



## TECHNOLOGY FOR DEVELOPING WRESTLERS' EXECUTION OF THE CHIL METHOD

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**Abstract:** This article contains information on further improvement of the chil method using a set of general and special exercises to improve the chil method during wrestling training. In the given set of exercises, exercises on the development of technical and tactical movements and the physical qualities of the participants were mentioned.

Recommendations on the development of the actions of the wrestlers during the competition have been implemented.

**Key words:** special exercise, competition, movement, development, experimental, exercise, combination, technique-tactics.

## KURASHCHILARNI CHIL USULINI BAJARISH HARAKATLARINI RIVOJLANTIRISH USLUBIYATI

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**Annotatsiya:** Ushbu maqolada kurash mashg'ulotlar jarayonida chil usulni takomillashtirish uchun umumiy va maxsus mashqlar majmuasidan foydalanib chil usulni yanada takomillashtirish to'g'risida ma'lumotlar mavjud. Berilgan mashqlar majmo'asida mashg'ulotlar jarayonida texnik va taktik harakatlarni, shug'ulanuvchilarni jismoniy sifatlarni rivojlantirish xaqida mashqlar keltrilgan.

Kurashchilarning musobaqa faoliyatidagi harakatlarni rivojlantirish to'g'risida tavsiyalar tadbiiq etilgan.

**Kalit so'zlar:** chil maxsus mashq, musobaqa, harakat, rivojlantirish, eksperimental, mashq, kombinatsiya, texnika -taktika.

### Relevance of the topic.

Decision of the President of the Republic of Uzbekistan dated June 3, 2017 No. PQ-3031 "On measures to further develop physical education and mass sports". Resolution No. PQ-3306 of October 2, 2017 "On measures to further develop the national sport of wrestling". In order to ensure the implementation of the



decision of the President of the Republic of Uzbekistan No. PQ-4881 of November 4, 2020 "On measures to develop the national sport of wrestling and further increase its international prestige", the following experiments were carried out.

Studying advanced practical experience with wrestlers allows defining the scope of sports tasks. Solving these tasks will help to develop a methodology of the importance of developing movements, and will increase the effectiveness of reserve training of wrestlers. The analysis of programs and training plans shows that the importance of combination movements is not always taken into account during the organization of the training process. Recently, in high-performance sports, there has been a steady increase in the level of training loads, the role and importance of tools with a high training effect and combinations of technical-tactical movements are increasing. However, the analysis of the dynamics of the training process conducted with wrestlers shows that the volume of the used combinations cannot always serve as a measure of the mobilization of the athletes' capabilities. Such a deficiency reduces the effectiveness of the training work, prevents the growth of the wrestlers' skills, and in many cases leads to excessive fatigue and overtraining. The method of teaching the importance of the direction and movement of specific loads is not sufficiently taken into account.

**The purpose of the study.** It is to develop a method of developing the movements of wrestlers in the execution of the chil method during competition activities.

#### **Tasks of the research:**

1. By analyzing the scientific and methodical literature, to study the importance of developing the actions of wrestlers to perform the chil method.
2. Check the effectiveness of the wrestlers' actions in the competition from experience.
3. Development of methodological recommendations based on research results and their application to wrestlers' practice

**Research results and its discussion.** The results of the methodology of developing the movements of wrestlers to perform the chil method allow to determine the scope of sports tasks. Solving these tasks will help to develop the methodology of the importance of actions in the activity of the competition, and will increase the efficiency of reserve training of wrestlers. Analysis of programs, multi-year training plans shows that the importance of combination movements is not always taken into account during the organization of the training process. Recently, in high-performance sports, there has been a steady increase in the level of training loads, the role and importance of tools with a high training effect and combinations of technical-tactical movements are increasing.

However, the analysis of the dynamics of the training process conducted with wrestlers shows that the volume of the used combinations cannot always serve as a measure of the mobilization of the athletes' capabilities. Such a deficiency reduces the effectiveness of the training work, prevents the growth of the skills of the wrestlers, and in many cases leads to excessive fatigue and overtraining. The direction of specific loads and the importance of combination movements are not adequately considered in teaching methodology.

Experimental and control groups. In the experiment, through the analysis of the indicators of the training and competition process, the standards of the method of learning combinations of offensive moves were determined. We used special loads consisting of indicators of fighters' technical and tactical behavior, standard situations and dynamic tasks.



As part of the pedagogical experience, the effectiveness of the method of teaching technical-tactical combinations of combat was checked by comparison with the existing traditional complex system. In the course of the pedagogical experiment, the hypothesis of a positive effect on the effectiveness of the general and special set of exercises developed by us to create the stages of the annual cycle in wrestling was statistically tested. Competitions were organized in the environment, mainly the Chil method was used as a branch method in the competitions.

