The methodology for the use of a complex of general and special exercises for assessing the physical training of qualified wrestlers in the process of training is improved.

Kalit so'zlar: o'zini o'zi massaj qilish, tiklanish, ish qobiliyati, massaj, jismoniy yuklama, sportchilarni tayyorlash.

Key words: training athletes, recovery, performance, massage, self-massage, physical activity

Relevance. The improvement of performance in the national sport of kurash is closely linked to the rational organization of an effective system for training skilled wrestlers. It is critically important to scientifically determine and substantiate the extent to which the proper allocation and planning of competition and training resources, as well as their monitoring during competitive activities, contribute to enhancing the efficiency of managing the preparation of skilled wrestlers.

The theoretical basis for the tools and methods of pedagogical monitoring of wrestlers' training processes is grounded in a three-tiered functional system for managing athletes' preparation in individual wrestling disciplines (which distinguishes three main levels, allowing a comprehensive understanding of the entire training system and enabling the identification of optimal ratios between the management and managed elements) [A.A. Novikov].

Based on A.A. Novikov's three-tiered system, a scheme for the comprehensive pedagogical monitoring of skilled kurash wrestlers' training was developed. In developing the principles of pedagogical monitoring in the preparation of skilled kurash wrestlers, it is essential to take into account individual characteristics, primarily the age-related development of the organism, the individual development of functional systems, the



variability and stability of qualities and traits during natural growth, and the formation of specific skills under the influence of targeted training.

Research Aim. The aim of the study is to develop proposals and recommendations for the further refinement of the theoretical and methodological foundations of pedagogical monitoring of skilled wrestling wrestlers' competition and training processes.

Research Methods: The study employed methods including the analysis of scientific and methodological literature, questionnaires, pedagogical observation, heart rate monitoring (pulsometry), pedagogical testing, pedagogical experimentation, and mathematical statistical analysis.

Organization of the Research: Based on a system for accounting and analyzing the training and competition loads of skilled wrestlers, the study identified effective tools and methods for the training process. Taking into account the individual characteristics of skilled wrestlers, model descriptions of training and competitive activities were developed, and the effectiveness of a unified system in enhancing the efficiency of competition and training performance was determined.

Research Results and Discussion: This article is based on the views and findings of both domestic and foreign scholars in the field of theory and methodology of physical education and sports training. It is supported by the representativeness of experimental and trial work, as well as the analysis of the obtained results using mathematical and statistical methods. The collected data and results were accurately processed with the aid of computer technology. The reliability of the conclusions and scientific recommendations presented in this study is grounded in the necessity of addressing the conceptual issues in the theory and methodology of pedagogical monitoring of skilled wrestlers' training and competitive activities.

In the national sport of kurash, if a practicing coach does not have the minimum necessary information about the wrestler's condition, it is impossible to discuss the management of the training process. Therefore, the main focus should be placed on this specific link within the overall management system. Currently, in modern sports, there are three types of monitoring: stage-based, ongoing, and rapid, as well as three directions of monitoring: monitoring competitive activity, monitoring aspects of training, and monitoring the organism's system. In the preparation of wrestlers, pedagogical monitoring can only be effective if all directions and types of monitoring are developed and implemented (see Table 1).

Table 1

Features of Organizing Pedagogical Monitoring in Kurash

Direction of Monitoring Types of Monitoring	Monitoring of Competitive Activity	Monitoring of Training Aspects	Monitoring of the Organism's Systems
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Stage-Based Monitoring	1	4	7
Ongoing Monitoring	2	5	8
Rapid Monitoring	3	6	9

As can be seen from this schematic table, in organizing pedagogical monitoring, it is necessary to select tests and control exercises based on the combination of monitoring types.

