

MENTAL ENLIGHTENMENT SCIENTIFIC –
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METHODOLOGICAL JOURNAL<http://mentaljournal-jspu.uz/index.php/mesmj/index>ANALYSIS OF THE SURVEY AMONG COACHES ON
TECHNICAL-TACTICAL ACTIONS AND SPECIAL PHYSICAL PREPARATION OF
GRECO-ROMAN WRESTLERS**Ibrokhim Nigmatov***Senior Lecturer at the Department of Theory and Methodology of Combat Sports
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ABOUT ARTICLE

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Abstract: This scientific article analyzes the role of physical education and sports, particularly combat sports, in promoting a healthy lifestyle. The study highlights the importance of technical and tactical preparedness of Greco-Roman wrestlers, as well as the significance of performing movements accurately and effectively during high-intensity competitions. Pedagogical observations revealed that athletes lack well-developed skills in executing unexpected technical actions and maintaining balance during lifts involving turns or rotations. To examine this issue, a survey was conducted among 80 specialist coaches. The findings demonstrate the necessity of integrating modern scientific and methodological approaches into the training process and contribute to the development of recommendations for improving the technical and tactical mastery of Greco-Roman wrestlers.

Introduction. Worldwide, numerous initiatives are being implemented to systematically promote a healthy lifestyle. In this regard, the field of physical education and sports holds particular importance. Despite the existence of many sports that have developed over centuries, combat sports (especially individual wrestling disciplines) stand out because one-on-one competition strengthens self-confidence, fosters determination, and plays a crucial

role in shaping a mature and resilient individual. Moreover, engaging in wrestling sports requires patience and endurance, as the intensity and volume of training loads differ fundamentally from those in other sports. In particular, competitions in Greco-Roman wrestling are conducted at a high level of intensity and contribute to the rapid development of athletes' skills and abilities. To withstand strong competition in tournaments, achieve victory, and maintain it over a long period, it is essential to perfectly execute technical-tactical actions. Therefore, conducting training processes at high intensity and introducing modern scientific methods are of significant importance for the development of combat sports.

Performing technical-tactical actions in situations that create unexpected conditions for the opponent. In addition, maintaining balance while being lifted by the opponent—under the influence of turns or rotations—requires a high level of skill to execute such techniques effectively. As identified during pedagogical observations, these components are extremely poorly developed among Greco-Roman wrestlers. Taking this situation into account, we conducted a survey with 80 specialist coaches.

Scientific novelty and purpose of the topic. In this study, for the first time, the interrelationship between general and special physical preparation in the process of improving the technical-tactical readiness of Greco-Roman wrestlers was comprehensively analyzed based on primary empirical data. During the research: The main physical components influencing the effectiveness of technical-tactical actions—static balance, stability in favorable and unfavorable turning positions, and strength-balance indicators in bent positions—were scientifically substantiated as not being applied sufficiently in current training processes.

Methodology. Based on the survey conducted for the first time among 80 experienced coaches, the real state of use of general and special physical preparation exercises in the training process for Greco-Roman wrestling, along with their shortcomings and main problems, was identified and substantiated.

In current coaching practice, the following deficiencies were scientifically substantiated and proposed as diagnostic criteria:

- one-sidedness in teaching technical-tactical techniques only on the favorable/unfavorable side,
- insufficient application of static balance exercises,
- lack of development of movement abilities in unfavorable situations,
- inadequate attention to movement abilities during the selection process.

According to the research results, the scientific justification was provided for the necessity of developing a new model based on a phased, systematic, and individualized approach to improve the tactical readiness of Greco-Roman wrestlers.

Results. Based on the identified shortcomings, a scientific-methodological foundation has been established to form new training directions aimed at improving technical-tactical proficiency.

The purpose of the study is to develop the technical preparation of Greco-Roman wrestlers in Uzbekistan on a scientific-methodological basis, to ensure consistently high results in competitions, and to improve sports training processes in accordance with modern scientific-methodological approaches.

