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



## CURRENT STATE AND PERSPECTIVES OF IMPROVING TECHNICAL PREPARATION OF FREESTYLE WRESTLERS: A QUESTIONNAIRE SURVEY OF COACHES

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### ABOUT ARTICLE

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**Key words:** freestyle wrestling, technical and tactical preparation, questionnaire survey, coaching activity, sports pedagogy, competition preparation.

**Received:** 27.02.26

**Accepted:** 01.03.26

**Published:** 03.03.26

**Abstract:** This scientific article examines the current state and prospective directions for improving the technical preparation of freestyle wrestlers, focusing on the scientific and methodological foundations of the training process. The study utilizes the questionnaire (survey) method – widely applied in sports pedagogy and coaching science – as the primary empirical research instrument, drawing on coaches' professional assessments. The findings indicate that technical preparedness constitutes a core and indispensable component of the comprehensive training system of freestyle wrestlers and exerts a direct influence on competitive performance. At the same time, the results reveal a number of methodological deficiencies related to the planning and structuring of technical training sessions, the systematic analysis of opponents' competitive activity, targeted correction of technical errors, and the alignment of training content with real competitive conditions. These findings highlight the need for more systematic, evidence-based, and competition-oriented approaches to the further development of technical preparation in freestyle wrestling.

## **Introduction**

Combat sports, particularly freestyle wrestling, require a high level of perseverance, psychological stability, and physical endurance from athletes. This requirement is explained by the fact that the intensity and volume of loads applied during the training process are significantly higher compared to other sports. Specifically, because freestyle wrestling competitions are organized under conditions of extreme intensity and fierce competition, a favorable foundation is created for the substantial development of athletes' technical, tactical, and physical preparation parameters in a short period. Concurrently, such conditions ensure the comprehensive development of the athlete's stress resistance, decision-making speed, and overall psychophysical state.

Furthermore, scientific research is consistently advancing regarding the formation of technical methods suited to the anthropometric and morphofunctional characteristics of freestyle wrestlers, the differential analysis of standard and variable models of technical movements, and the identification of technical errors using modern digital diagnostic tools. The development of load and training programs adapted to the athlete's individual functional capabilities serves to enhance the effectiveness of technical preparation. The application of video analysis, movement modeling, and simulation technologies facilitates the clarification of the stages of automation of technical movements, the step-by-step instruction of complex coordination tasks, and the reinforcement of technical movements based on iterative analysis. This, in turn, serves to optimize the quality of the technical preparation of freestyle wrestlers using scientifically grounded methods.

In this process, the application of modern control and assessment methods, along with the development of scientifically based methodological approaches and their implementation into practice, emerges as a crucial factor in increasing the effectiveness of technical preparation. Specifically, the questionnaire research method, which is widely used in the fields of sports pedagogy and methodology, creates an opportunity for the systematic collection of the opinions of coaches, athletes, and experts. Based on the survey results, the technical movements, tactical decision-making, and physical preparation components of freestyle wrestlers are evaluated, which allows for the close integration of scientific research with real practical activity and the reinforcement of theoretical ideas with a practical foundation. Consequently, ongoing scientific research and innovative methodological approaches are transforming the continuous development of freestyle wrestlers' technical preparation into a highly relevant scientific and practical issue.

Survey results frequently elucidate how coaches and athletes perceive the sports process, which areas they prioritize during training and competitive activities, and the mechanisms for identifying existing problems. This data serves as a fundamental scientific and practical resource for reviewing, refining, and coordinating sports methodology and the training process. Moreover, the survey results enable the determination of the level of collaboration between athletes and coaches, as well as the overall assessment and consensus of opinion, which holds significant importance in the process of formulating strategic and methodological decisions. Thus, the questionnaire research method provides a scientific basis not only for evaluating the actual practical process but also for the continuous enhancement of technical, tactical, and physical preparation.

