

**SELECTION OF TALENTED WRESTLERS AND EDUCATION OF  
PHYSICAL PERFECTION IN THE PROCESS OF WRESTLING  
ACTIVITIES IN SPORTS SCHOOLS**

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**DOI: 10.5958/2249-7315.2022.00175.7**

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**ABSTRACT**

*This article analyzes the manifestation of human qualities in wrestling, their views on the selection of talented students. During the wrestling a lesson, information was provided on the methods of identifying talented wrestlers among students. There was a discussion about the physical fitness of wrestling and its role in the educational process.*

**KEYWORDS:** *Wrestling, Training, Sports, Student, Talent, Education, Physical Fitness.*

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**INTRODUCTION**

One of the sports that require movement and strength is wrestling. Resolution of the President of the Republic of Uzbekistan No. PP-5280 dated 05.11.2021 on the "Program for the development of sports and educational institutions until 2025." It outlines measures for the large-scale development of various sports in all organizations and the development of all types of sports [1].

In addition, the decisions of the President of the Republic of Uzbekistan dated 04.11.2020 No PP-4881 "On measures to develop the national sport of wrestling and further enhance its international prestige" serve as an important source for the development of wrestling. Reforms in the development of sports in Uzbekistan raise issues in education, such as the selection of talented athletes from among students and training with them in exchange for international experience. One of the hardest sports is wrestling. There are national and international regimes in wrestling[2].

Numerous articles and scientific studies have been conducted on the types of wrestling and the identification of individuals in wrestling training, the study of their tactical mechanisms. L. In the scientific researches of Shuoyuy, K.Dzigoro, E.Geron, V.Navrotskaya, V.Doyle, V.Norakidze and N.Khudadovone can find researches on psychological environment of interpersonal relations in sports teams. In particular, R. on determining the skill of wrestling in relation to the individual. According to Abdurasulov, "in determining the abilities of students in wrestling, it is necessary to develop their technical skills, to find the perfect person who will shape the world around him, to help regulate behavior.[3]".

**MATERIALS AND METHODS**

Wrestling is a sport in which two athletes compete one-on-one in accordance with the established rules. The art of wrestling has been known in many nations since ancient times. Wrestling is especially prevalent in Greece. has taken a permanent place in the Olympics. Various forms of national wrestling exist in Greece, Italy, Japan, Turkey, Iran, Afghanistan, Russia, Uzbekistan, Georgia, Armenia, Azerbaijan, Kazakhstan and other countries.

The basic rules of modern sport Kurash were widespread in several European countries in the late eighteenth and early twentieth centuries. 1912 y. The International Amateur Wrestling Federation (FILA) was established (now it has 144 member countries, Uzbekistan since 1993). Greco-Roman wrestling, freestyle wrestling, judo, sambo and other types of wrestling are widespread in the international arena. Wrestling is one of the means of educating a person to be strong, agile, resilient and strong-willed.

Kurashis allowed to be practiced from the age of 12 under the supervision of doctors. Archaeological finds and historical manuscripts confirm that wrestling has long been an integral part of the Uzbek way of life. Archaeological finds and historical manuscripts confirm that wrestling has long been an integral part of the Uzbek way of life. A cylindrical pottery from the Bronze Age found in ancient Bactria (southern Uzbekistan) depicts two wrestlers, one of whom playing the other. Another archeological find from the same period shows wrestlers wrestling. These unique findings indicate that even 1,500 years BC, Kurash was part of the way of life of our ancestors.

## RESULT AND DISCUSSION

In the selection of gifted students in wrestling classes, first of all, it is necessary to ensure a fair procedure and transparency in the evaluation of the judges, to ensure that students are in the sport and the wrestling is in a completely clean balance. Determining the physical qualities of the young wrestlers and identifying the experiences of the exercise complex will help to select the abilities of the wrestler. The skill of wrestlers to correctly assess the qualities of physical movement, technical and tactical methods is also important in the selection of talented wrestlers. In talented wrestlers, coordination ability and its agility methods should be the main requirement of the coach in the qualifying system through movement skills.

## CONCLUSION

The mastery of new emergencies is also associated with the development of athletes 'abilities and agility techniques. Wrestlers who quickly implement the above skills and requirements are a talent who can win in any competition and wrestling olympiads. The depth of the coach can be an important basis for the wrestler in ordering agility and methods.

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