To achieve this goal, the following tasks are set:

- To identify theoretical foundations for the selection of technical-tactical actions and their effective development;
- To enhance the effectiveness of technical preparation as well as attack and defense actions by studying athletes' competitive activity;
- To optimize the training process through an individualized approach and the use of modern diagnostic tools;
- To improve the system for monitoring and evaluating technical-tactical and morpho-functional preparation.

Table 1

Results of the survey on the role and effectiveness of general and special physical preparation in improving the tactical readiness of Greco-Roman wrestlers (n=80)

№	Question Content	Yes (number and %)	No (number and %)	Comments and Conclusions
1	Do you systematically use different types of preparation in the long-term training stages?	35 (43,75%)	45 (56,25%)	The systematic use of different preparation types remains at a low level. This negatively affects technical-tactical potential.
2	From the initial stage, do you teach technical-tactical techniques on both the favorable and unfavorable sides?	21 (26,25%)	59 (73,75%)	Coaches mostly apply a one-sided approach, which hinders the all-round development of athletes.
3	Do you use static balance exercises while leaning	8 (10%)	72 (90%)	Exercises aimed at developing static strength and balance in backward lean

	backward (both without load and with load)?			positions are not sufficiently applied.
4	Do you use static balance exercises while leaning forward (both without load and with load)?	13 (16,25%)	67 (83,75%)	Exercises that strengthen balance in attack positions are rarely used.
5	Do you perform balance exercises while rotating to the favorable side (both without load and with load)?	19 (23,75%)	61 (76,25%)	Development of balance on the favorable side is still at a low level. This reduces the variety of techniques.
6	Do you perform balance exercises while rotating to the unfavorable side (both without load and with load)?	8 (10%)	72 (90%)	Movement ability in unfavorable positions is low, which limits defensive and counter-attack actions.
7	Do you pay attention to athletes' movement abilities during the selection process?	11 (13,75%)	69 (86,25%)	Insufficient importance is given to movement abilities in selection criteria. This limits the identification of high-level athletes.

Based on the opinions of 80 experienced coaches, it can be stated that general and special physical preparation exercises play a decisive role in improving the tactical readiness of Greco-Roman wrestlers. However, in current practice, the systematic and purposeful use of these types of preparation has not yet been sufficiently established.

In particular, the following important aspects are covered inadequately in practical training sessions:

- Exercises aimed at developing static balance (in leaning and rotating positions),
- Movement in unfavorable positions,
- Evaluation of movement abilities during the selection process.

This negatively affects athletes' ability to move effectively within the tactical framework.

Therefore, it is necessary to introduce general and special physical preparation in a phased, systematic, and individualized manner to ensure tactical thinking, counter-attack strategy, and stability in competitions among wrestlers. This approach directly contributes to raising the technical-tactical level of wrestlers. (See the Table 1)

