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THE STEP-BY-STEP PLANNING MODEL OF COMPETITION PREPARATION IN YOUNG WRESTLERS

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Abstract: This article presents a scientifically grounded model for planning competition preparation in young wrestlers based on a step-by-step (phased) approach. The study analyzes the structure of the annual training cycle, the ratio between physical, technical-tactical, and psychological preparation, and the dynamics of training load and recovery. The proposed model ensures optimal adaptation, gradual development of special physical qualities, and improved competitive performance. Experimental results demonstrate those systematic and scientifically based planning increases athletes' stability, endurance, and tactical awareness during competitions.

Keywords: wrestling, training model, competition preparation, periodization, physical development, young athletes, endurance, adaptation.

Introduction

Modern sports require scientifically designed and individualized preparation models, especially in wrestling, where performance depends on a combination of physical, technical, tactical, and psychological factors.

For young wrestlers, competition preparation should not be random or intuitive — it must follow a **step-by-step, periodized model** that allows for systematic improvement of physical and mental abilities, progressive load management, and efficient recovery.

In Uzbekistan and worldwide, wrestling has gained strategic importance in national sports programs. However, many young athletes face issues such as early overtraining, improper load distribution, and psychological fatigue due to unstructured preparation. Therefore, the development of a scientifically grounded **phased planning model** for competition readiness is of great relevance.

The aim of this study is to develop and test a **step-by-step competition preparation model** for young wrestlers, focusing on optimizing load dynamics, increasing endurance, and ensuring stable performance in competition conditions.

Literature Review

Scientific research in sports training theory (Matveev, 2010; Platonov, 2020; Bompa & Haff, 2019) emphasizes the principle of **periodization**, where training loads are organized cyclically to achieve peak performance during key competitions.

According to Platonov's model, annual training consists of **macrocycles**, **mesocycles**, and **microcycles**, each with specific goals — adaptation, development, stabilization, and recovery.

In wrestling-specific studies, scholars such as Abdurakhmanov (2021) and Saidov (2022) highlight the importance of adapting classical periodization to the physiological and psychological characteristics of young wrestlers. They recommend using variable-intensity microcycles and integrating recovery sessions to prevent overtraining.

Recent trends show increasing attention to digital monitoring and biofeedback technologies in planning and evaluating athletes' preparation (Shodiyev, 2023). Such systems enable coaches to track fatigue levels, heart rate dynamics, and technical precision, thus allowing individualized adjustments in load management.

Methodology

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The research was conducted among **30 young wrestlers aged 14–17** training at the Youth Olympic Reserve School. The participants were divided into two groups:

- **Experimental group (n=15):** trained using the step-by-step planning model.
- **Control group (n=15):** trained using traditional weekly load planning.

The proposed model consisted of **three main stages** within a 12-week preparation period:

1 **Adaptation Stage (Weeks 1–4):**

- Development of general endurance and strength base;
- Low-to-moderate intensity load (60–75% HRmax);
- Technical refinement in basic moves (throws, grips, defense).

2 **Development Stage (Weeks 5–9):**

- Increase in intensity and volume (75–90% HRmax);
- Simulation of competition conditions;
- Emphasis on speed, coordination, and tactical decision-making.

3 **Stabilization Stage (Weeks 10–12):**

- Optimization of competition readiness;
- Mental and psychological preparation;
- Active recovery and tapering to achieve peak performance.

Physiological parameters (heart rate, lactate concentration, VO_2 max), technical efficiency (scoring success rate), and match performance (wins, tactical errors) were used as evaluation criteria.

Results and Discussion

At the end of the 12-week experiment, the results demonstrated a clear advantage for the experimental group using the step-by-step planning model.

Indicators	Control Group	Experimental Group	Improvement (%)
VO_2 max (ml/kg/min)	48.6	**53.4**	**9.8%**
Average match duration (sec)	320	**360**	**12.5%**
Technical success rate (%)	68	**79**	**16.2%**
Tactical errors (per match)	6.3	**4.1**	**−34.9%**
Recovery heart rate (bpm)	154	**138**	**−10.4%**

Statistical analysis (Student's *t*-test, $p<0.05$) confirmed the significance of improvements in aerobic capacity, technical accuracy, and tactical performance.

The **step-by-step model** allowed coaches to better control training dynamics and avoid premature fatigue. The clear division into phases improved both **load tolerance** and **psychological readiness**, as athletes were aware of each stage's objectives and expectations.

Additionally, feedback sessions after each microcycle helped to correct technical and tactical errors quickly, increasing the effectiveness of individual training programs. The study confirms that **gradual and controlled planning** ensures a higher degree of adaptation, efficient recovery, and consistent performance in competition.

Conclusion

The step-by-step planning model proved to be an effective methodological tool for structuring competition preparation in young wrestlers. Dividing the preparation into adaptation, development, and stabilization stages allows optimal load management, reduces overtraining risk, and improves performance stability. The use of physiological and technical monitoring provides objective control over the training process. Coaches are recommended to integrate this phased planning system into annual cycles to enhance the endurance, tactical thinking, and psychological resilience of young wrestlers.

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