

**IMPROVEMENT OF METHODS FOR DEVELOPING THE GENERAL AND SPECIAL
SPEED-STRENGTH ABILITIES OF EXPERIENCED WRESTLERS**

A.A.Jumageldiyeva

Master's student of Karakalpak
State University in the specialty "Theory and
methodology of physical education and sports training"

Abstract: The article deals with the improvement of methods for developing general and special speed-strength abilities of experienced wrestlers. The relevance of the study is determined by the increasing demands of competitive activity on the physical fitness of highly qualified athletes. The purpose of the research was to scientifically substantiate and experimentally verify the effectiveness of improved speed-strength training methods in the training process of wrestlers. During the pedagogical experiment, special means and methods aimed at the comprehensive development of speed-strength abilities were applied, taking into account the specificity of competitive activity. The results obtained indicate a positive effect of the developed methodology on the level of general and special speed-strength preparedness of experienced wrestlers. It is concluded that the implementation of the improved methods in sports training practice is expedient.

Keywords: wrestling; speed-strength abilities; general preparedness; special preparedness; training process; training methodology.

The current stage of sports wrestling development is characterized by a significant increase in the requirements for the physical and functional preparedness of athletes, which is due to the increase in the intensity of competitive activity, the reduction of time for performing technical actions, and the increase in the volume of strength-based single combat during the match. In these conditions, speed-strength abilities play a crucial role in achieving high sports results, ensuring the effectiveness of implementing the wrestlers' technical-tactical arsenal [1, 2].

As a number of authors note, speed-strength preparedness is an integral quality that reflects the level of development of strength, speed, and the ability to rationally combine them in specific conditions of competitive activity. For wrestlers, not only the general level of speed-strength abilities is of particular importance, but also the degree of their special orientation, which ensures the execution of techniques with maximum power and accuracy under conditions of active opponent resistance [3, 4].

Analysis of scientific and methodological literature shows that in the system of training wrestlers, the means of strength and speed training are traditionally used, however, in many cases, they are universal and do not fully take into account the specifics of the competitive activity of highly qualified athletes. As a result, experienced wrestlers experience a slowdown in the growth of speed-strength indicators, which is related to the body's adaptation to homogeneous loads and a decrease in training effectiveness [5].

A number of studies emphasize the need for a differentiated approach to the development of general and special speed-strength training based on the rational combination of exercises with weight and special wrestling exercises [11-13]. At the same time, despite the existence of individual methodological developments, the problem of comprehensively improving the methods of developing the speed-strength abilities of experienced wrestlers remains insufficiently developed and requires further scientific consideration [6].

Thus, in the theory and practice of sports wrestling, there is a contradiction between the increased requirements of competitive activity for the level of speed-strength training of experienced wrestlers and the limited effectiveness of the applied traditional training methods. This necessitates the search for and scientific substantiation of improved methods for developing general and special speed-strength training aimed at increasing the effectiveness of the training process and sports results of highly qualified wrestlers.

The purpose of the research is to scientifically substantiate and experimentally verify the effectiveness of improved methods for developing the general and special speed-strength preparedness of experienced wrestlers in the training process.

To achieve the set goal, the study envisaged the solution of the following tasks:

1. Analyze the current state of the problem of developing the speed-strength abilities of wrestlers based on the analysis of scientific and methodological literature and the generalization of advanced coaching experience.
2. Determine the initial level of general and special speed-strength training of experienced wrestlers.
3. Experimentally verify the effectiveness of the proposed methods under pedagogical experimental conditions.

The object of the research is the training process of training experienced wrestlers at the stage of sports improvement.

The subject of the research is the methods and means of developing the general and special speed-strength training of experienced wrestlers in the process of training activities.

Research materials and methods: The study was conducted under the conditions of the educational and training process of sports schools and clubs that train highly qualified wrestlers. Experienced wrestlers aged 18-25 participated in the pedagogical experiment, who had a sports qualification no lower than that of a Master of Sports candidate and had at least 7 years of systematic training in wrestling. The total number of study participants was $N = 14$ people, who were divided into experimental and control groups, taking into account the level of sports training, age, and anthropometric indicators.

The training process in the control group was carried out in accordance with the traditional training program for wrestlers. In the experimental group, the methodology developed by the author, aimed at improving the methods of developing general and special speed-strength preparedness, based on the rational combination of exercises with weights, exercises with speed-strength exercises, and specialized wrestling exercises, was applied.