The results of the survey must be utilized in scientific research on a systematic and methodological basis, encompassing a series of sequential stages. Initially, the data collection and coding stage is executed: responses to the research questions are digitized, categorized, and coded, thereby simplifying the subsequent analysis process. The subsequent stage is statistical analysis, wherein the data is thoroughly examined using mean indicators, variance, percentage distribution, correlation, and other advanced statistical methods. Following this, during the interpretation stage, the analyzed data is explicated from the perspectives of sports pedagogy, methodology, and biological and psychological foundations, and its practical and scientific significance is established. In the final stage, the formulation of conclusions and recommendations is undertaken; that is, based on the obtained results, practical proposals, methodological recommendations, and directions for future research are delineated.

### **Materials and methods**

The survey results serve not only to advance the sport, optimize the preparation system, and refine coaching practice, but they also establish a critical scientific foundation for identifying and enhancing the individual preparation components (physical, technical, tactical, and psychological) of athletes. For instance, through the survey, issues such as insufficient technical preparation, a deficiency in the mechanisms for opponent analysis, or the necessity to rectify tactical errors were identified. The results obtained in this manner facilitate the strategic planning of sports methodology and coaching activities, the individual and collective optimization of training processes, and the formulation of scientific and practical recommendations for the introduction of advanced technologies and innovative methods.

Survey results are considered one of the vital educational materials in modern sports methodology and coaching education. During the course of the study, by utilizing these results, we contributed to the identification of the primary problems encountered in coaching practice,

the determination of strategic directions in planning the training process, as well as the development of programs aimed at improving the qualifications of coaches. Concurrently, the data acquired through the survey serves as a robust empirical foundation for scientific articles, dissertations, and methodological manuals across various sports disciplines.

The research results are recognized as a crucial source in the scientific research activities of the sport. By systematically analyzing them, we formulated practical recommendations for optimizing the athletes' preparation process, refining methodological approaches, and achieving superior results. The systematic and statistical analysis of the data collected through the survey on a scientific basis enables a substantial enhancement in the quality of coaching and sports methodology.

During the research process, a questionnaire survey was conducted among 68 specialists. These specialists were selected as Candidates for Master of Sports, Masters of Sports, and International Masters of Sports who possess practical experience in the development of technical preparation in the sport of freestyle wrestling.

The survey incorporated two principal approaches:

- Primary variant: The survey was organized with the participation of highly qualified expert coaches. By leveraging their practical experience, we facilitated an in-depth study of the methods for enhancing technical preparation.
- Second variant: Within the survey program, correspondent coaches were required to provide only “Yes,” “No,” or “Partially” responses to the designated questions. Through this approach, we augmented the capability to statistically analyze the data and subsequently formulate methodological recommendations based upon it.

Consequently, the obtained data established a robust empirical foundation for us to develop sports methodology and coaching practice on a scientific basis, optimize training processes, and elevate the qualifications of coaches.

**Table 1**

**Survey results from 68 coaches regarding the methods of improving the technical preparedness of freestyle wrestlers**

№	Survey questions	Number of coaches (n=68)	Indicators %
1	<i>Is the technical training in current sessions sufficient for competition preparation?</i>	a) Yes: 60 coaches answered b) No: 4 coaches answered c) Partially: 4 coaches answered	88.2% 5.9% 5.9%

