

Teacher: What comes to mind when you hear the expression: What is a calendar?

“Klaster metod”. Klaster aqliy faoliyatni rag‘batlantirishga xizmat qiladi. Har qanday senzurdan ozod qilingan faoliyat. Materialni tizimlashtirishning grafik usuli. Fikrlar to‘planib qolmaydi, balki “yig‘ilib qoladi”, ya‘ni ular ma‘lum bir tartibda joylashtiriladi.

Xulosa qilsak, dars jarayonini shaxsga yo‘naltirish, ya‘ni talabalar qiziqish va ehtiyojlarini hisobga olish ingliz tilini o‘qitishda asosiy o‘rinda turadi, ularda tilni o‘rganish uchun motivatsiyalarini oshiradi. Iloji boricha, mavzular tanloviga ham talabalarni jalb qilish dars jarayonini

samarali amalga oshirish imkonini beradi. Bundan kelib chiqib, shunday fikr olg‘a suriladiki, o‘qitishning maqsadi, vositalari, o‘rganish sur‘ati shunday shakllantirilishi kerakki, natijada, o‘sha talabalar o‘z xususiyatlaridan kelib chiqqan holda o‘z usullaridan foydalanib, har xil tezlikda til o‘rganishlari va o‘zlashtirishlari kerak bo‘ladi. Bundan tashqari, shaxsga yo‘naltirilgan ta‘lim talabaning xohish va imkoniyatlariga moslashtirilib, til o‘rganishda samarali hisoblanuvchi ta‘lim turi va o‘qitish shakli bilan integrallashgan holda interfaol til o‘rganish muhitini yaratishni talab qiladi.

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REZYUME. Mashqlar ta‘lim jarayonida muhim ahamiyat kasb etadi, jumladan, til o‘rganishda ham. Qaysi turdagi dars bo‘lmasin, har qanday dars tarkibining asosiy qismi mashq bo‘lib qoladi. Ma‘lum turlarga bo‘linadigan va turli xil tasniflarda umumlashtiriladigan mashqlar orqali ta‘lim amalga oshiriladi. Yetarlicha samarali mashqlardan foydalanmaslik yoki samarali mashqlarning yetishmasligi oqibatida o‘qituvchi ko‘zlagan maqsadiga erisha olmasligi mumkin.

РЕЗЮМЕ. Упражнения важны в образовательном процессе, в том числе и в изучении языка. Независимо от типа урока, основной частью любого плана урока является практика. Обучение осуществляется с помощью упражнений, которые подразделяются на определенные виды и обобщаются в разных классификациях. Учитель может быть не в состоянии достичь своих целей из-за недостаточно эффективных упражнений или отсутствия эффективных упражнений.

SUMMARY. Exercises are important in the educational process, including language learning. Regardless of the type of lesson, the core part of any lesson plan is practice. Education is carried out through exercises that are divided into certain types and summarized in different classifications. A teacher may not be able to achieve his or her goals due to not using enough effective exercises or lack of effective exercises.

THE BASICS OF THE TRAINING METHOD IN WRESTLING SPORT

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Tayanch so‘zlar: kurash, murabbiy, prinsip, ong, hakamlilik, mashg‘ulot.

Ключевые слова: спортивная борьба, тренер, принцип, сознание, судейство, тренировка.

Key words: wrestling sport, coach, principle, consciousness, refereeing, educational training.

The aims and objectives of training: Training in sports wrestling is a purposefully organized pedagogical process aimed at developing a system of knowledge about the theory of sports wrestling and methods of teaching it, skills and experiences that are considered the main competitive, refereeing, pedagogical, organizational services of a wrestler.

The purpose of training is to form a system of knowledge that reflects the concept of the trainer's professional service. This concept includes education of knowledge and experiences, methods of scientific thinking, creative attitude to conscious and practical actions in those involved [1].

The general tasks that reflect the conditions and features of the discipline of sports wrestling theory and its teaching method are as follows:

- to ensure the optimal volume of knowledge on the sport theory and the teaching method, comprehensive and sufficiently wide and deep;
- to develop the possibilities of creative understanding;
- to form and improve the wrestler's experience of performing general preparatory exercises;
- to form and improve the performance of fighting techniques, defences and countermeasures;
- to form the optimal size and diversity of technical and tactical actions in competitions;
- to form the skills and experience of conducting, training, educational training, supervising competition and exhibition competitions;
- to form and improve the knowledge, experience and skills of discussing the technique of performing fighting methods;

-to acquire the experience of showing and explaining the fighting technique;

-to form and improve knowledge, experience and skills of training and improvement of complex technical and tactical actions;

- to form and improve the experience of discussing and conducting wrestling lessons;

-to form and improve skills with the knowledge and experience of organizing wrestling competitions and organizing and conducting mass sports events [2].

Teaching principles: In modern pedagogy, teaching principles are explained as the basic requirements and guidelines that determine the difference between the teacher's service and the student's knowledge. Practical pedagogical service is based on the teaching principles, which serve as a guide for planning, organizing and discussing teaching practice.

The training process in sports wrestling is carried out in accordance with the main principles of physical education: educational properties, comprehensive development, health and practical importance.

The educational feature of teaching means the regulation of the study-training process. Here, along with the growth of the wrestlers' sports experience, the moral standards of the individual are formed. Preparation of sports equipment and mainly education depends on solving a number of complex educational issues. In order to achieve high results in sports, it is of great importance for wrestlers to control, discuss and evaluate technical and tactical actions. All this is the result of the educational influence of the trainer, under his leadership, the trainees get the experience of being ready to solve life issues [3].

