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METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**TECHNOLOGY FOR INCREASING THE EFFECTIVENESS OF COMPETITIVE
ACTIVITIES BY ASSESSING THE LEVEL OF ATTACK AND DEFENSE OF
FREESTYLE WRESTLERS****Ildus Ilyasovich Shagiyev***Teacher at Uzbek State University of Physical Culture and Sports**E-mail address: ildussagiev90@gmail.com**Chirchik, Uzbekistan***ABOUT ARTICLE**

Key words: freestyle wrestlers, offensive moves, defensive moves, analysis, indicators, International competitions, Republican competitions.

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Abstract: This article analyzes the offensive and defensive actions of qualified freestyle wrestlers in international and republican competitions. In the course of the research, the technical and tactical indicators of athletes in their competitive activities, the initiative of attack, the stability of defense, and the effectiveness of counterattacks were studied. Also, the effectiveness of offensive and defensive actions during the competition, their impact on the results of the competition, and the overall effectiveness of the athletes' competitive activities were determined.

Introduction. In modern freestyle wrestling, the effectiveness of competitive activities largely depends on the level of athletes' ability to correctly and timely apply offensive and defensive movements. During the competition, the athlete's technical and tactical preparation, the ability to seize the initiative to attack, effectively resist opponent's attacks, and successfully carry out counterattacks are important factors in achieving victory. Therefore, improving the effectiveness of competitive activities based on a scientific analysis of the offensive and defensive movements of freestyle wrestlers in their competitive activities and determining their effectiveness is one of the urgent issues of sports theory and practice today. In recent years, the increasing speed and technical and tactical complexity of competitions in

international competitions require athletes to have reliable defensive movements along with a high level of offensive activity. At the same time, in many cases, it is observed that the effectiveness of athletes' offensive and defensive movements in competitive activities is not sufficiently analyzed, and the criteria for their evaluation and scientifically based methodologies are not sufficiently developed. These factors create the need for a thorough study of the offensive and defensive actions of freestyle wrestlers during the competition, to determine their effectiveness, and to develop scientific and methodological recommendations aimed at improving the competitive performance of athletes based on the results obtained. In this regard, the analysis of the offensive and defensive actions of qualified freestyle wrestlers in international and republican competitions determines the relevance of this research topic.

Methodology. To develop proposals and recommendations aimed at increasing the effectiveness of athletes' competitive activities based on the analysis of the offensive and defensive actions of qualified freestyle wrestlers in international and republican competitions.

Research objectives.

1. To study the offensive and defensive movements of skilled freestyle wrestlers in international and republican competitions and to identify their main indicators.

2. Develop criteria for evaluating the effectiveness of freestyle wrestlers' offensive and defensive movements and apply them in practice.

Results and Discussion. As in all types of wrestling, the effectiveness of the use of technical methods in freestyle wrestling depends on the athlete's technical and tactical preparation. This means that the effective use of technical methods in wrestling depends on the athlete's ability to use these methods correctly and in a timely manner. For this, the athlete must have not only technical skills, but also the ability to develop and apply tactics appropriate to each situation. It is also important to model the established level of activity in wrestling in order to positively influence the broad range of aspects of technical preparation. This is especially important due to the high intensity of competitive matches, which significantly differs from their work in training conditions. For this reason, we decided to study the number and quality of technical movements of different freestyle wrestlers in accordance with their weight categories per minute, and also analyzed these movements over time and during the match as a whole. Based on the data obtained, the number and effectiveness of technical movements in the match were determined. A total of 300 competitions of freestyle wrestlers in weight categories from 57 kg to +125 kg were analyzed. Of these, 180 competitions were analyzed at international competitions, and 120 at republican competitions. Our own pedagogical observations and video recording materials were used in this process. All studied

technical preparation parameters were calculated separately for each weight category. The data obtained were based on the analysis of the competitive activities of leading wrestlers from Uzbekistan and other countries. Competition competitions of freestyle wrestlers who participated in international competitions by weight category, including the World Championship, Cup and Olympic Games, Republican competitions, the Championship of Uzbekistan, Cup, open tournaments were analyzed. During the analysis, attacking technical attempts made by freestyle wrestlers were marked with the letter "m", successful technical attempts with the letter "i", and points awarded for technical attempts with the letter "a" (see Table 1).

