TECHNICAL TECHNIQUES WITH HIGH EFFECTIVENESS IN GRECO-ROMAN WRESTLING AND THEIR ROLE IN COMPETITIONS

Shuxrat Sabitjanovich Tursunov
Uzbekistan state university of physical education and sport, Chirchik
Chirchik, Uzbekistan

ABOUT ARTICLE

Abstract: This study examines highly effective technical techniques used in Greco-Roman wrestling competitions and their influence on competitive performance. The research analyzes the effectiveness of offensive and counter-offensive techniques applied in both standing and parterre positions. Particular attention is given to technical actions that contribute to successful match outcomes, including their frequency of application and overall efficiency in modern competitions. Based on the findings, practical conclusions are drawn to enhance the technical and tactical preparation of Greco-Roman wrestlers. The results of this study may be beneficial for coaches and athletes in optimizing training processes.

Introduction

Greco-Roman wrestling is one of the modern sports that requires a high level of physical fitness, advanced technical mastery, and well-developed tactical thinking. In recent years, the intensification of competition at international tournaments and the continuous improvement of athletes' preparation levels have made it necessary to conduct an in-depth study of the effectiveness of technical techniques in achieving victory. In particular, identifying technical actions that yield high results during competitions and effectively integrating them into the training process is considered one of the most pressing issues.

In Greco-Roman wrestling, attacking and counterattacking techniques performed in the standing position and in the parterre have a direct impact on competition outcomes. Analysis of modern competitions shows that certain technical techniques employed by elite athletes demonstrate high effectiveness and play a decisive role in achieving success. Therefore, it is essential to scientifically examine the frequency of application, effectiveness, and tactical significance of these technical actions.The purpose of this study is to identify highly effective technical techniques used in Greco-Roman wrestling competitions, analyze their impact on sports performance, and develop scientific and practical recommendations for improving the technical and tactical preparation of wrestlers. The results of the study are of significant importance for coaches and athletes in optimizing the training process.

In modern sports science, the analysis of competitive activity is considered one of the key factors in assessing athletes' preparedness. In particular, a systematic study of the technical techniques used by highly qualified Greco-Roman wrestlers in competitions, determining their level of effectiveness, and scientifically analyzing the factors contributing to success are of great relevance. Such analyses make it possible to identify existing shortcomings in athletes' preparation and to individualize the training process more effectively.

Scientific Novelty of the Study:

Methods for developing wrestlers' speed–strength abilities were studied, and their correlation with technical and tactical preparedness indicators was substantiated.

Methodological approaches for optimizing technical and tactical actions during the training process of wrestlers were developed.

Methods for developing speed–strength qualities aimed at improving the technical and tactical preparedness of qualified Greco-Roman wrestlers were designed, and their effectiveness was experimentally validated.

Effective ways of utilizing impact microcycles in improving the technical and tactical actions of qualified Greco-Roman wrestlers were identified.

Methodology

After the first stage of the research, certain changes were observed among Greco-Roman wrestlers, which in turn encouraged adjustments in training loads prior to the second stage of testing. Due to the training loads differing from those usually applied, some questions and dissatisfaction emerged among the wrestlers during training sessions. Based on explanatory work conducted and the analysis of bouts observed during competitions, it was noted that wrestlers in the control group demonstrated specific shortcomings in the development of physical qualities.

Results

In contrast, as competition time approached, wrestlers in the experimental group showed a steady increase in self-confidence throughout the study. Each training session not only contributed to the improvement of their arsenal of technical techniques and the development of physical qualities, but also helped to form the ability to modify tactics during competitive bouts.

Table 1

Indicators of the Physical Preparedness Level of Wrestlers in the Experimental Group at the Beginning of the Study

№		Pull-up on the horizontal bar. Within 10 seconds (times)	Bending the elbows in a horizontal position with the hands resting on the ground for 30 seconds - write (times)	Long jump from a standing position (m).
1	A.I	10	17	1,2
2	S.Z	11	19	1,2
3	T.D	12	18	1,5
4	X.B	9	19	1,2
5	B.I	11	19	1,4
6	S.J	13	20	1,2
7	Yu.M	12	18	1,3
8	N.D	11	17	1,2
9	O.J	12	17	1,2
10	T.Sh	10	17	1,2
	$\sum X_I$	**111**	**181**	**12,6**
	$\overline{X}$	**11,1**	**18,1**	**1,26**
	σ	**1,19**	**1,1**	**0,1**
	V, %	**7,79**	**5,08**	**5,94**

The arithmetic mean values of the results of Greco-Roman wrestlers in the experimental group at the beginning of the pedagogical experiment are presented as follows (Table 1).