MCA – SBM – OM – RM (1, 2, 3)

MTA – SBM – OM – RM (4, 5, 6)

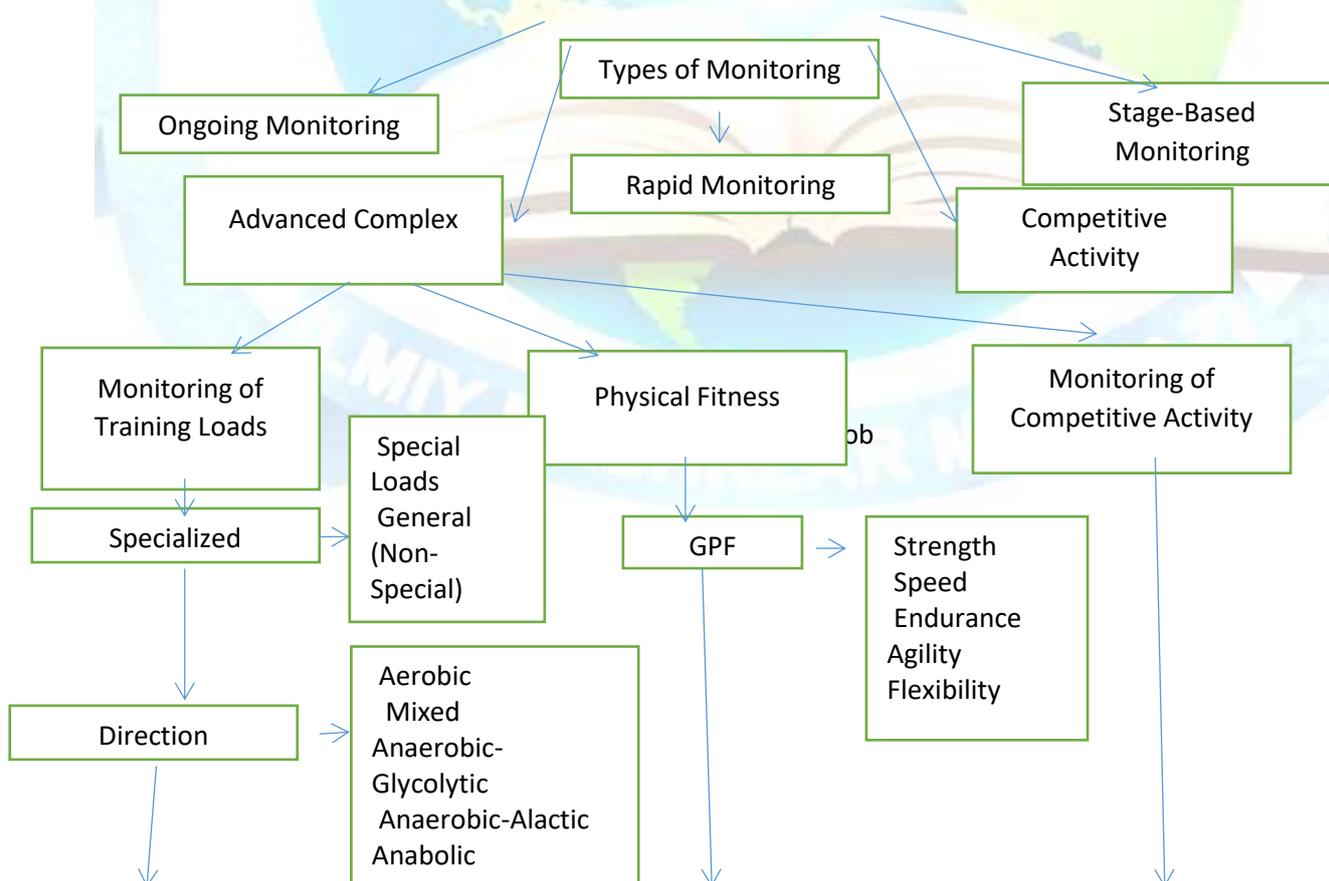
MOS – SBM – OM – RM (7, 8, 9)

