



TACTICS OF DRAWING UP COMPETITIONS IN THE SPORT OF SAMBO AND COMBAT SAMBO

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Annotation: the tactics of Sports Wrestling are regularly developing in accordance with the development of technology, changes in the rules of the competition and the arbitration system. Currently, a tactic in which a standing attack is performed by a wrestler is preferred. In this case, even if he has not organized any attacks that are judged by points, while his opponent is only protected, he will be given an advantage, while the opponent will receive a warning for lethargy.

Keywords: wrestling, competition, sambo, combat sambo, sport, technique, tactics, attack, competition, endurance, physical qualities.

The wrestler must have different methods of tactical training, a large number of simple offensive actions and complex offensive actions in his fund in order to apply the tactics of blunt attacks. In addition, such a tactic assumes a high degree of endurance. At the same time, it is relatively calm and can be replaced by periods of urging the opponent to attack. In this, the wrestler must be ready to repel the opponent's attack.

Technique is the main tool of tactics. The choice of specific tactics also depends on the methods fund. Most often, it is determined by the physical abilities of the wrestler: strength, agility, agility. Of these qualities the highly advanced nature of each other makes it possible to construct tactics (with decisive action) with an emphasis on that physical quality.

The tactics of conducting the competition largely depend on the level of training of the opponent. To correctly draw up the tactics of the competition, first of all, it is necessary to know what offensive actions the opponent uses, how to defend, what is his physical fitness.

Tactics are necessarily planned taking into account the strengths of their preparation and the free sides of a particular opponent. For example, if the wrestler has great strength, then it is necessary to build a decisive attack in a force method. If the opponent is able to perform movements quickly, then choking his movements with captures and it is necessary to suppress by force. If he is physically strong, it is necessary to gain an advantage over his actions with advanced training and complex attacks. It is necessary to choose counter-attack actions, knowing the attacks that the opponent likes. The decisive method of complex offensive actions when fighting a tall opponent should be to grab from the foot. It is difficult to grab the leg of a low-lying opponent, so it is necessary to build the attack at the expense of disequilibrium by swinging from his shoulder, as well as bending over the shoulder and transferring it to the flickering parter using leg movements.

To hold a match with a particular opponent, the wrestler must determine in advance a certain tactical plan. In this case, if it leads to an advantage, it must be held until the end of the competition. If it fails, another option of a careful condition is drawn up.

The tactical plan consists of the following components:

1. The goal of the competition and the methods of achieving it. Target wrestler and is determined by the opponent's capabilities. In the fight with a relatively empty opponent, the wrestler's goal is to achieve a pure victory; and with a strong opponent – a victory in points.
2. Selection of technical actions. The wrestler chooses technical actions as well as methods of their training (MHH), which are fully consistent with the intended goal and are effective in fighting a particular



opponent, taking into account their training. Methods and complex attack actions are selected taking into account the empty sides of the opponent.

3. The overall direction of drawing up the competition will focus on winning or having an advantage in points from the first period of the competition.

4. The pace of the competition. It is advisable for a wrestler with good training to plan to fight at a high pace in a match with an opponent who does not have enough endurance, but is superior in strength and technique to him. In the upcoming competition with a resistant opponent should be spent saving their energy. In order to prevent the opponent from leading the contest at a high pace, it is necessary to limit his actions, while he himself is ready to take advantage of the slightest opportunity for a counterattack.

5. Standing and choosing a distance. When choosing a standing position and distance, it should be taken into account that they will help to perform the specified attack movements and will also make attacks that the opponent “likes”. In breaks between periods of struggle, it is necessary to critically assess the course of the competition and make adjustments, that is, to assess how it was carried out, to identify the empty sides of the opponent, to determine what to beware of, to determine the behavior of the rest of the struggle. For example, it cannot be considered that the fate of the competition has been decided after achieving a state of victory. Stay focused, attentive until the final whistle of the arbiter sounds and it is necessary to be prepared for the offensive actions of the opponent. Because the opponent, without losing, mobilizes its strength and does not always rationally organize an attack. At this time, it is necessary to conduct a maneuver, use deceptive attacks as well as intercepts that limit movements.

