



SPECIALIZED MOBILE GAMES IN PRACTICAL EXERCISES ON THE NATIONAL FIGHT OF KURASH

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Abstract:

Outdoor play is an effective method of physical education. This paper discusses the use of specialized outdoor games in national kurash wrestling classes.

Keywords: Specialized outdoor games, sambo wrestling, classes, teacher.

MAIN PART:

In order to gain victories over the enemy and over oneself, the game is its own shortcomings. The game develops the physical and mental qualities of a person, his intellect, will and adaptability, i.e. the ability to navigate in various situations. The game hardens and shapes character, teaches you to endure and overcome difficulties, fosters a sense of selflessness. At the same time, in the course of the game, it is much more interesting to study the elements of technique and tactics of struggle, to develop creative abilities. In educational institutions of Uzbekistan, great importance is attached to the fight against the national kurash wrestling. 50% of the study time is allocated for the study of kurash wrestling. Therefore, most of the classes are carried out on a wrestling mat. Physical activity and multiple repetitions necessary to create strong wrestler skills and abilities often cause psychological stagnation, fatigue, and loss of interest in classes in the audience. The introduction of special outdoor games into the lesson comes to the teacher's aid, and the students' attention and working capacity again increase. Outdoor games can be used at various stages and for different purposes: first, with the aim of developing certain muscle groups and the basics of fighting techniques, later with the aim of consolidating and improving the skill, and also to increase the emotional background of the lesson. More specific requirements are imposed on the exercises used in the preparatory and final parts of the class. With their help, the teacher solves the problems of not only this lesson, but also the entire cycle of lessons as a whole. Therefore, the volume, sequence of application and dosage of the planned exercises should be determined each time taking into account the need to master the technique not only of this lesson, but also of subsequent ones.

The inclusion of general developmental and special-preparatory exercises with elements of outdoor

games in the "warm-up" increases its intensity: The heart rate of wrestlers reaches an average of 22-23 beats per 10 seconds, which is the most rational option for preparing the body for the upcoming stress and preventing injuries.

In the first year of training, outdoor games help to gradually prepare the body of young people (17-18 years) for the upcoming specific load - competitive fights and intense training work. In subsequent cycles of preparation, games are included to form individual elements of technical and tactical training.

Games with an active struggle between two sides help to foster volitional qualities, sports passion, purposefulness, will, and perseverance. The collective beginning of outdoor games also influences the formation of positive character traits and moral qualities. Observing the behavior of those involved in the game, the teacher can evaluate:

- manifestation of fear and indecision;
- attitude towards opponents and teammates;
- attitude to their own mistakes, correcting them during the game;
- attitude to victory, defeat.

These observations become important during many years of work - both in educational and physical training.

Samarkand State Institute of Architecture and Civil Engineering (12 people) (see table) the following was revealed:

- all teachers consider it expedient to use specialized outdoor games in wrestling classes;
- use mobile games at practical training in kurash wrestling: a) very often - 0%; b) often - 46%; c) rarely - 44%; d) very rarely - 10%;
- use outdoor games to solve the problems of classes. This survey confirmed the need to use specialized outdoor games in practical training in kurash wrestling.



Table

Lessonobjectives	Very often %	Often %	Rarely %
Emotionality	0	70	30
Generalphysicaltraining	2	78	20
Specialphysicaltraining	0	45	40
Moral-volitionalqualities	0	20	40
Learningelementaryactions	0	0	5
Learningbasicactions	0	15	25

CONCLUSIONS:

1. The use of specialized outdoor games in wrestling classes allows you to qualitatively improve the study and improvement of techniques, thereby increasing the effectiveness of technical and tactical actions in competitive fights, wrestling.
2. Simultaneously specialized outdoor games allow you to intensify the conduct of classes and, thereby, will contribute to an increase in the effectiveness of education of physical qualities.

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