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The Use of Special Exercises Aimed at Relaxation in the Qualitative and Convincing Performance of Technical and Tactical Movements Used by Wrestlers

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ABSTRACT

Wrestlers have an opportunity to use a set of special exercises focused on relaxation, developed on the basis of determining the state of muscle-tonus asymmetry, which hinders the quality performance of technical and tactical movements.

The importance of the research: A series of programs that're dedicated to improving the technical and tactical training of young wrestlers in national wrestling, in particular, belt wrestling and wrestling and some methods have been recommended on the basis of the decision of the President of the Republic of Uzbekistan PD-4881 (Kerimov N.A., Yuldashev A.M., Isakov R.M., 2009, Mirzakulov Sh.A., Isakov R.M., 2009). It is important to choose enough training methods and styles, to determine personal competitive characteristics, emphasized the importance of following the principle of personalization by planning and controlling the learning process When choosing the methods of wrestling training (I. Kh. Boymurodov, F. A. Kerimov, 2009, A. Beknazarova, Sh. S. Mirzanova, Ishmukhamedova TR, 2014) [1,2,3,4].

Therefore, it is necessary to carry out scientific research in the development of the assessment and analysis of morphological and physiological indicators in a comprehensive manner, together with special and general training criteria at present.

The aim of the research: Improving the technical and tactical movements of wrestlers with the help of special exercises, determining muscle asymmetry in the trunk and pelvis.

The methods of the research: Anthropometry - evaluation of the level of physical development of wrestlers based on total and partial measurements of wrestlers.

The organization of the research: The muscle groups in the leading hand are overstretched due to the unilateral loading performed by the athletes in national wrestling. During a wrestling

competition, especially when "catching" and controlling the opponent, the muscles of the leading hand develop a hypertonus state due to prolonged static work. In athletes, this condition can be observed even in a calm state. When studying the conditions of maintaining body balance, 25% of the examined wrestlers had muscle asymmetry in the trunk and pelvis area. If the length and tension of the muscles on the left and right sides of the body are the same, the body can maintain balance and perform precise movements.

The results of the research and its discussion: Due to the fact that the competition in wrestling takes place only in a standing position, the difference between the left and right sides of the body of the wrestlers or bilateral symmetry indicators are of great importance in the execution of various technical-tactical movements, and special movements demonstrate skills and ensure their effective use. The range of technical-tactical movements used by wrestlers who compete in the "counter-attacking" look is wide and unlimited, and they perform quality and convincing moves with ease from the left and right sides. Special exercises were developed for these types of group wrestlers and they were divided into two groups: a) the exercises used at the initial stage are relaxation-oriented and aimed at eliminating pathological hypertonus. B) The exercises used in the second stage are developmental and aimed at eliminating the muscle asymmetry, if not completely, if the symmetry approaches the norm. At the heart of our method is the process of optimizing muon activity by stimulating proprioceptors. It is known that a muon is a unit of muscle tissue, on its surface not only a connective tissue capsule, but also nerves and blood vessels branch out. When performing relaxation exercises, impulses from proprioceptors located in muscle ventricles and tendons are transmitted to the nervous system. When relaxation exercises are performed, the contraction function of the muscle is restored: the states of tension and relaxation are clearly expressed - during tension, the muscle either lengthens or shortens. Relaxation can be observed only in the state of stretching (D.D. Safarova, 2015). When the length of the muscle is extended, the chemical bonds between the actin and myosin fibers are broken, and as a result of the contraction of the muscle, metabolites are released in the process of metabolism. In wrestlers, it is observed that "throws" increase the state of tension in several muscle groups when performing technical movements and other specific movements. For example, during the "grab" phase, a large load is placed on the flexor muscles at the base of the palm, in the area of the wrist-palm joint. The length of the fingers on the paw is also very important in ensuring a full grip. The longer the fingers, the tighter and stronger the grip. Taking into account the indicated conditions, we recommend using the following exercises:

Exercise №1. Use of hanging positions on the Swedish wall, hoops, the horizontal bar. This exercise can be used in two variations - with the correct catch and re-catch. In the hanging position, the weight of the body is directed downwards, and the resistance force, on the contrary, is directed from the bottom up. When the body is written, the legs are down, the abdominal muscles are stretched and tense, the diaphragm is raised, and breathing and exhalation are difficult. The greatest load falls on the flexor muscles of the hand, then on the muscles of the wrist and shoulder. If the arm muscles suddenly relax, the athlete may fall. Therefore, it is necessary to develop the paw muscles. When the grip is performed with a "proper grip", the biceps, scapula, deltoid and rhomboid muscles are stressed. In the "back grip" the elbow flexor muscles are activated.

Explanation: If the time of the hanging position is increased, the muscles in the hand segments will develop a state of tension, and painful points will be formed in the muscles. Pains in the shoulder girdle area, back, due to tension of the trapezius muscles, the pains can be strong.

Exercise №2. You can perform circular movements around the handle of the barbell with the claw of the hand. The handle can weigh up to 20 kg and can be rotated in two directions. Palms should be rubbed with talcum powder. Through such rotation or circular movements, the small flexor and writing muscles of the paw can be developed.

Exercise №3. Grabbing 15-20 kg discs with your fingers, carrying the discs for 10 m and bringing them back to the starting point. This exercise also ensures the development of the hand muscles and ensures the independence of the "grasping" movement.