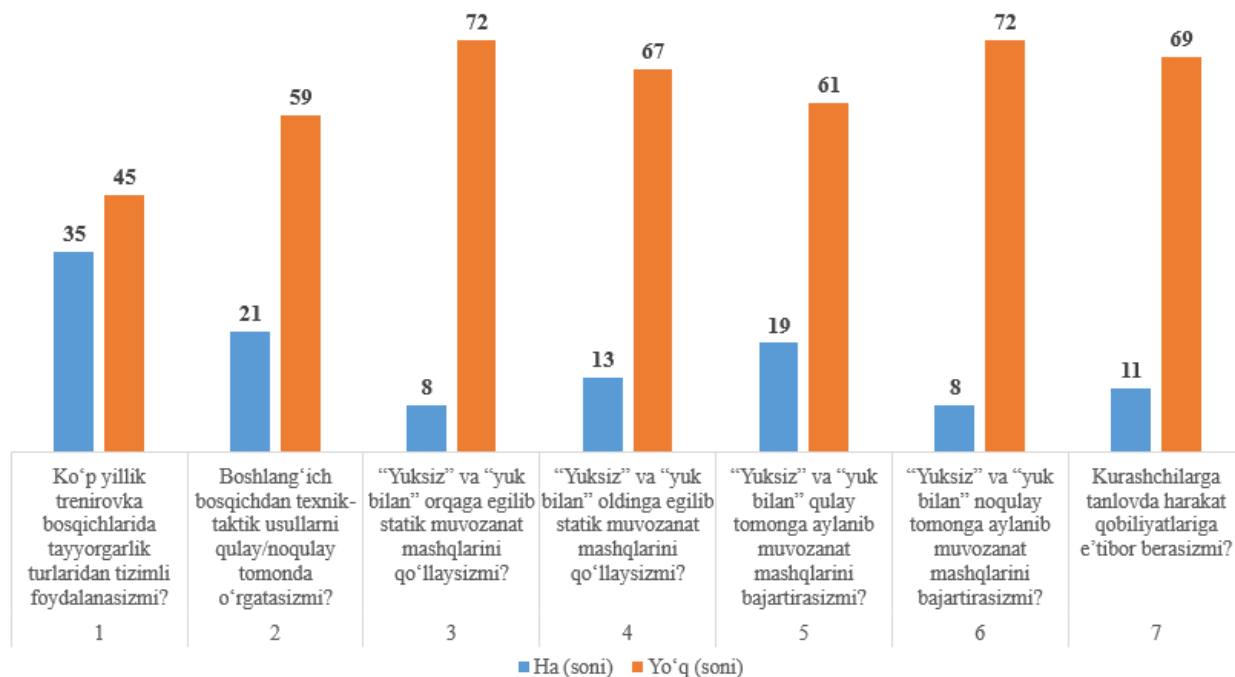
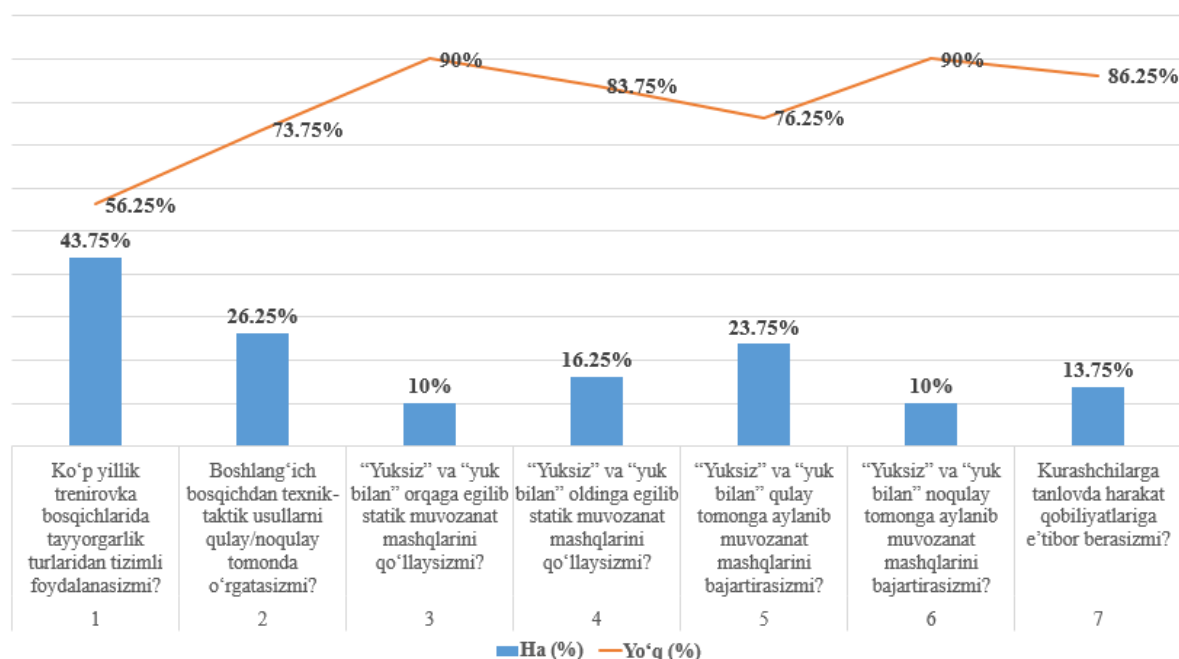


