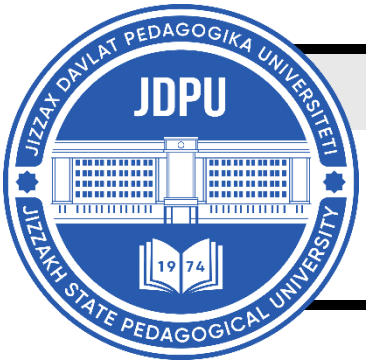
DOI: https://doi.org/10.37547/mesmj-V7-I1-10 Pages: 90-93

MENTAL ENLIGHTENMENT SCIENTIFIC – METHODOLOGICAL JOURNAL



MENTAL ENLIGHTENMENT SCIENTIFIC – METHODOLOGICAL JOURNAL

http://mentaljournal-jspu.uz/index.php/mesmj/index

MODEL INDICATORS OF QUALIFIED WRESTLERS

Kamol Suyunovich Buriyev
Senior Lecturer
Department of Sports Activity PhD
Karshi State University
Karshi, Uzbekistan

ABOUT ARTICLE

Key words: wrestling, model indicator, physical preparation, technical-tactical skill, athlete model, competitive activity.

Received: 21.01.26
Accepted: 22.01.26
Published: 23.01.26

Abstract: This article examines the model indicators of qualified wrestlers, namely the main criteria that determine the level of their physical, technical-tactical, and psychological preparation. It also analyzes the importance of using model indicators in the process of selecting and preparing athletes.

Introduction. In modern sports, particularly in wrestling disciplines, scientifically based management of an athlete's preparation is a key factor in achieving effective results. In preparing qualified wrestlers, model indicators (model standards) represent the optimal level of an athlete's preparation. They serve to plan and monitor the training process while taking into account the athlete's individual characteristics. Wrestling, as a sport belonging to the combat sports category, not only embodies our national values but also possesses unique features in terms of educating the younger generation, requiring well-developed physical qualities. Improving the competition readiness of young wrestlers by achieving high results through the modeling of all exercises, methods, and styles used in prestigious competitions to maintain top performances remains one of the urgent issues in systematizing the training process.

1. The Concept of Model Indicators Model indicators are a complex set of parameters that represent the average normative values of athletes who have achieved high results in a

particular sport or discipline over a long period. They encompass the following aspects of an athlete's activity: a) anthropometric indicators: height, body weight, percentage of muscle mass, body composition; b) physiological indicators: heart rate, maximum oxygen consumption (VO_2max), recovery rate; c) physical qualities: strength, endurance, agility, speed, coordination abilities; d) technical-tactical indicators: speed and efficiency of technique execution, defense-to-attack ratios; e) psychological indicators: concentration, stress resistance, volitional qualities.

2. The Importance of Model Indicators Model indicators are used for the following purposes:

- as scientific criteria in the selection and screening of athletes;
- in individual planning of training programs;
- in monitoring and analyzing the athlete's preparation level;
- in predicting competitive performance.

3. Model Indicators of Wrestlers (for example) in Performing Technical Techniques In wrestling, over many years, qualified wrestlers who have achieved high results in World, Asian, and Republican competitions use effective techniques in competitive bouts.

№	**Name**	Techniques to be Performed				
		Side throw	Shoulder throw / Over-the-shoulder throw	Lift and throw between the legs	Lift and throw overhead while hugging / Suplex	Leg trip and backward throw / Leg reap and reverse throw
1	A.T. (+100kg)	**	***	***	*	*
2	M. H. (+100kg)	***	**	*	**	*
3	Sh. J. (-100 kg)	***	*	***	*	**
4	U. B.(-90 kg)	*	**	**	-	***
5	Sh. A.(-81 kg)	*	***	**	**	*
6	D. A. (-73 kg)	*	**	***	*	*

Note — *The * stars are used as a rating system, according to which:*

*1 * — methods rated more as chala (partial/incomplete throw);*

*2 ** — methods rated more as yonbosh (side throw);*

*3 *** — methods rated more as halol (clean/honest/full throw).*

In the table presented above, the techniques most frequently used in competitions by wrestlers who were part of the Uzbekistan national Kurash team in their time and achieved high results on the international arena have been analyzed. The highly qualified wrestlers mentioned above, namely:

A.D. (in the -73 kg weight category) was considered one of the number-one wrestlers for many years, achieving high results in various prestigious competitions as part of the national team. This wrestler stood out as an example to others during training sessions due to his unique technical and tactical movements and high level of discipline; at the same time, he is remembered as a wrestler who correctly capitalized on his opponents' mistakes.

