

**IMPROVING THE QUALITY OF POWER IN YOUNG SAMBO WRESTLERS
IN THE PROCESS OF DEALING WITH SAMBO WRESTLING**

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Annotation: the article examines the means and methods of applying complex programs of physical exercises in combination with heavy sports in improving the quality of strength in young sambo wrestlers in the process of dealing with sambo wrestling. The experimental experiment covered the results of samboists aged 17-19, divided into two groups.

Keywords: sambo, young wrestlers, complex programs, experimental groups.

In improving the long - term training of samboists, it is impossible not to pay attention to one of its components-the methodology of education and training. Recently, many studies have been devoted to the problems of Youth Sports, but still the issues of managing the training of young wrestlers have not been sufficiently studied. Recently, it has become clear that improving the training of young samboers is one of the most important issues that determine the relevance of this study.

Analysis of existing programs on Sambo wrestling shows that currently the training methodology is lagging behind modern requirements. This is due to the low level of methodological plans and developments. At the same time, it is known that one of the important factors that predetermined the athlete's skills is his ability to demonstrate significant muscle movement. This quality, according to most experts, increases the effectiveness of sports training in many sports.

Given that the most important physical qualities of wrestlers are strength and strength endurance, we observed the effect of physical loads of special training on the dynamics of strength and strength endurance, while solving certain aspects of the special training of wrestlers. indicators. The wrestlers of the Sambo wrestling section (teenagers 17-19 years old from different sports categories) were examined at the beginning of the school year by a sports doctor in order to determine strength indicators and strength endurance. At the end of the training year, the next survey was conducted.

To test them, the following strength training tests were used: repeated lifting and lowering of the barbell to the maximum level while lying on the bench; squats with a leg with a barbell on the shoulder; lifting force by bending the barbell; endurance test; Holding 4 kg of dumbbells in arms extended forward (in the amount of seconds).

Based on the data obtained for conducting a pedagogical experiment, two groups were formed from 17-19 - year-old wrestlers-a control group (NG) and an experimental group (EG). Each group was attended by 15 wrestlers from different sports categories. According to anthropometric data, the weight and physical fitness of the groups were approximately the same. The content of the experiment was such that a program of strength training, that is, a set of powerlifting exercises, was introduced into the training process of the Sambo wrestlers of the experimental group. In doing so, the wrestlers performed exercises with a barbell focused on the powerlifting technique once a week to determine strength. Each workout began with a regular preparatory part, exercises with a partner, rope or shock absorber. After that, the wrestlers performed strength exercises, consisting of 6-8 exercises according to the proposed programs, three of which are mandatory exercises: tensioning the barbell from the chest, sitting with a barbell on the shoulder and pulling the barbell from below.

The peculiarity of such training is that: first, the training was carried out at a high intensity of no more than an hour, the weight of the barbell was 85 - 88% of the maximum, in several sets, 6-8 times. Repeated repetitions led to the fact that athletes achieved maximum muscular and volitional efforts, short intervals between sets were 1 minute. Secondly, in each training, wrestlers added 250-500 grams of weight to the barbell, striving to perform more repetitions without deviating from the correct execution technique than in the previous training, and this process served to educate in them the ability to achieve maximum willpower.

The strength of 17-year-old wrestlers lying on a bench barbell increased by 13.8 kg (15.8%) according to the proposed program for 6 months of work. In 18 - year-olds increased by 14 kg (16%), and in 19-year-old wrestlers-by 12.8 kg (13.85%). the forces of the fighters in the control group, which were engaged in old programs, on average 6.5 kg, according to our data - 5.8 kg, respectively; 8.2 kg; 6.4 kg, ni organized. During the 6 months of training under the program proposed by us in the section, the body capacity of samboists increased by 11.7 percent in 17-year-olds, 15.4 percent in 18-year-olds, 14.25 percent in 19-year-olds. And in the control group-by 5.16%, respectively: 6.5% and 8.3%.

According to the presented test, after 9 months of training in the Sports Department of sambo wrestling according to the Recommended program, sitting with a barbell on the shoulders (an indicator of leg muscle strength) increased by 20% in 17-year-old children, by 19% in 18-year-old wrestlers, by 19.1% in 19-year-old wrestlers. The improvement in the strength indicators of samboers in the experimental group was much more accurate than in the control group, in which they were 10%; 11.6% and 14.4%, respectively.

According to the information presented, the composition of dumbbells weighing 4 kg in stretched arms after training according to the planned program in the sambo wrestling department (strength endurance indicator) increased by 24% in 17-year-olds, 20% at 18 and 23% in 19-year-old wrestlers, directly 12.9% in control group wrestlers; 15 and 16%.

The physical loads that adolescents received during training served to increase their physical qualities, primarily strength. Thus, in less than a year, the fighters of the experimental group gained significantly greater muscle strength compared to the fighters of the control group, who performed the usual exercises for the development of strength qualities according to outdated programs. Wrestlers have significantly improved their weight-lifting ability, their strength while lying on a bench barbell and sitting with weights on their shoulders. Also, the strength - endurance indicators of the wrestlers also made a very good impression. Thus, the program for the development of strength qualities proposed by US had a positive effect on the dynamics of the strength indicators of teenage wrestlers.

Our work and its results led to the following conclusions:

1. The psychological and physical fitness of young athletes is an integral part of the further process of their creative activity and the growth of sports results.
2. Special strength training of wrestlers helps to increase their physical qualities, primarily strength and strength endurance.

Sports training, aimed at the rapid development and improvement of strength qualities, provides a greater increase in strength indicators for wrestlers 17-19 years old than training, which is traditionally aimed at teaching the basics of technique and approximately equally at developing movement qualities.

The external structure of the Constitution describes its relationship with other sources of law, the totality of relations, its place and role in the legal system and its significance in the system of social and normative regulation in society.

The article presents the role of family, forming system of upbringing, traditional-educational system and traditions in Uzbekistan.

In an article consistently revealing the principles of the Bologna process for measuring the quality of education, the dynamics of internationalization and the logic of integration in European higher education and in Eurasia.

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