
**ANALYZING THE COMPETITIVE PERFORMANCE OF GRECO-
ROMAN WRESTLING ATHLETES**

Abdullayev Ilhom Xushnudovich

National University of Uzbekistan after name

Mirzo Ulugbek, Tashkent, Uzbekistan

Abstract:

The use of methods to objectify the specific activities of athletes in training and competitions is not a problem studied to its true extent in wrestling. Measuring and evaluating the predictability components of competitive performance in this sport is even more important given the fact that in free and Greco-Roman wrestling the elaboration of models has never been easy, due to the unquantifiable performance that performers have to achieve. Therefore, this is one of the most important fields of research in the current stage in sports wrestling, before becoming an operational tool available to practitioners. The transformation of these components into figures allows obtaining results that can define the weight and impact they have in creating training and competitive models, selection models, planning, control and evaluation of the efficiency of training methods and especially the establishment of a battery of tests, usually validated by the method of factor analysis, to support periodic improvements by assimilating the progress in knowledge.

Keywords: specific training, Greco-roman wrestling, junior wrestlers, analysis, tactical objectives, technical actions, combat situation, category system, competition rules, Olympic games, physical training.

INTRODUCTION

The use of methods to objectively analyze the specific activities of athletes in training and competitions has not been extensively studied in wrestling. Measuring and evaluating the predictability components of competitive performance in this sport is even more important given the fact that in Greco-Roman wrestling the elaboration of models has never been easy, due to the unquantifiable performance that performers have to achieve. Therefore, this is one of the most important fields of research in the current stage in sports wrestling, before becoming an operational tool available to practitioners.

The organization of athlete training based on modern scientific and methodical recommendations, including obtaining licenses that give the right to participate

in the Olympic and Asian Games, and increasing their number in each cycle of the Olympic and Asian Games have been defined as key tasks. The growing interest and competition among young people in Greco-Roman wrestling competitions held at the national and global level requires the use of modern tools and technology aimed at improving special physical fitness in systematically preparing our Greco-Roman wrestlers for competitions of various scales, taking into account the development of this sport.

The object of the research was the training and competition preparation process of athletes at the Republican training center for Olympic and Paralympic sports. The purpose of the research was to improve the quality of flexibility of qualified Greco-Roman wrestlers by developing a set of exercises using equipment to improve the method of controlling the special physical fitness of wrestlers.

It was assumed that based on the multilateral study of the given problem, the efficiency of determining the most informative tests for qualitative selection in sports wrestling will increase, and thus, the training of performance athletes will improve.

Research objectives:

- Development of high-amplitude special exercises aimed at a high-level manifestation of flexibility quality in qualified Greco-Roman wrestlers during competition;
- Development of tools and methods aimed at increasing the capability of the vestibular apparatus function, taking into account changes in the position of the head and body in space and the state of the body during the intense performance of technical movements by qualified Greco-Roman wrestlers;
- Development of the necessary training technology aimed at systematically developing the main physical qualities of Greco-Roman wrestlers at a high level; development of a technique aimed at effective execution of the main techniques used during Greco-Roman wrestling competitions with stable and maximum resistance.

Material and method

The study involved observations of 172 elite Greco-Roman wrestlers (ages 18-25) during training sessions and competitions over a 6 month period. Key physical performance metrics including power output, aerobic capacity, and muscular endurance were measured using standardized fitness testing protocols including vertical jump tests, VO2 max assessments, and push-up and sit-up tests.

Wrestling-specific skills were evaluated through technical scoring rubrics administered by certified coaches. Competition statistics such as match victories, scoring moves, and penalties were compiled for quantitative analysis.

Data was collected through video analysis, electronic sensor equipment, and manual recording techniques. Statistical analysis was conducted using ANOVA tests to compare mean differences between groups and correlations to assess relationships between variables. Qualitative feedback from coaches and athletes was also incorporated to provide contextual insights.

Results and Discussions

In Uzbekistan, there has been limited research and literature published on the implementation of new technologies for the special physical training of Greco-Roman wrestlers. A review of sport science journals and wrestling curriculums in Uzbekistan over the past 10 years found few studies or training programs focused on innovative physical conditioning techniques for this sport. Most published works have concentrated predominantly on the technical training of highly skilled Greco-Roman wrestlers.. All the conducted researches are focused on the technical training of highly skilled Greco-Roman wrestlers. Mirzakulov, Sh.S.Mirzanov, A.A.Ruziev, Z.A.Bakiev and S.Q.Adilov in their scientific-methodical works have made various proposals, revealing the methods of optimization and planning of physical training of wrestlers.

As a result of the study of the scientific and methodical literature of the scientists of the Commonwealth of Independent States, it became clear that B.I. Tarakanov, Yu.A. Shakhmuradov, A.P. Bondarchuk, A.A. Nikolaev and V.G. conducted research.

While renowned foreign experts in sports wrestling such as A.A. Karelin, X.A. Sanosyan, S.L. Musaelyan, M.G. Agamyan, and V.N. Platonov have made important contributions to the field, there are opportunities to build upon their work by further examining the development of special physical fitness of wrestlers using special simulators and targeted exercise regimens. Expanding the literature to include modern technologies and training techniques could provide additional insights into optimizing the physical conditioning of wrestlers.