Exercises that use for the relaxing the body muscles

Exercise #1 This exercise is performed on the floor. The athlete's body is directed towards the floor, then the head and chest slowly rise, and the body is written backwards in the waist. The muscles that provide this position are the front and side groups of the abdomen. The quadriceps muscle of the back, the deep muscles of the spine and the transverse - inter muscles are involved in writing the body.

Exercise #2 Muscles that recording the back while lying down

This exercise is performed lying on the back on the floor. The two legs are straightened and extended and the paws are extended along a horizontal line and held in this position for up to 30 seconds. Then the legs are slightly raised and slowly pulled towards the chest with a cross-shaped bend.

Exercise #3 this exercise is also performed on the floor. Keeping the pelvis firmly on the floor, first one leg, then the other, is thrown and held in a standing position, and at the same time the legs perform a vibration movement. Then leg movements are performed while sitting.

Exercise №4. This exercise is performed on the floor, the spine is maximally extended, then the body turns to one side and the legs are placed on top of each other. The trunk turns to the left and right, and the legs rotate in a bent position when turning.

Exercise №5. "Boat" exercise. This exercise is done lying on a bench, only the lower body, lower back and pelvis are involved. The chest, arms and legs are hanging down. Then bend inwards from the waist, straighten the legs and arms and swing rhythmically.

Exercise №6. This exercise relaxes the trapezius muscle of the back (relaxation). In a standing position, the head is slightly thrown back, hands are lowered along the body. The trunk is to the right, and the right hands slowly slide down the trunk to the floor. Then this movement is performed to the left.

Exercise №7. This exercise is aimed at relaxing the broad muscles of the back. This exercise is also used in two variations - with the correct catch and re-catch. It is necessary to perform a hanging position with re-grasp on the Swedish wall and maintain this position for a few minutes. After a while, bend the legs in a cross shape at the knees and raise the body to the limit of the chest. In addition to the broad muscle of the back, the biceps muscle, shoulder muscle, deltoid muscle, rhomboid muscle are involved. The muscles shown are actively involved in proper grip.

Exercise №8. Performing "brass" swimming movements on dry land. Initial position - lying on the stomach, legs paired, arms stretched forward. Brass movements are performed as in water, but the shoulder girdle and arms are involved in the exercise. When performing the physical exercise, the head position is controlled and the neck part of the spine is not excessively stretched, it is pulled into the abdomen, the lumbar part of the spine is strengthened and the strength of the back muscles increases.

Exercise №9. The purpose of the exercise is relaxation of the deep muscles of the back. Starting position - this exercise is performed in a sitting position. The legs are bent at the hip-hip, knee joints, the paws are paired with the heels. Wrapping the paws with both hands, moving with the whole body from the trunk to the head, from the head to the trunk. Pain may appear in the lower back of the spine. Breathing should be controlled while performing this exercise. Movements can be accelerated when exhaling.

Exercise №10. The starting position is performed while sitting on the bench (seat) of the block.

The body should be in an upright position. Then the handle of the block should be pulled up to the rib cage. This exercise is aimed at developing trapezius muscles and broad muscles of the back.

Due to the fact that in the national sport of wrestling, all competitions take place in a standing position, the presence of bilateral symmetry in the location of muscles is of great importance, it affects the performance of technical and tactical movements. When hypertonus is detected in the body area of wrestlers and asymmetry occurs, the quality of performance of technical and tactical movements decreases, including the amplitude of shoulder movements decreases, the ability to move the opponent's overall center of gravity (COG) disappears. Phase 3: The opportunity to complete the phase of unbalancing the opponent is missed. (Table 1)

Content of the experimental program of individual technical-tactical training of wrestlers who're getting to specialize on wrestling

Table 1

Task that's devoted to solve the problem	Dolichomorph Height (180)	Brachiomorph Height(170-180)	Mesomorph Height (160 - 170)	A positive indicator
COG	100,50 см	96,27 см	91,55 см	Dolichomorph Height (180)
PWC_{170}	274,6 - 262,6	245,0 - 286,1	250,6 - 380,5	Mesomorph Height (160 -170)
Activity of the competition	Average high, high	High, Medium high	High, Very high	Brachiomorph Height (170-180)
Application of technical methods and their evaluation	Low, Medium to high	Average	High, Very high	Mesomorph Height (160 -170)
The effect of protective actions	High	Low level	Very low, Low level	Dolichomorph Height (180)
the number of the "King" methods	1	1-2	2	Mesomorph Height (160 -170)

Conclusion: The recommended set of exercises provides relaxation and stretching of the above-mentioned muscles. Excessive muscle tension causes a change in the position of the pelvis in relation to the body. A change in the location of the pelvis is defined as a shift in the body's overall center of gravity, the inability of all joints in the arms and legs to fully perform their functions, and a decrease in the body's ability to maintain balance. When examining the conditions for body balance, it was found that 30% of the examined wrestlers were in a state of muscle asymmetry and hypertonus in the body and pelvis, and the complex of relaxation exercises helped to eliminate the hypertonus of the body muscles, made it possible to prevent

injuries, because the above-mentioned muscles extreme tension led to a change in the position of the pelvis in relation to the body, overloading of the joints of the limbs, a shift of the center of gravity of the body and a decrease in the balance of the wrestler's body, and as a result, the accuracy of each element of technical-tactical movements by athletes improved, and this was up to 10.4% of the qualities of special movements served to increase.

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