

DYNAMICS OF PSYCHO-PHYSIOLOGICAL PREPARATION OF 12-16-YEAR-OLD WRESTLERS

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Abstract:

This article examines physical fitness indicators and psychophysiological processes of young wrestlers during training. In the general preparation stage of the period of psychophysiological training of young wrestlers, the main attention is paid to comprehensive general physical training and psychophysiological conditions of 12-16-year-old wrestlers.

Keywords: 12-16-year-old wrestlers, psychophysiology, dynamics, training, period, wrestling, physical education, sport.

Introduction

A variety of supervisory testing practices were performed from masked athletes to determine the psychophysical performance of 12- to 16-year-old wrestlers and to obtain high scores in world arenas. One of the least developed issues in the theory and methodology of young wrestlers remains their long-term technical preparation efforts and the psychophysical processes of young wrestlers. A study of the theoretical foundations of the problem studied shows that a number of practices have not been studied, taking into account the psychophysical aspects of 12- to 16-year-old wrestlers' techniques. (Matthew 24:14; 28:19, 20) Jehovah's Witnesses would be pleased to discuss these prosthesis more and more. An analysis of the children's and adolescent sports school wrestler training programs and a survey of experts indicates a complete lack of lateral privileges in modern exercise, which may be viewed as one of the factors limiting further improvements in the efficiency of long-term technical training. (Matthew 24:14; 28:19, 20) Jehovah's Witnesses would be pleased to answers with you. For example, the struggle is also a complex where individual movement activities and technical methods and combinations are widely variable, and their components are conditioned by the tactics of holding a specific competition."

Organization of the study:

1st in The Watch tower Bible and Tract. The training processes of young wrestlers engaged in children's and adolescent sports school were conducted. The wrestlers , aged 12 to 16 , took part in our experiences . The results were processed using mathematical statistical analysis methods

Results and discussion of the study:

We all know that not enough research has been done to develop psychophysical preparation based on the determination of the psychophysical preparation of 12 to 16-year-old wrestlers engaged in the training group today, and the extent to which psychophysical conditions among young wrestlers have been studied.

By developing properly planned microsicular training plans for 12 to 16-year-old wrestlers



engaged in the training group, you can achieve a high level of preparation, including anaerobic in achieving the high complex preparation of young wrestlers engaged in the training group, widespread application of aerobic and glycolytic exercises to the exercise process intended 1st in The City of Angren, Tashkent. Recovery of heart activity was studied after the training process of 12-16 year-old wrestlers engaged in a training group through the Harvard Test Index among sports school educators (see chart 1). In our 12-year-old free-fighters, our initial return results for the Harvard step test were 60.2, while the results of the 16-year-old wrestlers' masculine test were 58.9.

Along with heart buildup after the end of the training processes of the 12- to 16-year-old wrestlers involved in the training group, heart rate was also studied during training, and the results revealed were as follows. With a score of 13.4 in 12-year-old wrestlers, our 15-year-old wrestlers had a heart rate of 12.9 in the work hierarchy and average results were recorded (see chart 1).

Table 1.

	Harvard and Rufe test indicators of 12- to 16-year-old wrestlers			
Pointer	Garvard (Test)		Rufe (lyrics)	
Age	12	16	12	16
$\bar{X} \pm \sigma$	60,24±3,35	57,43±3,20	13.40±0.81	12.90±0.75
t/ P	4,03 / <0,001		3,04 / <0,01	
	Tepping and psychomotor test indicators of 12- to 16-year-old wrestlers			
Pointer	Tepping texts		Psixomotor tests	
Age	12	16	12	16
$\bar{X} \pm \sigma$	56,13±3,89	58,94±3,97	122.6±8.85	126,17±8,96
t/ P	3,39 / <0,01		2,56 / <0,05	

Effective planning of the psychological conditions of young wrestlers engaged in educational groups during physical training processes, correctly setting their objectives and functions, and using the most effective and reliable tools and methods at various stages and times of preparation are the most important factors in achieving the final result

Research has also been carried out on the distribution and planning of exercise loads in improving the efficiency of psychophysiological preparation of 12- to 16-year-old wrestlers, managing the movement of special exercises in the exercise process, and analyzing it biomechanically. However, the fact that researchers have been overlooked by scientific research on improving the efficiency of psychophysiological preparation through a special system in the training group will help us conduct masculatific research

A test was selected that was relatively simpler among young wrestlers to determine psychomotor indicators. The psychomotor performance of 12-year-old wrestlers and 16-year-old wrestlers who performed the masculine-selected exercise was determined. The recorded results show that the rate of our athletes engaged in the initial preparatory phase of 12 years was 122.6 ms, while the results recorded by our 16-year-old wrestlers showed 126.1 with a not very large difference

By the end of their psychophysical processes, the preparation of wrestlers for the competitions



ahead will be completed. The complete restoration of necessary technical skills and tactical activities, as well as the specialized training processes and physical condition of the athlete. The volume of special physical training is significantly increased

To assist individuals desiring to benefit the worldwide work of Jehovah's Witnesses through some form of charitable giving, a brochure entitled Charitable Planning to Benefit Kingdom Service Worldwide has been prepared. The main preparatory tools for improving and optimizing the psychophysical movements of 12- to 16-year-old wrestlers are tools that contribute to the smooth planning of this exercise process, the use of conditions and equipment that complicate the performance of certain actions, the selection of intervals, and the speed of exercise, and are intended to improve these processes from exercise processes. (Matthew 24:14; 28:19, 20) Jehovah's Witnesses would be pleased to discuss these answers with you. Modernization of the training process, as well as optimization of the psychophysical training process of young fighters should be aimed at the efficient use of any material and technical resources (technology and equipment). This allows you to identify and analyze the entire process. Inspections at the end of the experiment also showed that in the process of performing complex coordinational movements over short distances, the performance of control and research group wrestlers were improved relatively. Today, young wrestlers who are engaged in modern wrestling sports are required to move quickly and think quickly. (Matthew 24:14; 28:19, 20) Jehovah's Witnesses would be pleased to discuss these answers with you. Using the computer program "Determining wrestlers' ability to think tactically" in studying the tactical training of young wrestlers gives coaches the following information about the team:

- Shows the state of tactical training of 12-year-old wrestlers in the psychophysical era.
- The ability of 16-year-old wrestlers to think tactically in the psychophysical hierarchy is assessed.

Through the program, you will be able to organize theoretical workshops effectively.

(Matthew 24:14; 28:19, 20) Jehovah's Witnesses would be pleased to discuss these answers with you.

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