



### USING MULTIMEDIA TOOLS FOR VISUALIZATION ACTIONS OF YOUNG GRECO-ROMAN WRESTLERS

Eshpulatov Jamshid

Tashkent State Pedagogical University Nizami

Acting Associate Professor of the Department of Physical Education and Sports

#### Annotation

The training process of young Greco-Roman wrestlers should be based on the widespread use of multimedia technologies, computer modeling, interactive methods, the use of which actualizes the problem of visual methods in the modern system of training and training at a new stage of scientific understanding. The use of multimedia tools is recognized as necessary and in demand in the training process of young athletes, and although they cannot and should not completely replace the coach, at the same time their use in training allows you to present the elements of the mastered technique in more detail, see your own performance errors on the screen, correlate your technique with the technique of the reference group.

**Keywords:** youth sports, Greco-Roman wrestling, technical and tactical training, interactive tasks, visualization, multimedia tools.

In the conditions of a modern innovative society, the issues of mastering and using modern multimedia teaching tools become one of the main components of the training process of any specialist, including in the field of physical culture and sports, which requires the development and implementation of professionally oriented multimedia tools and courses in the educational process.

Now it can already be said that the process of delivering information to the wrestler by explaining and showing technical and tactical actions by the coach is largely outdated and does not meet the requirements of the time, since modern teenage boys are characterized by an interest in new computer technology (that is, it is very important for them not only what they study, but also how they this is done), so multimedia learning tools increase motivation to learn due to their novelty. Of course, nothing can replace a trainer, but the use of multimedia in training allows you to present the elements of the studied technique in more detail, to see your own mistakes in technique on the screen, to correlate your technique with the technique of the reference (reference) group.

- 1) The purpose of the study is to increase the effectiveness of the educational and training process based on the visualization method using multimedia tools in teaching technical and tactical actions of young Greco-Roman wrestlers.
- 2) To achieve this goal, the following tasks were formulated:
- 3) 1) to summarize modern domestic and foreign approaches in training young wrestlers in technical and tactical actions;



- 4) 2) to develop a multimedia software and methodological complex "Wrestling multimedia" in order to increase the effectiveness of the training process, taking into account innovative methods of teaching technical and tactical actions;
  - 5) 3) to reveal the effectiveness of the developed multimedia software and methodological complex "Wrestling multimedia" in teaching technical and tactical actions of young Greco-Roman wrestlers by visualization method.
  - 6) According to the data of psychological science, the use of multimedia makes the learning process more effective by including emotions in this process.
  - 7) Thus, the use of multimedia tools in teaching contributes to increasing interest in the subject being studied, the sport.
  - 8) Many authors (Belykh-Silaev D.V., Ivankov Ch.T., Mironov G.V., Tsyrcov A.P.) have noted that the use of multimedia tools in wrestling training, increasing the effectiveness of perception and other cognitive processes (cognitions), thereby develops the "dynamic vision" and motor skills of wrestlers [1,2,3].
  - 9) According to Belykh-Silaev D.V., multimedia teaching tools increase the efficiency of learning educational material due to the deep impact on the human psyche, namely
  - 10) mental processes, including a) mental cognitive processes (cognition): sensation, perception, attention, memory, representation, imagination, thinking, speech; b) emotional mental processes: emotions and feelings;
  - 11) mental states, including a) motivational mental states (increase the level of motivation to learn), b) mental states of organization of consciousness, which manifest themselves in various levels of performance (multimedia learning tools increase performance); c) emotional mental states (stress, affect, frustration); d) volitional mental states (states of initiative, purposefulness, determination); 3) mental properties, that is, the characteristics of his psyche typical for a given person, the peculiarities of the implementation of his mental processes, that is, a) the orientation of the personality, b) character, c) abilities;
  - 4) mental education, namely: a) knowledge, b) skills, c) skills, d) habits, e) experience, f) skill.
- Thus, the use of multimedia tools in teaching has a number of advantages over traditional teaching methods, including:
- 1) the possibility of forming deep and lasting knowledge due to the deep impact of multimedia learning tools on cognition, that is, mental cognitive processes (sensation, perception, attention, memory, representation, imagination, thinking, speech), as well as on human emotions, makes it possible to conduct training on a high emotional background;
  - 2) the possibility of practical development and training of acquired knowledge, the formation of skills and sustainable skills (automated skills);
  - 3) developing students' interest in their chosen sport;
  - 4) increasing the level of motivation to learn;
  - 5) the possibility of developing various types of thinking, such as a) substantive, b) abstract-symbolic, c) verbal-logical, d) visual-figurative, e) creative (creative).
  - 6) solving the problem of lack of coaches, reducing the load on the coach;
  - 7) the possibility of training remotely, by conducting joint training on video bridges between coaches and wrestlers located at great distances from each other (in different regions of the



country, in different countries of the world), which makes it possible to access the coaches and wrestlers of the reference (reference) group; conducting video bridges using multimedia facilitates the exchange of experience, advanced achievements in the field of theory and methodology of sports training, motivates both coaches, wrestlers, and the judiciary to increase the level of training, that is, creates a motivational environment; develops professionally significant contacts, strengthens international and interstate ties; promotes the creation and strengthening of the unity of the professional community, which implements the international principles of the Olympic Movement, formulated in the Olympic Charter.

