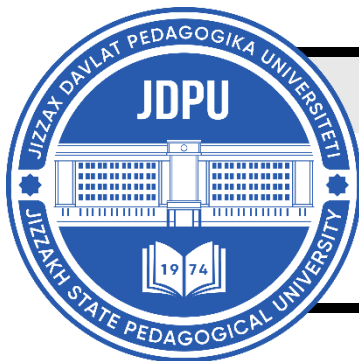


MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNALMENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL<http://mentaljournal-jspu.uz/index.php/mesmj/index>IMPROVING THE TECHNICAL AND TACTICAL TRAINING OF
QUALIFIED WRESTLERS**Madhiya Yuldosheva***Senior Lecturer, Department of Physical Culture and Sports
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ABOUT ARTICLE

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Abstract: This article presents the positive aspects of applying technical and tactical principles aimed at enhancing the skills and competencies of qualified wrestlers during pre-competition training processes. Such an approach contributes to improving the technical-tactical preparation of skilled wrestlers before competitions, developing their competitive abilities, and organizing multi-year training stages based on new innovative methods. Therefore, it is necessary to pay special attention not only to the manifestation of physical qualities but also to the diagnosis of an athlete's potential in the chosen sport and the analysis of technical-tactical movements in the process of selection for professional sports.

Introduction. The growing competitiveness in combat sports worldwide today requires a reassessment and improvement of the system of technical and tactical preparation of athletes, as well as a scientific approach to addressing existing challenges. A number of researchers have conducted studies aimed at improving the pre-competition physical readiness of individual combat athletes and developing their coordination abilities in executing technical and tactical movements. However, the issue of enhancing the pre-competition technical and tactical preparedness of skilled wrestlers—through the use of specialized exercises that develop physical qualities and increase the effectiveness of technical and tactical training—remains a pressing topic of modern sports science.

Literature review. Improving the pre-competition technical and tactical readiness of qualified wrestlers, preparing them to perform competitively, and organizing their multi-year training cycles based on innovative approaches are among the urgent challenges of contemporary sports theory and practice. In addressing these issues, a number of Uzbek scholars have conducted valuable research. Notably, F.A. Kerimov, Z.A. Bakiyev, N.A. Tastanov, Z.S. Artiqov, Sh.S. Mirzanov, M.M. Kirgizboyev, F.I. Bobomurodov, O.J. Dadaboyev, S.Q. Adilov, A.U. Hamidjonov, E.H. Quvatov, K.S. Bo'riyev, and others have developed new proposals and recommendations in their textbooks, teaching manuals, articles, and theses concerning selection systems in wrestling.

Prominent scholars from the Commonwealth of Independent States (CIS) have also carried out extensive research focused on planning pre-competition preparation for wrestlers, designing cyclic stages of training, and identifying as well as assessing indicators of general and special physical fitness. Among them are N.J. Bulgakova, A.A. Karelin, V. Lyakh, G.S. Tumanyan, V.N. Platonov, V.Y. Verkhoshansky, A.B. Taymazov, and V.P. Nikiforova, who have explored the specific features of combat sports, their developmental mechanisms, and the interrelationship between general (aerobic) and special (anaerobic) preparedness.

Various aspects of wrestlers' work capacity—including physical and technical preparedness and their formation—have also been studied by Uzbek specialists, who have published numerous research articles, dissertations, and monographs on the subject.

In addition, foreign researchers such as L.F. Monteiro, V.G. Petrukhin, P. Hirtz, W. Starosta, S. Kuzmitski, A. Kruszevski, M. Kruszevski, and D. Kelly have examined the relationship between wrestlers' special work capacity (expressed through the volume and intensity of throws) and statokinetic stability (balance maintenance). Their studies focused on the potential for developing this capacity through the use of rotational training devices and circular movement exercises. Despite these efforts, research aimed at improving wrestlers' physical and technical preparedness using wrestling-specific training tools remains highly relevant today.

Based on the above-mentioned ideas, we can conclude that not only the manifestation of physical qualities, but also the issues of diagnosing an athlete's prospects in the chosen type of sport and the technical-tactical actions in the process of selection for professional sports remain relevant. This, in turn, requires conducting numerous scientific research works in order to explore ways of carrying out studies in this direction.

Analysis and results. The organizational foundations of the wrestlers' stages of preparation are important in that they are based on the general system of sports and on the training process. The stages of preparation are the planning of cyclical training camps for

wrestlers before competitions and are implemented according to a plan to ensure the growth of the effectiveness of their physical, mental, and technical-tactical actions.

The stages of wrestlers' preparation usually include several phases. These phases serve as a basis for the physical and mental development of wrestlers and for bringing them to a perfect state. It is recommended to use the following stages in the training process for wrestlers.

Table 1

Organizational structure of qualified wrestlers' training stages

1. Organization of the training process	2. Physical preparation	3. Technical preparation
Planning of the annual cycle: The wrestlers' training process throughout the year is divided into different stages: initial, main, and final. At each stage, goals and objectives are clearly defined.	Development of physical preparation: Specific training sessions and programs are designed to improve wrestlers' general and special physical fitness, focusing on the development of physical qualities.	Teaching wrestling techniques: Athletes are thoroughly taught various wrestling methods, techniques, and positions. This includes positional approaches, tactical movements, mastering defense and attack strategies.
Planning of the preparation process: The training process is organized both individually and collectively. Each athlete's specific preparation needs are taken into account.	Physical qualities: Special attention is given to developing strength, speed, endurance, flexibility, and agility.	Practical sessions: Technical and tactical skills are reinforced through training camps and sparring practices.