*Table 1*

No	General preparation
1.	Jumping rope
2.	Turns from a standing position on special sports tires
3.	Alternating legs from left to right
4.	Jump from a standing position

	Special preparation
1.	Entering and exiting the ten-left method with a partner
2.	Pick up your partner and enter the path from the left
3.	Pick up your partner and run to the left
4.	Holding the partner, the legs and arms work together

### Results of general physical training.

Indicators of general physical fitness before and after the study of the experimental group 1. Jumps on the rope made 40 in the 1st minute and 47 in the 1st minute after the study. 2. Turns from the standing position of the special sports tire were 18 times 30 seconds before the test, and 24 times after the test. 3. Running from the right to the left, changing the position of the legs, is 10.2 seconds for 20 meters, and after the research, this indicator was 9.2. 4. Standing high jump made 10 high jumps in 15 seconds, but after research it made 13.

General physical fitness indicators of the control group before and after the study 1. Jumps on the rope were 41 in the 1st minute and 45 after the study. 2. Turns from the standing position of the special sports tire were 17 times 30 seconds before the test, and 19 times after the test. 3. If running from right to left by changing the position of the legs for 20 meters is 10.9 seconds, after the research this indicator was 9.9. 4. Standing high jump made 10 high jumps in 15 seconds, but after research it made 11 times.

*Table 2*



T/r	Tests	Experimental group				Control group			
		T/O	T/K	THE DIFFERENCE	%	T/O	T/K	THE DIFFERENCE	%
1	Jumping rope	40	47	7	14.3	41	45	4	8.8
2	Turns from a standing position on special sports tires	18	24	4	18.1	17	19	2	10.5
3	Alternating legs from left to right	10.2	9.2	1	10.8	10.9	9.9	1	10.1
4	Jump from a standing position	10	13	3	23	10	11	1	9

Special physical training before and after research experience

the indicators of the group 1. The entry and exit of the ten-left method with a partner was 14 in 20 seconds, after research it was 18. 2. Raise the partner to ten from the left and enter the method. 3. Carrying a partner and running to the left for ten meters, it is 9.4 seconds, and after research it is 8.6 seconds. 4. Holding a partner, legs and arms working together were 12 times in 20 seconds before the study and 16 times after the study

**Table 3**

T/r	Tests	Experimental group				Control group			
		T/O	T/K	THE DIFFERENCE	%	T/O	T/K	THE DIFFERENCE	%
1	Entering and exiting the ten-left method with a partner	14	18	4	22.2	13	15	2	13.3
2	Pick up your partner and	12	16	4	25	12	14	2	14.2



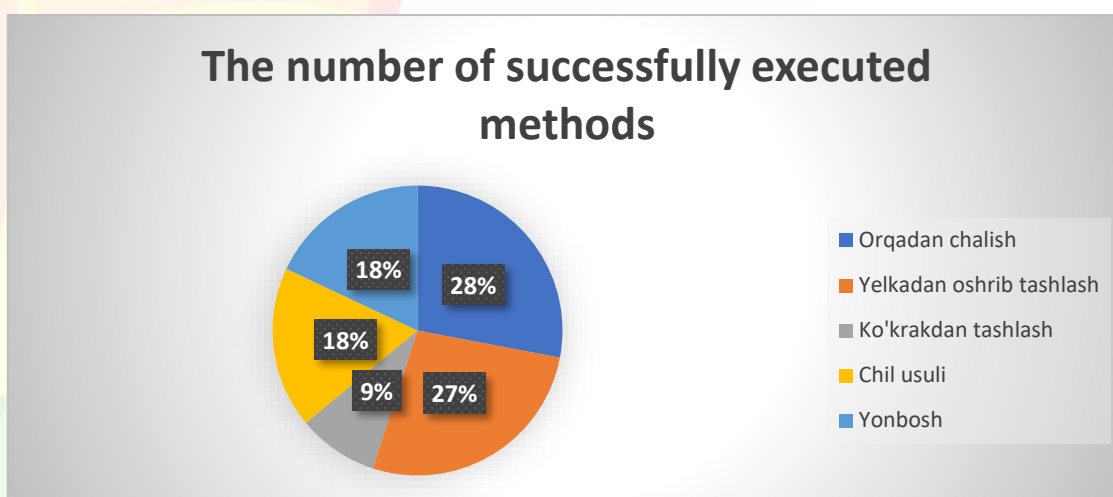
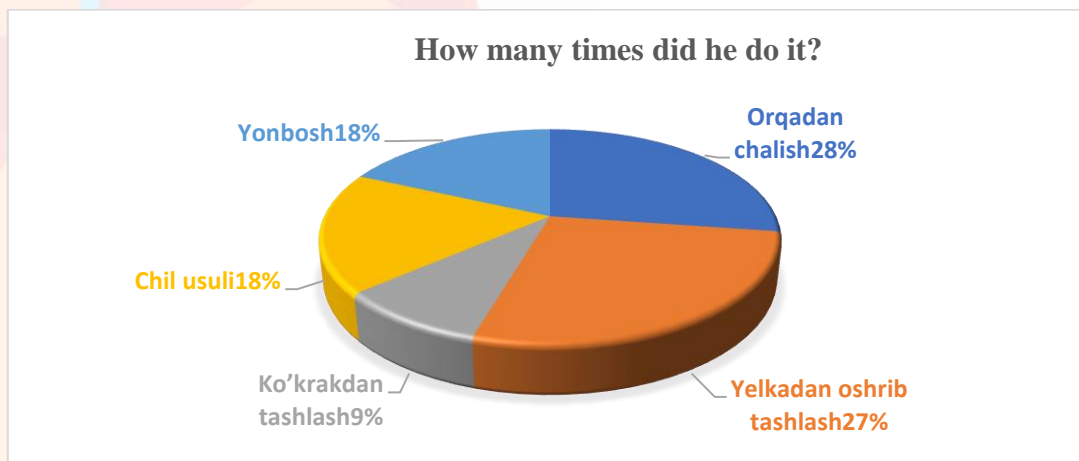
	enter the path from the left								
3	Pick up your partner and run to the left	9.4	8.6	8	9.3	9.5	9.1	4	4.3
4	Holding the partner, the legs and arms work together	12	16	4	25	12	14	2	14.2