To assess the level of general speed-strength preparedness, generally accepted pedagogical tests were used: standing long jump, vertical jump, strength exercises performed in a speed mode (lifting a barbell to the chest, pushing a barbell with a fixed mass), as well as throwing a medicine ball.

Special speed-strength preparedness was determined using specialized tests reflecting the specifics of the wrestlers' competitive activity: performing mannequin throws within a specified timeframe, performing a series of technical actions quickly, exercises with partner's resistance.

The pedagogical experiment lasted 1 year and included the preparatory, main, and control stages. At the preparatory stage, initial testing of speed-strength preparedness indicators was conducted. The main stage was aimed at implementing improved training methods. At the control stage, repeated testing and comparative analysis of the obtained data were carried out.

The following methods were used in the research process: analysis and generalization of scientific and methodological literature; pedagogical observation; pedagogical testing; pedagogical experiment; methods of mathematical statistics. Statistical processing of the results was carried out using methods of variation statistics with the determination of arithmetic mean values, standard deviation, and significance of differences between indicators ($p < 0.05$).

Analysis of the results of the initial pedagogical testing showed that the wrestlers of the experimental and control groups had comparable levels of general and special speed-strength preparedness, which made it possible to ensure the objectivity of the subsequent pedagogical experiment.

At the end of the main stage of the study, significant positive changes in the indicators of general speed-strength preparedness were recorded in the experimental group. The athletes demonstrated an improvement in the ability to demonstrate explosive strength, an increase in the speed of performing strength exercises, and an increase in the effectiveness of motor actions in the speed-strength regime. In the control group, the changes were less pronounced and in some cases had an unstable dynamic.

The most significant differences between the groups were revealed when analyzing the indicators of special speed-strength preparedness. In the experimental group, an increase in the effectiveness of performing specialized wrestling exercises reflecting the structure of competitive activity was observed. The wrestlers demonstrated higher speed in performing technical actions, improved coordination of movements, and greater resistance to fatigue when performing a series of techniques. In the control group, similar changes were expressed to a lesser extent.

A comparative analysis of the final data indicates that the application of improved methods for developing general and special speed-strength preparedness contributed to improving the functional capabilities of athletes and optimizing the training process. The obtained results confirm the expediency of using the developed methodological approaches in the system of training experienced wrestlers.

Conclusion: The conducted research confirmed the relevance of improving the methods of developing the general and special speed-strength preparedness of experienced wrestlers in the context of the modern training process. It has been established that the level of manifestation of speed-strength abilities has a significant impact on the effectiveness of performing technical actions and the overall effectiveness of wrestlers' competitive activity.

The results of the pedagogical experiment indicate that the application of improved methods of speed-strength training, based on the rational combination of general preparatory and special exercises, contributes to the more pronounced development of speed-strength abilities compared to the traditional training program. Particularly noticeable positive changes were revealed in the indicators of special speed-strength training, directly related to the specifics of the wrestlers' competitive activity.

The obtained data allow us to conclude the expediency of implementing the developed methodological approaches in the practice of training highly qualified wrestlers. The research results can be used by coaches and specialists in the field of physical culture and sports in planning the training process, as well as in the system of professional development of coaching staff.

References

1. Верхошанский Ю. В. Основы специальной силовой подготовки в спорте. — М.: Советский спорт, 2013. — 216 с.

2. Платонов В. Н. Система подготовки спортсменов в олимпийском спорте: общая теория и её практические приложения. — К.: Олимпийская литература, 2015. — 808 с.
3. Матвеев Л. П. Общая теория спорта и её прикладные аспекты. — М.: Советский спорт, 2010. — 340 с.
4. Кузнецов В. В. Скоростно-силовая подготовка спортсменов. — М.: Физкультура и спорт, 2012. — 176 с.
5. Issurin V. B. Block Periodization: Breakthrough in Sport Training. — Champaign: Human Kinetics, 2010. — 224 p.
6. Otarbaeva, G. ., & Utegenov , J. . (2025). METHODOLOGY FOR DEVELOPING THE ROLE OF EQUILIBRIUM AND COORDINATION ABILITIES OF ACADEMIC ROWERS AT THE PRIMARY PREPARATION STAGE. *Journal of Multidisciplinary Sciences and Innovations*, 1(3), 135–141. Retrieved from <https://inlibrary.uz/index.php/jmsi/article/view/102529>