

EDUCATION OF PEDAGOGICAL AND MORAL QUALITIES OF WRESTLERS

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Abstract: The growing competition in sports competitions places high demands not only on athletes' physical and technical preparedness but also on the ability to manage their emotional state during crucial competitions.

Keywords: wrestling, technical tactics, draw, championship, pedagogical skill, competition, training.

In the process of training a wrestler, along with the development of physical qualities and the improvement of technical-tactical actions, it is very important to influence the formation of personal qualities and characteristics of the individual. It is necessary to constantly direct the athlete towards self-improvement, increasing their culture and thinking. It is necessary to consistently influence the formation of personal qualities during training and competitions, correctly eliminating negative situations with the help of a team. Formation of a sports team. A high sense of collective life, friendly relations, the unity of the wrestlers, a good psychological climate at training and competitions are necessary conditions.

Cultivating volitional qualities. The volitional qualities of an athlete are manifested in the following cases: when the goals and reasons for volitional actions are determined by the athlete's worldview, firm convictions, and moral attitudes. Extremely difficult exercises, requiring great willpower, contribute to the purposeful cultivation of volitional qualities. At the same time, it is important to purposefully direct the execution of exercises.

To develop courage and perseverance, it is necessary to use exercises related to overcoming a certain level of risk and fear while performing exercises. Purposefulness and perseverance are cultivated in wrestlers by forming a conscious attitude towards the training process, the importance of mastering the techniques and tactics of wrestling, and increasing the level of physical fitness.

In order to awaken interest in one's sports activities, it is useful to use highly complex emotional exercises in the training process and control them. Patience and self-control are the most important qualities of a wrestler, manifested in overcoming negative emotional states (excessive excitability and irritability, confusion, depression) before and especially during the match.

To develop these qualities, exercises that cause severe fatigue and pain are introduced during lessons. In training, complex situations are modeled, in which the

situation suddenly changes, and in them it is necessary to achieve that the wrestler does not get lost in such conditions, knows how to control his actions, suppressing negative emotions. Initiative and discipline are manifested in creative work and activity in training and competitive activities. Initiative is fostered by performing complex technical and tactical actions in training matches. At the same time, wrestlers are offered to make decisions independently to achieve the goal, using non-standard and unexpected actions.

Discipline is reflected in the conscientious attitude towards fulfilling one's duties, organization, and executive qualities. Development of perception processes. The ability to act in any situation of a wrestling match is the most important quality of a wrestler. It largely depends on the correct perception of the opponent's actions in time and space. This is based on fine musculoskeletal sensations and movement coordination.

Development of attention. The effectiveness of a wrestler's technical-tactical actions is largely determined by the development of attention: its volume, intensity, stability, distribution, and switching. The wrestler masters many different technical and tactical actions in the complex and rapidly changing movements of the opponent. This feature of attention is characterized by its volume. At the same time, the wrestler must learn to concentrate on the most important details. This refers to the intensity of attention; the ability to resist various distracting and deceptive factors indicates the strength of attention. However, one of the most important features of attention in wrestling is its distribution and switching, that is, the ability to simultaneously control several objects (hand, leg, torso movements, the speed of the opponent's movement, etc.) and quickly switch attention from one to another.

Development of tactical thinking. Tactical thinking is the rapid transition of the wrestler's mental processes to the goal, aimed at finding a rational way to fight the opponent. Tactical thinking determines the creative nature of competitive activity and is developed through competitive exercises simulating various complex situations, as well as in training matches. At the same time, the wrestler's attention is focused on the ability to find the opponent's tactical intentions, anticipate their possible actions, navigate a difficult situation, identify the main situations, and quickly and correctly assess them. A highly qualified wrestler must quickly find rational solutions and be able to apply the most effective technical and tactical actions for a specific competition situation.

Conclusion: Developing the ability to manage their emotions. The ability of athletes to manage their emotional states largely contributes to the improvement of their sports skills. Positive and negative attitudes towards certain situations and moments of training or competition are accompanied by emotions. They facilitate or hinder the athlete's overcoming of subjective and objective difficulties. Emotional states depend on the importance and responsibility of intense competitions.

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