

ENHANCING WRESTLERS' TECHNICAL AND TACTICAL PREPARATION WHILE TAKING INDIVIDUAL FIGHTING STYLE INTO ACCOUNT

B. Q. Erimbetov

Doctor of Philosophy in Pedagogical Sciences, Professor
Karakalpak State University

Abstract

The present research reviews a programme for improving athletes' technical and tactical preparation with a consideration of individual combat style. The program has included training models for each style and has considered the characteristics of the current competitive activities of Greco-Roman wrestlers. Thirty qualified Greco-Roman wrestlers of middle-weight categories have participated in the research. Throughout the experiment (a year-long preparation cycle) the indicators of technical and tactical preparedness of the athletes of the experimental group have improved: the efficiency of defence in stand and ground positions has become higher; the reliability and efficiency of attack and defence actions have increased; the wrestlers have begun to perform a greater number of exercises in stand and ground positions, and to perform successful attacks more often; the interval between the attacks has been shortened.

Keywords: Wrestlers, tactical preparation, athletes, technical preparation

One of the most pressing problems of modern sports science is searching for effective ways of achieving high results on the part of athletes. Simultaneously, the commercialization of sport, competition at the global level, and the social and political significance of athletes' sports achievements grow each year. These facts underscore the necessity of well-directed improvement of various aspects of athletes' training at every stage of a long-term multiannual preparation. One of the most effective ways of optimizing the training process is the individualization of qualified athletes' preparation. Individualization is built on the definition of leading factors and their development that immediately influence the achievement of maximum possible results in a competition for a given athlete.

The main goals of technical and tactical preparation of a wrestler are increasing the volume of technical and tactical actions; the honing to perfection of three or four main actions; mastering various tactical combat style actions with consideration of the specific features of an opponent in a competitive situation; enlargement of a number of preliminary actions for conducting main actions; improvement of technical and tactical actions in various conditions; learning fragmentary elements of technical and tactical skills of wrestlers (the ability to enforce their grab, combat at the edge of a mat, pushing an opponent out, demonstration of the activity,

maintaining advantage, defence in a ground position), that are characteristics of modern Greco-Roman wrestling

In combat sports, athletes can achieve results in various combat styles. A wrestler's combat style is formed in the process of many years of preparation and concerns its various aspects. The most significant indicators that influence the individual style are anthropometry, and the physical, technical, tactical, and psychological preparedness of an athlete. Specialists in wrestling delineate three basic combat styles: playing, strength, and tempo. In recent years, significant changes have been introduced in the wrestling competition rules, and the active search of the optimal competition rules continues; this significantly influences the competitive activities and, as a result, tactical and technical preparedness of athletes. It is necessary to consider this while planning an individual preparation of wrestlers. Therefore, the improvement of the technical and tactical preparedness of athletes with the consideration of individual combat style and the requirements of the modern competitive activity justify the present research and open new reserves for the improvement of successfulness of Greco-Roman wrestlers' competitive activity. In recent years, sufficient studies have been devoted to various aspects of the analysis and development of technical-tactical skills in Greco-Roman wrestling. The technical-tactical performance in wrestling has been analysed; the time-motion analysis model based on technical-tactical interactions has been determined; technical actions at competitions have been analysed. Other studies provide data about the development and the stages of the formation of technical-tactical skills. Unfortunately, there is a lack of empirical evidence about the impact of individualization on the development of technical and tactical preparedness in Greco-Roman wrestling.

Thus, the results of a percentage increase in the indicators of technical and tactical preparedness indicate the superiority of the wrestlers of the experimental group compared to the similar indicators of the athletes of the control group, which indicates the effectiveness of the proposed program of improvement of the technical and tactical preparation of wrestlers of various combat styles and the possibility of its implementation in the training process.

The programme of the improvement of technical and tactical preparation of wrestlers has been developed based on the conducted analysis of the data of the elite athletes. The proposed programme has considered the characteristics of the modern competitive activities in Greco-Roman wrestling, including the competition rules' most recent changes and an individual combat style. The programme for the improvement of technical and tactical preparation aims to identify the individual combat style and develop it with the proposed models. The models include the main combat indicators of technical and tactical actions for each style and the level to which athletes should aim: the number of attacks per unit of time; duration of the actions; the level of effectiveness of actions; the list of optimal actions to perform.

