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METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**IMPROVING THE TECHNICAL AND TACTICAL ACTIONS OF WRESTLERS****Abdulaziz Dehqonov***Lecturer, Department of Theory and Methodology of Combat Sports**Faculty of Sports Activities, Fergana State University**Email: dehqonovabdulaziz18@gmail.com**Fergana, Uzbekistan***ABOUT ARTICLE**

Key words: freestyle wrestling, sports perfection stage, technical preparation, tactical preparation, technical-tactical skill, biomechanics, special physical fitness, psychophysiological preparation, functional monitoring, recovery, competitive activity.

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Abstract: This article analyzes the scientific and methodological foundations for improving the technical and tactical actions of freestyle wrestlers at the stage of sports perfection. It examines the biomechanical characteristics of technique execution, tactical thinking and decision making, and the influence of special physical and psychophysiological preparedness on technical-tactical skill. An approach is substantiated that combines training means oriented to the demands of competitive activity, optimization of load–rest cycles, functional monitoring and recovery. The analysis indicates that improving technical and tactical actions is more effective when a comprehensive methodology is used that harmonizes physical, psychophysiological and biomechanical aspects of preparation.

Introduction. Modern freestyle wrestling is developing under highly competitive conditions, and success in international competitions increasingly depends not only on an athlete's physical potential but also on the stability of their technical and tactical proficiency. Within the long-term training system, the stage of sports improvement is characterized by the formation of the wrestler's individual style, expansion of their technical repertoire, and consolidation of the ability to apply technical skills effectively under competitive conditions. Sports training theory emphasizes that, at this stage, particular importance should be attached

to planning the volume and intensity of training loads and to the integration of different types of preparation.

At the initial stages, wrestlers master basic technical skills and learn to perform them in fundamental forms. At the stage of sports improvement, however, the objectives change qualitatively: athletes are required to perform techniques at high speed and under conditions of considerable exertion, fatigue, and resistance from the opponent, combine individual techniques, and apply them within a tactical plan adapted to specific competitive situations. Studies devoted to freestyle wrestling technique and tactics emphasize that technical preparation should be developed in close integration with tactical thinking [3, 6].

The effectiveness of technical actions largely depends on their biomechanical structure. A biomechanical protocol aimed at teaching a hand-throw technique [7], as well as studies examining the reliability of lower-limb kinematics during the execution of this technique, the biomechanical prerequisites of freestyle wrestling techniques, and the physical and biomechanical foundations of the training process in Greco-Roman wrestlers, demonstrate the possibilities for quantitatively evaluating and improving technical actions.

At the same time, in practice, technical and tactical preparation is often planned separately from physical and psychophysiological preparation, while the integration of technical and tactical indicators with functional monitoring has not yet been sufficiently systematized. This situation highlights the need to scientifically substantiate a comprehensive approach to improving the technical and tactical actions of wrestlers at the stage of sports improvement.

The aim of the study is to identify, based on an analysis of the literature, the scientific and methodological approaches to improving the technical and tactical actions of freestyle wrestlers at the stage of sports improvement and to develop recommendations for their implementation in the training process.

Literature review. Issues related to freestyle wrestling technique and tactics have been extensively covered in Russian-language scientific and methodological literature. Studies on freestyle wrestling technique and tactics examine the classification of techniques, the sequence of their instruction, and the conditions for their application in competitive activity [3, 6]. Research devoted to tactical preparation describes the structure of tactical actions and ways of improving them, while modern trends in technical preparation have also been analyzed separately. Researchers have also focused on improving the physical and functional preparation of wrestlers under competitive conditions, as well as on the interrelationship between physiology, morphology, and training methodology in Greco-Roman wrestling. In

Filimonov's study, the morphological characteristics of wrestlers with different styles were compared, and the morphological foundations of technical and tactical proficiency were identified.

