

THE ROLE OF TECHNIQUE AND TACTICS IN ACHIEVING SPORTING SUCCESS IN FENCING

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Annotation: *This article describes the methods for the development of technical and tactical training of swordsmen.*

Keywords: *sports, physical development, health, education.*

Introduction

Great for physical education and Sports after the independence of our republic attention was paid. Our athletes are good at Asian and world-class competitions the result is a high-flying flag of Uzbekistan. Due to independence progressing not deviating from the path of the great historical progress that began The Republic of Uzbekistan is now faced with a few important tasks and problems. Of these, every citizen of Uzbekistan, every nation and nation educate people, especially young people, to be a harmonious human spiritual physical personality forms the main essence and directions of our work.

competitions the output and control of their implementation include. Future with the aim of winning over the opponent in the development of the competition competition plan to determine the most effective tactical actions, the coach has information about the opponent must be. Control of the activities of the competition and its further analysis of this or that athlete allows you to identify its strengths and weaknesses in preparation. This information it is considered necessary to make adjustments to the training process. Sports technique learning methods motion in recording kinematic and dynamic motion properties includes a variety of methods that allow you to distinguish elements in an analytical way.

If the purpose of the athlete's training is like his world and Asian Championships technical and tactical training if successful participation in major competitions analysis of the minutes of the competitions in these competitions in determining their indicators the main focus of making was with highly qualified sambo wrestlers it is necessary to focus on competitions. So, it is worth noting that the sports preparation program its target tasks determine the nature and level of the indicators being evaluated.

In recent times, "technical and tactical skill" in the practice of fencing and in the literature the term is widely used. Fencing technique refers to a swordsman in a narrow sense the most rational ways to perform victory-causing actions are understood. Technique in this based on biomechanical and physiological laws and from individual characteristics strictly speaking, the actions characteristic of all wrestlers are formed.

To systematically visualize the basic concepts of swordsman tactics, special is a member of the Department of information from the literature, in terms of the following aspects classified: definition of the concept, its structure and components.

Tactics in swordsmanship refers to the use of combat means to achieve victory is understood. To this, it is necessary to plan the swordsmanship in advance the battle at all and on the sidewalk skill to overcome difficulties that arise when working, to the opponent adaptation, qualification to defeat him on the sidewalk and the powerlessness of his opponent using its sides, like eliminating all its advantages enter. It all depends on the knowledge of the fencing technique, the experience of the swordsmanship and sports depends on the form .

Swordsmanship tactics are the art of leading a fight on the pavement, a way to achieve victory. Tactics in sports mean achieving high sports results and victory over an opponent a set of winning forms and methods is understood. The swordsmanship's tactical training made him it consists in arming with combat equipment. Tactics arise from a set of factors in Aries: the strength of his own preparation the disadvantages of the sides and the opponent, and the technique from the individual characteristics of the occupation use, mistaking the opponent for distracting movements, a favorable opportunity in the competition using profitable methods at the time of birth, saving energy skill, opportunities established in the rules, its own morphological and physiological careful use of properties, etc.

The goal of tactical training is swordsmen, who are different in their mannerisms master the technical and tactical actions that make it possible to conduct a battle with this physical and psychic qualities necessary for the successful implementation of actions development.

Within the technical-tactical priorities, move with the weapon's hilt to improve your typical skills and separately specialized methods of movements, psychic characteristics form manifestations, basal movements and the most commonly used cases separation is necessary, and inside the connection the following are distinguished:

- initial position and movements of the gun turret, distances before starting the battle;
- actions against attacks and attacks;
- situations characteristic of the type of fencing. It is also necessary to take into account the following condition, for example:
 - the effectiveness of special knowledge;
 - the comparative importance of the variety of actions against attacks and attacks, preparation methods;
 - selected actions ("tactical right", "time to move ahead", assessment of cross-attack, prick or blow sector and b.) the influence of factors that govern application consequentialism.

To swordsmen in conditions of the use of technical and tactical training tools a comprehensive description of the influence show mastering techniques and tactics in swordsmanship noted that exercise used during the various effects on the body of athletes is made. Thus, performing offensive actions at maximum speed is a technique that can be applied to defines certain specific requirements. Also in this at the same time it is considered necessary to take into account the specialized speed, at the maximum speed this do the movement in repetitions many times regarding endurance and will in athletes adjectival is directed to increase the degree of manifestation. At the same time, the use of

various signals by the coach (partner) to Information, actions improving acceptance, perception and awareness of relevant reactions allows.

Technical and tactical improvements to swordsmen included covers the methodology of conducting training and competition-related battles, one of the important structural elements in this is the mastery of individual sections of the skill in order to actively influence the process, the partner involved in sparring is a selective process. In addition, from different partners using rivaling based on modeling battle manners and transferable official spiritual decisions that lead to victory over them in tournaments in order to form, prepare to fight with certain specific opponents makes it easier to see.

Improvement of the athlete training system in fencing techniques and to predict the development of tactics and systems for conducting competitions in advance is based on. In turn, the compilation of training of individual athletes was achieved by them taking into account the achievements, as well as the volume of training exercises mastered as well as competition is determined by downloads.

Among the technical and tactical skills required for a swordsman are the following includes:

- Performing 3-4 combinations in any case of combat qualification;
- In the medium distance and in the conditions of the harsh fighting of the welcome the accuracy of;
- Repeated cells with possible accented sutures between them performance qualification;
- Ability to perform accurate pricks in a recent battle;
- The presence and full application of Individual characteristics and qualities.

During the improvement of protection methods, it is necessary to maintain a long distance it is necessary to pay attention to the types of protection that provide-bends, retreats, side steps to the side, welcome pricks during the retreat.

Conclusion

Perfectly mastered technique in well-developed speed qualities determination of the technical and tactical characteristics of opponents, method and time of attack and pricking ability to choose the location, give the opportunity to successfully apply offensive actions association process to determine whether methods can be improved in execution techniques must. These are the characteristics of movement: agility, strength, endurance, flexibility, agility it should be borne in mind that increasing the level will help in an effective way. Every athlete of course, if he can show his acquired technical tactical training in competitions achieves high results.

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