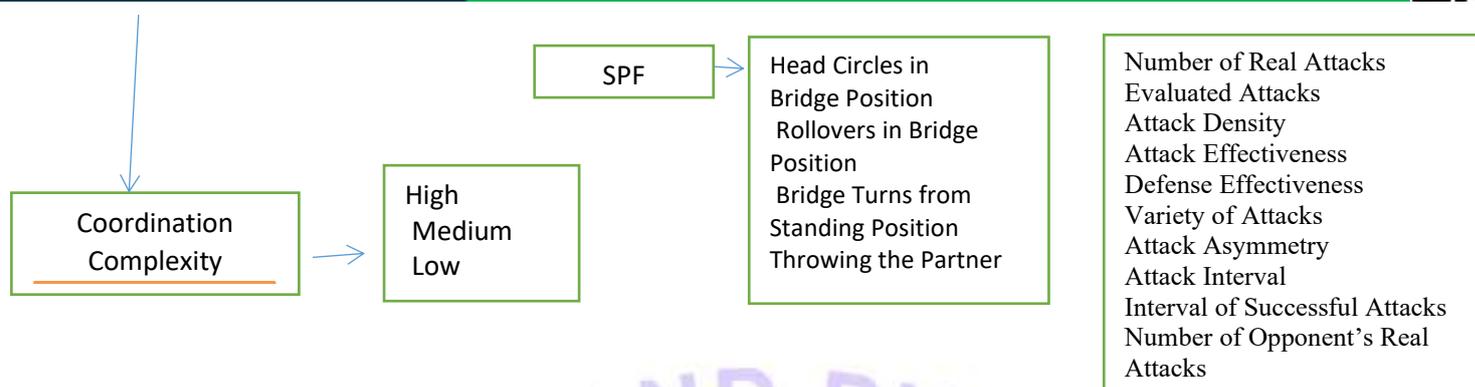
The application of all types of pedagogical monitoring during the training process enhances the effectiveness of controlling wrestlers' preparation. Based on this scheme, a comprehensive pedagogical monitoring program was developed for training kurash wrestlers, taking into account all types and scales of kurash.

The analysis of offensive actions allows for clarifying the course of the match by distinctly identifying the key moments of the attack. This analysis can be of interest to the coach, as it can be used to develop various structures for conducting the match, as well as to design a functional training program aimed at improving the efficiency of the wrestler's energy supply.

In the national sport of kurash, it is necessary to establish objective criteria for each of the mentioned types of monitoring in order to organize and conduct pedagogical monitoring effectively. We have developed a comprehensive pedagogical monitoring scheme for kurash, which highlights the features of organizing the monitoring of physical loads, physical fitness, and competitive activity (see Figure 1).

Comprehensive Pedagogical Monitoring Scheme in the National Sport of Kurash





Among the most important components of the wrestler training system mentioned above is the control subsystem, which, in addition to methods for analyzing technical-tactical skills and studying competitive activity, includes a battery of tests for assessing the development of motor abilities and the degree to which they are performed under conditions similar to specific sport activities. In particular, this test battery is designed for application in the sport of kurash.

The research results indicate that the tests selected based on the analysis of training and competitive activity are more informative and reliable, which contributed to the effective organization of the training process (see Table 2).

Table 2
Reliability and Informational Value of Tests Assessing the Motor Abilities of Skilled Wrestlers

T/r	Ko'rsatkichlar	Barqarorligi	Axborotlilik omili
1	30 m Run (s)	0,912	0,598
2	Pull-Ups on the Bar (repetitions)	0,927	0,731
3	Push-Ups Lying on the Floor (repetitions)	0,347	0,721
4	Push-Ups on Parallel Bars (repetitions)	0,616	0,524
5	Sit-to-Stand with a Partner of Equal Weight (repetitions)	0,754	0,498
6	Leg Raises up to 90° while Hanging on Gymnastics Wall (repetitions)	0,907	0,651
7	Lifting and Lowering a Partner of Equal Weight while Standing on Parallel Bench (repetitions)	0,376	0,408
8	Rope Climb without Leg Assistance, 4 m (s)	0,734	0,508
9	Standing Long Jump (cm)	0,691	0,597
10	Standing Vertical Jump (cm)	0,554	0,347
11	Forward Overhead Throw of a Medicine Ball (3 kg) (m)	0,437	0,517



