



## THE PROCESS OF DEVELOPMENT OF YOUNG ATHLETES IN THE SPORT OF BELT WRESTLING

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**Annotation:** There are different approaches to fighting in single combat sports and understanding the style of fighting. Important concepts that determine the place and importance of the concept of "competition style", as well as concepts that allow to clarify the definition of this term - these are the concepts of tactics and strategy. Tasks of competition tactics - to determine the result of actions in the fight against a certain opponent. To develop a competition plan, it is necessary to set a goal, as well as determine the ways and means of achieving it, taking into account the previously developed competition tactics.

**Key words:** regional, world, sports, national, international, Olympic, professional, intensive, martial arts, theory, methodology.

Special physical training is aimed at training the physical qualities inherent in the chosen sport (for example, belt wrestling). The problems of the technical and tactical aircraft of their wrestlers have been developed by leading scientists in the field of sports wrestling. The holding of a large number of competitions in folk sports, especially within the framework of regional and world competitions, led to the organization and holding of non-Olympic sports, including belt wrestling sports competitions. It is unlikely that such universal games will be held regularly at the expense of the number of participants and an increase in sports.

The rapid professionalization of the sport leading to the convergence of Olympic and professional sports is one of the important factors. Such professionalization makes it possible to understand in many ways that the Olympic movement should be controlled through economic mechanisms.

In Uzbekistan, modern views on the issues of theory and methodology of sports wrestling have been developed by mature scientists in the field of sports wrestling, solo sports, these are F.A.Kerimov, L.P.Yugai, Y.S.Kim, N.A.TAstano, Sh.A.Mirzakulov, YE.I.Beiturayev, (2016), A.Taimuratov (2017), Z.P.Such scientists as Jumakulov (2018).

From the information in the scientific literature prepared by scientists of our homeland, it can be seen that so far scientific theoretical significance has been developed, as well as issues related to the methodological provision of training. The main trends in the development of the international sports movement and the clarification of the importance and place of national types of wrestling in it include a number of factors. Competition activities in Belt Wrestling refer to the application of different action practices, which are concentrated from different types of wrestling (freestyle wrestling, sambo, Greco - Roman wrestling, judo).

In Belt Wrestling, sportsmanship is determined by a good arsenal of technical and tactical actions, based primarily on the physical psychophysiological and functional training of the sport, ensuring success in the competition competition competition process.

A number of scientists admit that the formation of action in Solo sports, in particular in Belt Wrestling, depends on the effective organization of the training process of young athletes aged 10-12 years. The issues of the formation of rational and effective action factors in various solo sports are sufficiently covered in the Special Scientific and methodological literature (V.A.Vorobyov, B.I.Tarakanov, 2007; R.M.Gorodnichev, YE.Y.Andriyanova, N. A. Sk1yar, 2008), in which they are particularly featured in literature on Belt Wrestling (CH.T.Ivankov, 2007; A.A.Valemeyev, 2007; V.A.Taymazov, S.M.Ashkinadi, A.A.Otvinsev, 2016) the issues of increasing the mobility of an athlete have not been considered and there is practically no correlation of tools used in the practice of training young athletes.

However, large sports are engaged in such individuals that they have excellent opportunities, are able to show high sports results in the conditions of appropriate training. The result in sports depends on a number of factors, not only morphological, functional and psychological, spiritual - moral qualities, the level of competence of the trainer, but also on the talent of the participant, that is, the possibilities of genetically determined activity of movement. This creates the need to set qualifying criteria for the sport to determine the size of the physical loadings and the prospect of playing sports. This fiks makes it possible to clarify the importance of genetic research in the structure of the problems of sorting individuals with "sports-specific abilities".

In the selected sport, special loadings affecting training and competition activities are a priority factor in sports activities. However, in special physical training, tools from other sports, such as gymnastics, acrobatics, as well as special exercises characteristic of the chosen sport can be used to develop these or that physical qualities. There are different approaches to wrestling in martial arts, to understanding the style of wrestling. Important concepts that determine the place and importance of the concept of "style of conducting competition", as well as those that allow you to clarify the definition of this term — these are concepts of tactics and strategy. The tasks of the competition tactic are to determine the result of actions when fighting against a particular opponent. To develop a competition plan, it is necessary to set a goal, as well as determine the ways and means of achieving it, taking into account the tactics of the awal developed competitions.

Analysis at the time of competitions should be carried out in the mind on the basis of a certain system:

1. Evaluation of opponent training:
  - a) technical;
  - B) Tactical;
  - C) physical;
  - g) psychic.

While giving a definition of the concept of "tactics" in the types of hand-to-hand combat of unicorns, V.A.Arkadyev writes:...tactics are involved as the ability to fight or as a special skill, based on understanding the combat situation and taking into account the actions and capabilities of the opponent, his individual characteristics and potential" the definition of Keller is given more clearly and succinctly — This is the "ability to fight". By tactics in sports, according to the author, it is necessary to understand the rules of the competition, the methods of targeted use of technical methods in tactical actions in order to solve the tasks of

the competition, taking into account the pros and cons in the characteristics of the individual and the opponent.

There is another definition of tactics in the literature. He Was A.B.Given by Malkov, the author acknowledges that " tactics in martial arts are the sum of methods and techniques for organizing confrontational cross — movements with an opponent. This mutual action is aimed at reducing the chances of the opponent, especially the chances of carrying out behavior, based on his own and the opponent's capabilities, understanding the situation."

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