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O'ZBEK KURASHINI RIVOJLANTIRISHNING PEDAGOGIK VA TASHKILIY ASOSLARI

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Annotatsiya. The article analyzes the pedagogical and organizational foundations for the development of Uzbek wrestling. The study examines teaching methods in schools and universities, coach training systems, the role of sports organizations, and the educational impact on youth. It also highlights ways to popularize this national sport and integrate it into the modern sports system.

Kalit so'zlar: Uzbek wrestling, pedagogical foundations, organizational foundations, sports education, coach training, national sport, development strategy.

ПЕДАГОГИЧЕСКИЕ И ОРГАНИЗАЦИОННЫЕ ОСНОВЫ РАЗВИТИЯ УЗБЕКСКОЙ БОРЬБЫ

Аннотация. В статье рассматриваются педагогические и организационные основы развития узбекской борьбы. Исследование охватывает методику преподавания борьбы в школах и вузах, систему подготовки тренеров, деятельность спортивных организаций и воспитательную роль борьбы для молодежи. Также анализируются пути популяризации национального вида спорта и его интеграция в современную спортивную систему.

Ключевые слова: узбекская борьба, педагогические основы, организационные основы, спортивное образование, тренерская подготовка, национальный спорт, стратегия развития.

Sports are one of the factors that increase the prestige of our country. The first importance is given to the comprehensive solution of the problems of sports development in our country, the education of physically healthy, spiritually mature individuals, the absorption of a healthy lifestyle and a sense of love for sports, as well as raising the level of coordination of the implementation of state policy in the management of the sports sector, revising the performance of all systems. As part of the development of Uzbek wrestling at the international level and the comprehensive deepening of the knowledge of athletes, it is clear that today there is still a lack of textbooks, methodological guidelines, and scientifically based textbooks for coaches and athletes. In order to improve the process of providing athletes and coaches involved in wrestling with training equipment, the authors are presenting this training manual, developed based on their own experience, to the attention of readers.

In pedagogy, the term "educational process" encompasses not only the transmission of academic knowledge, but also the development of the individual in spiritual, intellectual, and physical terms. In this regard, sports training, in particular Uzbek wrestling, is an integral part of the educational process. The process of teaching Uzbek wrestling not only forms technical skills, but also serves the moral and psychological development of young people.



The essence of pedagogical approaches is expressed in the following main areas: 1. Methodological education. Methodological education consists of teaching the techniques, rules and strategies of wrestling:

- Technical skills: standing in a fighting stance, grabbing the belt correctly, and taking the opponent to the ground using various techniques. When teaching these skills, coaches must correct individual errors and take into account the physiological characteristics of each athlete.

- Rules: teaching the rules of the Uzbek struggle based on the principles of honesty and Justice. For example, it is forbidden to go down, fight on the ground, use rude methods.

- Strategies: develop skills to deal with the opponent's strength and style, plan the fight, and make correct and rational decisions.

The methodical educational process is effective by combining theoretical knowledge and practical training. For example, the student first learns technical movements, and then applies them in a competitive setting.

2. Upbringing process. Uzbek wrestling is important not only as a means of physical development, but also as a means of moral and psychological education:

- Honesty: the athlete does not break the rules and acts fairly during the wrestling process.
- Discipline: regular training, adherence to sports rules, and obedience to the coach's instructions.
- Willpower and endurance: perseverance in difficult situations, increasing mental endurance.
- Respect: Teaches respect for opponents, coaches, and spectators.

These elements educate young people not only as athletes, but as individuals useful to society. For this reason, Uzbek wrestling is evaluated pedagogically as a means of specialized education.

3. Differential teaching methods. It is important to organize training with a differential approach, taking into account the physiological and psychological characteristics of young people:

- Age-appropriate: Adapting exercises for children, adolescents, and adults in terms of intensity, duration, and technique complexity.
- Individuality: selecting exercises based on each athlete's strength, speed, balance, and endurance.
- Grouping: Group students by level, and also assign more difficult exercises to advanced athletes.

Differential methods make the pedagogical process effective because each athlete maximizes their technical and tactical skills through training tailored to their capabilities.



Thus, the pedagogical approach plays a central role in the development of Uzbek wrestling. It combines methodological education, moral and psychological education, and differential teaching methods to guide athletes not only

in their physical, but also in their spiritual and intellectual development. The effective application of the pedagogical approach will serve to popularize wrestling among the younger generation and preserve it as a national sport. The development of Uzbek wrestling is closely related not only to pedagogical approaches and teaching techniques, but also to its organizational and structural foundations. This section scientifically analyzes the development of wrestling at the national and international levels, the activities of sports organizations, the system of competitions, and the nature of organizational mechanisms.

Sports organizations and federations: The successful development of Uzbek wrestling directly depends on the activities of sports organizations and federations. The structures established at the national and regional levels perform the following functions:

The national federation is the main body regulating the sport, whose main task is to develop a strategy for the development of wrestling, establish rules and standards, improve the qualifications of coaches and athletes, and establish cooperation with international federations. The national federation ensures the development of Uzbek wrestling on a quality and standard basis.

Regional departments – local sports schools, clubs and circles operate in accordance with the policy of the national federation. They are responsible for identifying young athletes, providing them with initial training and preparing them for high achievements. Regional departments strengthen the foundation of national sports and attract the younger generation to sports.

Cooperation with international teams is important to promote Uzbek wrestling on a global scale and ensure its integration into the world sports system. International cooperation includes competitions, seminars, training programs, and the exchange of experience. This increases the competitiveness of the wrestlers and strengthens the international prestige of the national sport.

The federations also develop educational and methodological materials, form a competition system, and monitor the qualifications of coaches. These activities serve to ensure the quality development of the sport.

Competition system. An important component of the development of Uzbek wrestling is the competition system. Organized competitions are held at the following levels:

- Inter-school competitions-serve to attract young people to sports and form an initial competitive environment. At this stage, children develop an interest in sports and develop technical skills.
- Republican championships are high-level competitions where young wrestlers are tested for their skills and their physical and psychological fitness is assessed.
- International championships – ensure that athletes compete on a global stage, enhance the reputation of the national sport, and strengthen international cooperation.

Competitions foster a competitive spirit in athletes, develop technical and tactical skills, and motivate them to strive for high results.

Organizational mechanisms. In order to effectively develop the Uzbek struggle, it is necessary to properly organize organizational mechanisms. These include:

Planned programs – programs to support youth sports, train coaches and trainers, and establish new sports schools. These programs ensure the systematic development of sports.

Financial support - funds are raised from government programs, sponsors, and sponsors to effectively implement development. Financial support is necessary for organizing competitions, training athletes, and improving their skills.

Organizational norms and rules – the procedure for competitions, the evaluation system, and the standards for the activities of coaches and judges must be established. These rules ensure the development of the sport on a fair, honest, and standardized basis.

Thus, the development of Uzbek wrestling is closely related to organizational and structural foundations. National federations, regional branches, and the international cooperation system play a central role in improving the skills of athletes, organizing competitions, and educating young people. Systematic competitions and planned organizational mechanisms, on the other hand, ensure that Uzbek wrestling is maintained as a national sport and competitive in the global arena. Thus, the pedagogical and organizational foundations serve to further develop the struggle by complementing each other.

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