<https://conferencea.org>

The programme's effectiveness for improving technical and tactical preparation for wrestlers of various combat styles has been confirmed in the pedagogical experiment. The analysis of the indicators' results after the experiment has demonstrated that there have been significant differences between the control and experimental groups in all the indicators of technical and tactical preparedness.

The main goals of technical and tactical preparation of a wrestler are increasing the volume of technical and tactical actions; the honing to perfection of three or four main actions; mastering various tactical combat style actions with consideration of the specific features of an opponent in a competitive situation; enlargement of a number of preliminary actions for conducting main actions; improvement of technical and tactical actions in various conditions; learning fragmentary elements of technical and tactical skills of wrestlers (the ability to enforce their grab, combat at the edge of a mat, pushing an opponent out, demonstration of the activity, maintaining advantage, defence in a ground position), that are characteristics of modern Greco-Roman wrestling

The programme's main guidelines are identifying the individual combat style and the development of the technical and tactical level, according to it. For the playing combat style, it is necessary to improve the combinations of actions: more attention was paid to creating favourable dynamic situations for the effective performance of actions; performing attack actions, taking into account the features of the created situation; using the errors of the opponent; performing forward attacks and counterattacks; acting creatively and originally; performing actions at the edge of the mat and dangerous positions.

Therefore, the improvement of the technical and tactical preparedness of athletes with the consideration of individual combat style and the requirements of the modern competitive activity justify the present research and open new reserves for the improvement of successfulness of Greco-Roman wrestlers' competitive activity.

The analysis of scientific and methodical literature, video recordings of competitive matches of elite Greco-Roman wrestlers at the international competitions, has been conducted during the study's previous stages. The characteristics of basic combat styles in Greco-Roman wrestling (strength combat style, playing combat style and tempo combat style) have been formulated based on the conducted analysis. For greater accuracy, the term "individual combat style" is defined as certain predominant abilities (physical, psychological, technical, tactical, theoretical, etc.), which impact specific aspects of the competitive activity, and are formed in the process of sports improvement in wrestlers. The characteristics of basic combat styles wrestlers.

At the beginning and the end of the experiment, the wrestlers participated in competitions. Wrestlers' technical and tactical preparedness has been evaluated based on their performances

<https://conferencea.org>

in competitions. The following indicators of the wrestlers have been noted: 1. The efficiency of the technique used in stand and ground positions (this has been defined by a division of the quantity of successful attacks by the number of real attempts to perform the action and multiplied by 100%).

The analysis of the results received for the control group demonstrated that all the results have improved throughout the experiment. However, statistically significant changes between the indicators of technical and tactical preparedness before and after the pedagogical experiment were not detected.

In summation, it is possible to say that the process of wrestlers' preparation should be built individually, considering the patterns of athletes' training in the modern sports. If these conditions are met, an effective individual combat style has been formed to prepare for the highest achievements. Only if an athlete conducts fights in his own style is it possible to achieve high international results.

References:

