

Physical self-improvement of the personality of adolescents in freestyle wrestling classes

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Abstract: *In this article, the conducted local history analysis allows us to highlight the presence of ethnic specificity in the original system of relations between a coach and athletes, which in its main parameters coincides with the traditions of oriental martial arts. Its characteristic features are the hierarchy and depth of the relationship between the mentor and the students, when the coach is responsible not only for sports achievements, but also for the life career of his students; the system of joint creativity and self-development involves the development by the student of the personal and social experience of the coach.*

Key words: *analysis, specificity, original system, parameter, art, physical*

Introduction.

There is a unique experience in the operation of a regional program for the development of freestyle wrestling as a sport of high achievements and physical culture activities in the Republic. The system of physical self-improvement of a personality, developed by physical culture specialists for the pupils of the free-style wrestling section, in which the main emphasis was placed on the development of a local technology of physical self-improvement of the personality of future promising wrestlers of sports schools of the Republic, includes:

- correction of the content of programs of general physical and special physical training, depending on the "profile" of the groups and the individual characteristics of the trainees;
- development of a targeted training program and a general special course "Help yourself", which includes the following sections: "Know your capabilities", "The ABC of a young bootur", "Components of a life career";
- development of the content and calculation system of the "Passport of the student's personal and sports development" for the coaching and teaching staff, indicators of physical development, dynamics of motor abilities, speed-strength qualities, level of upbringing, socio-cultural (social, intellectual and sports achievements) were to be recorded. For violations of the sports and training regime, health-destroying habits, socially condemned actions, penalty points were awarded;
- development of a self-improvement diary for pupils and an easy-to-understand system of scoring and scoring. In the conditions of the Republic, the relationship between mentors and pupils, a social phenomenon that has survived in rural areas, has a special upbringing effect.

The transfer of the experience of social life is a significant condition that stimulates the self-development of the personality of the younger participant in the process of joint activities in the wrestling section, creates an atmosphere of mutual responsibility and mutual support. This determines the controllability, efficiency of the entire system of ethnopedagogical influence on adolescent schoolchildren [1]. The analysis of regional studies allows us to highlight the presence of ethnic specific features of the original system of relations between a coach and athletes, which coincides in basic parameters with the traditions of oriental martial arts. Its characteristic features are the hierarchy and

depth of the relationship between the mentor and the students, when the coach is responsible not only for sports achievements, but also for the life career of his students; the system of joint creativity and self-development presupposes the development by the pupil of the personal and social experience of the coach.

In modern socio-cultural conditions of the Republic, freestyle wrestling acts as a universal value, an essential element of culture, an indicator of the development of physical culture of young people. Since the appearance of the first champions of Uzbekistan, the world and the Olympic Games, freestyle wrestling has turned into a powerful socio-cultural given on a regional scale, which is one of the most important institutions of modern life in the republic.

The initial motives of freestyle wrestling in children and adolescents are often weakly connected with the social significance of this activity. The incentive reason for such a choice is often either directly antisocial motives (an increase in authority among adolescents due to superior physical strength), or external attributes (a beautiful figure, a bright sports form, the "prestige" of the sport, etc.).

It depends on the qualifications and pedagogical skill of practicing trainers so that these initial motives subsequently turn into more meaningful and socially significant ones, turn into a conscious, meaningful striving for harmonious perfection, expressed in the unity of body, will and mind, that is, to educate the individual as an active participant in social progress ...

Freestyle wrestling provides tremendous opportunities for self-improvement, self-expression and self-affirmation, they are valuable because they teach to overcome difficulties. The effect of wrestling is so striking and significant that many sports experts have recommended using it as an auxiliary sport. The pronounced educational, health-improving and educational functions of wrestling became the basis for its introduction into the curricula of secondary schools in Turkey, France, Bulgaria, Hungary, Iran, Mexico, Mongolia, USA, Finland, Sweden, Japan, etc. [2].

Currently, wrestling is a compulsory subject in secondary schools of the countries of the world. Yu.A. Shakhmuradov notes that freestyle wrestling is by its very nature closely related to ethics and morality. "Wrestling and sports are areas of human activity that are based on moral behavior." Morality and a certain "spirit" associated with it, a way of thinking and feeling, enjoying universal respect, are inherent in free-style wrestling not as some external attribute, but as elementary and necessary prerequisites [3].

The approved rules and standards of sports activity impose certain moral requirements on its participants, which consist in observing the principle of fair sports struggle. Sports ethics as the quintessence of basic moral provisions denotes the priority of fair competition according to the established rules, the increased concern of the subjects of the subculture about their appearance, which is the main factor in attribution, cultural self-awareness and identification (physical appearance, clothing, type of physical actions). Our system of upbringing and physical self-improvement of adolescents is based on the practical experience of famous freestyle wrestling coaches, taking into account the following principles: sports-oriented orientation; intellectual self-control and value attitudes; needs for physical education; individual characteristics in sports and physical culture development; scientific character; consistency and interdisciplinarity; the continuity of the formation of the relevant skills and abilities of physical self-improvement; the unity of sports and pedagogical requirements in educational and training and socially significant activities. The formation of the need for physical self-improvement of the individual was carried out in the following main directions:

creation of a sports and pedagogical environment; correction of the content of educational material; teaching methods, techniques and activities; creativity of the coach.

The effectiveness of the process of physical self-improvement of an individual in the conditions of a youth sports school is to achieve a correspondence between its goals and results and depends on taking into account the properties of the subjects of upbringing, the priority of which are: the peculiarities of those involved, due to the age and specificity of the chosen kind of sport; characteristics of the personal potential and activities of the coaching and teaching staff; peculiarities of the ratio of the components of the process of physical self-improvement of a personality, such as physical improvement, full realization in motor actions of one's own physical abilities, the ability to effectively spend one's sports potential.

Ways of forming a personality's need for physical self-improvement

№	Direction	Content
1.	Content of educational material	<ul style="list-style-type: none"> - a change in the approach to the analysis of the studied material, phenomena and the introduction of a theoretical section into the program; - an unbiased assessment of the studied phenomena, events through argumentation with facts, documents, etc.
2.	Methods, techniques of teaching and types of activities of those involved	<ul style="list-style-type: none"> - a variety of forms and methods of teaching: lessons of various orientations, scientific and practical, extracurricular self-study in the subject; - individualization of training, taking into account the identified interests and abilities (inclinations) of students; - the implementation in each pedagogical action of the participation of students, parents in the educational process on the basis of the harmony of a person with nature and culture, with people and oneself
3	Creativity of a coach, physical education teacher	<ul style="list-style-type: none"> - changing the attitude of students to improving physical development in the course of systematic freestyle wrestling classes, and parents - to freestyle wrestling as a means of ensuring successful socialization in the male community, maintaining and strengthening health, developing self-control and self-development skills; - the presence of interest in additional training, independent studies; - expansion of the program material and the desire to go in for sports outside the classroom; - performing independent home physical training; mastering the skills of additional sports achievements; expansion of the theoretical level of knowledge on the chosen sports specialization, physical culture and health-improving means to improve health; - increasing the organizational skills of adolescents in conducting

		sports activities and events; - improvement of physical conditions and improvement of motor actions in terms of spatial, temporal and power parameters
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