

**SEARCH FOR RECOVERY REHABILITATION PROCESS ENDURANCE OF  
WRESTLERS AT THE POST-COMPETITION STAGE*****Ergashev Dzhakhan Bobomurodovich****2nd year master's student Bukhara institute of psychology and foreign languages*

**Abstract:** the article focuses on training in the competitive period is to maintain athletic form throughout the entire period of participation in major competitions and create conditions for its maximum implementation in sports achievements. Glycolytic power the main factors that ensure the achievement of high sports results in sambo wrestling distinguish competitive and transitional periods. Technology of load planning at the pre-competition stage of preparation of the national team of Uzbekistan in sambo wrestling for the World Championship, taking into account the individual characteristics of technical and tactical and physical fitness.

**Keywords:** *training / sports achievements / sports form / power factor / sports result / training function.*

**Поиск по восстановлений реабилитация процесса  
выносливости борцов на послесоревновательном этапе****Эргашев Джахан Бобомуродович - магистрант 2 курса****Бухарского института психологии и иностранных языков**

**Аннотация:** статье фокусируется на тренировку в соревновательном периоде является поддержание спортивной формы на протяжении всего времени участия в основных соревнованиях и создание условий для максимальной реализации ее в спортивных достижениях. Гликолитическая мощность главными факторами, обеспечивающими достижение высокого спортивного результата в борьбе самбо выделяют соревновательный и переходный периоды. Технология планирования нагрузок на предсоревновательном этапе подготовки национальной сборной команды Узбекистана по борьбе самбо к Чемпионату мира с учетом индивидуальных особенностей технико-тактической и физической подготовленности.

**Ключевые слова:** *тренировка/ спортивные достижения/ спортивная форма/ фактор мощности/ спортивный результат/ функция тренера.*

A specific function of training in the competitive period is to maintain athletic form throughout the entire period of participation in major competitions and create conditions for its maximum implementation in athletic achievements. Glycolytic power and capacity are the main factors that ensure the achievement of high athletic results in sambo and judo wrestling. A large training cycle distinguishes between competitive and transitional periods.

Technology of planning loads at the pre-competition stage of preparation of the national team of Uzbekistan in sambo wrestling for the World Championship, taking into account the individual characteristics of technical, tactical and physical fitness.

The theoretical significance of the research material is associated with the proof of the need to record not only the indicators of physical fitness of the muscles of the lower extremities in wrestling. Measuring and assessing the functional capabilities of the muscles of the upper extremity belt in wrestling are more informative indicators for predicting the success of competitive activities. Planning training loads based on the use of speed-strength exercises and imitation of competitive activity without achieving high levels of muscle and body acidification allows athletes to maintain a high level of speed-strength and aerobic fitness of wrestlers at the pre-competition stage. The practical significance is associated with the development of model

characteristics of physical and technical fitness, with the help of which it is possible to compare athletes and select them for the national team. The technology of planning loads at the pre-competition stage will significantly increase the readiness of wrestlers for the main starts of the season.

The provisions submitted for defense: the model of variation in the efficiency of performing technical actions at various stages of a wrestler's training, taking into account the success of his individual competitive technical and tactical actions, allows developing effective methods of technical and tactical training of wrestlers;

the physical fitness of a wrestler is determined, first of all, by the condition of the muscular apparatus of the upper limb girdle and, adequate to its capabilities, the performance of the cardiovascular system. model characteristics and scales for assessing the aerobic and strength capabilities of the muscles of the upper limb girdle of the strongest wrestlers - sambo wrestlers of Uzbekistan allow for effective control and selection of athletes for the national sambo team of the country; statistically informative indicators of the physical fitness of sambo wrestlers are MAM, registered in tests involving the muscles of the upper or lower limb girdle, while achieving high activity and reliability of competitive activity.

Particular attention in such training should be paid to the clarity of the execution of combat techniques, as well as general physical endurance. The process of preparation for competitions should be set up so that the athlete is ready to perform a fight at a combat and fast pace, be able to withstand physical and mental stress, and maintain efficiency during the working day. The athlete's efficiency is determined by general endurance, which must be gradually increased before the competition.

Efficiency is determined by:

- a) the wrestler's ability to withstand heavy loads on the respiratory, cardiovascular and neuromuscular systems;
- b) the ability to fight quickly throughout the fight. This is achieved during the training itself on the mat, especially in freestyle fights, where the wrestler's specific endurance develops and his body adapts to heavy loads. A wrestler's training in wrestling is supplemented by training in other sports that contribute to the development of physical, moral and volitional qualities: strength, endurance, agility, speed, courage, determination, etc. Every wrestler, no matter what level he has reached, is obliged to improve these valuable and necessary qualities during his sports activities. The exercises used in training, in addition to their predominant impact on certain muscle groups and predominant direction towards developing certain physical qualities, affect the entire body as a whole and develop a number of qualities simultaneously. In this light, recommendations for developing the physical qualities of a wrestler should be considered.

Given the specifics of training athletes in wrestling techniques, it is worth noting that at the end of the pre-competition period, the athlete must fight for 20 minutes during one training session and maintain the body's ability to work. Particular attention should be paid to improving the techniques and combinations with which the athlete achieves victory in competitions. Particular attention in this preparation should be focused on free-style wrestling, training fights, and sometimes by mixing them. This tactic is necessary to develop the athlete's body for the competitive period. When choosing a partner, the coach must take into account the characteristics of the wrestler's physical condition, as well as his weight category. Acquiring speed endurance during preparation, the athlete must be ready to increase the speed of the fight to a level exceeding the competition in order to be ready for the loss of endurance and concentration during the fight. Finally, pre-competition preparation also includes control fights held 10 days before the competition. Before the tournament competitions, wrestlers should have 3-4 days for active rest, and 2-3 days are

enough before match meetings. More precisely, the number of days of rest is determined depending on the individual characteristics of the athlete. Rest before the competition is necessary for the complete recovery of the body. In addition, training before the competition should also include endurance exercises, which should be systematically used at each training session and the duration of which is gradually extended. When doing endurance exercises, attention should be paid to the frequency and rhythm of breathing. Particular attention should be paid to running as the most typical auxiliary exercise for developing the wrestler's endurance. Endurance is also developed by continuously performing all the exercises of the preparatory part of the lesson. The specific endurance of the wrestler is developed in freestyle fights with a gradual increase in the duration of the fight and the number of fights per training session. After rest, the wrestler acquires a desire to compete. An equally important aspect of pre-competitive training of martial arts masters is psychological training. An equally important aspect of pre-competitive training of martial artists is psychological training.

Methods for improving mental training:

- introducing specific relationships between students when performing various exercises;
- introducing assessment of the results of training tasks (artificial underestimation of assessment);
- managing the behavior of partners and creating provocative situations through them;
- complicating (worsening) training conditions;
- the presence of responsible persons, friends and relatives and spectators in general at training;
- choosing partners who, according to sociometry, are in negative or contradictory relationships;
- increasing motivation for successful completion of training tasks;
- introducing a system of incentives and moral punishments;
- showing fragments of films and videos of major competitions, fights of main opponents;
- imitation of a device for fighting a strong opponent, etc.

The pre-competition period of training of an athlete is significant in the development of wrestling techniques and the development of the general physical endurance of an athlete practicing sambo or another type of wrestling. The main objective of this training is to maintain or increase physical performance, as well as to develop the ability to withstand loads in competitive fights.

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