12	Backward Throw of a Medicine Ball (3 kg) (m)	0,911	0,727
13	Body Bends Lying on a Bench, 20 s (repetitions)	0,718	0,521
14	3000 m Run (min, s)	0,511	0,608
15	Shuttle Run, 3×10 m (s)	0,918	0,641
16	Over-the-Waist Throws, 10 Repetitions (s)	0,695	0,545
17	Head Circles in Bridge Position: 5 Left, 5 Right (s)	0,601	0,607
18	Head Circles in Bridge Position, 10 Repetitions (s)	0,607	0,718
19	Over-the-Shoulder Throws, 10 Repetitions (s)	0,719	0,711
20	Throwing a Dummy 10 Times Using Bordor Technique (s)	0,476	0,702

As can be seen from Table 2, the reliability of the tests shows that out of 20 tests, 9 demonstrated high correlation coefficients (0.7–0.9) and 7 had moderate correlation coefficients (0.5–0.7). This indicates that the main tests are reliable in terms of execution and can be used when developing an evaluation system. Analysis of the results in Table 2 revealed 6 tests with high correlation coefficients (0.7–0.9) and 10 within the borderline range (0.5–0.7), confirming the average correlation coefficient. The informational tests, like trial tests, also demonstrated their applicability for assessing the physical condition of the wrestlers.

A new system was developed to evaluate the results of tests that passed reliability and informational validation (see Table 3). The table presents the implementation of a new evaluation system in kurash, applying new weight categories and a five-point scoring system. All indicators are categorized according to three weight classes of wrestlers: 60–66 kg, 73–81 kg, and 90–100 kg and +100 kg.

Table 3

Indicators of Skilled Wrestlers in GPF and SPF

T/ r	Control Exercises and Measurement Units	Weight Categories and Scores														
		60-66 kg					73-81 kg					90-100 +100 kg				
		1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
1	30 m Run (s)	5,2	5,1	5,0	4,9	4,8	5,3	5,2	5,1	5,0	4,9	5,8	5,7	5,6	5,5	5,4
2	Pull-Ups on the Bar (repetitions)	10	14	18	25	30	10	13	17	20	25	4	8	10	12	15
3	Push-Ups Lying on the Floor (repetitions)	35	40	50	60	70	35	40	45	50	55	20	25	30	35	40
4	Push-Ups on Parallel Bars (repetitions)	10	20	30	40	50	20	25	30	35	40	5	8	12	15	20



5	Sit-to-Stand with a Partner of Equal Weight (repetitions)	6	8	10	12	14	8	10	12	14	15	4	6	8	10	12
6	Leg Raises up to 90° while Hanging on Gymnastics Wall (repetitions)	8	10	15	20	25	8	10	15	20	25	4	6	8	12	15
7	Lifting and Lowering a Partner of Equal Weight while Standing on Parallel Bench (repetitions)	6	8	10	12	15	6	8	10	11	13	2	4	6	8	10

8	Rope Climb without Leg Assistance, 4 m (s)	11,0	10,5	10,0	9,5	9,0	12,0	11,5	11,0	10,5	10,0	13,0	12,5	12,0	11,5	11,0
9	Standing Long Jump (cm)	220	230	240	250	260	200	220	230	240	250	160	170	180	200	220
10	Standing Vertical Jump (cm)	60	65	70	75	80	50	55	60	65	70	25	30	35	40	45
11	Forward Overhead Throw of a Medicine Ball (3 kg) (m)	11,0	11,5	11,0	12,5	13,0	12,0	12,5	13,0	14,5	15,0	15,0	15,5	16,0	16,5	17,0
12	Backward Throw of a Medicine Ball (3 kg) (m)	11,0	11,5	11,0	12,5	13,0	12,0	12,5	13,0	14,5	15,0	15,0	15,5	16,0	16,5	17,0
13	Body Bends Lying on a Bench, 20 s (repetitions)	40	45	50	55	60	30	35	40	45	50	10	15	20	25	30
14	3000 m Run (min, s)	12,45	12,30	12,15	12,00	11,45	13,00	12,45	12,30	12,45	12,00	13,30	13,15	13,00	12,45	12,30
15	Shuttle Run, 3×10 m (s)	8,3	8,1	7,8	7,5	7,0	9,0	8,8	8,5	8,1	7,8	9,2	9,0	8,8	8,6	8,4
16	Over-the-Waist Throws, 10 Repetitions (s)	17,0	16,0	15,0	14,0	13,0	18,0	17,0	16,0	15,0	14,0	19,0	18,0	17,0	16,0	15,0
17	Head Circles in Bridge Position: 5 Left, 5 Right (s)	24,0	23,0	22,0	21,0	20,0	25,0	24,0	23,0	22,0	29,0	28,0	27,0	26,0	25,0	24,0
18	Head Circles in Bridge Position: 10 Repetitions (s)	26,0	24,0	22,0	20,0	18,0	28,0	26,0	24,0	22,0	20,0	30,0	29,0	28,0	26,0	24,0



