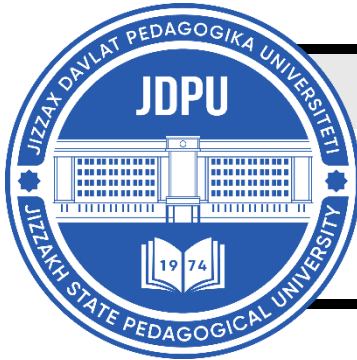


**MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**THEORETICAL FOUNDATIONS OF TECHNICAL AND
TACTICAL TRAINING IN GRECO-ROMAN WRESTLING****Ismatilla Hasanovich Boymurodov***Ph.D, Associate Professor**Head of the "Physical Culture and Sports" Department,**University of Economics and Pedagogy**E-mail: i_boymurodov77@gmail.com**Uzbekistan, Tashkent***ABOUT ARTICLE**

Key words: Greco-Roman wrestling, professional skills, physical qualities, physical preparation, technical training, tactical training, integration.

Received: 16.03.25

Accepted: 18.03.25

Published: 20.03.25

Abstract: The analysis of the experiences of specialists in Greco-Roman wrestling training and scientific-methodological literature has revealed a lack of scientifically substantiated research aimed at improving the technical and tactical skills of highly qualified wrestlers in accordance with modern requirements. This article presents theoretical information on scientific-methodological approaches to enhancing the physical preparedness of Greco-Roman wrestlers through combat-specific training methods. It discusses ways to ensure their success in international competitions and improve the effectiveness of technical and tactical training methodologies during practice sessions.

Introduction.

In recent years, the level of international competitions in Greco-Roman wrestling has been steadily increasing, along with improvements in technical-tactical maneuvers and physical development. To successfully execute the large volume of specialized workloads required for technical and tactical preparation, it is essential to consider the morphological and functional capabilities of athletes. Since Greco-Roman wrestling is well-developed worldwide,

achieving victories in international competitions necessitates proper organization of the training process at the sports improvement stage, precise determination of workload volume and intensity, systematic instruction in technical and tactical maneuvers, and the search for more effective and scientifically based training methods.

Literature Review

The scientific, theoretical, and methodological foundations of Greco-Roman wrestling development in relation to technical and tactical preparation have been explored by prominent scholars such as V.P. Filin, L.P. Matveyev, L.P. Volkov, Y.V. Verkhoshansky, N.M. Galkovsky, G.S. Tumanyan, Y.F. Kuramshin, V.N. Platonov, M.A. Godik, J.K. Kholodov, V.S. Kuznetsov, V.F. Boyko, and G.V. Danko.

The challenges associated with preparing elite athletes for prestigious competitions have been discussed in the research of leading theorists in physical education and sports science, including L.P. Matveyev, V.N. Platonov, R.D. Khalmukhamedov, T.S. Usmanhodjayev, F.A. Kerimov, S.S. Tajibayev, N.A. Kerimov, and N.A. Tastanov.

Various studies by F.A. Kerimov, A.K. Atayev, and G.S. Tumanyan have addressed issues such as planning and organizing wrestling training sessions and using modern technologies to enhance the sporting skills of wrestlers. However, despite these advancements, a significant problem persists: wrestlers often fail to leverage their technical and tactical skills at critical moments during matches, leading to suboptimal performance in major competitions. Thus, improving technical and tactical preparation remains an urgent issue with both theoretical and practical significance.

Research Methodology

The research employed a combination of methods, including literature analysis, pedagogical observations, physical fitness testing, pedagogical experiments, psychophysiological techniques, document analysis, surveys, and statistical methods. The reliability of the research findings was ensured by the logical coherence of the author's methodological positions, the comparative analysis of data obtained through various pedagogical research methods, and the empirical validation of the hypotheses through statistical and scientific approaches.

Analysis and Results

In evaluating the technical and tactical preparedness of Greco-Roman wrestlers, all changes occurring during their training cycle were taken into account. Measurements of technical and tactical readiness were documented and substantiated using official records. The

evaluation was based on individualized training approaches reported by specialized Olympic reserve schools and sports institutions. Additionally, the study utilized data from published textbooks, instructional manuals, annual training observations, economic assessments of training, and graphical analysis of ongoing developments.

To ensure the accuracy of data on the technical and tactical preparedness of Greco-Roman wrestlers, errors due to overestimation or underestimation of performance were minimized. The study focused on key indicators such as:

1. Training load volume
2. Movement speed
3. Duration and methods of execution
4. Rest intervals between sessions
5. Equitable distribution of training phases
6. Baseline performance levels

Dynamic exercises were performed until the onset of fatigue, which helped develop endurance and energy supply efficiency. Exercise duration varied from 10-15 seconds to several minutes, depending on the intensity. Static exercises lasted between 10 and 40 seconds, with longer durations used to build strength endurance.

Observations from International and National Competitions

At the 2012 London Olympics, 2016 Rio Olympics, and several World Championships, the most frequently used techniques included:

- Standing Position: Hip throw, chest throw, shoulder throw, arm-over-neck throw, double-overhook throw, and transition to parterre using arm control techniques.
- Parterre Position: Gut wrench and roll-over techniques.

At the Uzbekistan National Championships and National Cup, the most frequently used techniques were similar but with some variations in application and frequency.

Analysis of Tactical and Technical Performance in Competitions

The study examined performance data from multiple competitions, highlighting the frequency and success rates of technical and tactical maneuvers:

Competition	Executed Techniques	Successful Techniques (%)	Counter-Attack Success (%)
University League	205	62.8%	37.2%
Universiade	69	53.7%	46.3%

Competition	Executed Techniques	Successful Techniques (%)	Counter-Attack Success (%)
National Championship	638	78.3%	21.7%
World Championship	754	59.1%	40.9%
Olympic Games	676	52.6%	47.4%

The results indicate that counter-attacks are less successful compared to proactive techniques, suggesting a need for improved defensive and reactive strategies. Additionally, there is a strong correlation between the success of high-scoring moves (such as hip throws and shoulder throws) and overall performance in competition.

Conclusion

An analysis of technical and tactical maneuvers used in competitions revealed that 61.3% of executed techniques were successful, while 77% of tactical maneuvers led to positive outcomes. Counter-attack efficiency was lower, with 38.7% success in technical counter-attacks and 22.9% in tactical counter-attacks. These findings suggest that:

1. The development of physical attributes for counter-attack effectiveness remains insufficient.
2. The time required for executing technical-tactical maneuvers needs further optimization.
3. Greater emphasis should be placed on high-scoring techniques proven to yield competitive success.

Data from competition analysis confirmed that hip throws, shoulder throws, and arm-over-neck throws were among the most effective techniques. These findings can serve as a foundation for refining Greco-Roman wrestling training methodologies, focusing on the most impactful techniques while strengthening counter-attacking strategies.

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