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## TECHNICAL AND TACTICAL METHODS OF TRAINING PARA-ARMWRESTLING ATHLETES FOR COMPETITION

**Abstract:** This article examines the technical and tactical aspects of training para-armwrestling athletes for competitive events. Through comprehensive literature analysis, it explores various training methodologies, adaptive techniques, and strategic approaches specific to para-athletes in armwrestling. The research highlights the importance of individualized training programs while considering different disability classifications and their impact on performance optimization.

**Keywords:** para-armwrestling, adaptive sports, technical training, tactical preparation, competitive performance, disability sports

**Annotatsiya:** Ushbu maqolada para-armrestlingchi sportchilarni raqobatbardosh musobaqalarga tayyorlashning texnik va taktik jihatlari ko'rib chiqiladi. Adabiyotlarni har tomonlama tahlil qilish asosida armrestlingda parasportchilarga xos bo'lgan turli xil o'qitish usullari, adaptiv texnikalar va strategik yondashuvlar ko'rib chiqiladi. Tadqiqot nogironlikning turli tasniflarini va ularning ish faoliyatini optimallashtirishga ta'sirini hisobga olgan holda individual o'quv dasturlarining muhimligini ta'kidlaydi.

**Kalit so'zlar:** para-armrestling, adaptiv sport, texnik tayyorgarlik, taktik tayyorgarlik, raqobatbardosh faoliyat, nogironlar uchun sport

**Аннотация:** В этой статье рассматриваются технические и тактические аспекты подготовки спортсменов-параармрестлеров к соревновательным соревнованиям. На основе всестороннего анализа литературы рассматриваются различные методики тренировок, адаптивные техники и стратегические подходы, характерные для параспортсменов в армрестлинге. Исследование подчеркивает важность индивидуальных программ обучения с учетом различных классификаций инвалидности и их влияния на оптимизацию производительности.

**Ключевые слова:** параармрестлинг, адаптивный спорт, техническая подготовка, тактическая подготовленность, соревновательная деятельность, спорт для инвалидов

## INTRODUCTION

Para-armwrestling has emerged as a significant inclusive sport that demonstrates the remarkable capabilities of athletes with various physical disabilities. The sport requires specific technical skills and tactical understanding, adapted to different disability classifications. This article aims to analyze the existing literature on training methodologies and present a comprehensive overview of effective technical and tactical preparation approaches for para-armwrestling athletes.

## METHODS AND LITERATURE REVIEW

This study employs a systematic review of literature from established sports science databases and publications. The analysis focuses on materials encompassing both specific para-armwrestling literature and relevant adaptive sports training methodologies. Sources in English, Russian, and Uzbek languages were analyzed to provide a comprehensive perspective.

## RESULTS

The analysis of literature reveals comprehensive findings regarding technical and tactical training components in para-armwrestling. Through extensive review, several critical elements have emerged as fundamental to successful athlete preparation and competition performance.

In terms of technical training, the research demonstrates that modified grip techniques play a central role in athlete development. Smith & Johnson's [1] findings emphasize the necessity of individualizing grip adaptations based on specific disability profiles, allowing athletes to maximize their natural strengths while compensating for limitations [4]. These modifications extend beyond basic grip adjustments to encompass entire body positioning systems, as highlighted by Ivanov's research [2], which shows that optimal positioning significantly impacts competitive success.

Equipment modification emerges as another crucial aspect of technical preparation. Anderson's studies [3] reveal that proper equipment adaptation can substantially enhance an athlete's performance potential. Regarding tactical preparation, the literature demonstrates a strong correlation between strategic planning and competitive success. Energy management appears as a critical factor in competitive success, as demonstrated by Brown's research [6]. The research indicates that mental preparation techniques significantly impact competitive performance, particularly in high-pressure situations. Lee's studies [8] further support this finding, demonstrating that successful athletes combine physical preparation with robust psychological training programs.

Modern training methodologies, as analyzed by Williams [9], show optimal results when integrating technical skill development, tactical awareness, and psychological preparation. This integrated approach represents a significant advancement in para-armwrestling training, though Alimov [10] notes that more specialized research is needed in specific areas of para-armwrestling training methodology.

## ANALYSES AND DISCUSSION

The comprehensive analysis of technical and tactical training methods in para-armwrestling reveals several significant aspects worth detailed examination. The integration of traditional armwrestling techniques with adaptive approaches emerges as a crucial factor in successful athlete preparation.

Equipment modification analysis reveals that successful training programs incorporate specialized adaptive equipment during both training and competition phases. Anderson's research [3] demonstrates that proper equipment modification can significantly enhance an athlete's performance potential by providing appropriate support and leverage opportunities.

The tactical aspects of para-armwrestling training demonstrate complex interrelations between physical capabilities and strategic thinking. Wilson & Thompson's study [5] highlights that successful tactical preparation must consider both the athlete's abilities and potential competitive scenarios.

**Psychological Preparation:** The psychological component, as analyzed by Petrov [7], reveals that mental preparation plays an equally important role as physical training. The integration of psychological techniques helps athletes maintain focus and adapt to varying competitive situations.

**Integration of Modern Methods:** The analysis of current training methodologies shows a clear trend toward integrated training approaches. Williams [9] demonstrates that modern training methods in para-armwrestling achieve optimal results when combining:

- Technical skill development
- Tactical awareness training
- Physical conditioning
- Psychological preparation

The analysis also highlights the importance of continued research and development in specialized training methodologies for para-armwrestling, particularly in areas where current literature shows limitations. This ongoing development is crucial for the advancement of the sport and the achievement of optimal athlete performance levels.

This discussion synthesizes the findings from various sources while maintaining a critical perspective on their practical applications in para-armwrestling training. The integration of these elements provides a foundation for developing effective training programs while acknowledging the need for continued research and development in this specialized field.

## CONCLUSIONS

The comprehensive analysis of technical and tactical methods for training para-armwrestling athletes leads to several significant conclusions that have important implications for the sport's development and athlete preparation. The research definitively shows that successful para-armwrestling training programs must prioritize individualized technical training approaches. This individualization needs to account for specific disability classifications, physical capabilities, and potential adaptive requirements of each athlete. The evidence strongly suggests that standardized training protocols must be modified and adapted to meet individual athlete needs for optimal performance outcomes.

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