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METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**IMPROVING THE EFFECTIVENESS OF THE USE OF  
TECHNICAL ACTIONS OF ATHLETES ENGAGED IN FREESTYLE WRESTLING  
IN COUNTER-ATTACK IN COMPETITION ACTIVITIES*****Khalilillo Kayumov****Lecturer**Uzbekistan State University of Physical Education and Sports**Chirchik, Uzbekistan*

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**ABOUT ARTICLE**

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**Key words:** freestyle wrestling, athlete, competitions, counterattack, technique, efficiency.

**Abstract:** This article presents the effectiveness of using counterattack techniques in the competitive activities of athletes engaged in freestyle wrestling.

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**Importance.** It is observed that the main attention is paid to the development levels of technical movements and physical quality indicators in the training processes of freestyle wrestling on a global scale. At the same time, it is becoming more and more evident that the improvement of counterattack actions by wrestlers in the performance of technical movements and methods during the competition is of great importance. In the theory and practice of sports wrestling, specialists and coaches are constantly looking for effective ways to achieve high sports results with the least amount of time and other resources. Solving this problem is complicated by the fact that the level of modern development of sports puts high demands on the quality of training of freestyle wrestlers at various stages of the multi-year training process. Competitions are characterized by a high intensity of technical and tactical actions, which require athletes to exert maximum muscle strength and the ability to demonstrate them in a rapidly changing environment. A counterattack in freestyle wrestling is a set of techniques that respond to an opponent's attack, using his strength and creating a favorable moment for an attack. Freestyle wrestling includes many techniques and techniques that wrestlers must

master in order to effectively counter attacks and prevent the opponent from attempting to counterattack.

Today, not only ourselves, but also foreign experts recognize that an effective national system covering all walks of life of the population has been created in our country in the field of physical education and sports, and it is already producing good results. It shows how well thought out and far-sighted the works in this field are.

The decree and decisions of the President of the Republic of Uzbekistan dated July 29, 2022 No. PQ-336 "On measures to further develop the Olympic types of sports wrestling" determine the relevance of this research.

**The purpose of the study.** It is to increase the efficiency of using technical movements of freestyle wrestling athletes in the competition.

**Research methods and organization:** Analysis of scientific and methodical literature, questionnaire, pedagogical observation, pedagogical testing, pulsometry, instrumental method, pedagogical experience and mathematical statistical methods.

**Research results and their discussion:**

High technical movements are the process of forming techniques used in freestyle wrestling, performing special exercises, techniques and their various combinations.

In freestyle wrestling, like other types of wrestling, defensive actions play an important role. It is important not only to create favorable situations for the attack, to implement techniques and counterattacks, but also to defend skillfully during the competition. Freestyle wrestling refers to sports with very complex, interesting and varied movement techniques. The components of the technique are basic techniques and positions, their modifications, complex technical and tactical movements (combinations and counter methods), elementary movements (grips, imbalances). The most important thing in the development of technical tactical skills is counterattacks.

Technical training is the formation of various motor skills that cover various technical solutions of sports and pedagogical tasks. Regular use of certain techniques helps to enrich motor skills. In practice, we also call such methods "crown".

As the athlete acquires more new methods, counter-methods and defenses, some of the methods that meet his special characteristics and habits and are successfully performed by him are included in the plan for further improvement.

The result of the entire training process for sports wrestling is the athlete's successful participation in the competition and the competition in general. Sports activity is characterized by the presence of conflicting interaction between athletes, which is regulated by the rules of

competitions. Their differences (on permitted and prohibited methods; on the evaluation of technical actions; on the form in which athletes participate; on the rules of the competition, etc.) largely determine the differences between the types of sports fights, their techniques and tactics. All technical movements of freestyle wrestling can be divided into attack, counter-attack, and defense according to the nature of solving the motor problem. In sports terminology and freestyle wrestling practice, these actions have their own characteristics.

Aggressive actions are characterized by a quick attack on the opponent to gain victory or advantage in the competition. Counterattack moves are made in response to attack moves to stay ahead of the opponent's moves.

