

## Development of Strength Ability of Women Sportsmen

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**Annotation:** Nowadays, not only men but also women are involved in various types of wrestling. Regular world championships in women's wrestling, sambo, judo and arm wrestling are held. Working with women requires the coach to have some knowledge of the female body. It is very important to take into account the characteristics of the female body in the design of the training process.

**Keywords:** women, health, important, body, primarily.

The female organism differs from the male in a number of morphological and functional features. These features are primarily associated with the most important biological function - motherhood. Therefore, in the organization and conduct of wrestling with women, it is necessary to take into account their anatomical and physiological characteristics.

To increase the strength of the wrestling girls, a number of experts have recommended their own methodology. Increasing the strength of female wrestlers, firstly: strengthening the activity of the cardiovascular system; second, energy saving during the operation of functional systems; and third, to make the most of its functionality. In developing strength in girls, they suggest using training in a straightforward and varied exercise style options. Special force is exercised at the request of the struggle.

Wrestling girls develop strength to improve results in wrestling. Based on this, it can be said that the chosen topic of his work is one of the most pressing issues.

Our goal is to prepare girls for the competition by controlling and improving their strength qualities.

Experimental research was conducted in the wrestling hall of Termez State University and Termez College of Olympic Reserve.

The object of research is to develop the strength qualities of female wrestlers of Termez State University and Termez College of Olympic Reserve. To date, the development of strength qualities of girls engaged in wrestling has been proven to some extent on the basis of scientific research. At the same time, in wrestling practice, in the initial training phase of wrestling, it is noticeable that agility and agility force training are often not interconnected and do not take place objectively. In such cases, many physically and comprehensively formed athletes, strength qualities remain "weak" in the eyes of technically skilled athletes. Therefore, the development of strength qualities was chosen.

The results of the study can be used in the following cases:

- in developing and increasing the strength of female wrestlers;
- in the development of more effective methods of professional training of future specialists.

During the competition, wrestlers will be able to manage and analyze various technical and tactical situations, as well as make the necessary decisions in the form of specific instructions.

In the multifaceted system of training wrestlers, the task of qualifying is important. It is characterized by the ability to identify the most talented athletes, using a variety of qualifying criteria for young and highly qualified athletes based on the knowledge and pedagogical experience of the coach.

A highly qualified specialist in the field of physical culture and sports should constantly improve their professional level. To do this, he must have the skills to conduct scientific and methodological work, know how to set research tasks, be able to choose the appropriate research methods and techniques, be able to analyze the data obtained.

The coach must know how to organize and conduct various competitions in his practice. To do this, he must know the rules of the type of wrestling, be able to act as an arbitrator and prepare all the necessary documents for the competition.

In order to organize the training process at a high level, the coach's skills in equipping the gym, wrestling halls and rehabilitation center with equipment are of great importance.

In short, the effective implementation of the tasks set in the process of multidisciplinary professional activity of the coach is determined by his love and devotion to his profession, excellent knowledge of his profession, pedagogical skills and high personal qualities.

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