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METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**METHODOLOGY FOR IMPROVING THE TECHNICAL AND TACTICAL
TRAINING OF HAND-TO-HAND COMBAT ATHLETES AT THE INITIAL
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ABOUT ARTICLE

Key words: hand-to-hand combat, initial training, technical-tactical training, young athletes, game-based exercises, paired exercises, control exercises, pedagogical experiment.

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Abstract: This article examines the scientific and methodological foundations for improving the technical-tactical training of hand-to-hand combat athletes at the initial training stage. The study analyzed the possibilities of developing technical-tactical stability through step-by-step movement instruction, game-based exercises, paired and small-group situational tasks, and control exercises. The obtained results showed that the integrated formation of technical and tactical elements at the initial stage helps athletes master striking, defensive, and counterattacking actions more quickly. The proposed methodology improves the effectiveness of the training process, strengthens competition readiness, and forms stable motivation in young athletes.

Introduction. The initial training stage is one of the most important periods in an athlete's long-term technical and tactical development. It is during this stage that the correct formation of movements, the automation of basic technical elements, and the ability to make simple tactical decisions are developed as a foundation for future progress. In hand-to-hand combat, this process is especially important, because success in competition depends not only on striking technique, but also on the ability to manage distance, timing, positioning, and responses to an opponent's actions.

Recent scientific studies show that in combat sports, technical and tactical training is more effective when it is organized not separately, but in an integrated manner. In particular, teaching basic movements together with simple tactical tasks at the initial stage develops an athlete's ability to assess situations quickly and make correct decisions. Such an approach increases young athletes' interest in training, creates a safe and motivating environment, and accelerates the pace of technical-tactical acquisition.

Game-based exercises, situational paired tasks, and small-group training tools are considered effective methodological means at the initial stage. These exercises increase athletes' activity and help consolidate defensive, offensive, and counterattacking actions in conditions close to real practice. At the same time, the principle of gradual complexity helps regulate the training process in accordance with the individual abilities of young fighters.

Based on this, the aim of the present study was to develop a methodology aimed at improving the technical-tactical training of hand-to-hand combat athletes at the initial training stage and to evaluate its effectiveness through pedagogical experiment. The study was expected to show that the integration of technique and tactics at this stage creates a solid foundation for the consistent development of sports mastery.

Materials and Methods. The study was conducted in the form of a pedagogical experiment aimed at improving the technical-tactical training of hand-to-hand combat athletes at the initial training stage. The study used pedagogical observation, control testing, comparative analysis, expert evaluation, and mathematical-statistical processing of the obtained results. The training process was adapted to the athletes' physical preparedness, safety requirements, and individual learning pace.

The experimental methodology consisted of four stages: 1) teaching basic movements, 2) developing simple striking and defensive combinations, 3) situational tactical exercises, and 4) integrating technique and tactics through mini-bouts. At the first stage, athletes learned stance, walking, stopping, distance control, and simple defensive actions. At the second stage, straight punches, side punches, retreating, blocking, and counterattacks were practiced in pairs. At the third stage, simple tactical tasks such as initiating the first attack, counterattacking, and escaping pressure were introduced, while the fourth stage focused on practical consolidation through short training bouts.

The evaluation criteria included striking accuracy, defensive efficiency, counterattack speed, and the number of active actions performed during mini-bouts. The results of the experimental group were compared with those of the control group.

Table 1.

System of technical-tactical exercises at the initial training stage

Stage	Exercise Type	Duration	Aim	Control Indicator
1	Movement preparatory exercises	8–10 min	Stance, walking, distance	Correct posture, balance
2	Paired strike-defense drills	10–12 min	Basic technique	Accuracy, sequence
3	Situational tasks	8–10 min	Tactical thinking	Decision speed, response action
4	Mini-bouts	2–3 rounds	Integration	Number of effective actions

Such a step-by-step system contributes to the orderly development of technical and tactical training in young fighters.

Table 2.

Results of the experimental and control groups

Indicator	Experimental group before	Experimental group after	Control group before	Control group after
Striking accuracy	54.2	71.8	53.9	60.4
Defensive effectiveness	49.7	68.5	50.1	57.2
Counterattack speed, points	3.1	4.4	3.0	3.5
Active actions in mini-bouts	8.6	12.9	8.4	9.8

Similar approaches emphasize dividing the training process into technical, tactical, and control stages, which yields effective outcomes.

Pedagogical observations showed that organizing technical and tactical exercises in an integrated rather than separate manner leads to faster learning at the initial stage. In particular, game-based exercises and situational tasks increased children's interest and active participation. International literature also notes the importance of play, safety, and gradual progression in teaching young athletes.

Compared with the control group, the experimental group demonstrated higher striking accuracy, better defensive efficiency, and faster tactical decision-making. This result shows that

integrated technical-tactical training is beneficial at the initial stage. For hand-to-hand combat athletes, such an approach facilitates adaptation to competition activities in later stages.

Results and Discussion. The results showed that the experimental methodology was effective. In the experimental group, striking accuracy increased from 54.2% to 71.8%, defensive efficiency from 49.7% to 68.5%, counterattack speed from 3.1 to 4.4 points, and the number of active actions in mini-bouts from 8.6 to 12.9. In comparison, the control group also improved, but to a much smaller extent: striking accuracy increased from 53.9% to 60.4%, defensive efficiency from 50.1% to 57.2%, counterattack speed from 3.0 to 3.5 points, and active actions from 8.4 to 9.8.

These differences show that step-by-step teaching, game-based exercises, paired tasks, and situational drills, when combined in one system, accelerate the formation of technical-tactical skills at the initial training stage. In particular, teaching technique and tactics together improved athletes' ability to manage distance, timing, and positioning. This approach also increased decision-making speed, motor activity, and interest in training among young athletes.

The results are consistent with international scientific approaches, which recommend organizing movement learning at the initial stage according to the principle of progressing from simple to complex and developing technical and tactical tasks in parallel. It was also confirmed that game-based and safe training methods are important for forming stable motivation and active participation in young athletes. Therefore, the proposed methodology can be considered an effective pedagogical solution for strengthening the competition readiness of hand-to-hand combat athletes.

Conclusion. The study showed that a step-by-step system of game-based and situational exercises is effective for improving the technical-tactical training of hand-to-hand combat athletes at the initial stage. The combined teaching of technique and tactics led to a significant improvement in striking accuracy, defensive efficiency, counterattack speed, and the number of active actions in mini-bouts. This confirms that the methodology develops not only movement skills, but also the ability to apply them in practical combat situations.

The experimental approach also showed that organizing technical and tactical training in an integrated rather than isolated way makes it easier for young athletes to adapt to the training process. Game-based exercises, paired tasks, and mini-bouts increased athletes' activity while improving decision-making speed and movement stability. At the same time, this approach strengthened interest and motivation in training and created a strong foundation for the next stage of sports preparation.

Overall, the developed methodology can be regarded as an effective pedagogical tool for the consistent development of technical-tactical abilities in hand-to-hand combat athletes at the initial training stage. Its practical application can positively influence the formation of sports mastery, increase competition readiness, and support long-term technical-tactical development.

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