3. Carrying a partner and entering the method to the left, running for 20 meters is 9.5 seconds, and after research it is 9.1 seconds. 4 Holding a partner, legs and arms working together made 12 times in 20 seconds before the study and 14 times after the study.

This set of special exercises used in the training process was analyzed to what extent the participants in the experimental group used the methods used in the competitions. The duration of the competition was 4 minutes.

**Table 4**

No	Name of methods	How many times did he do it?	Number of successfully completed methods
1.	Call back	3	1
2.	Over the shoulder	3	1
3.	Throwing from the chest	1	0
4.	Chill method	2	1
5.	On the side	2	1

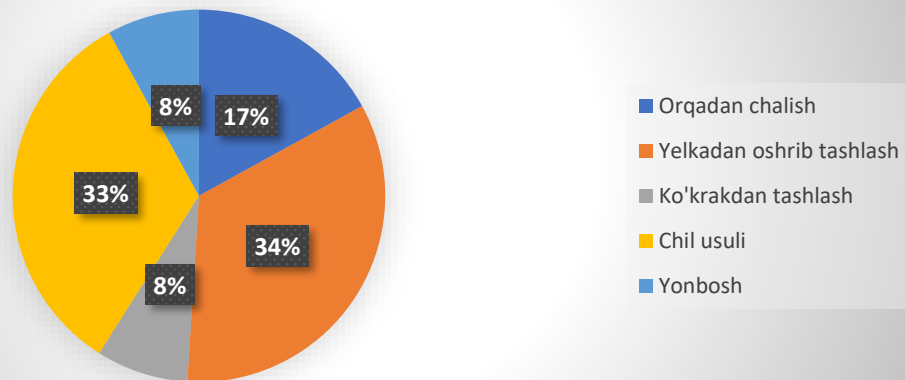


Experience From September 2022, special exercises to improve the chil method were implemented in the training sessions. In May 2023, when the competitions were held, the methods were summarized. The special exercises we gave for it paid off. The results of the experimental group are shown in the table and diagram below.

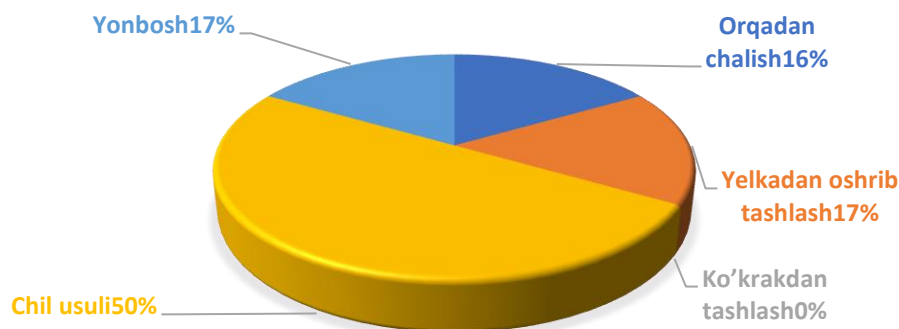
5- table

No	Name of methods	How many times did he do it?	Number of successfully completed methods
1.	Call back	2	1
2.	Over the shoulder	4	1
3.	Throwing from the chest	1	0
4.	Chill method	4	3
5.	On the side	1	1

## How many times did he do it?



## The number of successfully executed methods



### Conclusion:

The results of the exploratory experiment conducted by us allow us to draw the following conclusions and practical recommendations: It can be concluded that a number of conclusions can be drawn based on the information provided: literature analysis, athletes' MF analysis, evaluation of the effectiveness of the proposed training organization system possible

1. Regularly increasing the level of training load is one of the main features of the modern system of training of qualified athletes. This occurs at the same time as the demands on the athletes' skills are increased. The analysis of the level of sports results shows that the growth of results has a direct relationship to the regular increase of some aspects of training and competition loads.

2. Research materials show that many wrestlers, even highly skilled athletes, do not achieve the performance corresponding to the high level of combination movements in increasing the efficiency of offensive movements during responsible competitions.



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