



OUTDOOR GAMES IN THE EDUCATIONAL AND TRAINING PROCESS FOR YOUNG WRESTLERS OF THE GRECO-ROMAN STYLE

Zufarov Temur Umarovich

Associate Professor

Chirchik State Pedagogical University.

Abstract: The paper shows and substantiates the feasibility of using the concept of training in the form of outdoor games based on experimental data, theoretical generalizations and methodological provisions. The implementation of outdoor games in the educational and training process of young wrestlers of the Greco-Roman style according to the identified criteria and aspects will ensure an increase in the level of fundamental training and the quality of the training and education process.

Key words: outdoor games, Greco-Roman wrestling, young wrestlers, educational and training process, physical fitness, motor skills, pedagogical experiment, physical education.

ПОДВИЖНЫХ ИГРЫ В УЧЕБНОМ - ТРЕНИРОВОЧНОМ ПРОЦЕССЕ ДЛЯ ЮНЫХ БОРЦОВ ГРЕКО - РИМСКОГО СТИЛЯ

Зуфаров Темур Умарович

доцент

Чирчикского государственного педагогического университета.

Аннотация: В работе показана и обоснована целесообразность использования концепции обучения в виде подвижных игр на основе экспериментальных данных, теоретических обобщений и методологических положений. Реализация подвижных игр в процессе учебно-тренировочного процесса юных борцов греко-римского стиля по выявленным критериям и аспектам обеспечит повышение уровня фундаментальной подготовки и качества процесса обучения и воспитания.

Ключевые слова: подвижные игры, греко-римская борьба, юные борцы, учебно-тренировочный процесс, физическая подготовленность, двигательные навыки, педагогический эксперимент, физическое воспитание.

Relevance of the study. Physical education in childhood is of great importance for teaching the necessary motor skills and abilities in life and for mastering the basics of their use in various conditions of motor activity. It has been established that at this age, the ability to learn motor actions has favorable stages for rapid and complete mastering of new and restructuring of insufficiently perfect motor actions, for the comprehensive development of all motor qualities. The rich fund of motor skills and abilities acquired in childhood, as well as physical, intellectual, volitional and other qualities, becomes the basis for rapid and complete mastery of Greco-Roman wrestling techniques and other special motor actions in further physical improvement in adulthood. A huge role in the physical development and education of children belongs to the game - the most



important type of children's activity. It is an effective means of educating the child's personality, his moral and volitional qualities, as well as the development of physical qualities and the formation of motor actions. The repetition of the rules of the game creates a good training basis for the development of certain motor actions. Outdoor games help to develop complex processes of mental activity, logical thinking, imagination, memory, etc. Providing emotional coloring of wakefulness, outdoor games also help to strengthen the body, increase its endurance, improve movement, cultivate moral qualities, strong-willed character traits, and organization [1, 2].

Outdoor games contain conditions that contribute to the full development of the personality: the unity of cognitive and emotional principles, external and internal actions, collective and individual activity of children. When conducting games, it is necessary that all these conditions are realized, i.e. that each game brings new emotions, skills to the young wrestler, expands the experience of communication, develops joint and individual motor activity [3, 4].

It is essential to study the dynamics of physical fitness and physical development of young wrestlers, which creates a factual basis for the effective management of the physical education process by changing the content of the learning process. To date, methods for improving the physical fitness of Greco-Roman wrestlers by means of active games during class time have not been fully developed, although in recent years a certain number of works have appeared in this direction.

In this regard, the solution to this problem is very relevant in improving the educational and training process of young wrestlers.

The purpose of the study is to determine the effectiveness of using specialized outdoor games in the educational and training process of young Greco-Roman wrestlers.

Research objectives:

1. To identify the features and need for using outdoor games and specialized outdoor games with elements of martial arts in the educational and training process of young Greco-Roman wrestlers.
2. To develop a methodology for using specialized outdoor games with elements of martial arts in the educational and training process of young wrestlers when forming Greco-Roman wrestling techniques.