The authors have developed a multimedia software and methodological complex "Wrestling multimedia" using multimedia tools for teaching Greco-Roman wrestling. This complex has been introduced into the educational and training process and into the practice of sports training multimedia software and methodological complex "Wrestling multimedia", which contributed to improving the characteristics of technical and tactical actions.

The training multimedia program "Wrestling multimedia" is integrated into the process of training a future Greco-Roman wrestling coach at advanced training courses and training camps for highly qualified wrestlers. The expediency of using the visualization method with the use of multimedia tools in teaching young Greco-Roman wrestlers technical and tactical actions is experimentally substantiated.

Based on the results of the study, the following conclusions were made:

- 1) Modern domestic and foreign approaches to training young wrestlers in technical and tactical actions are identified and generalized; from the analysis of scientific and methodological literature, practice and scientific research conducted by us, it follows that the multimedia method is not used in the domestic system of training young Greco-Roman wrestlers, which is the reason for low technical and tactical preparedness and how the consequence of a decrease in the results of competitive activity (to indicate what we found as a result of this generalization; what the multimedia method showed);
- 2) The developed multimedia software and methodological complex "Wrestling multimedia" as an innovative method of training has increased the effectiveness of the training process among young Greco-Roman wrestlers (to say which indicators have increased) It is established that the development of practical tasks on technical and tactical improvement in athletes of the experimental group when studying the techniques of Greco-Roman wrestling in unity with the content of the implemented software and methodological complex "Wrestling multimedia" led to a significant reduction in the time of mastering actions in young wrestlers: technical improvement – by 16.5%, tactical improvement – by 14.5%, the development of imaginative thinking – by 17.1%, other abilities and psychomotor qualities – by 11.5% (be ready to answer the question how all this was measured);
- 3) The analysis of competitive activity has shown the effectiveness of the developed multimedia program and the complex impact on technical, tactical and psychophysical improvement, namely 1) the effectiveness of attacking actions has increased (give numbers); 2) the time of organization of dynamic situations has decreased (give numbers); 3) the percentage of implementation of dynamic situations has increased (give numbers);



4) The results of the pedagogical experiment showed that the use of the multimedia software and methodological complex "Wrestling multimedia" allowed to increase the technical and tactical training of young Greco-Roman wrestlers under the following conditions (with the following percentage ratio): for technical improvement – (OFP+SMP)= (15+35)%; for the development of tactical – improvement (OFP + SMP)=(20+40)%; for the development of imaginative thinking (OFP+ SMP)=(25+45)%; and for the development of other abilities and psychomotor qualities – (OFP+ SMP)=(20+20)%; Special multimedia training (SMP) allowed to increase the effectiveness of competitive activity – from 30 to 47%. The result of competitive activity provides an increase in the number of points scored for the implementation of dynamic situations for a duel (from 8 to 10 points).

### Literature

1. Белых-Силаев, Д.В. Мультимедиа технологии в образовании / Д.В. БелыхСилаев, Ч.Т. Иванков, Г.В. Миронов // Информационный бюллетень УМО ВВУЗов по образованию в области военного управления ВС РФ по гуманитарно-социальным специальностям. – 2013. – № 7– С. 28-33.
2. Белых-Силаев Д.В. Современное применение мультимедийных средств в обучении технико-тактическим действиям борцов вольного и греко-римского стилей / Д.В. Белых-Силаев, Ч.Т. Иванков // Инновационные технологии в спорте и физическом воспитании подрастающего поколения : материалы 4-ой науч.-практ. конф. с межд. участием ПИФКиС МГПУ, 15-16 мая 2014 г. – М.: МГПУ, 2014. – С. 70-73.
3. Германов, Г.Н. Методология конструирования двигательных заданий в спортивно-педагогическом процессе: автореф. дис. ... д-ра пед. наук: 13.00.04 / Германов Геннадий Николаевич; [Место защиты: Волгогр. гос. акад. физ. культуры]. – Волгоград, 2011. – 56 с.