# DEVELOPING THE PHYSICAL AND TACTICAL PREPAREDNESS OF WRESTLERS

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Annotatsiya: Ushbu ishda kurashchilarning jismoniy, texnik-taktik koʻrsatkichlarini rivojlantirish masalaalari haqida tadqiqot olib borilgan. Kurashchilarning musoboqa natijalarini yaxshilash yoirdam beradigan vositalar tanlab olinib, amaliyotga joriy etilgan.

Kalit soʻzlar: Kurash usullari, texnik-taktik tayyorgarlik, musoboqa yuklamalari, texnik harakatlar.

Аннотация: В данной работе проведено исследование вопросов развития физических, технических и тактических показателей борцов. Выбраны и внедрены в практику инструменты, способствующие улучшению результатов соревнований борцов.

**Ключевые слова:** Приемы борьбы, технико-тактическая подготовка, соревновательные нагрузки, технические действия.

**Annotation:** This work investigates the issues of developing the physical, technical and tactical performance of wrestlers. Tools that help improve the competitive results of wrestlers are selected and put into practice.

**Keywords:** Wrestling methods, technical and tactical training, competition loads, technical movements.

#### **INTRODUCTION**

Addressing this issue on a global scale is becoming increasingly challenging due to the growing competition at major international tournaments, particularly the Olympic Games. Factors such as the tradition of increasing training load volume and intensity, as well as changes in competition rules, further complicate the matter.



Undoubtedly, one of the most crucial stages in an athlete's preparation is the initial phase of engaging in sports. This is where the foundation for achieving sporting excellence is laid. Unfortunately, the analysis of performances by our wrestlers at major international competitions, including Uzbekistan's national wrestling teams—both youth and junior squads—reveals significant shortcomings in their competition preparedness. Even the physical preparedness of the leading wrestlers in our country does not fully meet the demands of modern wrestling. They exhibit tactical limitations in dealing with polyvalent situations and implementing modeling solutions, which negatively impacts their competitive performance. To address such challenges, it is essential to revise the methodology of athlete preparation. Primarily, it is necessary to introduce changes based on new regulations into the training processes of young wrestlers who are part of the immediate reserve.

In this regard, much effort is required to define effective methodologies for training young athletes and to refine their application across different age groups.

## LITERATURE REVIEW AND METHODOLOGY

An analysis of the literature indicates that the issue of training young wrestlers, particularly in the context of changes in competition regulations, has been insufficiently addressed, even at the level of dissertation research. Existing studies have not yet substantiated effective methodologies, structural frameworks, or content for the training process of young wrestlers that align with the modern requirements of competitive practice.

The relevance of this study is manifested in the following aspects:

- 1. The structural framework and content of competitive activity have not been modeled based on the new regulations.
- 2. At the initial stage of competitive activity, there is a pressing need for scientifically grounded new approaches to training young wrestlers, taking into account the modern conditions of competition and changes in competition rules.

#### RESEARCH

To develop a model for improving the physical and tactical preparedness of wrestlers based on training in technical movements.



**OBJECTIVE:** 

#### **RESEARCH TASKS:**

- Identify more effective models of technical movements and test their application to increase the probability of victory in competitive matches.
- Define a comprehensive set of tools and methods for technical and tactical training of young wrestlers that ensures rational adaptation to new competition regulations

# **RESEARCH RESULTS AND DISCUSSION**

The foundation of athletes' technical and tactical training lies in creating training programs that are based on the classification and systematization of technical movements. Classification enables the convenient distribution of material in training programs, analysis of techniques, and modeling of athletes' competitive activities in alignment with the new competition regulations. It also facilitates the monitoring of their technical and tactical preparedness.

During the research, we selected and implemented specific training tools aimed at improving wrestlers' technical and tactical movements. Wrestlers need to engage in more acrobatics and gymnastics, as these activities enhance agility and flexibility. Strength training with barbells increases power, while participation in sports games develops the ability to perform precise movements through active play.

Each physical attribute of a wrestler is closely interconnected with others. For example, agility requires very rapid movements, and speed, in turn, demands a certain level of strength. Endurance, on the other hand, necessitates the development of all physical qualities. A wrestler can only achieve high performance if all physical attributes are evenly developed.

