

## IMPROVING THE SPEED AND AGILITY OF NATIONAL WRESTLERS

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**Annotation:** The research utilized a set of comprehensive exercises, unique methods, and principles to enhance the speed and agility of national wrestlers.

**Keywords:** speed, agility, mesocycle, means, method, principles, complex exercises.

### УЛУЧШЕНИЕ СКОРОСТИ И ЛОВКОСТИ НАЦИОНАЛЬНЫХ БОРЦОВ

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**Аннотация:** Исследование использовало набор комплексных упражнений, уникальных методов и принципов для улучшения скорости и ловкости национальных борцов.

**Ключевые слова:** скорость, ловкость, мезоцикл, средства, метод, принципы, комплексные упражнения.

After gaining independence, significant changes began to occur in various aspects of our social life, including sports. Simultaneously, efforts are being made to preserve and pass on our national values and traditions, which symbolize our identity. Among these, National Wrestling serves as an emblem of openness, bravery, nobility, and integrity. Various reforms and initiatives are being implemented to develop and popularize national wrestling. For instance, decrees and laws are being developed by our esteemed President to support these efforts.

#### **Objective of the Research:**

To improve the speed and agility of wrestlers who are candidates for the title of Master of Sports.

#### **Tasks of the Research:**

1. To determine the physical readiness of selected wrestlers.
2. To apply a specially developed set of exercises using unique methods during training. The exercises were incorporated primarily in the main part of the sessions and partially in the concluding part.
3. To enhance the speed and agility of wrestlers.

#### **Definitions:**

- Speed is a functional complex of human abilities to perform movements within a minimal time frame.
- Agility is a complex psychophysical quality of a person. Its development level is determined by the degree of psychomotor abilities involved in solving complex coordination tasks.

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### Research Process:

The participants were 10 wrestlers aged 18-20, all candidates for the Master of Sports title. The study was conducted in the wrestling hall of the Uzbek State University of Physical Education and Sports.

During the research, the developed set of exercises was implemented using demonstration, verbal methods, and strictly regulated approaches. The principles of continuity, progression from simple to complex tasks, and didactic methods were employed. Training sessions were conducted in a mesocycle structure:

- In the preparatory phase, participants' bodies were conditioned for the main part of the session.
- In the main phase, the developed set of exercises was applied.
- In the concluding phase, stretching exercises were included. The research was carried out from October 10 to November 10, 2022.

### Preliminary Results of the Research:

1	<b>60-Meter Sprint (Short-Distance Run)</b>	<b>Average Result</b>	<b>10-12 seconds</b>
2	<b>4x10-Meter Shuttle Run</b>	<b>Average Result</b>	<b>13-15 seconds</b>
3	<b>Somersaults</b>	<b>In 30 Seconds</b>	<b>12-14 repetitions</b>
4	<b>Entering Techniques</b>	<b>In 30 Seconds</b>	<b>10-14 repetitions</b>
5	<b>Executing Techniques</b>	<b>In 1 Minute</b>	<b>22-26 repetitions</b>

To improve the results obtained before the study, we developed a set of exercises. This specially designed exercise program serves as the core for further enhancing speed and agility qualities. It is also fundamental in achieving the objectives and tasks outlined in the research.

T/r		Designated Time:	Repetitions:	Rest Intervals:
1	60-meter sprint		4 times	5 seconds
2	4x10-meter shuttle run		4 times	10 seconds
3	Somersaults		4 times	10 seconds
4	Entering techniques	20-30 seconds	4 times	10-15 seconds
5	Executing techniques	30 seconds to 1 minute	4 times	15-30 seconds
6	30-meter sprint	1 minute to 1.30 minutes	4 times	30 seconds to 1 minute

7. The following exercise is considered a complex exercise: Wrestlers form pairs, with a 3-meter distance between them. The given time is 50 seconds, and the number of repetitions is 3 times.

1. Somersaults (Umbaloq Oshib Borish)
2. Executing techniques (Usul Bajarish)
3. Sprinting back to the starting position (Tezlikka Yugurib Joyiga Qaytish)

**Post-Research Results:**

At the end of our research, to determine the percentage of improvement in the wrestlers' results, we reviewed the outcomes, and the following results were recorded.

1	60-Meter Sprint (Short-Distance Run):	<b>Average Results:</b>	<b>8-10 seconds</b>
2	4x10-Meter Shuttle Run	<b>30 seconds</b>	<b>12-13 seconds</b>
3	Somersaults	<b>30 seconds</b>	<b>17-20 repetitions</b>
4	Entering Techniques	<b>1 minute</b>	<b>12-15 repetitions</b>
5	Executing Techniques	<b>Average Results:</b>	<b>25-28 repetitions</b>

**Novelty of the Research:**

A set of exercises was developed to improve the speed and agility qualities of candidate wrestlers. This set includes complex exercises, which are a key component of the research's scientific novelty. The complex exercises are crucial for enhancing speed and agility more effectively, and this is not an exaggeration. During the research, specific methods and principles were employed to ensure the efficacy of the training process.

**Conclusion:**

According to the results of the research, the training process had a positive impact on improving the wrestlers' speed and agility. It was also determined that the developed exercise set can be used to further enhance these physical qualities. The development of speed and agility creates ease in achieving the goals set for the wrestlers, while also enhancing their confidence and willpower. The research demonstrates that enhancing the speed and agility of national wrestlers requires a structured and multifaceted approach. By incorporating a combination of specialized exercises, unique methods, and key training principles, significant improvements can be made in the performance of athletes. The application of a well-organized mesocycle, along with targeted exercises and techniques, not only boosts the physical capabilities of wrestlers but also optimizes their overall competitive edge. This approach offers a comprehensive framework for developing elite-level wrestlers, contributing to the advancement of national wrestling programs.

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## THE MULTIDISCIPLINARY JOURNAL OF SCIENCE AND TECHNOLOGY

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