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METHODOLOGICAL JOURNAL<http://mentaljournal-jspu.uz/index.php/mesmj/index>EFFECTIVENESS OF TRAINING YOUNG FREESTYLE WRESTLERS IN
TECHNICAL ACTIONS**Arzibek Joldasov***Teacher of Nukus Branch of the Uzbek State University of
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ABOUT ARTICLE

Key words: freestyle wrestling, young wrestlers, technical training, technical movement, teaching methodology, movement element, technical-tactical training, pedagogical experiment, control group, experimental group, effectiveness, statistical analysis.

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Abstract: This article analyzes the organizational, methodological, and didactic foundations for increasing the effectiveness of training young freestyle wrestlers in technical movements based on the logic of scientific-theoretical and pedagogical experience. The concept of the research is based on the principles of gradual mastery of its structural elements rather than simple repetition of a technical movement, their integration into a holistic movement system, interconnection of technical methods, application in conditions of variable resistance, and transfer to training and competition activities. In the submitted scientific material, the performance indicators of young Greco-Roman wrestlers in technical techniques using 15- and 30-second tests were compared in the control and experimental groups, and the results were evaluated using indicators such as M , σ , $V\%$, t , and p . The methodological structure of this approach was adapted to the technical and tactical content of freestyle wrestling; the article developed a six-stage training model, criteria for assessing technical training, experimental design, and an algorithm for the statistical interpretation of results. The article does not replace the actual individual data of the practical experiment; the statistical table forms provided in the results

Introduction. In the system of training young athletes, the formation of technical mastery is a complex pedagogical process determined by the interaction of physical, functional, and psychological preparation components [7]. Under conditions of freestyle wrestling, this complexity increases further, as the technical movement is not a standard motor act performed along a pre-defined trajectory, but a dynamic movement system that is reorganized under conditions of continuous changes in the opponent's position, distance, support area, balance, time, and resistance levels [1,3].

Therefore, the methodology for training a young freestyle wrestler in technical movements should not be limited solely to repeating the external form of the technique [2, 4]. In the process of training, it is necessary to systematically develop the components of the support phases of technical movement, mechanisms for generating and directing force, mutual compatibility of the torso and limb segments, balance violation, control of the opponent's support, and movement completion [5,6].

Materials and methods. The research is planned to be organized based on a pedagogical experimental model. The participants will be divided into control and experimental groups, made as similar as possible in terms of age, athletic preparation, and initial technical performance indicators. The control group, consisting of 10 boys, will be trained according to the current training program, while the experimental group, also with 10 boys, will be trained according to the phased technical skill acquisition model developed by us (see Table 1). The introductory and final tests of the research should be conducted under the same conditions, at the same time intervals, and according to the same evaluation protocol.

Table 1.

Model of step-by-step technical movement training

Stage	Main content	Coach's job	Expected result
1. Cognitive preparation	Purpose of the method, initial and final state, safety	Explain and demonstrate	Understanding action patterns
2. Elementary mastery	Elements of arm, leg, torso, and support	Separate segmentation	Accuracy of movement elements

3. Integrated technology	Merge items into a single method	Coordination of movement phases	Stable technical stereotype
4. Combination bonding	Switch from one method to another	Create an option that fits the situation	Technical and tactical flexibility
5. Resistance	Passive, semi-active, and active partner	Resistance level control	Technology close to real conditions
6. Situational competition.	Educational Challenge and Competition Model	Decision-making incentives	Technical motion transfer

This model is aimed at organizing the process of teaching technical actions to young freestyle wrestlers in a consistent progression from simple to complex and from theoretical understanding to practical application. Initially, it involves understanding the purpose, structure, and execution mechanism of a technical technique, followed by mastering its individual elements and integrating them into a complete movement. Subsequently, the model focuses on combining technical actions and improving their execution under different levels of opponent resistance. At the final stage, the acquired technical skills are applied in training bouts and competition-like situations, enabling young wrestlers to rapidly assess the situation, independently select the most appropriate technical action, and execute it effectively. Thus, this approach is intended not merely to develop the external form of a technical action, but to establish the competence to perform it consistently and effectively under variable competitive conditions.

The performance of technical techniques was assessed using 15- and 30-second tests, and the differences between the control and experimental groups were statistically analyzed.

