

THE VALUE OF INNOVATIVE APPROACHES IN THE MASSIFICATION OF THE KURA

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ABSTRACT

Purpose: The aim of the study is to develop scientifically based proposals and recommendations for increasing the popularity of the national Kurash wrestling.

Methods: The study used pedagogical observations, questionnaires. From among the sports educational institutions, 10 trainers from the children's and youth sports school No. 2 of the city of Nukus, as well as 10 coaches from the Nukus College of Olympic and Paralympic Reserve, took part in the study. During the study, their reactions to the use of scientific achievements were analyzed.

Results: The results of the survey, we can see that the level of use of innovative methods for popularizing sports by coaches of the children's and youth sports school No. 2 of the city of Nukus and the College of the Olympic and Paralympic Reserve of the city of Nukus is different. The results of this study proved that promotion work in sports schools should be organized from the lower links of the system.

Conclusion: The article deals with the problems of increasing the mass character of the Kurash wrestling, and also develops proposals and recommendations for the further development of work to increase the popularity of Kurash. It also substantiates the need to study the factors influencing the mass character of the Kurash wrestling, and to organize work to introduce innovative approaches to the training of kurash wrestlers.

KEYWORDS: *National Wrestling, "Kurash", Massification, Sports, Reserve, Sports-Rehabilitation Stage, Training Stage, Sports Skills, Education System, Science, Scientific Researches, And Innovation.*

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