Sh. A. (-81 kg) This wrestler gained fame for his endurance and aggressiveness, even though most of his opponents had significantly taller and larger builds. In many competitions, he had to face wrestlers who were superior to him in height, which in turn required much more strength from him. The majority of Sh.A.'s victories in competitions came from using the shoulder throw (yelkadan oshirib tashlash), which was convenient for him. He is one of the rare wrestlers who demonstrated aggressive wrestling from the start of the bout until its end.

U. B. (-90 kg weight category) was one of the most intense competitors. Wrestlers in this weight category must have highly developed qualities of speed-strength and strength-endurance; otherwise, they cannot achieve results in any competition. Due to the high level of development of these qualities in U.B., as well as his good technical-tactical preparation, he achieved strong results in prestigious competitions.

J.Sh. (-100 kg) is a two-time world champion and multiple winner of international tournaments. It can be said that this wrestler's strong willpower and high level of endurance were the reasons he took leading positions in prestigious competitions. He stands out for his ability to maintain the intensity of bouts at a consistent level.

M.H. is a five-time world champion and multiple winner of international tournaments. This wrestler stands out from others due to his discipline and high level of flexibility. He possesses a number of positive qualities that can serve as an example for young wrestlers.

T.A. competed in the +100 kg weight category, is a multiple-time Uzbekistan champion, winner of international tournaments, and an international-class Master of Sports. It is natural that in the heavy weight categories where T.A. competed, qualities such as speed-strength and strength-endurance are not as highly developed among wrestlers, but T.A. stood out precisely because these qualities were well developed in him. We have witnessed him using techniques that even heavy, massive strongmen find difficult to perform—such as the shoulder throw—several times to defeat opponents who were physically stronger than him.

We consider the technical techniques performed by the renowned wrestlers named above in their competition bouts to be the most effective ones. They have been learning and perfecting these skills since the initial preparation periods, continuously refining and shaping them over the years through participation in competitions.

For effectively managing the multi-year preparation process of wrestlers, the development of a multi-year program holds great importance. A program structured with consideration of the stages of multi-year preparation allows for more accurately determining the priority directions of the wrestlers' training process, setting specific indicators, and provides a basis to rely on and improve during the preparation of those engaged in Kurash.

4. Practical Application of Model Indicators In the training process, coaches take the model indicators as a reference and compare the athlete's real results with them. If the athlete's indicators are below the model, the content of the training is adjusted accordingly. In this way, an individual approach is implemented.

Conclusion. The model indicators of qualified wrestlers are an integral part of the sports preparation system. They help in evaluating and improving the athlete's physical, technical, and psychological state. Developing and continuously updating scientifically based model standards is a necessary condition for the development of modern Kurash sport.

- Improving the efficiency of wrestlers' training and practice process must be carried out on the basis of a comprehensive set of scientifically grounded laws and principles of physical education and sports theory, which in turn makes it possible to determine specific ways to implement these laws in terms of increasing the preparation efficiency of representatives of various combat sports;
- The process of forming technical-tactical preparation for wrestlers' participation in competitions can be more effective if the technical-tactical arsenal demonstrated by highly qualified wrestlers in competitions is used in the training process.

References:

1. Abdiyev A.N. Борба monografiya. T, 2004.
2. Aliyev I.B. Kurash bilan shug'ullanuvchi talaba-sportchilarni mashg'ulot yuklamalarining optimal nisbatlari. /diss., T., 2012.
3. Platonov V.N. Sistemi podgotovki sportsmenov v olimpiyskom sporte. Kiev, 2015.
4. Mirzaev A., Tursunov B. Kurashchilarning tayyorgarlik jarayonida model ko'rsatkichlardan foydalanish. – "Sport ilm-fani" jurnali, №2, 2022.