In foreign literature, a biomechanical approach to the analysis of technical actions predominates. Barbas et al. proposed the use of a biomechanical protocol for teaching a hand-throw technique [7], while Stordopoulos et al. investigated the reliability of repeated measurements of lower-limb kinematics during the execution of the same technique. A study devoted to analyzing wrestler performance using national techniques, as well as research on physiological responses and performance in freestyle wrestlers [8], expands the possibilities for objective assessment of technical actions. Analyses of the laws of dynamic force and movement coordination in wrestling, as well as neuromuscular factors affecting the quality of technical actions, also constitute important scientific foundations.

The relationship between tactical actions and physical and physiological factors has been studied as a separate research area in recent years. Kumar and Ramesh analyzed the relationship between physical fitness and tactical decision-making in freestyle wrestlers, while Desai and Kapoor investigated physiological predictors of tactical effectiveness. These studies demonstrate the need to consider tactical proficiency not merely as the result of technical knowledge, but as a complex indicator associated with the athlete's functional state.

Regarding special physical preparation, the literature addresses specialized strength exercises, the fundamentals of strength training and conditioning [4, 5], training design based on nonlinear periodization, adaptation to resistance exercises, and strength and neuromuscular function in wrestlers. Studies on high-intensity interval training and anaerobic work capacity, hormonal responses and strength adaptations, as well as periodization models for combat sports, are of particular importance for planning training loads in wrestlers. Mechanisms of morphofunctional adaptation to physical loads [1], the dynamics of morphological development in young athletes [2], the morphological structure and physical fitness of wrestlers, the development of respiratory system capacity in freestyle wrestlers, and the improvement of speed-strength preparation in qualified wrestlers have also been examined in Uzbek-language studies. Physiological profiles and injury risks among combat athletes, as well as cardiovascular responses to functional tests in young wrestlers, are additional factors that should be considered when individualizing training loads.

Psychophysiological factors determine the stability of technical and tactical actions under competitive conditions. Psychophysiological monitoring and stress management in elite wrestlers, psychophysiological characteristics of wrestlers, neurophysiological adaptation

under competitive stress, and psychophysiological regulation of motor coordination in combat sports have been investigated. Pre-competition visualization and cognitive preparation, as well as biofeedback technologies for combat athletes, have been proposed as tools for managing psychological states during the training process. The theoretical foundations of coordination training have been addressed by Lyakh and Sadovsky, while the theory of mastering motor exercises has been discussed in the works of Lyakh.

With regard to recovery and monitoring, studies have examined the laboratory-based monitoring of strength and fatigue, biochemical markers of recovery in wrestlers, sleep quality and muscle regeneration, optimization of training and recovery cycles in combat sports, functional adaptation in strength sports [10], and the scientific foundations of monitoring the morphofunctional state of athletes. The analysis of the available literature indicates that although technical, tactical, physical, and psychophysiological preparation, as well as recovery, have been extensively studied as separate areas, a methodological approach that integrates these components into a unified system aimed at improving the technical and tactical actions of freestyle wrestlers at the stage of sports improvement has not yet been sufficiently systematized.

Results and discussion. The theoretical and methodological analysis of the literature made it possible to identify five interrelated areas for improving the technical and tactical actions of freestyle wrestlers at the stage of sports improvement. These areas are summarized in Table 1.

Improving Technical Actions. At this stage, the primary objective of technical preparation is to achieve stable and economical execution of mastered techniques and to increase their reliability when performed under the opponent's resistance. Biomechanical analysis makes it possible to identify the kinematic characteristics of technique execution, detect recurring errors, and develop an individualized technical model. In practice, it is advisable to gradually progress from practicing individual techniques separately to more complex situations involving combinations, transitions from defense to attack, and the application of counter-techniques. Repeating technical exercises at different levels of fatigue helps stabilize the technique under conditions that approximate those experienced toward the end of a competition.

Improving Tactical Actions. Tactical preparation includes analyzing the opponent's style, making situation-specific decisions, and implementing the competition plan. The relationship between physical fitness and tactical decision-making, as well as the physiological factors underlying tactical effectiveness, supports the need to plan tactical exercises in combination

with physical loads. Therefore, paired exercises that model different score and time situations, practice bouts with opponents of different styles, and video analysis of completed matches are recommended as key means of improving tactical proficiency.