Regarding exercises essential for wrestling, flexibility-enhancing activities help increase movement amplitude. To continuously develop flexibility, each exercise should be performed 16–18 times. It is recommended to start the exercise slowly and gradually increase the speed. During this process, attention should be paid to the stretching of muscles without pushing them to the point of pain. To maintain balance and avoid losing the center of gravity (falling), the following exercises are suggested:

- 1. Standing on one leg, lift the other leg forward, to the side, and backward.
- 2. With feet together, bend the torso forward, to the left, to the right, and backward without moving the pelvis, and rotate the torso.



- 3. With feet together, rotate the pelvis in both directions.
- 4. Perform the same pelvic rotation while standing on one leg.
- 5. Rotate the torso while standing on one leg.
- 6. Jump and rotate the torso in the air to 90, 180, and 360 degrees, maintaining balance and avoiding losing the center of gravity.

#### **Agility-Enhancing**

Agility exercises can be diverse, such as jumping forward over a partner who is kneeling on their hands and knees, then rolling forward. Another variation is jumping sideways or forward over the partner while rolling. Rotational exercises include flipping sideways or somersaulting forward and backward, maintaining balance on the head and hands without touching the shoulders to the mat.

#### Strength-Enhancing

To build strength, wrestlers can use dumbbells, kettlebells, barbells, or perform specialized exercises without equipment. Examples include:

- Lifting a barbell slowly to the chest and then jerking it overhead.
- Placing the barbell on the shoulders and performing forward bends, squats, or walking while carrying heavy weights.
- Carrying a partner on the shoulders while walking or running.

#### Table 1

**Exercises:** 

**Exercises:** 

Pedagogical experiment test results conducted at the end of the research in the experimental and control groups.

Nº	Test Exercises	Experimental Group		Control Group		tst	R
		$\overline{X}$	σ	$\overline{X}$	σ		
1	Average attack score	4.3	2.07	3.6	1.89	3.7	<0.001



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2	Attack interval	16.79	4.09	18.91	4.34	2.42	< 0.05
3	Attack efficiency	0.71	0.84	0.63	0.79	2.3	< 0.05
4	Defense efficiency	0.78	0.88	0.64	0.8	4.1	<0.001
5	Successful attack interval	19.8	4.44	22.7	4.76	4.44	<0.001

At the end of the study, after one year of training, the results of the experimental group improved significantly compared to those of the control group.

- The **average attack score** in the experimental group reached 4.3, while in the control group, it was 3.6, an increase of 1.1 or 25.5% compared to the baseline. In the control group, this indicator increased by 0.5 or 14%.
- The **attack interval** in the experimental group improved from 20.61 to 16.79, a 23% increase from the baseline, while the control group saw a 10% improvement in this indicator.
- Regarding **attack efficiency**, the experimental group's result improved from 0.54 to 0.71, reflecting a 24% improvement, while the control group demonstrated a 13% improvement at the end of the study.
- For **defense efficiency**, the initial results were 0.57 in the experimental group and 0.58 in the control group. By the end of the study, the results improved by 27% in the experimental group and 9% in the control group.

# Conclusion

The percentage changes in the results of the pedagogical experiment tests conducted at the end of the study in the experimental and control groups, compared to the initial results, revealed a 26.2% improvement in the experimental group and an 11.6% positive change in the control group. By the end of the experiment, after one year of training and physical exercises, the experimental group exhibited the most significant positive changes in successful attack intervals (32%) and defense efficiency (27%). The smallest improvement was observed in attack intervals, which increased by 23%.



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Thus, by the end of the study, the experimental group showed a 26.2% improvement, while the control group demonstrated a significantly lower increase of 11.6%.

The results of the pedagogical experiment indicate that the inclusion of video-based training programs in the experimental group's sessions contributed significantly to the technical development of wrestlers. By analyzing technical movements through kinematic and photographic observations and using computer programs, wrestlers were able to identify their mistakes and weaknesses. As a result, the experimental group demonstrated faster progress and greater effectiveness in competitive performance compared to the control group.

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