



TO DEVELOP THE PHYSICAL FITNESS AND PHYSICAL QUALITIES OF JUDOISTS, AS WELL AS THEIR SPECIAL TECHNIQUES.

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<https://doi.org/10.5281/zenodo.17454930>

Abstract; In judo, to perform technical and tactical movements, it is necessary to have sufficient speed and strength capabilities for the muscles of almost the entire body. This capability is not developed when using endurance training, therefore, the method of developing the physical performance of judoists should include the speed-strength component of endurance. In order to develop the effects of speed-strength exercises in a particular sport, the means of general physical education and general physical training should have a special focus, which should primarily consist in isolating the muscle groups that are most actively involved in performing competitive exercises. special physical training is introduced into the athlete's training. According to scientific research, the following muscle groups have been identified in wrestling: these are the flexor and extensor muscles of the arms, pelvis and legs. According to the kinematics of performing technical movements, these muscles bear the main load during the most active and competitive activities in wrestling. In the process of their development, depending on the conditions of competition and training, endurance and strength abilities are increasingly specialized.

Keywords: speed, strength, physical fitness, active muscles, aerobic recovery

Main part; In the process of training judoists, it is necessary to introduce measures aimed at developing and improving intermuscular and intramuscular coordination, pulse rate, all of which should lead to an increase in the effectiveness of anabolic hormones and the ability to perform technical and tactical movements. Aerobic development zone. Heart rate from 150 to 175/min, lactate up to 4-6 mmol/l, oxygen consumption 60-80% MKS. Energy supply through the oxidation of carbohydrates (muscle glycogen and glucose) and fats. Fast-oxidizing muscle fibers work. A 30- to 90-minute workout develops aerobic capacity, special, strength endurance, agility, and dexterity. The task of rationally choosing training tools and methods is always a practical task for every coach, and its solution occupies an important place in the general problem of rationalizing and further improving the training process in most sports. Currently, one of the most important factors determining high results in wrestling is the high development of physical qualities, primarily speed-strength and endurance, along with tactical and technical skills (the dominant factor in martial arts. Methods for developing physical qualities in training require solving at least two main tasks. The first is related to the selection of means and methods that ensure the effective development of endurance and speed-strength qualities, and the second covers the distribution of training and competition loads in the annual cycle of training judo players.

Special training exercises:

- a) special exercises (warm-up exercises on the tatami);
- b) imitation of tactical and technical movements outside the tatami;

d) traditional and special speed-strength exercises with a directional effect. The group of traditional means includes exercises with a partner, and those that artificially create (simulate) competition activities are classified as directional impact exercises. The results of studying various aspects of strength and special speed-strength exercises in wrestling allow us to identify some forms of this process. In the process of special physical training, it is necessary to selectively develop the strength of individual muscle groups and, depending on the degree of participation of each of them in motor movements performed during the competition. The higher the overall level of development of the muscle groups actively involved in the execution of the technique, the more effectively the decisive force is used in the execution of this technical movement. At the same time, the specificity of sports activity, determined by the type of martial arts, determines some features of the nature of these relationships between representatives of different types of wrestling. For example, freestyle wrestlers have high indicators of the muscles that straighten the body (razgibatel), classical wrestlers have well-developed muscles that bend and abduct the shoulder girdle, and judoists have well-developed muscles of the heel and flexors of the knee and heel. Competition conditions correspond to the working regime, it is necessary to ensure that the body is at the level of its functional capabilities, increasing the functional capabilities of the body;

- providing the necessary energy base for improving tactical and technical skills.

When performing competitive exercises, three groups of URM funds are distinguished according to the degree of compliance with the body's operating mode:

- specific, performed in the form of basic sports exercises with the task of adapting the body to the operating mode in competitive conditions;

- specialized, in accordance with the conditions of competition, in terms of movement (motor) and functional indicators of the body's operating mode;

- non-specific, different from the competition form, but contributing to the development of the functional capabilities of the body in the right direction. In order to develop a unified approach to the analysis of training loads in wrestling, a classification of training tools was proposed, the basis of which was the division of exercises according to the degree of their compliance with competition activities: (competition, special training and general training)

The first group includes:

a) competitions on tasks;

b) special tests with a dummy, modeling

competitive wrestling or its individual parts;

c) training competitions;

d) training and control competitions, fully conducted in accordance with the competition rules. The main macrocycle of training for sports.

This is a one-year cycle, in which the specific principles of building training and the specific features of the training conditions of qualified athletes are sufficiently fully reflected. The traditional plan of the annual cycle consists of three periods corresponding to the three stages of developing sports form: mastering, maintaining and temporary loss.

These periods can be of different durations, therefore, a lot of opportunities are created for building a one-year training, and the athlete and the coach are faced with the task of choosing one of them every year.

Experience shows that the choice of the structure of the annual training plan is influenced by age, qualifications, physical condition, and competition schedule.

Age and sports qualifications determine the stages of long-term training, which, in turn, allows you to focus on the appropriate direction of training when planning the annual cycle.

In each annual cycle, the main task is solved due to participation in the main competition. The structure of the training macrocycle is influenced by the specific characteristics of the sport and training conditions. Anaerobic-lactate zone. Heart rate 190-200 beats / min, lactate 5.5 mmol / l, 10-20 loads with maximum power. 3-5 minutes of rest, a total of 5 times should be performed. Large oxygen debt, energy supply through ATP and KRF. Work is provided by fast-twitch muscle fibers. Total training does not exceed 300 s. Develops speed, speed-strength, maximum strength abilities.

Conclusion; A skilled judoka-wrestler who has mastered his technique well performs techniques at a level of mastery that remains stable throughout his life. Any skilled athlete can demonstrate his personal technique, but he cannot participate in competitions due to poor physical fitness, which varies depending on the time spent on his development and, of course, the years of training. Therefore, without reducing the importance of technical and tactical training (especially in the pre-competition and competition periods), special attention should be paid to the development of physical qualities. Most of them consider the wave-like load distribution option to be the most effective. In contrast to the theory of wave dynamics of the load, the idea of jumping was put forward, in which it is understood that in order to avoid adaptation to previously performed loads, the volume, intensity and other parameters of the load should be changed periodically, both within one lesson and in weekly and monthly cycles, and these changes should be carried out not in waves, but in jumps. At the same time, there are no clear differences between waves and jumps. If you do not clearly define the load criteria, then the principle of wave diversity seems very simple, training that is not similar to waves is unrealistic, since the same training is also impossible, since there is always room for substitution:

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