Methodology for conducting outdoor games. Any game, even if performed as an outdoor game, contains a mandatory competitive element, therefore, human motor activity in any game is close to sports activities (at the level of mass sports) in a number of ways. The inclusion of specialized outdoor games in the educational and training process of young wrestlers took place within the framework of the approved program.

The game was carried out in three stages: preparation for the game, the game itself, discussion of the game and awarding of the winners,

Preparation for the game - this stage is aimed at developing the necessary motor actions in young wrestlers, sufficient for full participation in the game, these are preparatory exercises that ensure the formation of the necessary motor actions of Greco-Roman wrestling. Observations of the course of the game and the behavior of the players. The assimilation of the game and the behavior of children during the game largely depends on its proper management.

It is necessary to start the game in an organized and timely manner. The game began on signal. Children were taught to consciously follow the rules of the game. During the game, it is necessary to promote the development of creative initiative of the players. The leader must interest the children in the game, captivate them. It is necessary to achieve conscious discipline, honest fulfillment of the rules and responsibilities imposed on the players. During the game, the mood of the players was taken into account. The leader took into account the most dangerous moments in the game. We explained the games we used according to the following scheme:



- 1) the name of the game (you can say for what purpose the game is being played);
- 2) the roles of the players and their location on the court;
- 3) the course of the game;
- 4) the goal of the game (who will be named the winner);
- 5) the rules of the game.

The explanation of the game ends with answers to the players' questions.

Refereeing. Each game requires objective, impartial refereeing. The referee must find a place convenient for observation, in order to single out all the players and not interfere with them.

Dosage during the game. In active games, it is difficult to take into account the capabilities of each participant, as well as his physical condition at a given time. It is necessary to provide optimal loads. Intensive loads should be alternated with rest.

The game can be regulated in various ways:

- a) shortening or increasing the duration of the game;
- b) introducing breaks;
- c) complicating or simplifying the game;
- d) changing the number of players;
- d) changing the size of the court;
- e) changing the rules and changing the roles of the players.

End of the game. The duration of the game depends on the nature of the game, the conditions of the lessons and the composition of the participants. The leader is obliged to finish the game when the children are not yet overtired, to show interest in it, when their actions are completely emotional.

Determining the results of the game has great educational value. At the end of the game, the leader must announce its results. The results of the game must be announced briefly, without making allowances for anyone, in order to accustom children to correctly assess their actions.

Analysis of the game. When announcing the results, it is necessary to analyze the game, pointing out the mistakes made by the participants in technical techniques and tactics.

Research results. The pedagogical experiment was conducted in a specialized children's and youth school in the city of Chirchik. Young Greco-Roman wrestlers aged 10-12 years took part in the experiment.

Two groups of young wrestlers took part in the experiment. Each group included 16 young wrestlers. The children were assigned to the experimental group and the control group. In the experimental group, classes were held according to the scheme we developed, outdoor games were distributed depending on the tasks and parts of the training session. Outdoor games were allocated for the preparatory, main and final parts of the lesson when teaching technical actions of Greco-Roman wrestling. In the control group, lessons were conducted according to the traditional scheme. The experiment was conducted for half a year.

To assess the level of development of physical qualities in our experiment, the following control standards for GPP and SPP were used.

The results of the comparative analysis between young wrestlers of the experimental and control groups are given in the table.

Table

Comparative analysis of GPP and SPP indicators of young wrestlers of the Greco-Roman style of the control and experimental groups at the end of the pedagogical experiment

№	General physical fitness and	Control group	Experimental group	t	p
---	------------------------------	---------------	--------------------	---	---

