

***GENERAL PHYSICAL PREPARATION OF FREESTYLE WRESTLERS***

***Nodir Khanturaev***

***A PhD student at Uzbek State University of Physical Education and Sport***

***E-mail: [khanturaevnodir4@gmail.com](mailto:khanturaevnodir4@gmail.com)***

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## GENERAL PHYSICAL PREPARATION OF FREESTYLE WRESTLERS

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*“In order to become a wrestler one should have the strength of a weightlifter, the agility of an acrobat, the endurance of a runner and the tactical mind of a chess master”.*

*Alexandre Medved*

**Abstract:** To achieve high sports results, the level of physical preparation of a wrestler as well as the development of physical qualities: flexibility, speed, strength, agility and endurance are of paramount importance. Therefore, the process of physical preparation, which is carried out in conjunction with the process of enhancing wrestling techniques, plays a key role in Freestyle wrestling. Lack of technique poses trauma and wound, so it needs to be corrected as soon as possible so as for the athlete to be prepared for training or competition. It is also significant to examine the physical fitness levels required for the training schedule and competition. Wrestlers should have the right fitness levels (both health and skill related components ought to be considered) for Freestyle wrestling and their performance. This article elucidates the exercises used to uplift the physical preparation of freestyle wrestlers, which are used particularly in the development of general and specific physical preparation.

**Keywords:** physical preparation, physical qualities, general and specific physical preparation, physical development, technical and tactical preparation.

## **INTRODUCTION**

The aim of physical preparation is to supplement your sports training and facilitate your ability to practise a sport. It really helps you build your physical qualities and improve your performance. It is also used in injury prevention and recovery comprehensive physical preparation requires the reconstruction of all physiological functions (the special action or physiological property of an organ or a body part and the special function of how exercise alters the function and structure of the body) in the body, as well as ensures the harmonious development of the whole organism [6]. To achieve high sports results, the level of general physical preparation of an athlete as well as the development of physical qualities play a vital role. In the general physical preparation phase, wrestlers work on general conditioning to improve physical qualities, such as strength, speed, endurance and flexibility.

## **MATERIALS AND METHODS**

The aim of the research is to provide information on general physical preparation of freestyle wrestlers and a set of exercises that intend to be done not only with adjustable barbells and dumbbells but also on Multifunctional Fitness System which is equipped with high and low pulleys make the fitness machine can be used for a wide variety of upper and lower body exercises, and provides a smooth fluid motion with every movement and strengthens various muscles throughout your back, arms and core. These exercises are recommended for the development of general physical preparation, as well as this article analysed the following methods:

scientific and methodological literature;

observation;

interviews;

surveys.

## **RESULT AND DISCUSSION**

General Physical Preparation – is used firstly to uplift the level of physical fitness, but it must be directed toward a particular type of sport. When many people

think of being physically fit and healthy, Freestyle Wrestling crosses their minds. While Freestyle Wrestling's training goal is to bring an athlete a high level of physical fitness, it is also aimed at the person competing in the international competitions where the wrestlers are incredibly fit [7]. Exercises that increase general physical fitness are listed below:

***PUSH THE ARMS BACK AND FORTH USING THE FUNCTIONAL TRAINING MACHINE AND DEVELOP ARM AND SHOULDER MUSCLES***



**A**



**B**

***SEATED BARBELL SHOULDER PRESS***

(front view)



**A**



**B**

(side view)



C



D

GPP serves to improve the quality of the set of movements that are not directly related to the competition, consists of the important knowledge and skills not only for further technical-tactical but also physical preparation that helps to conduct training effectively. To exemplify, if a wrestler does not have enough aerobic endurance, he gets tired quickly when performing speed-strength exercises, in that case, GPP prevents such a situation.

Three-time world champion and winner of the XVIII Olympic Games Anatoly Kolesov said that after the victory in Tokyo, it is of paramount importance to increase his general physical preparedness. The recognition of the athlete's inadequate level of general physical preparedness, which the world press has written that nobody compares to him, once again demonstrates the importance of GPP in achieving high results in Freestyle Wrestling.