Table 1

Number of competitive bouts analyzed by weight class of qualified freestyle wrestlers

Weight groups Weight	Group 1	Group 2	Group 3	Total
	Light weight (57-65 kg)	Middleweight (74-86 kg)	Heavyweight (97-125)	
International competitions	60	60	60	180
Republican competitions	40	40	40	120
Total number of competitions	100	100	100	300

Based on the data presented in Table 00, it can be noted that the analysis of the results of the wrestlers' competition activities proves that they demonstrate high technical-tactical preparation and efficiency in international competitions in the lightweight category. This is confirmed by the high indicators of TTH attempts, successful TTH attempts and points accumulated for TTH (see Table 2).

Table 2

Comparative analysis of international and republican indicators of freestyle wrestlers, taking into account weight categories

Attacks	m		I		a	
	Number of technical attacks		Number of successful technical attempts		Points awarded for technical attempts	
	Attack (right)	Attack (left)	Attack (right)	Attack (left)	Attack (right)	Attack (left)
Analysis of the performance of qualified freestyle wrestlers in the 57-65 kg weight category at international competitions						

Average number of attacks per 1 minute	2.69	1.46	1.32	0.82	1.53	1.28
4th min. Total attack number	10.54	5.6	5.06	3.23	5.9	5.04
Analysis of the performance of qualified freestyle wrestlers in the 57-65 kg weight category at the Republican competitions						
Average number of attacks per 1 minute	2.17	0.89	0.8	0.34	0.91	0.47
4th min. Total attack number	8.49	3.41	3.06	1.93	3.49	1.85
Analysis of the performance of qualified freestyle wrestlers in the 74-86 kg weight category at international competitions						
Average number of attacks per 1 minute	2.48	1.22	1.11	0.63	1.33	1.07
4th min. Total attack number	9.7	4.76	4.22	2.46	5.01	4.15
Analysis of the performance of qualified freestyle wrestlers in the 74-86 kg weight category at the Republican competitions						
Average number of attacks per 1 minute	1.96	0.68	0.57	0.11	0.68	0.24
4th min. Total attack number	7.66	2.58	2.22	0.44	2.66	0.92
Analysis of the performance of qualified freestyle wrestlers in the 97-125 kg weight category at international competitions						
Average number of attacks per 1 minute	1.92	0.68	0.52	0.08	0.76	0.57
4th min. Total attack number	7.8	2.76	2.12	2.49	3.14	2.23
Analysis of the performance of qualified freestyle wrestlers in the 97-125 kg weight category in the Republic of Uzbekistan competitions						
Average number of attacks per 1 minute	1.81	0.57	0.41	0.12	0.66	0.37
4th min. Total attack number	7.34	2.3	1.66	1.83	2.73	1.46

A comparative analysis of the indicators of competitive activity shows that the proportion of wrestlers attacking to the left decreases as the weight category increases. Thus, we determined the following indicators of the wrestlers' competitive activity:

1. According to a comparative analysis of the arsenal of technical and tactical attacking moves in international competitions (XM) and republican competitions (RM), the average in the light (y), medium (o') and heavy (o) weight categories:

In XM - y-2.69, o-2.48, o-1.92 right attack movements; in RM - y-2.17, o-1.96, o-1.81 right attack movements; in XM - y-1.46, o-1.22, o-0.68 left attack movements; in RM - y-0.89, o-0.68, o-0.57 left attack movements.

2. The average number of successful TTH attempts (i) by wrestlers in the lightweight (y), middleweight (m) and heavyweight (h) weight categories in the XM and RM:

In XM - y-1.32, o-1.11, o-0.52 right attack movements; in RM - y-0.80, o-0.57, o-0.41 right attack movements; in XM - y-0.82, o-0.63, o-0.08 left attack movements; in RM - y-0.34, o-0.11, o-0.12 left attack movements.

3. According to the number of points (a) accumulated for completing the TTH, wrestlers in the light (y), medium (o) and heavy (o') weight categories in the XM and RM average:

In XM - y-1.53, o-1.33, o-0.76 points to the right; in RM - y-0.91, o-0.68, o-0.66 points to the right; in XM - y-1.28, o-1.07, o-0.57 points to the left; in RM - y-0.47, o-0.24, o-0.37 points to the left.

