

# MENTAL ENLIGHTENMENT SCIENTIFIC – METHODOLOGICAL JOURNAL



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### MODULE FOR TRAINING YOUNG BELT WRESTLERS IN TECHNICAL METHODS BASED ON COMPETITION INDICATORS

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#### ABOUT ARTICLE

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**Abstract:** In this study, the effectiveness of the use of innovative training methods in the technical and tactical training of young belt wrestlers was studied. Modern pedagogical technologies, digital tools and interactive educational methods are increasingly integrated into the educational process to accelerate skill acquisition and improve performance. The use of Video analysis allows athletes to detect and correct errors in real time, while interactive applications develop decision-making, balance and coordination depending on the situation. The results show that the systematic implementation of innovative approaches not only increases the quality of technical skill, but also promotes the stabilization of competitive results, increased competitiveness and sustainable development of the sport.

**Introduction.** Goals and objectives: to increase the technical-tactical training and performance of young belt wrestlers in competitions by applying innovative methods of Education.

Assignments:

1. Analysis of the role of innovative pedagogical and digital technologies in the process of training young polygons.

2. Assessment of the effectiveness of video analysis in error detection and skill development.

3. To study the effects of interactive learning methods on situational decision-making, balance, and coordination.

4. Determination of the contribution of innovative approaches to stabilizing competitive performance and improving competitiveness.

**Research methods** The study used a combination of theoretical and practical methods. A systematic review of pedagogical and methodological literature was carried out in order to identify modern innovations in sports training. In training with young belt wrestlers, practical observations were carried out, video training, situational exercises, interactive programs were introduced as a training weapon. A comparative analysis of training results and competition results was used to assess the effectiveness of integrating innovative methods into traditional learning practices.

**Introduction** nowadays, the use of various modern innovative methods in teaching belt wrestling techniques to young athletes is becoming increasingly popular. This involves the widespread application of new pedagogical technologies, digital technologies, and interactive training methods in the training process, beyond traditional training forms. As a result, young athletes are able to master belt wrestling techniques more quickly and effectively, and engaging training sessions are yielding positive outcomes. The use of innovative methods in training typically involves video analysis, which allows for slow-motion review of an athlete's technical movements, identification of mistakes, and their prompt correction. Additionally, interactive training programs teach athletes to make situational decisions, expanding their technical and tactical capabilities in competitive conditions. This process not only enhances technical skills in young athletes but also develops quick thinking, balance, and coordination.

**Results** the use of innovative methods in teaching belt wrestling elevates athletes' preparation to a new level. This approach helps stabilize their performance in competitions, increases competitiveness, and further strengthens their interest in the sport. Therefore, the introduction of modern innovative methods into practice holds strategic importance in preparing young belt wrestlers, creating a solid foundation for their future sporting achievements.

**Block I: Diagnostics.** Diagnostics represents one of the most critical stages in the technical-tactical preparation process of young belt wrestlers. During this phase, each athlete's morphological profile is determined, encompassing parameters such as height, body mass, body mass index (BMI), body proportionality, and the degree of muscle mass development.

Concurrently, functional indicators—such as cardiovascular system performance, respiratory capacity, muscle strength, speed, and endurance—are systematically evaluated. A comprehensive diagnosis of these parameters facilitates an accurate assessment of the athlete's current physical capabilities.

The primary objective of this block is to identify the individual characteristics of young wrestlers and to provide a scientifically grounded framework for the instruction of technical skills. Data obtained through diagnostics enable the identification of an athlete's strengths and weaknesses, thereby guiding the training process by indicating which technical skills require greater emphasis. For instance, athletes with greater height and longer arm reach may excel in executing gripping and rotational techniques, whereas shorter athletes with higher endurance levels may more readily master rapid offensive techniques. Thus, an individualized approach based on diagnostic outcomes enhances the efficacy of technical skill instruction.

Consequently, the morphological profile and functional potential of young belt wrestlers are meticulously documented, establishing a scientific-methodological foundation for subsequent training phases. This process plays a pivotal role in the selection and progressive instruction of technical skills. Furthermore, it enables the monitoring of athletes' developmental progress, the regulation of training loads, and the determination of their readiness for competition. In sum, Block I—Diagnostics—lays a robust scientific-methodological groundwork for the effective preparation of young wrestlers and the advancement of their athletic proficiency.

Block II: Individualization. The individualization phase occupies a pivotal role in the training process of young belt wrestlers. The primary objective of this block is to appropriately allocate training loads based on each athlete's weight category, morphological characteristics, and physical capabilities. This approach safeguards athletes from excessive strain, reduces the risk of injury, and maximizes the realization of each wrestler's individual potential. Training regimens that fail to account for an athlete's physiological capacities not only diminish effectiveness but may also adversely impact their long-term development.