**LIFT BARBELL SITTING ON TRAINING MACHINE**



**A**



**B**



**C**



**D**

***LEG PRESS EXERCISES***



**A**



**B**



**C**



**D**

***ABS WORKOUT ON PARALLEL BAR***



**A**



**B**

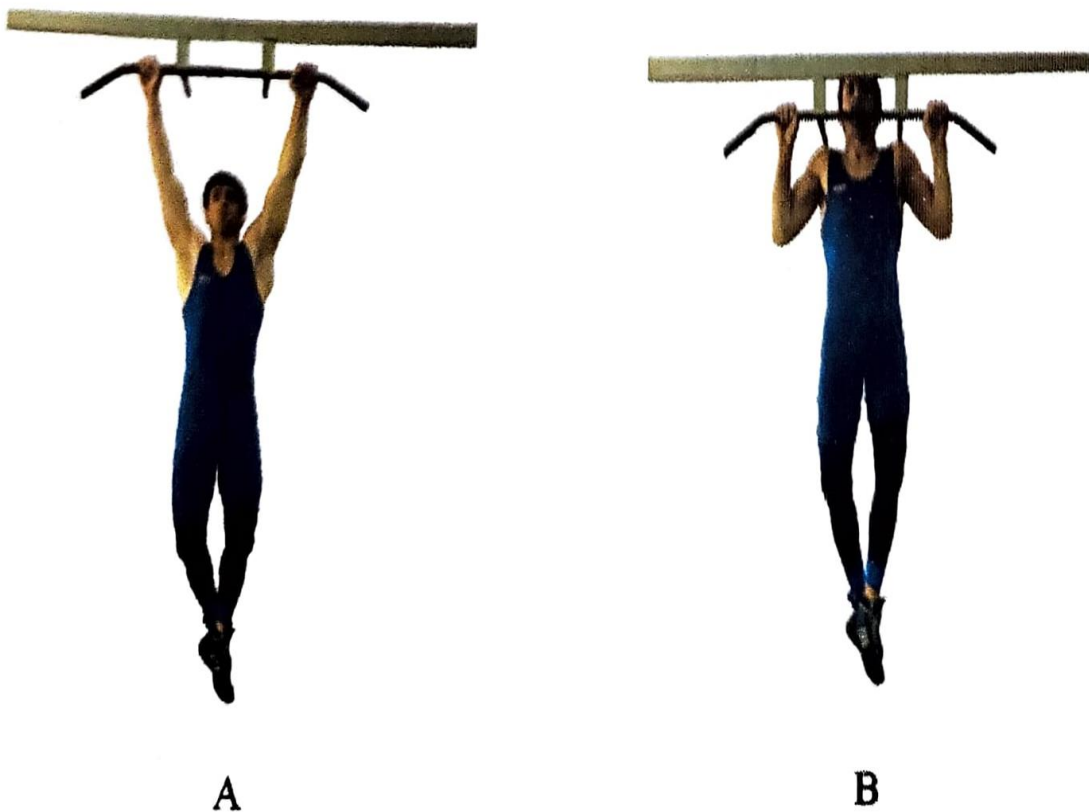


**C**



As we all know, it is not the right approach to focus on specific exercises in Freestyle Wrestling, on the contrary, the training should include a set of exercises aimed at developing both specific and general physical preparedness. The main point of general physical preparedness is to develop the qualities of speed, strength, agility, flexibility and endurance, as well as is the fundamental part of training, so running, walking, swimming and gymnastics help to improve GPP. Speed is extremely important. Being quicker and faster than your opponent on the mat gives you an incredible advantage on the offensive or defensive. While speed is very important, strength is the other part of the equation. Power is “Strength x Speed” and very important on things like finishing a double leg, or driving your opponent onto their back. Without the strength, speed is not as effective, and vice versa [9]. The choice of exercises that develop GPP has a positive effect on the physical development of the freestyle wrestler.

### ***DO PULL UPS***



In addition to wrestling, they should be able to run, walk, jump, climb ropes, play sports, lift weights, perform complex acrobatic exercises and other similar exercises. General physical preparedness expands the functional capacity of an athlete in all respects, allows to increase the load, helps to achieve high sports results.

### ***DO LEG EXTENSIONS***



**A**



**B**

Freestyle wrestlers who after their competitive season take 2-3 weeks off doing nothing, to get them back into form it might take twelve weeks to build them back up to where they had been previously when they were in in-season shape. According to the theory, the first two to three weeks for wrestlers can be laying down the foundation of GPP [10].

## **CONCLUSION**

General physical preparedness days are of paramount importance so as to get to push our bodies but in a less intense structure. When we pay great attention to the quality of movement we are able to raise our endurance and the amount of weight we are capable of moving over periods of time. We have the possibilities to provide our bodies an opportunity to adapt to new weights and unexpected movements. Unfortunately, a lot of people see General physical preparedness days as their designated rest days.

Trust us or not, the more you work on your overall preparedness by working on your weaknesses, the better you will perform on the short workouts. In fact, most people find themselves enhancing their lifts after adding General physical preparedness days to their training, so believe in the importance of working on quality movements that will make your whole body stronger, and try not to skip those above-mentioned days.

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