1. Antomonov, M. Y. (2006). Mathematical processing and analysis of biomedical data: Firma Maliy Druk.
2. Biac, M., Hrvoje, K., & Sprem, D. (2014). Beginning age, wrestling experience and wrestling peak performance-trends in period 2002-2012. *Kinesiology*, 46(S-1), 94-100
3. Boyko, V. F., Malinsky, I. I., Andriitsev, V. A., & Yaremenko, V. V. (2014).
4. Tursynbaevich, A. B., Kizi, U. A. S., & Kizi, A. G. B. (2022). Wind Mill and Solar Energy. *Texas Journal of Engineering and Technology*, 15, 178-180.
5. Аметов, Б. Т. (2021). Возникновение И Распространение Ударной Волны В Твердом Телe. *IJTIMOIIY FANLARDA INNOVASIYA ONLAYN ILMIIY JURNALI*, 1(6), 42-44.
6. Аметов, Б. Т., Султанбаев, А. П., & Жангабаев, А. К. (2021). ВОЗМОЖНОСТИ И ПРОБЛЕМЫ ИСПОЛЬЗОВАНИЯ ВОЗОБНОВЛЯЕМЫХ ИСТОЧНИКОВ ЭНЕРГИИ. In *КОНКУРС МОЛОДЫХ УЧЁНЫХ* (pp. 72-74).
7. Разикова, И.С., Айдарова, Н.П., Байбекова, В.Ф., Низамов, К.Ф., & Ишмухамедова, Ш.Б. (2023). ОПЫТ ПРИМЕНЕНИЯ ЛЕВОЦЕТИРИЗИНА У ПАЦИЕНТОВ С КРАПИВНИЦЕЙ. *Oriental renaissance: Innovative, educational, natural and social sciences*, 3 (2), 27-32.
8. Разикова, И. С., Аликулова, Д. Я., & Уразалиева, И. Р. (2015). Особенности иммунного статуса подростков с atopической бронхиальной астмой. *Молодой ученый*, (19), 297-299.

9. Аликулова, Д. Я., Разикова, И. С., Уразалиева, И. Р., Мирпайзиева, М. А., & Джураева, Н. К. (2015). Организация работы «Астма школы» в Республике Узбекистан. Современная медицина: актуальные вопросы, (10-11 (43)), 88-92.
10. Разикова, И. С., & Аликулова, Д. Я. (2016). ИММУНОЛОГИЧЕСКИЕ ИЗМЕНЕНИЯ ПРИ РАЗЛИЧНЫХ КЛИНИЧЕСКИХ ВАРИАНТАХ АТОПИЧЕСКОЙ БРОНХИАЛЬНОЙ АСТМЫ У ПОДРОСТКОВ. In Материалы VII международной (XIV итоговой) научно-практической конференции молодых ученых (pp. 67-70).
11. РАЗИКОВА, И., АЙДАРОВА, Н., БАЙБЕКОВА, В., & ДУСТБАБАЕВА, Н. (2022). Сывороточноподобный Синдром Как Осложнение Вакцинации. Central Asian Journal of Medical and Natural Science, 3(2), 176-183.
12. Разикова, И. С., Айдарова, Н. П., Байбекова, В. Ф., Дустбабаева, Н. Д., Ишмухамедова, Ш. Б., & Шорустамова, С. С. (2023). Сенсбилизация К Грибковым Аллергенам У Пациентов С Респираторной Аллергией. Central Asian Journal of Medical and Natural Science, 4(1), 31-37.
13. Аликулова, Д. Я., Маматкулов, Б. М., Разикова, И. С., & Авезова, Г. С. (2015). Выявление особенностей иммунного статуса у подростков при атопической бронхиальной астме. Вестник Совета молодых учёных и специалистов Челябинской области, (3 (10)), 9-14.
14. Уринов, А. М., Отожонов, И. О., & Ахмедова, Д. Б. (2022). Роль пробиотиков в лечении цирроза печени. ЎЗБЕКИСТОН РЕСПУБЛИКАСИ СОҒЛИҚНИ САҚЛАШ ВАЗИРЛИГИ ТОШКЕНТ ТИББИЁТ АКАДЕМИЯСИ, 37.
15. Отажонов, И. О. (2011). Заболеваемость студентов по материалам углубленного медосмотра студентов, обучающихся в высших учебных заведениях. Тошкент тиббиёт академияси Ахборотномаси.–Тошкент, (2), 122-126.
16. Islamovna, S. G., Komildjanovich, Z. A., Otaboevich, O. I., & Fatihovich, Z. J. (2016). Characteristics of social and living conditions, the incidence of patients with CRF. European science review, (3-4), 142-144.
17. Отажонов, И. О. (2020). Кам оксилли парҳез самарадорлигини баҳолаш.
18. Отажонов, И. О., & Шайхова, Г. И. (2020). Фактическое питание больных с хронической болезнью почек. Медицинские новости, (5 (308)), 52-54.
19. Отажонов, И. О. (2020). Оценка психологического состояния больных с хронической болезнью почек. Главный редактор–ЖА РИЗАЕВ, 145.
20. Отажонов, И. О. (2021). Сурункали буйрак касаллиги бўлган беморлар ҳаёт сифати кўрсаткичлари.
21. Отажонов, И. (2011). Ҳозирги тараққиёт даврида талабалар овқатланишини гигиеник асослаш (Doctoral dissertation, Тошкент тиббиёт академияси).

