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METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**THE ROLE OF THE EXPERIENCE OF FOREIGN COUNTRIES IN
IMPROVING THE EFFECTIVENESS OF COMPETITION ACTIVITIES AND
DEVELOPING TECHNICAL-TACTICAL PREPARATION****Sarvar Adilov***DSc, Associate Professor**Uzbek state university of physical education and sport**Chirchik, Uzbekistan**E-mail: Adilov.uzdjtsu@mail***ABOUT ARTICLE**

Key words: Competitive activity, Physical training, technical tactical movements, training process, coordination skills, sports competitions, weekly programs, preparation, ground position, standing positions.

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Abstract: This article discusses the factors that contribute to improving sports performance, including the targeted preparation of competition performance indicators, through the analysis of the experience of foreign countries and advanced methods and data in the modern sports wrestling industry. The development and implementation of innovative methods for express analysis of competition performance indicators will allow coaches and athletes to identify in detail the weaknesses and problematic aspects of technical and tactical preparation, which, in turn, will help to develop more effective training programs and methods to increase the effectiveness of competition performance.

In the modern Olympic sports system, including wrestling types, are considered among the most fascinating sports. The reason for this, athletes demonstrate complex tactical and technical skills also all their physical capabilities in process of wrestling.

In many developed countries, the strategic task of deeply developing physical education and sports disciplines is to form the core values of this field among the younger generation. This is connected with ensuring physical and mental health as well as essential to develop intellectual and creative abilities in young generation. Participation in wrestling competitions is a method for a wrestler to achieve high results by enhancing their psychological state,

personality, and competitive performance level. These arguments above and taking competitive performance indicators into account, we have learned some foreign experiences:

For example, in Japan, the athlete training system begins with initial sports training (physical preparation) in physical education and sports clubs in secondary schools.

Wrestling for both men and women is highly developed in Japan. Sports facilities and gyms are well-equipped for freestyle wrestling in all regions. Training is held at Olympic reserve centers.

At the initial stage, training is conducted under the guidance of coaches from foreign countries in various sports disciplines. In the beginning, sports activities from different sport types are held by coaches from foreign countries.

The center forms national teams for teenagers, youths, and adults. All necessary facilities are provided at the center, and work is done in cooperation with medical-biological centers to support athletes' recovery.

Japanese wrestlers excel in the lighter weight categories, especially in the 57, 61, 65, and 70 kg, where they follow specific programs with individual coaching. Athletes in medium and heavy weight categories train in different groups. The primary focus of training sessions is to develop speed, with many exercises designed for explosive movements and sprints. Some elements from sumo wrestling are incorporated to improve coordination skills.

In recent years, new methods and innovations have played a significant role in the success of Japanese freestyle and Greco-Roman wrestlers, allowing them to achieve good results in international and Olympic competitions, creating strong competition at the world level. Over the past three years, Japanese wrestlers in the 65 kg category, such as Takuto Otoguro, have won Olympic gold medals and achieved pride at the world championship. In recent competitions, Japanese freestyle and Greco-Roman wrestlers secured qualifications for the upcoming Olympic Games in Paris.

Belarus places great emphasis on freestyle wrestling, including women's wrestling, with over 10 freestyle wrestling clubs in the country, which are well-organized and hold weekly competitions among clubs, gathering ranking points. This is done to identify the strongest club in freestyle wrestling. Sports facilities and gyms across all regions are well-equipped for freestyle wrestling. Vitaminization is provided for coaches and athletes in high quality. Financial support, including state budget and sponsorship funds, significantly contributes to the development of highly skilled athletes.

In Russia, freestyle and Greco-Roman wrestling are highly developed, and Russian wrestlers are often favorites in international competitions across various weight categories.

Russia is known for its discipline in wrestling, with Russian wrestlers consistently achieving first place in freestyle and Greco-Roman wrestling at the world and Olympic competitions over the past decade. In some autonomous regions of the Russian Federation, freestyle wrestling is considered a national sport. Sports facilities are well-equipped across all regions, and coaches and athletes are well-compensated. National teams often have 10 or more highly qualified coaches participating in daily training.

Admission to the Children's and Youth Sports School takes place from 10-12 years old, depending on sports, and classes are conducted up to 18 years old. Taking into account that all the necessary conditions are available for conducting training in the various sports offered at these sports schools, the activities are led by coaches who have the skill and expertise to work with young athletes.

Specialized Children and Youth Sports Schools and Olympic Reserve educational institutions accept students from the age of 12 and provide training for 4 years (grades 7, 8, 9, 10). In these specialized schools, athletes are transferred from group to group based on performance criteria, according to established standards.

At the end of education at the Olympic reserve educational institution, athletes-pupils who are part of the national team with high results in sports are accepted to schools of higher sports skills. Holds trainings as part of the national team at the Higher Sports Skill School.

Poland has a moderate level of wrestling development; however, Polish freestyle and Greco-Roman wrestlers have been competing in international competitions for a long time and have shown competitive abilities. Polish wrestlers Skadem Radoslav, Baran European Championship medalist and participation in the 2016 Rio Olympics.

In Croatia, universities pay significant attention to wrestling research and practice, and Croatian wrestlers have participated in international competitions for many years. While they have not yet achieved notable results. But recent researches and developments are expected to improve the competitive level of Croatian wrestlers.