During the research, the approaches used to increase the efficiency of technical movements of athletes engaged in freestyle wrestling in the counter attack during competition activities:

- Detailed analysis of competitive activity to determine the most effective counter-offensive actions.
- Development and implementation of targeted technical and tactical training programs aimed at improving counterattack techniques.
- Using special training tasks that model counterattack situations.
- Attention to the development of speed-power ability, explosive power, coordination of movements.
- Improving the technique of counterattacks in the conditions of strong opposition.
- Use of special physical training equipment that simulates competitive activities.

When choosing an opponent to develop a counterattack technique in freestyle wrestling, several important factors should also be taken into account:

1. Skill level:

The partner should be roughly equal in training level so that they can equally practice different counterattack options.

An experienced partner can help develop and improve technique, but too much variation can reduce training effectiveness.

1. Physical data:

It is desirable for the athlete to be close in terms of height, weight and strength.

This allows the athlete to simulate real competition situations and make counterattacks taking into account his physical capabilities.

2. Fighting style:

The athlete's style of competition should be similar to his opponent, so that he can perform counterattacks against his specific attacks.

This technique helps the athlete to prepare for matches with opponents using the same fighting method.

The following exercises were used to further improve the counterattack technique of freestyle wrestlers.

1. Developing counterattack techniques in pairs:

The opponent performs the attack movements, and the athlete determines the moment for the counterattack in time and performs the countermovement.

Changing roles, changing different attack moves to develop versatility.

Gradually increasing the complexity of tasks: increasing the speed of attacks, changing their direction, developing counterattacks from different positions.

2. Station drills that focus on counterattacks:

Development of the technique of countermeasures at the 1st station.

Station 2-Simulate counterattacks with actions.

Developing an individual counterattack strategy for a particular opponent in freestyle wrestling requires an analysis of his styles, techniques, strengths and weaknesses.

Study your opponent:

Analysis of video recordings of previous matches with the chosen opponent to determine his main techniques and tactical features.

Determining the strengths and weaknesses of the opponent, his usual actions and reactions to certain actions.

Defining goals:

Determining the main objectives of the counterattack strategy: for example, using the opponent's strengths to your advantage or covering his weaknesses.

Choosing the right techniques:

Determining the best counterattack techniques to counter an opponent's unique technique or style. Work on improving this technique in training.

Tactical plan:

Develop specific tactical methods and sequences of actions to use counterattacks in response to the opponent's actions.

Preparing for different competition scenarios and adapting strategy according to the competition process.

Simulating situations:

Conducting sparring or training sessions that mimic an opponent's style and technique to practice counter-attacking strategies.

To better understand his tactics, practice together with partners who play the role of opponents.

Continuous analysis and correction:

After each practice or competition, analyze the results and effectiveness of the counter-attacking strategy.

Developing an individual counterattack strategy for a specific opponent requires careful analysis and preparation. With constant practice and adaptation, it helps to achieve success in the fight against certain opponents.

**Improving counterattack technical and tactical actions.** When forming the arsenal of counter-attacking moves, we took into account the speed of reaction and the efficiency of thinking of athletes. During the training, the athletes were taught to use the weaknesses in the opponents' training, namely: 1) insufficient physical strength; 2) attacks with predicted and expected reception; 3) lack of effective pre-admission preparation; 4) know the technical arsenal of opponents; 5) making an attack from an unfavorable situation by the opponent; 6) incompleteness of the attack due to uncertainty; 7) timely (early or late) relief at the last stage of the attack; 8) short-term delay in movement (pause); 9) gross violation of the biomechanical structure of movement.

A wrestler can use any technique for attacking and counter-attacking. By using a method or part of it as a deceptive move, the wrestler can distract the opponent from his true intention and prepare favorable conditions for making another attack.

Countermeasures include complex technical actions. A wrestler making a counterattack must make the right decision in an instant and precisely match his actions with the actions of the attacking opponent so that the opponent does not have time to implement the method. Counter-attacking - the goal occurs during specially created conditions, such as during the opponent's offensive actions in the competition. In the first case, the wrestler first performs a defensive action, and then performs a counterattack. In the second case, the wrestler invites the opponent to take a certain hold, and then counterattack actions are carried out. In the first case, the time intervals from the time of completion of the defensive action to the completion of the technical method of the counterattack, and in the second case - from the time of application of the challenge to the completion of the method or the change of the target instruction are taken into account.