In addition to professional skills, a trainer should be highly moral and cultured, conscientiously approach his responsibility, be truthful, including kissing and caring for children. The emergence of these characteristics in the trainer determines the fruit of the educational process.

The process of all-round development guides the coach to create a well-rounded athlete. Sports service is inextricably linked with spiritual, mental, work, aesthetic and other types of education.

Studying in sports wrestling is a healthy direction of training sessions, the one-sided growth of sports skills and the development of health, physical direction are done by strengthening the basic locomotor system, cardiovascular system, relaxation, including the nervous system. Failure to adhere to this principle can lead to persistent, and in some cases, persistent disease in juvenile wrestlers, especially in the early stages of sports training, and is the reason why athletes with mass discharge do not engage in wrestling.

Practical direction. Sports wrestling is of great practical importance. The practical view of this principle implies that a wrestler should be able to act in unexpected situations.

The successful conduct of wrestling training sessions is determined by the compliance of this process with the main pedagogical (didactic) principles [4].

The effectiveness of the educational training sessions is based on the following didactic principles:

The scientific teaching principle: The scientific teaching principle requires the student to master the educational material and to know the laws of the organization of the teaching process based on a scientific method. In accordance with the scientific principle, the method of the educational training process and its organization must be scientifically based. That is, it must be useful for performing tasks in all stages of preparation, including the age difference of the participants.

The implementation of the scientific principle requires fulfilling a number of conditions:

- the studying actions must be accepted by the students in a complete, intact state;
- the learner must understand and master the important signs and characteristics of the studied movements, the relationship of the studied movements with other movements and their use during the competition;
- it is necessary to familiarize students not only with the legalities of performing action tasks, the results of scientific research, but also with the easy methods of scientific research in the course of teaching;
- the scientific principle should introduce students only to reliable facts and knowledge confirmed in science; [3]
- in the teaching process, terms accepted in science can be used.

Using outdated and derogatory terms are prohibited.

The principle of continuity of training: The continuity and intensity of training, including the alternation of load and rest between certain periods of time, form the basis of the principle of continuity. The implementation of the principle of continuity can be shown as an example of planning and directing the study process, creating study loads. In this case, not only the process of the studied material is revealed, but also the structural connections between the loading sections. Planning the sequence of teaching is based on the following method rules, from known to unknown, from easy to difficult, from simple to complex, from

knowledge to skills, from foundation to sections, from singular to general, from general to singular [4].

For the successful implementation of the principle of sustainability, the following are of great importance:

- to give a comprehensive understanding of knowledge, skills and experience to those who work;
- to summarize all educational materials into one system, easily divided into sections;
- it is necessary to plan the study of this system in accordance with the characteristics of the students, their study, work conditions, alternating periods of strong activity with periods of strengthening (repetition), participation in competitions, in accordance with the conditions of the study material;
- in the actions and demands of pedagogues, it is necessary to follow the teaching of the studied materials with a strict sequence and gradually increasing difficulty [4].

Demonstration principle of training: Training in technical and tactical movements of wrestling begins with the formation of knowledge about movement, that is, the appearance of the learned movement with a certain understanding.

The first and foremost task in practical understanding is to perceive vividly through the eyes. Providing perception through the eyes is a necessary condition for the implementation of the principle of visibility [5].

The appearance of the studied method or combination of methods is formed primarily due to the signals coming through the eye organs. However, the formation of the image of the studied movement occurs not only through perception with the eyes, but also through sensations from other sensory organs: hearing, vestibular apparatus, and others.

Demonstration in teaching appears only in the case when the studied action is simultaneously described figuratively, visually, and verbally.

When implementing the principle of demonstration, it is necessary to take into account age, upbringing and thinking abilities. It is necessary to use the talent of young children to imitate and show the task several times during the lesson. When working with older wrestlers, along with showing, the meaning of the movement, its content, including the technical description, is explained. In future training with wrestlers of this age, the principle of demonstrability is implemented through ideomotor training (repetition of imaginary multiple careers with a different focus on its resolving phases).

The effectiveness of using the principle of demonstrability is much higher if the performance of the action is recorded and shown by means of video recorders or film shows [5].

Thus, in order to implement the principle of demonstration in sports wrestling, the teacher must do the following:

- to explain its technical and tactical features while demonstrating the method;
- indicate all the most convenient situations for performing the studied method;
- show the method step by step according to its elements (this demonstration has the goal of making sure about the most important elements of the method in general);
- to choose visual aids correctly in general (the sequence of their use, etc.);
- to help to accept the studied technical movement as much as necessary at this stage of training [4].

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- РЕЗЮМЕ.** Ushbu maqolada kurashchilarni zamonaviy pedagogik tayyorlash tamoyillari, o'qituvchi faoliyati ko'rsatilgan. Shuningdek, sport kurashida ko'rgazmalilik tamoyilini amalga oshirish uchun o'qituvchining vazifalari ko'rsatilgan.
- РЕЗЮМЕ.** В данной статье описаны принципы современной педагогической подготовки борцов, педагогической деятельности. Также обозначены обязанности преподавателя по реализации принципа показательности в спортивной борьбе.
- SUMMARY.** This article describes the principles of modern pedagogical training of wrestlers, teacher activity. Also, the duties of the teacher to implement the principle of demonstration in sports wrestling are indicated.