

## YUNON-RIM KURASHCHILARIGA TEXNIK USULLARNI O'RGATISHDA MODELLASHTIRISH USULINING SAMARADORLIGI

**Azizjon Ibrohimovich Xolmatov**

O'zbekiston Davlat jismoniy tarbiya va sport universiteti katta o'qituvchisi

**Djasur Yuldashevich Tashnazarov**

O'zbekiston Davlat jismoniy tarbiya va sport universiteti katta o'qituvchisi

**Oybek Nuritdinovich Kurganov**

O'zbekiston Davlat jismoniy tarbiya va sport universiteti o'qituvchisi

**Jandos Nurjan o'g'li Abdikulov**

O'zbekiston Davlat jismoniy tarbiya va sport universiteti o'qituvchisi

[jasurtash@gmail.com](mailto:jasurtash@gmail.com)

### ANNOTATSIYA

Maqolada kurash turlarida texnik usullarni o'rgatishni optimallashtirish usullari keltirilgan. Kurash turlarining mashg'ulotlarida texnik usullarni o'rgatishni modellashtirish uslubi o'rganilgan. Mashg'ulot jarayonlaridan modellashtirish uslublaridan unumli foydalanish to'g'risida murabbiylar o'rtasida so'rovnoma anketadan foydalanildi.

**Kalit so'zlar:** jismoniy tayyorgarlik, texnik usullar, o'quv-mashg'ulot, mashg'ulot jarayoni, modellashtirish, optimallashtirish.

### EFFECTIVENESS OF MODELING IN TEACHING TECHNICAL METHODS TO GREECE-ROMAN WRESTLERS

#### ABSTRACT

The article describes how to optimize training in wrestling technique. The technique of modeling the teaching of technical techniques in the lessons of the struggle was studied. We used a questionnaire among trainers on how to use training process modeling methods.

**Keywords:** physical education, techniques, training, training, modeling, optimization.