



THE ROLE OF PHYSICAL AND SPECIAL TRAINING IN WRESTLERS

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Abstract

This article provides a brief overview of the role of physical and special training in wrestlers.

Keywords: Wrestling, training, sport, form, skill, technique, tactics, result..

Introduction

Wrestling training is a form of sports activity. Sport includes the following concepts. Sport is a major part of physical culture, the process of improving the athlete's sports skills and achieving high results in sports. Sports training and competitions provide athletes with the opportunity to demonstrate their sports skills in the process of competition by carrying out technical, tactical and physical training. Sport consists of methods and means of physically preparing a person for the process of competition. During the competition, a person's physical and mental well-being is demonstrated and evaluated by the results achieved.

The difference between sport and physical education is that competition is set as a goal. In physical education and sports training, one can engage in almost the same exercises and movements, but the task that the athlete sets for himself is to prepare for sports competitions and compete with athletes in competitions to demonstrate his physical, technical and tactical training. In physical education, the goal is to strengthen the health of the body and develop physical qualities to a sufficient level.



Sport, along with strengthening health, educating physically and mentally, performs the tasks of providing enjoyable leisure and engaging in sports as a profession.

Sport includes the process of competition and forms of preparation for it. It has its own laws and requirements. Sport requires the pursuit of victory, achieving high results in sports, and a high level of improvement of physical, mental and spiritual qualities. Modern sport is divided into mass and high-performance sports. These forms of sport indicate its versatility and sharp differences from each other.

Mass sports events are aimed at strengthening health, physical development, developing physical fitness, and providing enjoyable leisure. The tasks of the events are to improve the functioning of the body's organs, ensure the beauty of the body structure, coordinate physical development, increase general and professional efficiency, form vital movement skills and abilities, have fun, and achieve physical fitness. The goal of physical education in the education system is to organize mass participation of young people in sports. Wrestling can be practiced both during training sessions and in free time. Young people should be selected for wrestling based on their interests and physical abilities. Wrestling training is mainly in the form of mass sports events. At the same time, the concept of high-performance sports or big sports has also been formed along with mass sports. The goal of big sports is sharply different from mass sports. Big sports are determined by achieving high results in sports and victories in international competitions. In order to achieve high results in wrestling, several stages of wrestler training plans are developed. The tasks of these stages are to organize the physical fitness of wrestlers, improve their technical and tactical skills in wrestling, and develop their spiritual, moral, and ethical qualities. It has been repeatedly emphasized that the health-improving, physically developing effect of physical education and sports on the human body is incomparable. Ensuring the health of young people and raising them to be physically fit is one of the prestigious tasks of our country. Each educational institution, along with providing knowledge to young people, must also solve the problems of physical education and health protection. Sport, along with strengthening the body, also



develops human character and teaches deep thinking. With the help of sports, people become physically fit, flexible and resilient to life's problems. Winning sports competitions or being proud of the victory of your favorite team will lift your spirits. In our rapidly developing century, the popularization of technologies is sharply reducing the demand for physical labor. As a result, people are becoming lazy, indifferent, and sick. Tobacco products are becoming a source of harmful vices such as smoking, alcohol, and drug use. And sport is the enemy and remedy for these vices. It is clear that one of the means of becoming a successful person in life is sports. Youth sports are widely active in organizing sports events in the education system, attracting young people to mass sports, and supporting talented athletes and students. The specific features of organizing youth sports are manifested in the mass involvement of students in sports activities. Sports activities can be organized both during physical education classes and during free time. Another advantage of youth sports is that all students have the right to participate in such classes and competitions. During wrestling training, young people improve their wrestling skills, improve their physical qualities, and prepare for wrestling competitions and the Universiade. It should be noted that wrestling training is optional and is not included in the list of educational activities for students.

As mentioned above, wrestling movements consist of the wrestler's stances, movements of movement along the mat, movements with arms and legs and body, and throwing movements, while the ability to effectively perform wrestling movements and throws in the competition process is understood as offensive and defensive tactics.

The wrestlers' stances: close stances, in which the wrestlers touch each other. Medium stances, in which the wrestlers stand at an outstretched arm's length. Long stances, in which the wrestlers stand at a distance of 1-2 meters. The wrestlers' stances are high, medium, and low. Also, the wrestlers stand in right and left side stances and upright stances.

The wrestlers perform sliding movements along the mat to approach each other and grab each other by the belt, arm, and shoulder. The wrestler's movement movements are performed by walking, running, stepping, taking double steps,



putting one foot in front, and moving to the sides. The wrestlers' movements to move, apply techniques, and catch each other are divided into preparatory movements, main movements, and methods.

The wrestlers' forms of catching each other are: grabbing by the belt and hand, grabbing by the belt and the shirt, grabbing by the belt and the neck, grabbing by the belt and parts of the body. At the same time, the forms of catching include grabbing by the belt and grabbing by the leg, grabbing by the shirt and grabbing by the leg. In catching by the shirt, there are forms of grabbing by the shirt's shoulder, by the shirt's hem, and by the shirt's collar.

In the initial sports training group, wrestlers are taught throwing exercises from simple to complex. As wrestling skills and abilities increase, it is possible to customize wrestling techniques. In wrestling, throwing movements are mainly divided into: throwing over the shoulder, throwing over the back, throwing the opponent with one leg and throwing the same leg from the outside, throwing from the shoulder. Throwing over the shoulder while sitting and bending over: throwing over the thigh: hooking from the inside, hooking the opponent's left leg or right leg with the left foot: hooking from the inside, knocking down from the inside are widely used.

Tactical movements are widely used in the effective use of throwing and knocking down techniques in competitive processes. Tactical movements can include quick and decisive attacks, counterattacks, slow planned pressure, deception and fake movements, maneuvers and reconnaissance, and feints. Identifying an opponent's weak spots in offensive moves, taking advantage of their speed and strength, and their inertia, requires high levels of athletic skill.

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