In the individualization process, a tailored approach based on weight categories assumes particular significance. Lightweight wrestlers are required to focus predominantly on exercises that enhance speed, agility, and rapid offensive techniques. For middleweight athletes, integrating speed with strength and endurance training is of critical importance. Heavyweight wrestlers, in contrast, prioritize strength, stability, and the precise, deliberate execution of technical skills. Consequently, training content structured according to weight categories effectively fosters the development of athletes' technical-tactical proficiency.

The practical significance of this block lies in enabling athletes to master technical skills efficiently and effectively through training tailored to their capabilities. This facilitates the demonstration of their unique strengths in competitive settings. As a result, technical efficiency is enhanced, and wrestlers acquire the technical-tactical expertise necessary to gain a competitive advantage over opponents. Individualized technical-tactical preparation establishes a foundation for athletes to achieve consistent and high-quality results throughout their long-term sporting careers.

Block III: Technical-Tactical Preparation. Technical-tactical preparation constitutes a cornerstone of the training process for young belt wrestlers, with its primary objective being the rapid mastery of technical skills and their accurate application in competitive scenarios. At this stage, game-based exercises are extensively employed to make the learning process engaging and effective. These exercises not only heighten athletes' interest in training but also prepare them for natural competitive environments. For instance, paired rapid-grip drills, game elements designed to enhance speed, or exercises focused on executing specific techniques to outmaneuver an opponent significantly increase the efficacy of the technical preparation process.

The technical component forms the core of this block. It involves teaching wrestlers various technical skills through precise and repetitive exercises, structured to progress systematically from simple to complex techniques. The refinement of technical skills emphasizes the development of precision, balance, coordination of hand and foot movements, and, where necessary, the enhancement of speed. Concurrently, training athletes to apply techniques in diverse scenarios broadens their ability to successfully execute offensive or defensive maneuvers during competitions, thereby enhancing their adaptability and effectiveness in dynamic competitive contexts.

The tactical component instructs athletes in the accurate and efficient application of techniques. At this stage, competitors develop skills such as identifying an opponent's strengths and weaknesses, making situationally appropriate decisions, initiating attacks, or executing counterattacks. Tactical preparation teaches the adaptation of technical methods to practical conditions, deceiving the opponent, and selecting effective techniques at critical moments. Consequently, the technical-tactical training block enables athletes to quickly and effectively master techniques, apply them correctly in competitive situations, and significantly enhance technical efficiency (See Figure 1).