In Germany, Hans Talhoffer from Swabia created a guide on German freestyle wrestling as a form of self-defense. His work describes various grappling techniques, positions, and holds characteristic of this ancient art of grappling. He mentions Ott Jud, a famous Ringen participant of that era. Ringen was then mentioned by Pietro Monti (1457-1509) in his "De Dignoscendis Hominibus". "They usually grab their feet with their hands"

Analysis of the competition activity of Ukrainian freestyle wrestlers. The following methods were used in the research: analysis of scientific-methodological information and internet sources; video-computer analysis of the competition activity of freestyle wrestlers;

mathematical statistics methods. A special computer program, 'Martial Arts Video Analysis,' was used for the competition analysis. The analysis of 16 matches of highly skilled freestyle wrestlers, who were members of the Ukrainian national team at the 2021 U-23 World Championship, was conducted, and the following indicators were recorded: the duration of the engagement; all technical actions performed by the wrestlers during the matches; actual attempts; successful attempts resulting in points

The origins of wrestling go back to ancient Greece, as evidenced by the existence of Greco-Roman wrestling. Until today Greece has participated in international competitions at an average level, its wrestlers have been able to show themselves well, and we expect it to be the same in the future. Universities in Greece are conducting new research and new technologies to develop the abilities of wrestlers.

The origins of wrestling go back to ancient Greece, as evidenced by the existence of Greco-Roman wrestling.

Most of the top specialists in wrestling have studied competitive tactics and emphasized that it can be broken down into the following components

Many experts in wrestling tactics have identified various components:

1. To form tactics for applying technical preparation.
2. Establishing competition tactics.
3. Tactics of participation in competition activities.

In wrestling sports, match tactics change according to the competition rules and the nature of the activity, with some tactics retaining optimal effectiveness.

A wrestler's tactical mastery is closely linked to the improvement of technical, physical, and strength training. In this case of competitive technologies leads to the renewal of tactics and the emergence of new tactical movements.

Physical and mental preparation in wrestling plays a crucial role in enabling athletes to use the necessary movements to gain an advantage in competitions and enhance their tactical abilities.

Tactical training develops the wrestler's actions that ensure favorable dynamic positions for attacks, counterattacks, and takedowns. These actions often include identifying key points of movement, facial expressions, and the display of false physical and psychological states within a few seconds. Unlike technical movements such as technique, counterattacks, and block, tactical actions are executed according to a specific tactical plan. For example, this plan might aim to neutralize the opponent's resistance and create a favorable dynamic environment for attacks, counterattacks, and other movements.

Technical movements in competition tactics involve using skillful methods in favorable conditions that arise during the match, through various methods of tactical preparation.

The ultimate goal for wrestlers in competition is to achieve the highest possible result, both individually and a team, utilizing their strategies and systems to their maximum potential. The primary goal before each competition is to define the use of physical, technical, and tactical movements in wrestling matches. In doing so, athletes take into account the specific nature, scale, and conditions of the competitions.

In any competition, the wrestler's strategy changes depending on the conditions they face. However, general principles of tactics are maintained. Wrestling technical preparation skills are described by the degree of engagement in the system of interests. This ensures that high sports results are achieved in competitions and matches.

In sports wrestling, the special and general technical preparations of wrestlers are distinguished during the training process. The overall goal of technical preparation is to develop skills and abilities that assist in various movements during competition. The main goal of professional technical preparation is to enhance technical abilities in wrestling.

The starting position of a parter-wrestler when he or she is kneeling. In this case, the palms are laid out on the mat, the hands are located 20-25 cm away from the knees.

There are top and bottom positions in the parter.

The top position is the starting position of the athlete on the parter, while the bottom position is when the athlete kneels and rests his wrists on the mat.

On the parter position of wrestling, one athlete is on the bottom, and the other is on top. The athlete on the top position can take any starting position before the match begins. The palm of the hand must be placed only on the wrestler's shoulder

In conclusion, there is a particular focus on research aimed at improving wrestlers' coordination skills, enhancing their technical-tactical actions, and increasing efficiency in recent years in order to improve the effectiveness of coordination of wrestlers, to allow for the perfect use of technical and tactical movements, conclusions have been developed with the following rules

It consists in training qualified wrestlers, developing the main indicators, increasing the effectiveness of technical and tactical actions, as well as significantly improving the results of sports performance.

Currently, the technologies used in the practice of sports wrestling, especially in various types of wrestling, are not developed for improving coordination and synchronization skills or are based on standard methods that do not resemble such tools. Wrestlers' technical and

tactical preparation has not been fully studied, and data indicates that their understanding requires further expansion.

It was proposed to conduct scientific and methodological experiments to solve the existing problem. These experiments helped to improve the development of technical and tactical movements of athletes during training, as well as to optimally increase the effectiveness of methods and techniques that allow athletes to achieve results in international arenas.

In wrestling pay attention to improving the speed efficiency of qualified athletes in the process of wrestling training, the goal is to improve skills and technical and tactical movements.

Nowadays the main task is to improve the techniques and tactics of wrestlers, optimize the effectiveness of their methods during competitions and training sessions so that wrestlers can achieve high performance in sports.

The theoretical significance of this work is that the full set of special exercises for improving the coordination and effectiveness of technical and tactical actions of skilled fighters is not adequately covered.

The method of effectively increasing the coordination ability of highly qualified athletes was studied, and special wrestling indicators were obtained to increase the effectiveness of training.

In order to increase the effectiveness of training and technical and tactical coordination of wrestlers during training, they are fully studied in simulators and special equipment and are not explained in plain language for coaches and athletes.

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