

## RAPID TRAINING OF TECHNICAL-TACTICAL MOVEMENTS IN PARAJUDO

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**Abstract.** Parajudo, a Paralympic sport derived from traditional judo, requires athletes with disabilities to master both technical and tactical movements, which present unique challenges due to varying physical abilities. Rapid training of these movements is essential for success in competition. This article explores strategies for quickly developing technical-tactical skills in parajudo, emphasizing an individualized approach to training, repetition of techniques, simulated match scenarios, progressive complexity, psychological conditioning, and adaptation to specific disabilities. The role of coaches in providing real-time feedback and adapting training methods to suit the athletes' needs is also highlighted. The article aims to provide a comprehensive framework for the effective and accelerated training of parajudo athletes.

**Keywords:** *Parajudo, rapid training, technical-tactical movements, individualized training, adaptive techniques, psychological conditioning, disability adaptations, competition preparation, coaching methods.*

Parajudo, a paralympic sport that evolved from traditional judo, is designed for athletes with physical disabilities. Like its predecessor, parajudo is a combat sport requiring both technical precision and tactical awareness. However, due to the specific needs and abilities of athletes with disabilities, the training methods and strategies for developing technical-tactical movements in parajudo need to be adapted.

One of the most critical aspects of parajudo training is the rapid development of technical-tactical skills. Athletes must not only master the fundamental techniques but also learn how to apply them in real competition scenarios, often under pressure. This article aims to explore the strategies and methodologies for quickly developing the technical and tactical movements essential for success in parajudo.

In parajudo, technical-tactical movements are divided into two major components: the *technical* aspect, which involves the execution of specific judo techniques (such as throws, pins, joint locks, and strangles), and the *tactical* aspect, which involves the decision-making process of when and how to apply those techniques effectively in a match.

The ability to execute a technique is one thing, but knowing when and how to use it in a given context is what separates a good judoka from a great one. For parajudo athletes, this becomes even more essential due to the varying degrees of physical ability and mobility restrictions that come with disabilities. Therefore, the focus of training must be on both the execution and the strategic decision-making process.

#### Key Aspects of Rapid Training in Parajudo:

1. **Individualized Approach:** Each parajudo athlete brings different abilities and challenges to the mat, so a tailored approach to training is crucial. In order to train athletes quickly and effectively, coaches must adapt techniques to fit the individual's physical capabilities. Whether it involves modifying grips, stances, or the use of specialized equipment, the key is to make adjustments that allow athletes to perform at their best.
2. **Repetition and Drills:** Like any other sport, repetition plays a critical role in mastering technical-tactical movements in parajudo. Athletes must repeatedly practice individual techniques, starting with basic movements and gradually progressing to more complex combinations. Drills that simulate match conditions are especially valuable, as they help athletes develop both muscle memory and a deeper understanding of when to deploy certain techniques.
3. **Simulated Matches:** To enhance the tactical awareness of parajudo athletes, simulated matches or sparring sessions are indispensable. These not only improve technical execution but also help athletes practice their decision-making skills under pressure. During these sessions, athletes can experiment with different strategies, refine their reactions to different situations, and learn how to capitalize on their opponent's weaknesses.
4. **Progressive Complexity:** A key aspect of rapid training is introducing progressively more complex situations. This may involve increasing the intensity of drills, introducing multiple opponents, or adding constraints to training. For instance, an athlete may initially practice a particular technique without pressure but later perform it with

resistance or a timed element. By gradually increasing the complexity, the athlete's confidence and adaptability grow, which is crucial for real-life competition scenarios.

5. **Psychological Training:** Technical and tactical execution are not purely physical skills; they are influenced by an athlete's mental resilience and psychological state. Coaches must provide athletes with mental tools to maintain focus, manage competition stress, and develop confidence in their techniques. Visualization techniques, positive reinforcement, and mental conditioning exercises can help athletes anticipate and react better in competition.
6. **Adaptation to Disability:** One of the most important aspects of rapid training in parajudo is the need to adapt techniques to accommodate various disabilities. Athletes with different impairments may face different challenges in terms of mobility, strength, and grip. Coaches must work with athletes to identify and exploit their unique strengths while finding ways to mitigate their limitations. For example, athletes with lower limb disabilities may need to adapt their footwork, while those with upper limb disabilities may need to focus on upper body techniques.
7. **Coaching and Feedback:** Regular, constructive feedback is essential for rapid progress. Coaches must provide real-time adjustments, correcting form, reinforcing successful techniques, and providing guidance on tactical decisions during practice sessions. Video analysis is another valuable tool in this process, as it allows athletes to observe their performance and make necessary improvements.

**Conclusion.** The rapid development of technical-tactical movements in parajudo is a challenging but rewarding process. By employing individualized training approaches, focusing on repetition, and creating simulated match conditions, athletes can accelerate their mastery of the sport. Additionally, by introducing progressively complex drills and mental conditioning, athletes are better prepared to handle the pressures of competition. Coaches play an integral role in this process by providing feedback, adapting techniques, and offering psychological support. With a holistic and tailored approach, parajudo athletes can not only develop their technical abilities rapidly but also refine their strategic decision-making, ultimately excelling in the sport.

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