Based on the above analytical data, it will be possible to conclude as follows. In sports wrestling, including Greco-Roman wrestling, analyzing competition activities using modern techniques, improving the effectiveness of the training process, optimizing, planning, exercises performed with the help of special trainers, conducting research on the development of special physical training of wrestlers were somewhat overlooked by scientists.

Given the existing scientific and methodological experience in this area, it was found that harmonious task solutions for the development of special physical training of Greco-Roman wrestlers lead to high efficiency. Because, in Greco-Roman wrestling, the analysis of indicators of the influence of special physical fitness on each other contributes to the growth of the skills of athletes and the results of sports.

Since research on the development of special physical training of qualified Greco-Roman wrestlers on the basis of the use of exercises performed using special trainers today has been poorly carried out, it determines the relevance of the chosen topic.

Wrestlers contests in international and Republican competitions were also analyzed. In it, the periods of the occurrence of a state of exhaustion of wrestlers during the competition were studied. A comparative analysis of the time indicators of the total competition time of athletes at international and Republican competitions and the beginning of fullness is presented in diogram 1 below.

If we consider that in competitions analyzed in international competitions (n=180), which are presented in diogram 1, the competition time spent by athletes in a high photo is on average 10.48 minutes, as 100% in percentage, then the symptoms of exhaustion of athletes began on average 8.1 minutes, we can see in percentage 19%

If we consider that in the competitions analyzed in the Republican competitions listed in the 2nd diogram (n=173), the competition time spent by athletes in a high photo was on average 6.51 minutes, as 100% in percentage, then the symptoms of exhaustion of athletes began on average 3.51 minutes, and we can see in percent 35%.

According to this analytical data, in competitions analyzed at international competitions, it was found that the symptoms of exhaustion were at the level of demand in competitions held by athletes at high speed. It was also found that the symptoms of exhaustion were not at the level of demand in competitions analyzed at Republican competitions, which were held by athletes in high-profile competitions.

A comparative analysis of the figures of exhaustion of athletes in international and Republican competitions and the differences in the indicators obtained were made up of those in the field:

1. In competitions analyzed in international competitions, the symptoms of exhaustion were found to be in demand in competitions held by athletes at high altitude and averaged 2.38 minutes.

2. The Republic was found to have symptoms of exhaustion on demand in competitions analyzed by athletes in high-profile competitions and averaged 3.00 minutes.

CONCLUSIONS

- We are convinced that a thorough investigation of the control elements found in the training plan of the national group of juniors and used in the specific physical training process of performance athletes in Greco-Roman wrestling is required. We claim that the tests initiated by us meet the requirements of performance-specific training at this level.
- Given that the sport of wrestling is part of the category of sports with non-quantifiable performance, to emphasize achievements in training, the main means of training become control tests for evaluating performance objectives. The control tests used in our approach proved to be elementary for the age and level of training of the research subjects; they did not create difficulties in accommodating the junior wrestlers with testing, allowing the exposure of the certain components.
- The experiment treated the improvement of some components of the specific physical training which is a premise in expressing the performance potential and in improving the parameters of maximum strength following the model values of elite athletes.
- The elaboration and application of the specific physical training model, the concretization of the whole training process of the junior wrestlers, allowed us to verify the working hypotheses, by recording, measuring, processing and interpreting the quantified data, both in terms of some specific physical training indices as well as maximum force coefficients, which were analyzed, compared and evaluated during the experimental research.
- All indicators that were tested confirmed the research hypotheses by significant high values for the Student test. The analysis of the single-factor ANOVA variant is a very sensitive test of significance and the results partially certified the effectiveness of working with the means of specific physical training largely for the development of motor capacity.
- Experimental scientific research confirms the established hypothesis that the specific physical training model with the means and methods used, can significantly improve certain components of performance capacity. Scientific guidance to increase the performance of junior wrestlers must be carried out with

objective data in all divisions of training, to maximize the efficiency of the methods and means used to achieve great performance.

References

1. Гончарова О.В. Маткаримов Р.М., Болалар жисмоний сифатларини тарбиялаш/Ўқув қўлланма. “Илмий техника ахборот-пресс” нашриёти. – Тошкент: 2018. - Б. 28-35
2. Тастанов Н.А. Кураш турлари назарияси ва услубияти/ Дарслик. “Sano-standart” Тошкент: – 2017. -Б. 193-205;
3. Бакиев З.А. Эркин кураш назарияси ва услубиёти. Ўқув қўлланма. – Тошкент: “Лидер Пресс” нашриёти, 2011. 47 б
4. Бакиев З.А. Индивидуализация технико-тактической подготовки борцов на основе автоматизированного анализа соревновательной деятельности. Дис. канд. пед. наук. 2009. 45 ст.
5. Керимов Ф.А. Спорт соҳасидаги илмий тадқиқотлар. - Т.: ЎзДЖТИ, 2004. -264 с.
6. Абдиев А.Н. Динамика состояний борцов 16-17 лет на послесоревновательном этапе в процессе многоцикловой подготовки: Автореф. дис.канд. пед. наук. – Т., 1994. -24с.
7. Адилов С.Қ. Эркин курашчиларнинг спорт педагогик маҳоратини ошириш/Ўқув қўлланма. “Илмий техника ахборот-пресс” нашриёти. – Тошкент: 2018.- Б. 12-23.