

**TECHNOLOGY FOR THE FORMATION OF THE PHYSICAL DEVELOPMENT OF
YOUNG BELT WRESTLERS**

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Annotation: This article explores the use of technology in enhancing the physical development of young belt wrestlers. It explores the current landscape of training methodologies, analyzes existing literature on the subject, presents various technological interventions and discusses their impact on the physical skills of young athletes. The article will lead to an understanding of effective training methods using technology, optimizing the physical development of belt wrestlers, improving performance and preventing injuries.

Keywords: Belt wrestling, physical development, technology, training methods, young athletes, sports science.

Belt wrestling, a traditional sport with deep cultural roots, requires high physical fitness, strength and dexterity. In recent years, the development of technology has revolutionized sports training methodologies, offering innovative tools to improve the performance and development of athletes. This article examines how such technological interventions can be applied to the physical development of young belt wrestlers, resulting in the optimization of their athletic abilities.

Previous studies have highlighted the importance of physical conditioning in Belt Wrestling, emphasizing strength, endurance, flexibility, and agility as important components. Traditional training methods focus on repetitive exercises, strength training, and conditioning exercises. However, recent literature suggests that integrating technology into training regimes may provide additional benefits. For example, virtual reality (VR) simulations can offer immersive learning experiences, enhance cognitive abilities and decision-making abilities. In addition, wearable devices such as accelerometers and heart rate monitors allow real-time monitoring of performance, facilitating personalized training programs and injury prevention strategies.

Mixed methods can be used to study the impact of technology on the physical development of young belt wrestlers. This includes the introduction of various technological tools such as VR simulation, wearable devices and motion capture systems during training. Participants can be divided into experimental and control groups, while the experimental group receives technology-based training activities, while the control group follows traditional teaching methods. Evaluation before and after training can be carried out to measure changes in physical fitness parameters such as strength, endurance, flexibility and agility.

A number of works are being carried out to further improve the scientifically-based practical theory of Belt Wrestling in order to ensure full-fledged communication and development of wrestling lovers on all continents, which remains a fair, humane training provided by Uzbekistan to the peoples of the world in the sports policy of today's globalizing world. Already, the struggle is a symbol of the self, derived from the human identity.

Within the framework of the international development of Belt Wrestling and the deepening of comprehensive knowledge of engaged athletes, of course, today there are still not enough training manuals, methodological instructions and scientifically based textbooks for coaches and

athletes. This tutorial, developed by the author based on his experience in order to improve the process of providing training equipment for athletes and coaches engaged in Belt Wrestling in this matter, is being brought to the attention of student clients.

Physical training of belt wrestlers

- The physical fitness of a belt wrestler is considered one of the important components of sports training and is a process aimed at developing physical qualities – strength, endurance, flexibility, agility and agility.

- The main tasks of physical training of belt wrestlers are as follows:

- * increase the level of health of athletes and the functional capabilities of different systems of their organism;

- development of physical qualities in a unit that meets the peculiarity of sports wrestling.

- **Physical training is divided into general, auxiliary and special training.**

- The general physical fitness of the wrestler is the foundation, the necessary basis for achieving high results. It mainly ensures the resolution of the following tasks:

- comprehensive harmonic development of the wrestler's body, increase its functional capabilities, develop physical qualities;

- increase the level of Health;

- correct use of active rest during periods of intense training and competition loads.

- **Comprehensive physical training is designed to create a special framework necessary for the effective performance of large-scale work aimed at the development of special movement skills. It has a much narrower and more specific direction and solves the following tasks:**

- develop qualities that are more typical mainly for wrestling;

- selective development of muscle groups involved to a large extent in the actions of the wrestler.

- The special physical training of the wrestler is aimed at developing the qualities of movement in strict accordance with the requirements imposed by the features of the wrestlers ' competition activities.

- All indicated types of physical fitness are inextricably linked with birbiri. In the process of training, insufficient assessment of individual types of physical fitness will prevent the latter from improving sports skills. Therefore, it is very important to adhere to the optimal ratio of the types of physical fitness indicated in the training process. Its numerical expression is not considered a constant size, but varies depending on the qualifications of the wrestlers, their individual characteristics, the period of the training process and the state of the organism at that time.

The results show that the inclusion of technology in training modes can be very beneficial for the physical development of young belt wrestlers. By providing immersive experiences and real-time feedback, technological interventions increase motivation, engagement, and performance

outcomes. In addition, personal training programs based on individual performance data provide targeted interventions, optimization of training performance, and injury prevention strategies.

Conclusions and suggestions:

Technology plays a decisive role in the physical development of young belt wrestlers. By using innovative tools such as VR simulation and wearable devices, trainers and athletes can improve training performance, improving performance performance. Moving forward, constant research and development on sports technologies are essential to further optimize the training methodology and increase the potential of young athletes in Belt Wrestling and other sports. Coaches and sports organizations are encouraged to adopt technological advances and integrate them into training programs to promote the holistic development of young athletes.

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