Figure 3.1. Results of the survey on the role and effectiveness of general and special physical preparation in improving the tactical readiness of Greco-Roman wrestlers (in numbers)
(n=80)



Discussion. The exercise means, methodological approaches, and pedagogical principles aimed at the general, special physical, and technical-tactical development of Greco-Roman wrestlers were systematically presented. The scientific-methodological foundations outlined in the chapter demonstrate the necessity of harmoniously developing physical, technical, and psychological factors in the phased preparation process of young athletes.

The research results confirm that the effectiveness of the training process at the initial stage largely depends on the athletes' age, physiological capabilities, psychological state, and high level of interest in sports. Therefore, at this stage, active games, sports games, coordination exercises, and game methods that increase motivation occupy a special place as the main supporting tools. Such exercises help form technical and physical skills in accordance with the natural development process without causing excessive fatigue to the athlete's body.

As emphasized throughout the chapter, when working with young wrestlers, the correct structuring of training content, the clear differentiation of exercise tasks in specific directions, and their systematic integration lead to high efficiency. This approach requires thorough planning of the following exercise blocks:

- Exercises for developing fine motor skills and general movement coordination;
- Exercises for developing individual physical qualities (strength, speed, endurance);
- Training sessions for forming complex physical qualities;
- Exercises for teaching, reinforcing, and improving technical actions.

In terms of methodological requirements, it has been scientifically substantiated that the formation of training content requires precise definition of pedagogical objectives, load parameters (intensity, number of repetitions, sets, rest intervals), technical execution requirements, safety rules, and organizational conditions, all of which demand special attention.

One of the most important scientific conclusions presented is the necessity of structuring the annual training system based on macrocycles, mesocycles, and microcycles. The differentiation of microcycles in terms of load dynamics, recovery periods, and technical-tactical tasks optimizes the athlete's functional adaptation process. In particular, it was scientifically emphasized that technical-tactical exercises should constitute the main part of the competition preparation period, and that loads must be assigned individually in accordance with the athlete's age, weight category, and anatomical characteristics.

Conclusion. Special emphasis is placed on individualized work on arm strength. This is because in Greco-Roman wrestling, arm strength plays a decisive role in executing technical techniques, gaining a dominant position over the opponent, and correctly distributing effort expenditure throughout the competition. It has been demonstrated that exercises for developing the static, dynamic, and explosive forms of arm strength must be incorporated into weekly and daily plans in a scientifically substantiated manner.

Furthermore, it has been established that exercises performed under various conditions to reinforce technical-tactical skills—under opponent resistance, while moving, in static positions, against a background of fatigue, in constant and variable situations—demonstrate high effectiveness. This approach improves athletes' adaptation to competitive stress and develops the speed of decision-making in real wrestling situations.

The generalized scientific conclusion based on the presented scientific-methodological foundations indicates the following:

- The general, special physical, and technical-tactical preparation of young wrestlers yields high results only when developed in a phased and systematic manner.
- Active games and coordination exercises create a foundational base for technical-tactical skills at the initial stage.
- Individualization of load parameters is considered a fundamental requirement of modern wrestling training methodology.
- Preparation based on the annual cycle and microcycles enables scientifically grounded management of athletes' functional adaptation.

Individual training sessions focused on developing arm strength serve as a decisive factor for technical superiority and competitive effectiveness. Technical exercises performed under various conditions increase athletes' level of adaptation to real combat situations.

The integration of pedagogical, methodological, and organizational approaches ensures the stable sports development of young wrestlers. Overall, Chapter 3 forms a modern, scientifically grounded methodological model for preparing young Greco-Roman wrestlers and provides practical and theoretical foundations that contribute to achieving high sports results.

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