Proximus Journal of Sports Science and Physical Education

Volume 2, Issue 8, August 2025

<https://proximusjournal.com/index.php/PJSSPE>

ISSN (E): 2942-9943



	special physical fitness indicators	$X \pm \sigma$	V%	$X \pm \sigma$	V%		
1	30 m run (sec)	$5,7 \pm 0,4$	7,01	$5,3 \pm 0,3$	5,66	2,32	$P < 0.05$
2	Pull-ups on the horizontal bar (number of times)	$4,2 \pm 0,9$	21,42	$6,3 \pm 1,4$	22,21	3,07	$P < 0.05$
3	Bending and unbending arms in a lying position (number of times)	$11,2 \pm 2,1$	18,75	$14,4 \pm 1,8$	12,51	2,36	$P < 0.05$
4	Raising legs to a grip with hands in a hanging position (number of times)	$6,3 \pm 1,2$	19,04	$8,2 \pm 1,3$	15,85	2,28	$P < 0.05$
5	Long jump from a place (cm)	$157,4 \pm 18,3$	11,62	$164,7 \pm 16,4$	9,95	2,23	$P < 0.05$
6	High jump from a place (cm)	$29,6 \pm 3,8$	12,83	$36,8 \pm 4,1$	11,14	2,54	$P < 0.05$
7	Shuttle run 3×10 m (sec)	$9,9 \pm 0,7$	7,07	$8,7 \pm 0,5$	5,74	2,31	$P < 0.05$
8	10 forward somersaults (sec)	$18,1 \pm 1,6$	8,83	$17,2 \pm 1,4$	8,13	1,75	$P > 0.05$
9	Standing up from a standing position onto a bridge and leaving the place with a run in any direction 5 times (sec)	$19,8 \pm 0,9$	4,54	$16,4 \pm 0,8$	4,87	1,92	$P > 0.05$



10	Running on the bridge 5 times to the left and 5 times to the right (sec)	21,8±1,4	6,42	19,0±1,2	6,31	1,84	P>0.05
11	Bridge somersaults 10 times (sec)	27,2±2,4	8,82	24,3±2,1	8,64	2,41	P<0.05
12	10 throws over the back (sec)	29,5±2,3	7,79	26,1±2,2	8,42	2,38	P<0.05
13	10 throws with an arch (sec)	38,6±2,2	5,69	36,1±2,3	6,37	2,34	P<0.05

The conducted pedagogical experiment, which consisted in including in the program of special outdoor games for conducting classes in the formation of individual techniques of Greco-Roman wrestling, the use of outdoor games with elements of martial arts, made it possible to identify, first of all, an increase in the children's attitude to these classes, a faster acquisition of motor skills, an improvement in discipline, an increase in the interest of parents in training classes.

The selection of games and the requirements imposed in general on outdoor games were also carried out. The content of outdoor games allows us to justify their choice in order to increase the effectiveness of the educational and training process with young Greco-Roman wrestlers. Based on the organization and conduct of the experiment, we determined that it is effective to conduct touch games at the beginning of the lesson, as well as games for reaction speed and coordination, since they are an effective means of warming up. Touch games are convenient in that they can be carried out without a soft surface (carpet, mat), and also without inventory. In order to develop operational thinking, agility, as well as to cultivate quick reaction and orientation, it is advisable to use outdoor games in the main part of the training session.

Conclusions. Thus, the results of pedagogical observation show that the use of outdoor games with elements of martial arts in the educational and training process of young Greco-Roman wrestlers contributed to an increase in the overall density of classes by 14.2% and motor density by 11.6%, and also contributed to more effective mastery of wrestling techniques at the initial stage of training of young wrestlers

REFERENCES:

1. Zhukov M.N. Outdoor games, M., "ASADEMIA", 2002. - 160 p.
2. Kerimov F.A., Yusupov N. Outdoor games for kurash. - T.: Abu Ali ibn Sino nomidagi nashr., 2003. - 72 p.
3. Korotkov I.M. Outdoor games at school, M., "Prosveshchenie", 1979. – 192 p.
4. Kuzin V.V., Polievsky S.A. 500 games and relay races, M., FiS, 2000. – 304 p.
5. T.U. Zufarov "Methodology of teaching sports and outdoor games (outdoor games)" Textbook. publishing house "Zebo print". Tashkent, 2024. 37, 156 p.