The average number of pull-ups performed on the horizontal bar within 10 seconds was 11.1 repetitions, with a standard deviation of $\sigma = 1.19$.

In the test push-ups performed from a front support (horizontal prone) position for 30 seconds, the mean value was $\overline{X} = 18.1$ repetitions, with a standard deviation of $\sigma = 1.1$.

In the standing long jump test, the mean result was $\overline{X} = 1.26$ m, with a standard deviation of $\sigma = 0.1$.

Table 2

Indicators of the Physical Preparedness Level of Wrestlers in the Control Group at the Beginning of the Study

№		Pull-up on the horizontal bar. Within 10 seconds (times)	Bending the elbows in a horizontal position with the hands resting on the ground for 30 seconds - write (times)	Long jump from a standing position (m).
1	T.A	12	18	1,1
2	E.Sh	11	20	1,2
3	X.A	13	19	1,5
4	M.A	9	19	1,6
5	M.S	13	20	1,3
6	S.A	10	18	1,4
7	B.Yo	11	19	1,1
8	Q.K	12	16	1,4
9	A.X	12	19	1,3
10	Z.S	13	18	1,4
	$\overline{\overline{X}}$	11,6	18,6	1,33
	σ	1,28	1,11	0,15
	V, %	11,04	5,98	11,67
	t_{st}	0,92	1,04	191
	r	>0,05	>0,05	>0,05

The results of Greco-Roman wrestlers in the control group at the beginning of the pedagogical experiment are presented as follows (Tables 1 and 2).

In the test pull-ups on the horizontal bar performed within 10 seconds, the mean value was X̄ = 11.6 repetitions with a standard deviation of σ = 1.28. The difference compared with the corresponding indicator of the experimental group at the beginning of the experiment was statistically insignificant (p > 0.05).

In the test push-ups performed from a front support (horizontal prone) position for 30 seconds, the mean result was X̄ = 18.6 repetitions with a standard deviation of σ = 1.11, and this result also showed a statistically insignificant difference compared with the experimental group (p > 0.05).

In the standing long jump test, the mean performance was X̄ = 1.33 m with a standard deviation of σ = 0.15, which likewise demonstrated no statistically significant difference from the experimental group results (p > 0.05).

Table 3

Statistical Comparative Analysis of the Results of Time-Based Physical Exercise Performance of Wrestlers in the Experimental and Control Groups at the Beginning of the Study

№	Sinov uchun tanlangan usullar nomi	Guruhlar	$\overline{X}$	σ	t_{st}	r
1		Experimental group	11,1	1,19	0,92	>0,05

	Pull-up on the horizontal bar. Within 10 seconds (times)	Control group	**11,6**	**1,28**		
2	Bending the elbows in a horizontal position with the hands resting on the ground for 30 seconds - write (times)	Experimental group	**18,1**	**1,1**	**1,04**	**>0,05**
		Control group	**18,6**	**1,11**		
3	Long jump from a standing position (m).	Experimental group	**1,26**	**0,1**	**1,91**	**>0,05**
		Control group	**1,33**	**0,15**		

Discussion

The statistical comparative analysis of the results of physical exercise performance by Greco-Roman wrestlers in the experimental and control groups during the pedagogical experiment is presented as follows (Table 3). Specifically, for all three selected exercises—push-ups performed from a horizontal prone position for 30 seconds (repetitions), pull-ups on the horizontal bar within 10 seconds (repetitions), and the standing long jump—the differences in the arithmetic mean values of the wrestlers' results between the groups were found to be statistically significant (P < 0.05). The calculated Student's t critical values were t_{st} = 3.33, 2.52, and 2.32, respectively.

At the end of the experiment, the arithmetic mean values of the time indicators required to perform the four exercises—both for a single repetition and for ten repetitions—also differed significantly between the experimental and control groups (P < 0.05).