Periods of time spent without a purpose (represented by the wrestler's sluggishness and waiting) are characterized by a large number of redundant movements, which are not counted in the total time of the competition and are characterized by the absence of a specific purposeful instruction. Usually, at this time, athletes are waiting for active actions from their opponent, depending on his technical plan.

The analysis of the content of the training process shows that insufficient importance is attached to the tactical movements that make up the structure of the wrestling competition. Although there is great interest in attack, counter-attack and defensive actions in training, their effectiveness in competitions is not great. This is due to the fact that in training, athletes improve the skills and abilities of attack, defense and counter-attack without introducing tactical action as a dangerous situation after the training, separated from the tactical training methods.

The strategy is to use a high level of strategy systems so that wrestlers can achieve the highest level of results during the competition and use their team's performance at a high level. On the eve of the competition, the main goal of each meeting was determined, the use of physical, technical and tactical actions in wrestling competitions. To do this, they take into account the characteristics of specific competitions, such as the scale, nature and conditions. In any competition, a wrestler's strategy will change depending on the circumstances affecting him. In this case, there are general principles of tactics of wrestlers.

The main goal of technical training is to master (or re-master) personal actions in the system of the competition activity manual, to master the newest techniques of the competition activity manual and to provide an opportunity to comprehensively improve the conditions for the development of this technique in practice.

Complicating the external situation in performing technical methods is done in several ways

1) allows to increase the possibility of stability structure and speed of wrestlers in demonstrating their technical capabilities and to increase the efficiency of results.

2) adopting a systematic approach to solving complex initial situations and preparatory behaviors. For example, to increase the skill of throwing a curve, you need to change the distance between the catcher and the wrestler.

3) the method of limiting the space for technical indicators helps to complicate situations where there is a wide opportunity to improve skills.

A wrestler can use any technique for attacking and counter-attacking. By using this method, or part of it, as a deceptive behavior, the wrestler can distract the opponent and otherwise prepare favorable conditions for the goal or mission of the attack.

Counter moves are intentional moves made in response to an opponent's attack, through which the wrestler gains an advantage over the opponent.

Countermeasures include complex technical actions.

A wrestler making a counterattack must immediately make the right decision and precisely coordinate his actions with the actions of the attacking opponent so that the opponent does not have time to make a decision.

Pedagogical experiments were carried out and a special training program was developed to increase the effectiveness of counter-offensive actions. The training process of the experimental group consisted of special and complex exercises, including various auxiliary exercises.

A set of exercises used during the experiment.

1. Shuttle run 3x10 m;
2. Long jump;
3. Pulling on the turnstile;
4. climbing a rope (without the help of legs);

To evaluate the effectiveness, the sets of exercises were applied at the beginning and at the end of the experiment, and the following control tests were used:

1. Avoid shrugs from 5 minutes;
2. The number of shrugs for 15 seconds;
3. Entry and exit methods are for 15 seconds;

It can be seen that the participants of control and experimental groups do not have reliable differences in technical training. It has a technical advantage over countermeasures and takes a high place in the arsenal of technical actions in terms of effectiveness. However, the lack of methodological developments in the preparation of counterattacks and their use in freestyle wrestling is a significant weakness in the training of wrestlers. Therefore, one of the reserves for improving the technical skills of athletes lies in the improvement of the counterattack technique.

The developed sets of exercises develop the necessary knowledge, skills and abilities of freestyle wrestlers, form the basis of competition activity, as well as the technique and tactics of offensive and defensive actions, and increase the emotional color of training. In the course of

the competition, special physical qualities are developed, the ability to make quick, timely and correct decisions is acquired, interest in sports increases significantly.

**In conclusion**, we can say that the regular use of these exercises during training allows not only to develop speed and strength skills, but also to significantly improve the technique and tactics of counter-attacking movements of athletes engaged in freestyle wrestling. When preparing wrestlers for responsible competitions, the coach should organize training sessions to study the main opponents. It is necessary to analyze the skills of the opponent: to determine the weak and strong points of physical, voluntary, technical and tactical training, and to determine the models of the tactical plan of the fight in order to better prepare for the meeting with the opponent.

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