4. Tactical preparation	5. Psychological preparation	6. Nutrition and recovery	7. Competition preparation
Management of training processes and development of strategies: Wrestlers are taught to select and	Enhancing self-confidence: Training aimed at managing stress and pressure, maintaining	Proper nutrition: A nutrition plan ensures the athletes' strength,	Comprehensive readiness: Wrestlers must be fully prepared not only technically and physically, but also mentally and

4. Tactical preparation	5. Psychological preparation	6. Nutrition and recovery	7. Competition preparation
implement strategies for each opponent.	psychological stability.	endurance, and quick recovery.	tactically before competitions.
Video analysis: Tactics and strategies are developed through the analysis of competition videos and opponents' fighting styles.	Motivation and mental preparation: Helping athletes prepare for competitions and achieve their goals.	Recovery and rest: Recovery and rest between workouts are crucial for preventing injuries.	Pre-competition preparation: Includes psychological readiness, technical and tactical exercises, and opponent analysis.

The process of training wrestlers involves coaches continuously monitoring the athlete's development in every aspect and making adjustments based on analysis. The most important feature of this process is that the training must be systematic and comprehensive.

If we analyze the data provided by researchers regarding the stages of preparing qualified wrestlers, we can see that there are numerous scientific studies and practical experiments on this subject.

In competitive conditions, there are several methods of performing mandatory movements, which encourage the wrestler's activity and skill development. During training competitions, wrestlers are often instructed to focus more on defensive techniques or, conversely, on offensive maneuvers.

There are several methodological approaches to easing the conditions for performing technical movements:

- a) Segmentation of movement elements – for example, in wrestling, executing techniques involving only the upper body;
- b) Regulated relaxation of muscle tone, which helps the wrestler make more precise corrections to specific movements. To improve technical performance, the wrestler is often paired with lighter-weight opponents;
- c) Rapid information feedback method, which enables quick achievement of the required range, rhythm, and speed of movement, thereby enhancing the wrestler's awareness and understanding of the performed action.

Table 2

*Tests Determining General, Special Physical, and Technical-Tactical Preparedness
Indicators Specific to Skilled Wrestlers*

Physical Qualities	Control Tests
Speed Quality	Sprinting 60 m from a low start (no more than 8.8 seconds); sprinting 100 m (no more than 13.8 seconds).
Endurance Quality	Running 1000 m (no more than 3 minutes 25 seconds); running 1500 m (no more than 5 minutes 20 seconds).
Strength Qualities	Hanging pull-ups on a high bar (at least 14 times); push-ups from a prone position (at least 40 times); hanging leg raises to 90° on a gymnastics ladder (at least 10 times); squats with one's own body weight (at least 17 times).
Speed- Strength Quality	Standing long jump (at least 230 cm); sit-to-stand with a partner, 10 repetitions (no more than 14.2 seconds).
Technical- Tactical Skill	Mandatory technical-tactical program during training.

Pedagogical Methods for Determining Special Physical Preparedness

In addition to standard physical preparedness tests, during our experiment we also used a set of specialized tests that wrestlers must master. These included:

- Climbing a 4.5-meter rope without using the legs,
- Sit-to-stand with a partner (10 times),
- Time to throw a partner 10 times,
- Time to throw a dummy 3×8 times.

The dissertation used tests commonly applied in all types of wrestling, since the formation and improvement of athletes' skills directly depend on their physical fitness.

The main objectives of implementing the training program and improving the professional level of qualified wrestlers were defined as follows:

- Enhancing the athlete's physical capabilities — improving general and special physical qualities, as well as technical, tactical, and psychological preparedness;
- Ensuring stability in achieving high sports results at national and international competitions;
- Maintaining a high level of sports motivation;
- Strengthening the athlete's overall health.

To assess the wrestlers' special physical preparedness, 10 tests and performance indicators were used within an evaluation system:

1. Rope climbing (4.5 m) using only the hands:

The athlete, standing on the mat and holding the rope with both hands, begins to climb at the signal. When the athlete touches the top mark (4.5 m above the ground), the stopwatch stops, and the recorded time is taken as the result.

2. Standing long jump:

A test for assessing speed-strength abilities. The athlete stands with both feet together, swings the arms, and jumps forward using both legs simultaneously. The best of three attempts is recorded. Measurements are taken to the nearest 1 cm from the rearmost mark of the landing.

3. 60-meter sprint (from a high start):

A test to determine the level of speed development. Two attempts are allowed, and the best result is taken. Timing is done with an electronic stopwatch accurate to 0.1 seconds.

4. Number of pull-ups on a high bar:

A test for assessing strength qualities, determined by the number of pull-ups performed in 10 seconds.

5. Sit-ups from a lying position:

A test for assessing strength qualities, measured by the number of sit-ups performed in 30 seconds.

6. Determination of hand muscle strength:

Measured using a dynamometer to assess the strength of specific muscle groups.

7. Time to throw a partner 10 times (in seconds):

Used to evaluate technical preparedness.

8. Sit-to-stand with a lifted partner (in seconds):

The test ends after 10 full repetitions. The time is recorded with a stopwatch accurate to 0.1 seconds.

9. 3×8 dummy throws (in seconds):

Used to assess special physical preparedness.

10. Time to perform 10 dummy throws with turns (in seconds):

Three attempts are allowed; the best result is recorded. Measurements are made to the nearest 1 cm from the heel mark at landing.

Based on the above, it can be concluded that wrestlers' morphological condition plays an important role in the development of both general and special motor qualities.

To analyze wrestlers' overall morphological condition, integral anthropometric indicators such as body height and weight, chest circumference, upper arm and forearm length and circumference, as well as torso length, are considered.

These individual anthropometric characteristics significantly influence the manifestation of special motor qualities and the athlete's level of physical development.

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