Result and discussion. The results of the analysis of the technical preparedness indicators of young freestyle wrestlers at the beginning and end of the experiment demonstrated a significant improvement in the effectiveness of technical actions in the experimental group (EG, n=10). In particular, for the control exercise “transition to the ground by gripping from underneath the arm,” the mean performance in the experimental group increased from 11.5 ± 1.3 at the beginning of the experiment to 13.3 ± 1.5 at the end, representing an improvement of 15.7%. This change was statistically significant ($t=3.02$; $p<0.01$), indicating a substantial improvement in the level of execution of the technical action by the end of the experimental period. The decrease in the coefficient of variation from 11.5% at the beginning

of the experiment to 11.14% at the end also indicates a relative stabilization of the results within the group. In the control group (CG, n=10), the corresponding indicator increased from 11.08 ± 1.03 to 12.7 ± 1.4 ; however, this change was not statistically significant ($p > 0.05$). This finding indicates that the specialized technical training approach applied in the experimental group was more effective than traditional training in improving the execution of this technical action (see Table 2).

Table 2

Technical preparedness indicators of young freestyle wrestlers at the beginning and end of the experiment (experimental group n=10, control group n=10)

No.	Control exercise	Group	Start of experiment			End of experiment			t	P
			$\bar{X}$	σ	V, %	$\bar{X}$	σ	V, %		
1	To take by the arm into the stalls	EG	11,5	1,3	11,5	13,3	1,5	11,14	3,02	<0,01
		CG	11,08	1,03	11,00	12,7	1,4	11,1	1,73	>0,05
2	To move one's hand to the stalls	EG	15,1	1,9	12,5	17,5	2,2	12,13	2,32	<0,05
		CG	15,5	1,3	8,4	16,4	1,4	8,5	1,75	>0,05

The “transition to the ground by pulling the arm” exercise also demonstrated positive dynamics in the experimental group. The performance increased from 15.1 ± 1.9 at the beginning of the experiment to 17.5 ± 2.2 at the end, representing an absolute increase of 2.4 units and a relative increase of 15.9%. This change was statistically significant at the $t=2.32$; $p < 0.05$ level. At the same time, the coefficient of variation decreased from 12.5% to 12.13%, indicating a certain stabilization of the participants’ performance in executing the technical action within the group. In the control group, the corresponding indicator increased from 15.5 ± 1.3 to 16.4 ± 1.4 , but this change did not reach statistical significance ($p > 0.05$). Therefore, the positive changes observed in the experimental group for both technical actions were more pronounced than those in the control group, demonstrating the effectiveness of the methodology based on the elemental mastery of technical actions, their integration into complete movements, and their repeated application under practical conditions.

Overall, the obtained results indicate that the improvement in technical preparedness indicators in the experimental group was systematic and statistically substantiated, whereas the changes observed in the control group were primarily associated with the natural effects of the conventional training process. In particular, the statistically significant changes identified in the experimental group at the $p < 0.01$ and $p < 0.05$ levels can be considered important empirical evidence confirming the effectiveness of the developed technical training

methodology. These findings suggest that the proposed methodology contributes to the purposeful improvement of technical actions among young freestyle wrestlers and may be effectively applied in the process of developing their technical preparedness.

Conclusion. Based on the results of the study, it was determined that the technical training methodology developed by us for teaching technical actions to young freestyle wrestlers is an effective pedagogical tool for improving athletes' technical preparedness. The proposed methodology is based on a systematic approach that includes understanding the movement, mastering its individual elements, developing an integrated technical action, combining technical actions, performing them under different levels of opponent resistance, and transferring them to training bouts and competition situations. At the end of the pedagogical experiment, statistically significant improvements in the performance indicators of the main technical actions were observed in the experimental group ($p < 0.05$; $p < 0.01$), whereas most of the changes in the control group did not reach statistical significance. These findings confirm the practical effectiveness of the developed methodology.

Furthermore, the step-by-step progression from mastering individual movement elements to executing integrated technical actions, and subsequently applying them under situational and resistance-based conditions, contributed to the development of movement accuracy, stability, speed, and technical-tactical adaptability among young wrestlers. Therefore, the technical training methodology developed by us can be recommended as an effective methodological system aimed at improving the technical preparedness of young freestyle wrestlers, enhancing the application of acquired technical skills in competitive situations, and ensuring the consistent development of their technical mastery.

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