2	<i>Do technical exercises occupy an important place in the overall training of a freestyle wrestler?</i>	a) Yes: 63 coaches answered c) Partially: 5 coaches answered	92.6% 7.4%
3	<i>Does technical training require constant practice?</i>	a) Yes: 61 coaches answered b) No: 7 coaches answered	89.7% 10.3%
4	<i>Are technical plans and tasks adapted according to the opponent's style?</i>	a) Yes: 45 coaches answered b) No: 12 coaches answered c) Partially: 11 coaches answered	66.2% 17.6% 16.2%
5	<i>Is systematic work done on technical errors (incorrect grips, loss of balance, inaccuracy of movement, combination errors) in training?</i>	a) Done: 50 coaches answered b) Slightly done: 15 coaches answered c) Not done: 3 coaches answered	73.5% 22.1% 4.4%
6	<i>Does technical preparation directly affect the athlete's competition result?</i>	a) I don't know: 1 coach answered b) Sometimes: 10 coaches answered c) Always: 57 coaches answered	1.2% 14.9% 83.9%
7	<i>Is adequate attention paid to technical preparation by coaches?</i>	a) Yes: 43 coaches answered b) No: 17 coaches answered c) Sometimes: 8 coaches answered	63.2% 25.0% 11.8%
8	<i>Do you think it is necessary to further strengthen technical preparation?</i>	a) Absolutely: 54 coaches answered b) No: 2 coaches answered c) Partially: 12 coaches answered	79.4% 2.9% 17.6%
9	<i>Do you think additional technical training sessions are needed for freestyle wrestlers?</i>	a) Yes: 36 coaches answered b) No: 4 coaches answered c) Sometimes: 28 coaches answered	52.9% 5.9% 41.2%
10	<i>Is technical training limited only to individual exercises?</i>	a) Yes: 17 coaches answered b) Partially: 36 coaches answered c) No: 15 coaches answered	25.0% 52.9% 22.1%

## Results and discussion

First Question: "Is the technical preparation in current training sessions sufficient for competition preparation?"

According to the analysis, 88% of the respondents (60 coaches) expressed the opinion that technical preparation is sufficient for competition preparation. This indicator signifies that the technical exercises, methodological approaches, and preparation system utilized in the current training process are congruent with the athletes' competitive activities. That is, the absolute majority of coaches acknowledge that the existing technical preparation system fulfills the fundamental technical requirements.

Simultaneously, 6% (4 coaches) deemed the technical preparation insufficient. According to this group, the application of technical elements in complex competitive situations and the proportion of exercises based on interaction with the opponent during the training process are inadequate.

Another 6% (4 coaches) evaluated the technical preparation as partially sufficient. This indicates that although technical preparation is generally well-established, there is a necessity to perfect certain technical movements and align them more closely with real competition conditions.

Based on the survey results, it can be concluded that technical preparation in current training sessions is primarily organized to a sufficient degree for competition preparation. However, a specific portion of the coaches emphasizes the necessity of further deepening technical preparation, augmenting the proportion of exercises based on competitive modeling, and enhancing technical cohesion. This situation scientifically and practically justifies the necessity for the continuous improvement of technical preparation.

Second Question: "Do technical exercises occupy an important place in the overall preparation of a freestyle wrestler?"

According to the analysis, 93% of the respondents (63 coaches) expressed the opinion that technical exercises occupy a significant position in the overall preparation of a freestyle wrestler. This indicator implies that technical exercises are regarded as a decisive factor in the athlete's movement culture, the quality of executing effective methods, and the achievement of competitive results. The absolute majority of coaches view technical preparation as inextricably linked with physical and tactical preparation.

Only 7% (5 coaches) evaluated the importance of technical exercises as partially important. This perspective implies that while technical exercises are important, their efficacy is high only when they are organized in harmony with other types of preparation (physical, tactical, and psychological).

Based on the survey results, it can be concluded that technical exercises occupy one of the leading positions in the overall preparation system of a freestyle wrestler. Almost all coaches evaluate technical preparation as the primary factor in the athlete's attainment of high sports results. Concurrently, conducting technical exercises in integration with other types of preparation demonstrates that their effectiveness is further augmented.

Third Question: "Does technical preparation in freestyle wrestling require continuous training?"

According to the analysis, 90% of the respondents supported the notion that technical preparation necessitates continuous training. This indicator signifies that a high level of mastery of technical movements and methods is ensured solely through regular, systematic, and continuous training. Coaches emphasize that technical preparation cannot be confined to one-time or short-term training sessions but must be conducted continuously throughout the entire preparation process.