Special Physical and Psychophysiological Foundations. The quality of technical and tactical actions depends on the level of explosive strength, strength endurance, anaerobic work capacity, and coordination abilities. High-intensity interval training creates a workload that closely resembles the intermittent nature of competitive wrestling and contributes to maintaining the quality of technical actions under conditions of fatigue. From a psychophysiological perspective, visualization, stress management, and biofeedback techniques can help ensure the stable execution of technical and tactical actions during pre-competition preparation.

Training Load, Monitoring, and Recovery. Technical and tactical improvement requires high-quality training, while the quality of performance depends on an appropriate balance between training load and recovery. Optimizing training and recovery cycles, monitoring strength and fatigue indicators, assessing biochemical markers of recovery, and taking sleep quality into account make it possible to individualize training loads. This approach is consistent with periodization models developed for combat sports and, in addition to improving training effectiveness, contributes to reducing the risks associated with physical overexertion and injury.

Table 1

**Directions for Improving the Technical and Tactical Actions of Freestyle
Wrestlers at the Stage of Sports Improvement**

Direction	Main Means	Control Indicators and Sources
Technical actions	Refinement of techniques based on biomechanical analysis; combinations; counter-techniques; repetition of techniques under conditions of fatigue and opponent resistance	Speed and accuracy of execution; proportion of successfully executed techniques; kinematic stability
Tactical actions	Modeling different score and time situations; tactical plans against different opponent styles; practice bouts; video analysis	Decision-making speed; attack-to-defense ratio; scoring effectiveness
Special physical preparation	Explosive strength and strength-endurance exercises; interval anaerobic training; coordination tasks	Special strength and speed-strength tests; anaerobic work capacity
Psychophysiological preparation	Visualization; stress management; biofeedback; pre-competition cognitive preparation	Reaction time; indicators of psychological state; stability of movements
Monitoring and recovery	Functional tests; biochemical markers; sleep monitoring; planning of training and recovery cycles	Recovery dynamics; adaptation to training loads; injury risk

The discussion indicates that these areas are more effective when implemented not in isolation, but sequentially and in an integrated manner within the framework of microcycles and mesocycles. At the beginning of the training period, priority should be given to biomechanical analysis and refinement of techniques; during the middle phase, emphasis should be placed on tactical modeling and the integration of special physical loads with technical exercises; and during the pre-competition period, priority should be given to testing the developed tactical plan, psychophysiological preparation, and monitoring recovery. Such an approach makes it possible to manage the improvement of technical and tactical actions in conjunction with changes in the athlete's physical and functional state.

It should be noted that the areas presented above are based on a theoretical and methodological analysis of the literature. Their effectiveness in a specific group of qualified wrestlers should be confirmed at a subsequent stage through the results of pedagogical experiments and control tests.

Conclusions. The analysis of the literature demonstrated that improving the technical and tactical actions of freestyle wrestlers at the stage of sports improvement is a complex and multifactorial process. At this stage, technical preparation should focus on biomechanical refinement of techniques, their stable execution under conditions of fatigue and opponent resistance, and their integration into combinations. Tactical preparation, in turn, should be aimed at modeling competitive situations, analyzing the opponent's style, and increasing the speed of decision-making.

The quality of technical and tactical actions is closely associated with the wrestler's special physical and psychophysiological preparation, as well as with an appropriate balance between training load and recovery. Therefore, planning technical and tactical improvement in conjunction with explosive strength, strength endurance, anaerobic work capacity, coordination, psychological stability, and functional monitoring is scientifically justified.

Practical Recommendations

In the training of freestyle wrestlers at the stage of sports improvement, the following measures are recommended: individualizing technical techniques based on biomechanical analysis, including video and kinematic assessment; regularly using paired exercises that model different score and time situations, as well as video analysis of practice bouts, in tactical preparation; combining high-intensity interval training and specialized strength exercises with technical exercises;

applying visualization and stress-management techniques during the pre-competition period; adjusting training and recovery cycles based on functional and recovery indicators, including sleep quality, fatigue, and biochemical markers.

In future research, it would be appropriate to evaluate the effectiveness of the proposed areas through pedagogical experiments involving wrestlers from different weight categories and levels of qualification.

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