

## **PEDAGOGICAL CONTROL OF THE TECHNICAL-TACTICAL TRAINING OF JUDO GIRLS**

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### **Abstract:**

This article presents the methods of pedagogical control of the technical and tactical preparation of female judokas based on the results of the conducted research.

**Keywords:** Female judokas, morphofunctional research methods, technical and tactical preparation, pedagogical test, pedagogical observation.

### **Introduction**

In recent years, the kata sports competitions, in particular, the Olympic and Asian Games, the World and Asian Championships, as well as a number of international tournaments, have led to a continuous increase and further sharpening of sports results. Scientists emphasize that in modern sports practice, the correct planning of the volume and strength of loads in order to achieve high sports results plays a role in achieving high results.

Although a number of scientific studies have been carried out in this regard today, the technology for correctly assessing the physical qualities of girls engaged in judo, especially the development of strength qualities, has not been sufficiently developed from a scientific point of view. This requires scientifically based research by specialists.

In our republic, along with all sports, systematic reforms are being implemented to further develop judo and increase the number of people involved in this sport. In particular, the tasks of “Implementing organized and practical work for women to engage in judo and become professional athletes” have been set.

The study used theoretical analysis and generalization of scientific and stylistic literature, pedagogical observations, morphofunctional research methods, pedagogical testing, pedagogical experience, as well as mathematical and

statistical analysis of research results. Before the study, preliminary control tests were conducted on 10 female judo players.

As a result of the test, the athlete's preparation process and comprehensive readiness for the competition skills and the necessary functional conditions in the body's systems were solved by solving more tasks, that is, by assessing the athlete's condition, level of preparation at the end of the competition activity, at the beginning, the "Rufrye Dixon" test was conducted once. This determined the readiness of the judo girls for the training process during the week.

In the first week, skilled judo girls were given an average of 3-4 marks. Later, some of our girls were assessed by 6-7 criteria. They were asked about their condition and experimented. By the second week, they were assessed with an average of 4-5 marks. By the third week, an average of 5 marks was recorded. It turned out that two judokas received 7 and 8 marks. When asked about their condition, they said that they were tired and the recovery dynamics were low. By the fourth week, they received an average of 4-8 marks. Our 10 judo girls do not have the maximum marks.

It was found that the volume of loads is high, and in today's modern competition requirements, the volume of loads should not be high, but should be aimed at developing technical-tactical movements. Based on the above, we developed a structure of loads for our judo girls, taking into account technical-tactical preparation, focused on one side, that is, technical-tactical preparation, and distributed the loads through microcycles. We developed microcycles in the following order:

Week 1. Performing technical-tactical movement loads at anaerobic alactatic power.

Week 2. Carrying out technical-tactical training at anaerobic glycolytic power.

Week 3. Microcycle of the direction of developing technical-tactical readiness of complex attack movements.

Week 4. Preparatory control microcycle. Control of technical-tactical movements.

We defined the control in action by naming the technical movement.

Here:

1. Suri-goshi (grabbing the opponent by the waist and throwing him over the waist)

2. Uchi-mata (hooking one of the opponent's legs)

3. Tai-otoshi (blocking from the front)
4. Performing these techniques with a deceptive movement.

The above tasks were given to the judo girls and we evaluated their performance according to the “G. S. Rayonyan criterion”. A comparative analysis of the data collected during the main pedagogical experiment revealed the following. (See Tables 1, 2).

**Table 1. Results of pedagogical assessment of the technical behavior of the control group at the beginning of the pedagogical study**

№	Technical methods	$\bar{x}$	$\sigma$	V %
1	Suri-goshi (grabbing the belt and throwing it above the waist)	6,9	0,79	11,34
2	Uchi-mata (hooking the opponent by one leg)	6,8	0,79	10,82
3	Tai-otoshi (blocking from the front)	6	0,88	12,1
4	Performing these methods with deceptive action	6,3	0,56	7,1

**Table 2. Results of pedagogical assessment of the technical behavior of the control group at the end of the pedagogical study**

№	Technical methods	$\bar{x}$	$\sigma$	V %
1	Suri-goshi (grabbing the belt and throwing it above the waist)	8	0,82	11,9
2	Uchi-mata (hooking the opponent by one leg)	7,6	0,79	11,22
3	Tai-otoshi (blocking from the front)	7,4	0,88	13,1
4	Performing these methods with deceptive action	7	0,56	8,1

We believe that the results of the pedagogical research on the stylistics of stage-by-stage pedagogical control in the development of technical and tactical movements of girls engaged in judo will be an effective tool for planning the training of judoists of various categories, determining their reliable indicators. We also recommend the stylistics of pedagogical control of the technical and tactical preparation of girls engaged in judo to other sports specialists.

## Conclusion

It was determined by analyzing the scientific and stylistic literature and summarizing previous practical experience that solving the problem of



pedagogical control in the technical and tactical preparation of girls engaged in judo requires research in this direction.

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