Simultaneously, 10% of the respondents articulated the opinion that technical preparation does not require continuous training. This perspective likely implies that technical preparation can be intensified at specific stages or conducted alternately with other forms of preparation.

Based on the survey results, it can be concluded that technical preparation in freestyle wrestling is primarily evaluated as a process demanding continuous and systematic training. The absolute majority of coaches consider the continuity of training as an essential requisite for preserving and developing technical mastery. This situation scientifically and practically justifies the necessity of organizing technical preparation as a planned and progressively refined process throughout the year.

Fourth Question: "Are technical plans and tasks adapted according to the opponent(s)' style?"

According to the analysis, 66% of the respondents (45 coaches) expressed the opinion that technical plans and tasks are adapted according to the opponent(s)' style. This indicator signifies that the majority of coaches take the opponent's technical characteristics into consideration during the training and competition preparation process. Such an approach augments flexibility in the athlete's competitive activity and ensures the efficacy of technical movements.

Simultaneously, 18% (12 coaches) deemed that the technical plan is partially adapted. This situation demonstrates that the general plan is prioritized in technical preparation, and

adaptation to the opponent's style is executed only in certain training sessions or preceding crucial competitions.

Furthermore, 16% (11 coaches) articulated the opinion that technical plans and tasks are not adapted to the opponent's style. This approach signifies a prioritization of relying on a more universal technical preparation and the development of the athlete's general technical arsenal.

Based on the survey results, it can be concluded that the majority of coaches consider it necessary to adapt technical plans and tasks according to the opponent(s)' style. However, a substantial segment of coaches indicated that they apply this approach only partially or not at all. This situation highlights the necessity to further individualize technical preparation, analyze the opponent proactively, and increase the proportion of training based on competitive modeling.

Fifth Question: "Is systematic work conducted on technical errors (incorrect grips, loss of balance, movement inaccuracy, combination errors) during training sessions?"

According to the analysis, 74% of the respondents (50 coaches) expressed the opinion that systematic work is conducted on technical errors (incorrect grips, loss of balance, movement inaccuracy, combination errors) during training sessions. This indicator signifies that targeted exercises aimed at identifying, analyzing, and rectifying errors during the technical preparation process are adequately established.

Simultaneously, 22% (15 coaches) responded that technical errors are addressed to a slight extent. This situation demonstrates that error correction endeavors are not regular or that they are executed only at specific training stages. Such an approach may result in technical errors not being entirely eradicated and their recurrence during the competition process.

Furthermore, 4% (3 coaches) articulated the opinion that technical errors are not addressed during training sessions. This indicates that, in certain instances, sufficient attention is not allocated to the identification and rectification of technical errors during the training process.

Based on the survey results, it can be concluded that the majority of coaches deem systematic work on technical errors during training sessions to be essential and apply it in practice. However, this process is not conducted with sufficient consistency by a specific portion of the coaches. Consequently, the analysis of technical errors, their progressive correction, and the introduction of special corrective exercises into training sessions will serve to further augment the efficacy of technical preparation.

Sixth Question: "Does technical preparation directly affect the athlete's result?"

According to the analysis, 84% of the respondents (57 coaches) expressed the opinion that technical preparation always directly impacts the athlete's result in competition. This indicator signifies that technical mastery, the correct and effective execution of methods, and the precision of technical movements are evaluated as among the principal factors determining the competition result. The majority of coaches regard technical preparation as the leading component directly influencing the athlete's victory or defeat.

Simultaneously, 15% (10 coaches) articulated the opinion that technical preparation sometimes affects the competition result. This approach emphasizes that alongside technical preparation, physical, tactical, and psychological preparation also play a crucial role.

Only 1% (1 coach) did not express a definitive opinion on this matter. This indicator can be explicated not as a negation of the importance of technical preparation, but rather as an evaluation of the complex of factors influencing the result as a multifaceted process.