22. Akhmadaliev, N. O., Salomova, F. I., Sadullaeva, K. A., Abdulkadirova, L. K., Toshmatova, G. A., & Otajonov, I. O. (2021). Health State Of Teaching Staff Of Different Universities In The Republic Of Uzbekistan. NVEO-NATURAL VOLATILES & ESSENTIAL OILS Journal| NVEO, 15954-15967.
23. Шайхова, Г. И., Отажонов, И. О., & Рустамова, М. Т. (2019). Малобелковая диета для больных с хронической болезнью почек. Экспериментальная и клиническая гастроэнтерология, (12 (172)), 135-142.
24. Алишерова, К. С., Сейткаримова, Г. С., & Юнусходжаева, Х. С. (2022). ЭФФЕКТИВНАЯ ПСИХОКОРРЕКЦИЯ ПРИ НЕВРОТИЧЕСКОМ РАССТРОЙСТВЕ. ЖУРНАЛ НЕВРОЛОГИИ И НЕЙРОХИРУРГИЧЕСКИХ ИССЛЕДОВАНИЙ, 3(1).
25. Karakhonova, S. (2019). Psychocorrection and optimal pharmacotherapy in anxiety-phobic syndrome. Psychosomatic Medicine and General Practice, 4(1), e0401175-e0401175.
26. Ибодуллаев, З. Р., Карахонова, С. А., & Сейткаримова, Г. С. (2021). Значение использования методов психокоррекции при лечении тревожно-фобического синдрома. ЖУРНАЛ НЕВРОЛОГИИ И НЕЙРОХИРУРГИЧЕСКИХ ИССЛЕДОВАНИЙ, (SPECIAL 1).
27. Ибодуллаев, З. (2022). EFFECTIVE PSYCHOCORRECTION IN NEUROTIC DISORDER.
28. Karakhonova, S. A. (2022). The Significance of the Application of Psycho-Correction Methods in the Treatment of Psycho-Emotional Disorder. EUROPEAN JOURNAL OF MODERN MEDICINE AND PRACTICE, 2(12), 59-64.
29. Махмудова, Д. А., & Карахонова СА, Х. К. (2015). Неврозларда фобия ва кўрқув. Психиатрия журналы, (1-Б), 82.
30. Karakhonova, S. A., & Ishanhodjaeva, G. T. (2016). Cognitive disorders in Parkinsonism. Parkinsonism & Related Disorders, 22, e59.
31. Solidjonov, D., & Arzikulov, F. (2021). WHAT IS THE MOBILE LEARNING? AND HOW CAN WE CREATE IT IN OUR STUDYING?. Интернаука, (22-4), 19-21.
32. Solidjonov, D., & Arzikulov, F. (2021). WHAT IS THE MOBILE LEARNING. AND HOW CAN WE CREATE IT IN OUR STUDYING, 22-4.
33. Abror, Q. (2020). Development of Magnetic Characteristics of Power Transformers. Fazliddin, A., Tuymurod, S., & Nosirovich, OO (2020). Use Of Recovery Boilers At Gas-Turbine Installations Of Compressor Stations And Thyristor Controls. The American Journal of Applied sciences, 2(09), 46-50.

<https://conferencea.org>

34. Dilmurod, R., & Fazliddin, A. (2021). Prospects for the introduction of artificial intelligence technologies in higher education. *ACADEMICIA: an international multidisciplinary research journal*, 11(2), 929-934.
35. Akhmedovich, M. A., & Fazliddin, A. (2020). Current State Of Wind Power Industry. *The American Journal of Engineering and Technology*, 2(09), 32-36.