At international competitions, wrestlers from different countries continuously demonstrate attacks and counterattacks in the heavyweight and middleweight categories. Wrestlers in the 57-65 kg weight category actively fight from the 1st to the 4th minute, which can be interpreted as the state of technical and tactical preparation of the wrestlers. Wrestlers in the middleweight category have the highest activity in the 2nd, 3rd, and 4th minutes, and by the 4th minute there is a decrease in activity. In the heavyweight category, the greatest decrease in activity is observed after the 4th minute, which indicates rapid fatigue. While for athletes in the 57-65 kg weight category, the 2nd, 3rd, and 4th minutes are important, for wrestlers in the 74-86 kg middleweight and 97-125 kg heavyweight categories, the 3rd and 4th minutes are decisive. The main part of the TTHs conducted in these minutes determine the outcome of the competition. In the 2nd and 3rd minutes of the fight, the movement activity of wrestlers of all weight categories increases and decreases in the 4th minute. This process is associated with the general laws of the competition and is aimed at conducting a kind of "reconnaissance" phase at the beginning of the competition and ensuring a high level of "activation" of the body.

A comparative analysis of the performance of qualified freestyle wrestlers in international and republican competitions was carried out according to Table 3. This table analyzes the average number of technical techniques performed by qualified wrestlers in 1 minute in international and republican competitions.

Table 3

Comparative analysis of competitive performance indicators of qualified freestyle wrestlers in terms of the effectiveness of offensive movements in international and republican competitions

Characters		m		I		a	
Medium attack indicators Competitions		Attack Interval (sec)	Attacks number	Successful attacks Interval (sec)	Successful attacks number	Scored attacks Interval (sec)	Number of attacks scored
		Light weight	57-65 weight category International competition	14.48	4.14	28.10	2.14
57-65 weight category Republican competition	19.61		3.06	53.01	1.13	43.63	1.38
Difference	5.13		1.08	24.91	1.01	22.25	1.43
Middleweight	74-86 weight category International competition	16.23	3.70	34.61	1.73	25.03	2.40
	74-86 weight category Republican competition	22.76	2.64	88.63	0.68	65.69	0.91
	Difference	6.53	1.06	54.02	1.05	40.66	1.49
Heavyweight	97-125 kg weight category International competition	23.05	2.60	99.67	0.60	45.11	1.33
	97-125 kg weight category Republican competition	25.17	2.38	113.14	0.53	58.53	1.03
	Difference	2.12	0.22	13.47	0.07	13.42	0.3

According to this table;

1.1. The number of attacks per minute of qualified wrestlers in international competitions is: lightweight - 4.14; middleweight - 3.70; heavyweight - 2.60. Attack interval (sec) - lightweight - 14.48; middleweight - 16.23; heavyweight - 23.05.

1.2. The number of attacks per minute of qualified wrestlers in republican competitions - lightweight - 3.06; middleweight - 2.64; heavyweight - 2.38. Attack interval (sec) - lightweight - 19.61; middleweight - 22.76; heavyweight - 25.17.

2.1. The number of successful attacks per minute of qualified wrestlers in international competitions - lightweight - 2.14; middleweight - 1.73; heavyweight - 0.60. Attack interval (sec) - lightweight - 28.10; middleweight - 34.61; heavyweight - 99.67.

2.2. The number of attacks per minute of qualified wrestlers in republican competitions is: lightweight - 1.13; middleweight - 0.68; heavyweight - 0.53. Attack interval (sec) - lightweight - 53.01; middleweight - 88.63; heavyweight - 113.14.

It was found that the interval between each attack in international competitions is less than the interval between attacks in republican competitions, that is, the interval between attacks in international competitions is 5.13 sec. less than the interval between attacks in republican competitions. The number of attacks per minute of wrestlers in international competitions is much higher than in republican competitions. Also, the interval between attacks is shorter in international competitions, which indicates that wrestlers have higher agility and analytical skills. Therefore, it is recommended that wrestlers in republican competitions perform special exercises to perform fast attacks and reduce the interval between attacks. For example, it is necessary to work on more intervalless exercises and accelerated tactics to attack at high speed. It has been observed that the number of successful attacks of qualified wrestlers in international competitions is higher than in republican competitions.

Conclusion. Indicators of technical movements indicate that wrestlers in international competitions are technically and tactically highly prepared. In order to increase the number of successful attacks in republican competitions as well, wrestlers need to improve their defense and attack combinations, as well as develop strategic thinking. However, it may be necessary to make strategic changes for heavyweight wrestlers with long attack intervals. The number and interval of technical moves in lightweight and middleweight wrestlers show significant differences. To overcome such differences, wrestlers need to learn the most commonly used technical techniques adapted to the lightweight and middleweight categories. Given the strong competition in international competitions, it is necessary to learn new methods to further develop their techniques and shorten the interval.

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