

PSYCHOLOGICAL TRAINING TO IMPROVE THE TECHNICAL AND TACTICAL SKILLS OF WRESTLERS

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Relevance of the topic. Improving technical and tactical skills, psychological training is inseparable from. The reliability of the wrestler's tactical movement is his

the level of emotional shell and cognitive processes. Tactical decision is the product of a wrestler's thinking activity. Wrestler uses tactical situation images and makes decisions based on the principles of "agreed" and "disagreed". Psychological preparation serves as the basis for the general training system. Physical preparation, in turn, is the very foundation of perfection, Technical and tactical training is a means of realizing the physical and psychological capabilities of the athlete. Knowing the choice and the speed of execution of the decision made is the most important aspect of the psychological preparation of the wrestler. [1]

The purpose of the study. Nurture physical momentary qualities in the process of training a wrestler and a side-by-side person with the improvement of technical-tactical actions also influence the formation of personal qualities is very important.

Methods of research. In the research process, pedagogical observation used theoretical analysis and generalization, as well as mathematical and statistical methods.

Discussion of the study. In different situations of spore competition in psychological training taking into account the ability of the wrestler to make an informed decision should. There are four ways to do this, and they are intertwined differs.

The first way Actions according to a strict program of behavior, in which the athlete is beating his opponent in a certain way It is planned to "unload" in time. That's it for he is waiting for the same time to come and attack. Do not recognize other ways of passing costs. [2]

The second way is several as the first "model" in Athletes there were no "pre-arranged" tactical actions. Attack the transition is usually based on the principle of whether or not to pass is increased.

The third way Athletes behavior is more thoughtful, they do not anticipate the solution and they act according to the actions of the opponent that occur.

The fourth way. Depending on the opponent's actions of the wrestlers not to stay and for his decisive offensive actions it is necessary to train the actions that prepare the dynamic

situation, that is, the pre-attack situation, in advance, in order to take immediate advantage of the time of preparation.

Thus, it is necessary to cultivate in wrestlers a psychological orientation aimed at activating the movement. This job is to attack to create a favorable dynamic situation for and from this situation to be used for superiority and victory is increased. A comfortable speaker that occurs during the competition know the situation and timely technical actions and attacks being willing to do just one aspect of the psychological direction reflects. Training a highly qualified modern wrestler to prepare and use a convenient dynamic situation for psychological orientation, good physical and technical training that is, the wrestler must be ready for continuous active action throughout the entire fight.[3]

The athlete in front of the competition is in a high emotional mood, taking into account the strengths and weaknesses of the opponent. The ability to be inspired correctly and in a timely manner is a victory of great importance to win. Only with the help of the uplifting spirit can the power be maximized. Increasing competition in sports competitions not only to the physical and technical training of athletes, but also their emotional state in the context of responsible competitions also places great demands on his ability to manage.

The tense situation in the championship is negative emotions, competition many objective and subjective barriers that arise during can be a powerful factor for some young wrestlers, significantly reducing their technical and tactical skills.

Special studies wrestlers ahead of the competition and the level of emotional excitement of the day, the emotional tension in the competition (the result of the draw, what happens to the opponent) waiting for the first match, etc.) to observe the changes allows.

It's a lot of excitement for wrestlers while waiting for the results of the throw, its much lower - the results will be observed after publication. This is especially true of races had to compete with a weaker opponent in the first round clearly visible in wrestlers. The ability of wrestlers to control their emotions during competitions reduces impact and results in higher athletic performance allows you to achieve. [4]

The peculiarity of psychological training is that it is carried out easy and high results. In addition, it won't take long practice shows that 10 days (one during a training session) is a sedative for athletes successfully occupy part of. Its main purpose is to reduce the level of sensitivity of the athlete, recovery and the athlete to maintain physical and mental strength. The purpose of the activating (mobilizing) part is to provide the wrestler with an optimal combat position (before going on the mat) when necessary before sleep, which has the property of occupying and calming separate conversations with the team being formed, especially they it is better if it is held in the last days before the start of the competition gives the result.

In direct preparation for a competition prevent the occurrence of premature over-excitement Psychologically, victory can be guaranteed to athletes if they are able to get it and create conditions for a peaceful training. Relieving the psychological stress of wrestlers and psychological amateur artists trained by the power of athletes in softening

output is of great importance. A bait to release emotional tension and relax fishing (in groups of 2-3 people) can be a good sedative. [4]

All of the above styles are good for relaxing and the intense performance of the wrestler before responsible competitions helps to create a peaceful environment for. The raising the emotional state is only necessary to the wrestler before the competition.

Summary. In short, it's about training and cycling methodological principles of the modern system of training athletes, It is important to develop and manage the training process, to deepen the understanding of the physiological mechanisms of human athletic performance. the problem is that the objective conditions for solving the training program are created. It is a new and improved form of planning the training process, which allows the athlete to solve the tasks with optimal energy and time according to some specific principle that provides, that or this stage involves the selection of tools and the sorting of their content.

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