Based on the survey results, it can be concluded that technical preparation exerts a direct and decisive impact on the athlete's result in competition. The absolute majority of coaches acknowledge technical mastery as the primary factor determining sports results. Consequently, the organization of technical preparation in a systematic, continuous manner, oriented towards competitive conditions, holds significant scientific and practical importance for athletes to attain high results.

Seventh Question: "Is sufficient attention devoted to technical preparation by the coach?"

According to the analysis, 63% of the respondents (43 coaches) expressed the opinion that sufficient attention is devoted to technical preparation by coaches. This indicator signifies that a substantial proportion is allocated to technical exercises, and the instruction and refinement of methods during the training process. That is, the majority of coaches perceive technical preparation as an essential constituent of the preparation system.

Simultaneously, 25% (17 coaches) deemed that sufficient attention is not allocated to technical preparation. This situation demonstrates that in certain training sessions, technical exercises relegate to a secondary level, and their priority relative to physical or other forms of preparation is inadequate.

Furthermore, 12% (8 coaches) responded that sufficient attention is sometimes devoted to technical preparation. This implies that the attention allocated to technical preparation fluctuates depending on the training stage, the competition period, or prevailing conditions.

Based on the survey results, it can be concluded that although the majority of coaches devote sufficient attention to technical preparation, a significant proportion of coaches do not

consider this process to be adequately stable and systematic. Therefore, directing continuous and prioritized attention to technical preparation, and positioning it centrally within training plans and methodological support, serves to enhance the competitive efficacy of athletes.

Eighth Question: “Do you consider it necessary to further strengthen technical preparation?”

According to the analysis, 79% of the respondents (54 coaches) expressed the opinion that it is unequivocally necessary to further strengthen technical preparation. This indicator implies that although the existing training system is evaluated as generally adequate, there exists a necessity to further perfect technical mastery, master complex technical combinations, and augment adaptation to competitive conditions.

Simultaneously, 18% (12 coaches) deemed it necessary to partially strengthen technical preparation. This approach indicates that specific directions of technical preparation (e.g., the rectification of individual technical errors, adaptation to the opponent's style, or situational exercises) should be deepened.

Only 3% (2 coaches) articulated the opinion that there is no necessity to strengthen technical preparation. This situation implies that the existing level of preparation is evaluated as sufficient within their practice.

Based on the survey results, it can be concluded that the absolute majority of coaches acknowledge the necessity of further strengthening technical preparation. This scientifically and practically justifies the imperative to continuously perfect technical preparation, introduce innovative methods, and align the training process more closely with competitive requirements.

Ninth Question: “Do you consider additional technical training sessions necessary for freestyle wrestlers?”

According to the analysis, 53% (36 coaches) of the respondents expressed the opinion that additional technical training sessions are necessary for freestyle wrestlers. This indicator implies that technical preparation within the scope of primary training sessions may be inadequate, or that a necessity exists for a more profound refinement of specific technical elements. Particularly in the elimination of individual deficiencies and the meticulous mastery of complex technical combinations, additional training sessions assume critical importance.

Simultaneously, 41% (28 coaches) deemed that additional technical training sessions are sometimes necessary. This perspective indicates that the necessity for additional training is contingent upon the athlete's level of preparation, the competition period, or the objectives established.

Only 6% (4 coaches) articulated the opinion that additional technical training sessions are not necessary for freestyle wrestlers. This approach implies that the existing training system yields sufficient efficacy in their practice.

Based on the survey results, it can be concluded that a substantial proportion of coaches consider additional technical training sessions for freestyle wrestlers to be important and necessary. This situation demonstrates that additional training sessions hold scientific and practical importance in deepening technical preparation, strengthening an individual approach, and enhancing the competitive efficacy of athletes.

Tenth Question: "Is technical preparation confined solely to individual exercises?"