The wrestler must stand up to the loser in the match and prepare a decisive attack by the last second. It is necessary that the wrestler, pretending to admit defeat by his own actions, “explode” in an unexpected situation for the opponent and carry out a complex attack that decides the fate of the competition in his favor.

As many experts define, training athletes in practice is limited to technical training, in some cases trainers make recommendations on tactics for the implementation of technical methods. When it comes to the tactics of conducting competitions, this section of training is mainly studied by athletes in direct competitions. Trainer instructions at the time of competitions and after the competition, the analysis of the competition in many ways expands the range of theoretical knowledge of athletes, but at the same time they remain theoretical material that is not reinforced by certain training.

Thus, participation in direct competitions is currently the only impressive way to train and improve tactical skills.

As a result of the studies carried out, for the first time, tactical actions were allocated that make up the structure of the struggle competition and characterize various methods and means of solving specific tasks:

- intelligence - action is characterized by a large “deceptive” activity of wrestlers. In the first minutes of the competition, the conduct of the maneuver is carried out at the expense of deceptive actions, shakes, exclamation. Qualitative descriptions (realization or not) are determined by the degree of implementation of the next action;

- to carry out an attack-it is characteristic to carry out a technical method of attack without prior specific preparation for this action. The time of execution of the method, otherwise – the time of such preparation is also recorded. In both cases, the end time of the method or the change time of the target instruction is recorded;

- carry out a counter-attack-the goal occurs in the competition at the time of specially created conditions, as during the offensive actions of the opponent. In the first case, the wrestler first makes a defensive move, then performs a counter-attack. In the latter case, the wrestler urges the opponent to take a certain hold, and then counter-attack actions are performed. In the first case, the time intervals from the time of completion



of the defensive action to the completion of the technical method of counter – attack, in the second-from the moment of applying the call, to the completion of the method or changing the target instruction are taken into account;

- perform defense-defensive actions start at the moment of capture by the opponent to perform a certain offensive action, and end with the implementation of Defense or the implementation of an attack by the opponent;

- demonstration of activity-the resolution of this action requires a correction of the beginning and end of the moment and the wrestler himself. But when carefully analyzed, they can be seen clearly enough. Characterized by an abundance of jerks, push-ups, deceptive movements with activity. When wrestlers perform initial moves of attack methods, they usually do not bring the method to the end;

- hold the advantage, that is, the wrestler must hold it after gaining the advantage through the points won. This tactical action is characterized by the fact that it is necessary that the athlete interferes with the reduction of points lost to his opponent for as long as possible. When performing this move, maneuver and attack moves are widely used, on top of which the wrestler mainly performs the catch and stands in a position that limits the opponent's movement until the referee stops the contest;

- strength recovery-the wrestler, using the push-ups, tries to limit movements, take a maneuver, restore breathing and strengthen the blood flows in them, completely relaxing the muscles. In this case, it seeks to catch the opponent at a long distance, without allowing captures;

- carrying out the grip on the edge of the carpet-is performed by the attack method, in which only the grip is performed to carry out the method, and in this grip, the athlete pushes the opponent out of the carpet. With changes in the rules, it became possible to apply these actions. Here, if the wrestler grabs the opponent and goes outside the carpet, he is written a win score for this move, while the opponent is warned. The beginning of this assignment is recorded from the moment of Capture to carry out the method until it is completed or the referee has a whistle;

- implementation of a dangerous situation – the beginning of the resolution of this action and the end is clearly visible in the competition. This is determined from the moment of the appearance of a dangerous state and is completed by the elimination of the “tushe” state or a dangerous state by the opponent;

- hazard elimination-the time parameters of the task (elimination of the hazard before it is carried out) are recorded as lightly as in the previous action.

Not taken into account within the total time of the competition competition

and time intervals that are spent aimlessly (represented by wrestler slackness and waiting position), characterized by the absence of a specific target instruction, are characterized by a large number of redundant actions. Usually, at this time, athletes, while waiting for active actions from their opponent, will be dependent on his technical plan.

Analysis of the content of the training process shows that not enough importance is attached to the tactical exercises that make up the structure of the wrestling competition. Despite the fact that there is a great interest in attacking, counter-attacking and defensive movements in training, their effectiveness in competitions is not great. This is because athletes, separated from tactical training methods in training, improve their skills and skills to carry out attacks, defenses and counterattacks without including tactical action as a dangerous posture implementation after the conducted method.