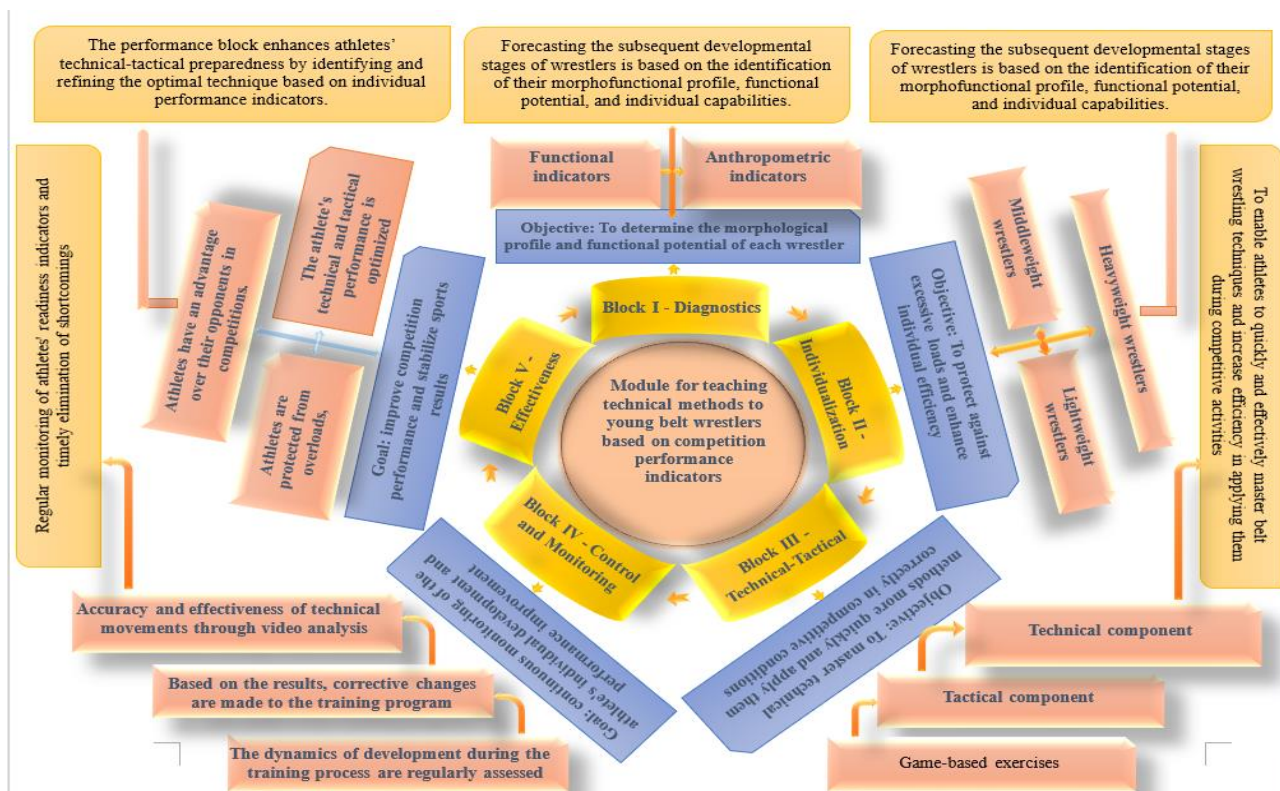


Figure 1. Module for training young belt wrestlers in technical methods based on competition indicators

Block IV: Control and Monitoring serves as a mechanism for ensuring quality in the training process of young belt wrestlers. The primary objective of this block is to continuously monitor the individual development of athletes, evaluate the outcomes achieved during training, and enhance overall effectiveness. The physical, technical, and tactical preparedness levels of athletes are regularly assessed, enabling precise documentation of their developmental progress. Additionally, evaluating the psychological state and competitive readiness of athletes constitutes a critical component of the control process.

During the control process, training outcomes are systematically analyzed, and necessary adjustments are made to the training program based on the individual's developmental level. This facilitates the identification of athletes' strengths and weaknesses, early correction of errors, and the full realization of their athletic potential. Based on the results, training loads are reviewed to prevent overexertion, strengthen individualized approaches, and enhance training efficiency.

The use of modern tools, particularly video-analysis technologies, proves highly effective in refining technical-tactical skills. Video analysis highlights the precision, coordination, and efficiency of an athlete's technical movements, enabling rapid identification of errors. Consequently, the control and monitoring block supports consistent tracking of



athletes' development, early detection of errors in training, more effective organization of the training process, and stabilization of athletic performance.

Block V: Performance represents the culminating stage in the training process of young belt wrestlers, with its primary objective being to enhance competitive efficiency and stabilize athletic outcomes. At this stage, the results of diagnostics, individualization, technical-tactical preparation, and control and monitoring from previous blocks are synthesized to develop an effective model for preparing athletes for competition. During the performance phase, athletes are safeguarded from excessive loads, which reduces the risk of injury and ensures sustained high-level performance in long-term athletic careers.

Within this block, athletes' technical-tactical indicators are progressively optimized. Technical methods mastered during training are tested in competitive conditions to enhance their effectiveness. Additionally, athletes develop skills such as self-confidence, rapid decision-making, identification of opponents' strengths and weaknesses, and achieving competitive superiority. This approach not only guarantees technical-tactical advantages but also strengthens the athlete's psychological preparedness.

Consequently, through the individualization of technical-tactical preparation, young belt wrestlers achieve increased competitive efficiency, stabilized athletic results, and elevated competitiveness. This block ensures the overall effectiveness of the training system, enabling athletes to attain high achievements not only during competitions but also in their future athletic endeavors. Thus, Block V—Performance—serves as the logical culmination of all processes within the belt wrestlers' training model, embodying the most critical indicator of a scientifically grounded and effective methodology.

**Conclusion.** Studies have shown that innovative methods significantly increase the effectiveness of technical-tactical training in young belt wrestlers. The use of Video analysis increases accuracy in movement and accelerates error correction, interactive training programs improve decision making, coordination and psychological training. In addition, the integration of digital and pedagogical innovations increases the motivational activity of athletes, ensures that the training process is more dynamic and effective. From this it can be concluded that innovative methods in Belt Wrestling serve not only as an addition, but also as a strategic component in the training of athletes. Their consistent application takes training to a new level, stabilizes competition performance, increases competitiveness and creates a solid foundation for future sporting achievements.

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