No substantial changes were observed in the pre-competition preparation results of the wrestlers in the control group; only a typical rate of improvement was noted. In contrast, the pre-competition results of the wrestlers in the experimental group were characterized by comparatively higher performance indicators. An analysis of their physical and technical preparedness levels yielded the following findings.

In Greco-Roman wrestling, achieving high competitive performance is a multifactorial process that primarily depends on the rational and effective use of technically and tactically justified wrestling techniques. The results of the present study confirm that success in modern Greco-Roman wrestling competitions is closely associated with the mastery and appropriate application of highly effective technical actions under competitive conditions.

The analysis of competitive activity demonstrated that throws directed to the upper body, lifting-and-throwing techniques, as well as turnovers and rotations performed in the parterre position, are among the most frequently used and result-oriented technical actions. In

particular, techniques such as belt throws, rear lifting throws, and rotational actions in the parterre aimed at scoring points showed high effectiveness and played a decisive role in achieving victory. These techniques are characterized by their biomechanical efficiency, high scoring potential, and suitability for application under conditions of intense competitive pressure. At the same time, the findings of the study indicate that high technical effectiveness cannot be achieved independently of physical preparedness. The development of speed–strength qualities significantly enhances the execution quality of technical and tactical actions, increases movement explosiveness, and allows wrestlers to maintain a high level of performance throughout the bout. Strength, endurance, speed, and coordination were identified as key physical qualities that directly influence the success of technical actions in both standing and parterre positions.

Conclusion

The study highlights the importance of tactical thinking and psychological stability in competitive wrestling. Modern Greco-Roman wrestling is characterized by a high pace, frequent changes in tactical situations, and the necessity to quickly exploit opponents' mistakes. Wrestlers who are capable of adapting their tactics during the bout, effectively combining offensive and defensive actions, and maintaining psychological composure under competitive stress gain a significant advantage over their opponents. The results obtained during the pedagogical experiment also confirm the effectiveness of applying optimized training methodologies, including the targeted development of speed–strength abilities and the rational use of impact microcycles. Wrestlers in the experimental group demonstrated not only improved physical and technical indicators but also increased self-confidence and tactical flexibility in pre-competition and competition periods.

In conclusion, achieving high results in Greco-Roman wrestling competitions requires a comprehensive and systematic approach to athlete preparation. This approach should include the mastery of highly effective technical techniques, their timely and situational application, continuous development of physical qualities, improvement of tactical thinking, and strengthening of psychological resilience. The scientific and practical recommendations developed within the framework of this study can be effectively applied in the training process of qualified Greco-Roman wrestlers to optimize their technical and tactical preparedness and enhance competitive performance.

<div align="center">

References:

</div>

1. Tastanov N.A. – Yunon-rim kurashi nazariyasi va uslubiyati. Toshkent 2014 y. 214-219 b

2. Karimov M.A. Xalmuxammedov R.D. Shamsematov I.Yu. Tajibayev S.S. – Bokschilarning sport pedagogik mahoratini oshirish. Toshkent 2011 y. O'quv qo'llanma. 473 bet

3. Yeliseyev S.V. Fizicheskaya pogotovka borsa-sambista s uchetom biologicheskix zakonomernostey organizma. / Uchebno-metodicheskoye posobiye. / S.V.Yeliseyev, N.G.Kulik, V.N.Seluyanov. M.: Izd-vo "Anta-press", 2014. – 128 s.

4. Boltayev Z.B. Erkin kurashchilarning boshlang'ich tayyorgarlik guruhlarida kontingentni saqlash uchun o'quv-mashg'ulot jarayonini optimallashtirish. / Ped.fan.nomzodlik diss.avtoref., T., 2012. – 30 b

5. Bayturayev E.I. – Sambo kurashi nazariyasi va uslubiyati. O'quv qo'llanma 2016 y. 55-b.

6. Arslonov Sh.A. Tangriyev A.J. - Sport pedagogik mahoratini oshirish (Dzyudo kurashi bo'yicha). Darslik – 2017 y 35-b

7. Bayturayev E.I., Odilov B.B. – Sambo bo'yicha sport pedagogic mahoratini oshirish. O'quv qo'llanma 2018 y. 66-b