According to the analysis, 53% of the respondents (36 coaches) expressed the opinion that technical preparation is partially confined to individual exercises. This situation implies that individual exercises occupy an important place in technical preparation, yet they must be supplemented with exercises executed in pairs, situational exercises, and exercises approximated to competition. More than half of the coaches evaluate technical preparation as a complex process.

Simultaneously, 25% (17 coaches) deemed that technical preparation is confined solely to individual exercises. Although this approach underscores an emphasis on mastering technical elements under simplified conditions, it may not adequately foster technical adaptation under competitive conditions.

Furthermore, 22% (15 coaches) articulated a resolute opinion that technical preparation is not confined to individual exercises. Representatives of this group emphasize the necessity of conducting technical preparation based on interaction with the opponent, pair work, and competitive modeling.

Based on the survey results, it can be concluded that the majority of coaches acknowledge that technical preparation cannot be confined solely to individual exercises. To augment the efficacy of technical preparation, it is imperative to comprehensively utilize exercises in pairs, in groups, and exercises approximated to competition, alongside individual exercises. This approach enhances the capacity to effectively apply the technical mastery of freestyle wrestlers under authentic competition conditions.

### **Conclusion**

To conclude, the results of the conducted pedagogical survey demonstrated that technical preparation holds significant importance in the training process of freestyle wrestlers. Although the majority of coaches emphasized that technical preparation in current training sessions is organized to a sufficient degree for competition preparation, the opinions

of some respondents stating it is partially sufficient or insufficient indicate the necessity to further refine the content of training sessions in this direction.

Furthermore, technical exercises possess fundamental importance within the overall sports preparation system of freestyle wrestlers. The majority of coaches evaluated technical preparation, alongside other types of preparation, as an essential component of the preparation process. This circumstance scientifically corroborates the crucial role of technical preparation in the process of achieving high sports results by developing the skills to eliminate incorrect grips, loss of balance, movement inaccuracy, and combinational errors.

The research results indicated that technical preparation in freestyle wrestling necessitates continuous and uninterrupted training. The majority of coaches articulated that technical preparation should be conducted not episodically, but rather on the basis of planned and regular training sessions. This signifies the necessity to develop athletes' capabilities for rapid adaptation and the selection of effective technical movements during the competition process.

The survey results also identified the existence of specific shortcomings concerning the adaptation of technical plans and tasks according to the opponent's style. Although the majority of coaches emphasized that this process is executed, it was noted that such an approach is not adequately established among a significant proportion. This underscores the necessity to strengthen methodological endeavors regarding the analysis of the opponent, the identification of their strengths and weaknesses, and the development of corresponding technical scenarios.

The issue of addressing technical errors during training sessions was predominantly evaluated positively by the coaches. However, it was ascertained that in certain instances, these tasks are executed only partially or are not analyzed with sufficient depth. This situation signifies the necessity to more systematically organize endeavors pertaining to the identification and rectification of technical errors through video analysis, competition episodes, and special situational exercises.

The survey results demonstrated that the absolute majority of coaches acknowledge that technical preparation exerts a direct impact on the athlete's competitive result. This confirms that selecting the correct technical movement(s), creating point-scoring situations, and effectively capitalizing on opponent errors serve the attainment of high sports results during the competition process.

Although coaches allocate attention to technical preparation, a segment of the respondents articulated that this attention is inadequate or is provided only in certain instances. This indicates the necessity to precisely delineate the time and volume of exercises

allocated to technical preparation within the training plan and to improve the mechanisms for their control.

The acquired results demonstrated that the necessity to further strengthen technical preparation is broadly supported by coaches. This signifies the imperative to augment the proportion of situational exercises, bout scenarios, time management, and training sessions approximated to competitive conditions.

Moreover, the survey results indicated that additional technical training sessions and workouts hold significant importance for freestyle wrestlers. According to the coaches' perspectives, such training sessions serve to expand the athletes' technical capabilities and effectively organize pre-competition preparation.

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