An indicator that characterizes the features of the struggle, which are carried out by various qualified wrestlers, and is associated with the distribution of individual actions by the minutes of the competition, allows you to reflect on the correct distribution of power during the competition.



In wrestlers with even higher qualifications, a certain law is observed in the distribution of individual actions by minutes. In the first minutes of the competition – reconnaissance, attack, defense; in the second minute – attack, captures on the edge of the carpet, demonstrate activity; in the third – force recovery, captures on the edge of the carpet, defense, counter-attack; in the fourth-attack, counter-attack, captures on the edge of the carpet, demonstrate activity, defend; in the fifth – attack, counter – attack, captures on the edge of the carpet, demonstrate activity, defend; in the sixth-hold the advantage, counter-attack.

Studies on wrestlers ' competition competitions show that the variety of methods used for highly qualified athletes as well as their reasonable replacement during the competition are characteristic of highly qualified athletes.

This said opinion allows a different approach to the problem of individualization of the tactical training of wrestlers. For this, the basis is that sport-Chi occupies a whole set of actions that help to achieve victory with physical and spiritual effort.

The wrestler's qualification to be able to decide all ten moves and position them correctly during the match is considered to be his base individual training.

Therefore, work on improving tactical training should be carried out in three directions:

- training wrestlers in actions that they did not occupy before;
- selection of the most rational means and methods of performing each action, taking into account the mental, morphological and physical characteristics of the wrestler (operational composition of the action);
- formation of various combinations of tactical actions during the competition, depending on the characteristics of the opponent.

To solve the first two tasks, the following methodological methods can be used:

- to include in the preparatory part of the lesson, in addition to general developmental exercises, gesture and play exercises that will help the wrestler develop the ability to timely solve tactical tasks in a rapidly changing game situation;

-fight to move the palm of the hand against the opponent's palm of the foot: wrestlers move on the carpet in pairs. In doing so, they seek to touch the opponent's heel and at the same time try not to touch the opponent's hand on their heel. During the game, everyone can use tactical methods: maneuvering, endangering, flickering, deceptive actions. This exercise develops the ability to concentrate and Target attention in complex, rapidly changing situations of wrestling competition. It can be used as a means of solving the task of reconnaissance, restoring strength, demonstrating activity;

- the game "chase". Wrestlers try to kick the opponent's palm with the tip of the foot, in which their hands stand behind. This exercise also helps to concentrate and generates the ability in wrestlers to perform actions earlier than their opponent;

- fight to boil the opponent's hand. Wrestlers seek to hold one or two of the opponent's hands in pairs in such a way that the opponent should not be able to free his hands in a long time. This exercise can use shakes, unbalances. he prepares the wrestler to decide the task of maintaining the advantage and resisting the opponent's influence by force;

- fight to achieve territorial superiority. Wrestlers settle in a certain part of the carpet and try to push each other out of the designated place. All tactical methods can be used in this. This exercise develops in wrestlers the ability to resist various deceptive actions of the opponent. It can be used as a means of solving tasks such as carrying out grip on the edge of the carpet, demonstrating activity.

In the main part of the training session, it is recommended to study and improve the tools and methods of solving tactical tasks using the assigned style, as well as watch video recordings of the competitions of the strongest wrestlers of the world and analyze them. In order to identify and eliminate the mistakes that wrestlers



have made at the same time, their matches are analyzed. The more tools and styles wrestlers learn, the more accurate, fast and effective they can apply in a competition match, while with the development of the ability of various qualified wrestlers to analyze competition matches, the athlete can get out of an unfamiliar situation by finding the right path.

In the process of conducting training, wrestlers must put the following tasks in front of them: the goal of the opponent, methods of solving the tasks that occur, making reconnaissance to determine the behavior of the opponent in the competition. Intelligence can be conducted by extortion, deceptive actions, deception.

Means of conducting competition during training sessions and the improvement of their style can be carried out through the following methodology: to explain the purpose of performing a particular action; to analyze the videomagnitophon recording of the competitions of strong wrestlers of the world, and, accordingly, to choose the means and methods of conducting further competition, to eliminate the mistakes made by the wrestlers. Tools for solving each specific task and the study and improvement of methods; improvement of movement skills during training and training competitions.¹

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