19	Over-the-Shoulder Throws, Repetitions (s)	25,0	20,0	17,0	15,0	13,0	25,0	20,0	18,0	16,0	14,0	30,0	25,0	23,0	20,0	18,0
20	Throwing a Mannequin Using the Bordor Technique, Repetitions (s)	28,0	25,0	21,0	19,0	17,0	30,0	28,0	25,0	23,0	20,0	40,0	38,0	35,0	32,0	30,0

Using a novel approach, it is possible to objectively assess the physical fitness of skilled kurash wrestlers. Converting physical fitness indicators into coefficients allows for the comparison of results across different skilled wrestlers and facilitates the development of each wrestler's movement abilities. The advantage of this test battery is that it enables the evaluation of wrestlers under almost any training conditions without the use of complex equipment. At the same time, it provides data that objectively reflect the level of development of the wrestler's movement capabilities.

To determine the integral indicators of skilled wrestlers' GPF and SPF, Table 4 was developed, allowing the calculation of a generalized indicator for all 20 tests of specialized physical fitness. As shown in Table 4, the maximum total score is 100 points, which corresponds to a high level of the athletes' physical fitness. A score of 80 points indicates good specialized physical fitness, while also allowing identification of delays in one or more specific tests. A score of 60 points represents an average level of specialized physical fitness, indicating that the wrestler has insufficient preparation.

Table-4

Indicators of Skilled Wrestlers in GPF and SPF

Conventional Units	"Scores collected for tests"				
	Pedagogical Assessment	100-80	80-60	60-40	40-20
	Excellent Indicator	Good Indicator	Average Indicator	Low Indicator	Very Low Indicator

A score of 40 and 20 points indicates that the wrestler's physical preparedness is low. Using this table, the coach can identify the strengths and weaknesses in the wrestlers' training, and based on the obtained results, organize the training process effectively and purposefully.

The management of wrestlers' training is carried out based on individual model profiles of preparedness. These model profiles are developed by analyzing physical fitness test data, expert evaluations of technical-tactical skills, and quantitative indicators of specific components of competitive activity. Additionally, the management of wrestlers' preparation is guided by the degree of conformity of these projected model profiles with each other, as well as by identifying compensatory relationships between certain parameters of sports mastery that ensure achieving high athletic results.



Conclusion

The proposed approach allows for a comprehensive study of the physical fitness of skilled wrestlers, comparison of indicators, and continuous monitoring of the development of each wrestler's motor abilities. The main advantage of this complex lies in its technology: it allows testing wrestlers under almost any training conditions without the use of complex equipment. At the same time, this approach provides information that objectively reflects the level of development of the wrestler's motor abilities, which is supported by the analytical and statistical procedures described above.

In the study, two groups of athletes, each consisting of 18 wrestlers, were formed: an experimental group and a control group. The initial indicators of the wrestlers' fitness levels were taken based on the results of tests conducted during the first month of the training period. At the end of the experiment, two additional control test trials were conducted. Fitness monitoring was carried out using pre-selected test tasks that reflected the specific characteristics of the wrestlers' motor activity under competition conditions. The training of the experimental group was conducted according to the developed program. This program took into account the intensity of competition activity as well as quantitative data reflecting the technical-tactical and physical fitness of skilled wrestlers. The specific characteristics of wrestlers' competitive activity and the individual features of key technical-tactical actions highlighted the methodological need to emphasize the individualization of athletes' training during the educational and training process.

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