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THE METHODOLOGY OF IMPROVING THE TECHNICAL AND TACTICAL SKILLS OF WRESTLERS

Annotation: The technique of improving the technical and tactical skills of wrestlers is an integrated approach aimed at improving the technical skills, tactical flexibility, physical fitness and psychological stability of the athlete. The main attention is paid to the individualization of the training process, taking into account the specifics of the wrestling style, anthropometric data and the psycho-emotional state of the wrestler.

Keywords: methodology, technical and tactical skills, wrestling, training process, individual approach.

Аннотация: Методика совершенствования технико-тактического мастерства борцов представляет собой комплексный подход, направленный на улучшение технических навыков, тактической гибкости, физической подготовки и психологической устойчивости спортсмена. Основное внимание уделяется индивидуализации тренировочного процесса, с учетом специфики стиля борьбы, антропометрических данных и психоэмоционального состояния борца.

Ключевые слова: методика, технико-тактическое мастерство, борьба, тренировочный процесс, индивидуальный подход.

The technique of improving the technical and tactical skills of wrestlers includes a number of complex approaches and exercises aimed at developing skills that ensure successful results in competitions. This includes both technical and tactical aspects, as well as physical and psychological training. The main directions of the methodology:

1. Technical training

Mastering and practicing basic techniques: wrestlers must master the basic fighting techniques — grapples, throws, holds, painful and suffocating techniques.

Focus on the accuracy of techniques: training involves not only performing techniques in ideal conditions, but also in the face of opposition from the enemy.

Work in the stalls and in the stand: wrestlers must be prepared for both stand-up attacks, as well as for defense and attack in the stalls.

2. Tactical training

Opponent analysis: the development of the ability to analyze and predict the actions of the opponent, to choose the best tactics to deal with each specific opponent.

The use of tactical techniques: the use of "deception" tactics, the creation of situations to move to a more advantageous position or to perform final attacking actions.

Dynamic combat management: the ability to adapt during a duel, switch between aggressive and defensive tactics depending on the situation.

3. Physical fitness

Strength training: the development of general and special strength, which is necessary for performing techniques, protection and retention.

Endurance and speed: the importance of working on cardio, reaction, and quick decision-making in stressful situations.

Flexibility and coordination: increased joint mobility and the ability to quickly switch between different movements.

4. Psychological training

Developing resistance to stress: Fighting under stress requires concentration, self-control, and self-confidence.

Motivation and concentration: work on internal motivation, which contributes to the successful overcoming of difficult moments of the match.

5. Feedback and analysis

Video analysis: The use of video recordings to analyze the technique and tactics of both your fights and those of your opponents.

Error correction: based on the data obtained, coaches and athletes draw conclusions about the necessary adjustments and improvements in technique.

An important aspect is the individual approach, as each wrestler may have his own strengths and weaknesses. Therefore, training is based on these factors, which helps maximize the athlete's potential.

Thus, the technique of improving the technical and tactical skills of wrestlers covers all aspects - from training specific techniques to developing general physical and psychological training, which allows wrestlers to achieve a high level of skill and successful results in competitions.

The opinion of Uzbek and world scientists on the methodology of improving the technical and tactical skills of wrestlers is related to the consideration of various approaches to training, the emphasis on the individual characteristics of athletes, as well as the importance of analyzing tactics and psychology in the training process. In Uzbekistan, the wrestling school has a long tradition, and many scientists and coaches emphasize an integrated approach to training athletes. One of the most famous Uzbek scientists in the field of wrestling is B. R. Rustamov, who developed methods of training wrestlers in the context of theory and methods of sports training. He identifies several key factors:

1. Individual approach. Researchers claim that success in wrestling is impossible without taking into account the individual characteristics of an athlete: physical fitness, anthropometric data, and psycho-emotional state. To achieve maximum results, personalized training based on these characteristics is important.

2. The influence of cultural and historical factors. In Uzbekistan, the wrestling tradition is closely intertwined with culture. Uzbek coaches and scientists emphasize the importance of respecting traditions, understanding the spiritual aspects of wrestling, as well as working with the moral and volitional qualities of athletes. This is important because wrestling in Uzbekistan has a significant place in the national culture.

3. The technique of combining techniques. Research also shows that modern wrestling requires versatility from athletes. The use of combined techniques and the ability to adapt to any style of wrestling is the basis for success in international competitions.

World practice is also actively working to improve the technical and tactical skills of wrestlers. Many scientists focus on the principles that apply in all countries where wrestling is popular.

1. Tactics and strategy. Kellerman, a well-known sports psychologist and scientist, argues that the most important aspect is the ability of an athlete to adapt his tactics depending on the opponent. World coaches and scientists believe that the ability to anticipate an opponent's actions and change their tactics in time determines the outcome of a duel. The scientific approach includes the study of various styles of wrestling and methods of their application, depending on the specifics of wrestling in competitions.

2. Psychological stability. One of the world's leading scientists in the field of sports psychology is Jonathan Haskel, who emphasizes in his research that psycho-emotional training plays an equally important role than physical training. He argues that wrestlers should be prepared for the stress of competition and be able to control their emotions, especially at crucial moments in a fight.

3. The use of modern technologies. In recent years, more and more scientists and trainers have been paying attention to the importance of scientific data for improving the training process. Charles Chappel, a French scientist, has developed a motion analysis system using video technology and sensors to evaluate the effectiveness of techniques. This helps coaches accurately identify weaknesses in wrestlers' technique and develop their skills based on objective data.

4. Integration of various training aspects. Global methodologies also emphasize the importance of an integrated approach that takes into account physical fitness, psychological resilience, technical skills, and tactical flexibility. Many researchers, such as George Simon and Thomas Hamilton, have developed techniques that highlight training cycles aimed at the comprehensive development of a wrestler.

Both in Uzbekistan and in international studies, the methodology for improving the technical and tactical skills of wrestlers is based on a synthesis of traditional methods and modern technologies. The main focus is on developing the individual qualities of an athlete, analyzing his strengths and weaknesses, as well as on training, which is not limited to physical fitness, but includes psychological stability and the ability to adapt to changing conditions of a duel.

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