



THE CONTENT OF THE PROCESS OF DEVELOPING THE PROFESSIONAL CULTURE OF THE FUTURE WRESTLING COACH

Aslanov Nasillo Sharipovich

Independent researcher of Bukhara State University

Abstract: *In this article, the relevance and theoretical foundations of the problem of developing the professional culture of the coach, the process of developing the professional culture of coaches, self-control, self-esteem, reflective and creative thinking, value-epistemological and activity-creative is analyzed. structures, the contents of the components are highlighted. The article also shows the psychological and pedagogical features and components of the development of the professional culture of wrestling coaches.*

Keywords: *sport, wrestling coach, education, teacher, culture, activity, profession, skill, component, experience, attitude, worldview, process, multi-factorial process*

The reforms implemented in the socio-economic, political, spiritual and cultural spheres in our republic require a radical renewal and development of the education and personnel training system. The educational system is up to date and achieved age that grows through development based on experiences the generation actively participates in the life of society, comprehensively to educate mature and perfect people with high spirituality is one of the most priority areas of our country.

Sports preparation for wrestler's training competitions preparation and participation in them, as well as scientific training process is considered as a multi-factorial process that includes methodological provision. The main purpose of wrestling training is pedagogical for coaches from the formation of knowledge, consists of skills and abilities necessary for activity. These are the results of training and competition activities of wrestlers, problems of regulation of competition load, technical of athletes and introduces tactics with familiar criteria and tactics. Features of training and competition activities of these wrestlers, problems of regulation of competition load, technical of athletes and introduces criteria and factors for improving tactical skills. Features of training and competition activities of these wrestlers, problems of regulation of competition load, technical of athletes and introduces criteria and factors for improving tactical skills. This knowledge is a sports category for future coaches effective implementation of readiness to meet discharge requirements should be the basis of qualification. raining of employees including general pedagogical and special tools and methods has a clear idea about the training system of athletes It is important to be. This article is a wrestler's moral-volitional, technical, to learn the means and methods of tactical and physical training implies. One of the most important issues of the studied science is annual in preparation, competition and transition periods in different periods of the cycle is the skill of planning the training process. The ability to monitor and analyze wrestlers' training and competition activities is also important. Sports schools for children and teenagers, schools specializing in sports training of wrestlers in boarding schools, schools of higher sports skills- special attention is paid to organizational and methodological issues, children, in working with teenagers, teenagers and older athletes



features of training process are considered Kurash murabbiysining kasb-pedagogik faoliyati ko'p qirralidir. It is one includes the fulfillment of a number of obligations. Among them the following should be distinguished:

- educational activities, training and competition of wrestlers management of activities;
- sorting out among the gifted and talented children;
- participation in scientific and methodical work, organization of competitions and transfer;
- material and technical provision of trainings and competitions;
- personal professional development.

The educational task of a coach is one of the most important is considered It is a technical and tactical technique of sports wrestling training for actions, development of physical and moral-will qualities, consists of the skill of forming a comprehensively developed person. The task of teaching is to model the technical actions of the coach showing, short and easy explanation of the exercise, mistakes in the technique and the right place to determine and observe the causes of its occurrence selection, analysis of the performed exercise technique with the student, method in performing preparatory actions, method and final action includes the ability to select possible intercepts.

The coach is methodical in training physical and moral-will qualities classification of approaches, standardization of training loads, appropriate means, depending on the particular characteristics of those involved and it is necessary to know how to choose methods. The task of selection in the multifaceted system of training of wrestlers is important. He has the knowledge and pedagogical experience of a coach based on different conditions for young and highly qualified athletes identifying the most talented athletes using qualifying criteria is represented by qualification. The task of selection in the multifaceted system of training of wrestlers is important. He has the knowledge and pedagogical experience of a coach based on different conditions for young and highly qualified athletes identifying the most talented athletes using qualifying criteria is represented by qualification.

He coach should improve his professional level . He should have the qualifications to conduct scientific and methodological work, and advance the relevant research tasks to be able to choose appropriate research methods and techniques, should be able to analyze the received data. In his practical work, the coach organizes various competitions and it is necessary to know how to transfer. For this, he must know the rules of the type of wrestling, to be able to perform referee duties and conduct competitions must be able to prepare all necessary documents. Coach to organize the training process at a high level material and technical equipment of the sports hall, wrestling halls and recovery center. Equipment skills are important. The multifaceted career of the coach has been demonstrated effective implementation of tasks is his profession love and loyalty, perfect knowledge of his specialty, with the level of pedagogical skills and high personal qualities is determined. Wrestling training is focused on achieving sports results. Sports improvement is regularly managed throughout the year is a pedagogical process. The goal of sports



training is for this athlete technically, physically and mentally as much as possible to achieve training and high results in competition activities is to show. During training, the following main tasks are solved:

- 1) thorough mastering of fighting techniques and tactics;
- 2) ensuring the development of movement qualities at the necessary level, increase the functional capabilities of the participants and their strengthening health;
- 3) education of moral and voluntary qualities;
- 4) comprehensive development of various aspects of athlete training and manifestation in competition activity;
- 5) necessary for successful training and competition activities acquisition of theoretical knowledge and practical experience.

Training tasks are performed in parallel. However period and stages of preparation, training of athletes, its depending on skill level and other factors, more than one task, the other is given less attention. Each task of the training sequentially, i.e. gradually increasing the demands on the employees will be decided under the circumstances.

RECOMMENDED READINGS:

1. Kerimov F.A. Kurash tushaman.-T: 1990.
2. Matveev L.P. Теория и методика физической культуры. М. 1991.
3. Nurshin J.M., Salamov R.S., Kerimov F.A. O'zbekcha milliy sport kurashi. T.: 1993.
4. Galkovskiy N.M., Kerimov. F.A. Волная борьба. Т: 1987.
5. Verxoshanskiy Yu.V. Основы специальной физической подготовки спортсмена. М. 1988.
6. Современная система спортивной подготовки. Pod. Red. Suslova F.P. М. 1995.
7. Vyatkin B.N. Управление психическим стрессом в спортивных соревнованиях. М. 1998.
8. Rodionov A.V. Психофизическая тренировка. М. 1995.
9. Verxoshanskiy Yu.V. Программирование и организация тренировочного процесса. М. 1985.