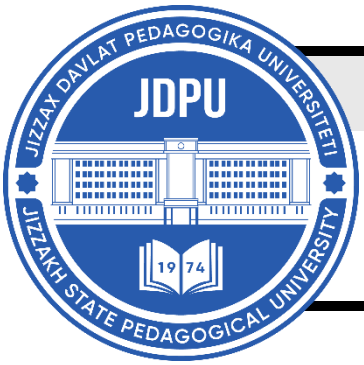
DOI: https://doi.org/10.37547/mesmj-V6-I2-20 Pages: 161-169

MENTAL ENLIGHTENMENT SCIENTIFIC – METHODOLOGICAL JOURNAL



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THE PERFORMANCE INDICATORS OF TECHNICAL TECHNIQUES OF BELT-WRESTLING STUDENTS

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ABOUT ARTICLE

Key words: Belt wrestling, students, technical preparation, technical techniques, test exercises, training, competitions, contest, preparation, analysis, result, indicators, execution of techniques.

Received: 16.03.25
Accepted: 18.03.25
Published: 20.03.25

Abstract: This article provides information on the technical preparation of belt-wrestling students, as well as the performance indicators of their technical techniques. The article also includes test exercises for assessing the execution of technical techniques. Additionally, it highlights methods for improving the technical training of belt wrestlers.

Introduction.

Technical and tactical preparation plays a significant role in the athlete's effective performance in belt wrestling. During the training, coaches and athletes analyze the technical methods applied in competitions, which allows them to identify and address shortcomings in the preparation process, as well as develop combinations of offensive techniques. By integrating various technical and tactical methods, athletes learn to analyze their opponent's movements and develop the ability to make the right decisions in every situation. This process significantly enhances the wrestlers' level of technical and tactical preparedness, ultimately improving their overall performance. This approach ensures that athletes achieve the

necessary technical and tactical adaptability to maximize their performance in various wrestling situations. Additionally, coaches can analyze different aspects of the athletes' performance through the evaluation of technical methods. The execution indicators of wrestlers' technical techniques are also crucial in achieving high results in competitions.

According to the decree of the President of the Republic of Uzbekistan, PD-4881, dated on November 4, 2020, "On measures to further develop the national sport of wrestling and enhance its international prestige," aims to further advance wrestling on the global stage, improve the athletic performance of wrestlers, and develop modern methodologies in the sport of wrestling. In turn, to maintain high achievements in belt wrestling on the global stage, it is essential to analyze various aspects of wrestlers' preparation, study the individual characteristics of athletes, and improve their technical training. This approach is crucial for ensuring the continued success of wrestlers in international competitions.

Several experts have conducted research on improving the technical preparation of belt wrestlers. For instance, studies carried out by three-time Olympic champion A. Taymazov, as well as Z. Artiqov, Sh. Mirzanov, Z. Artikov, M. Qirg‘izboyev, Z. Bakiyev, A. Zakharov, and Sh. Gaziyev [1, 4, 7, 8, 3, 5], aimed at enhancing the training of wrestlers, are considered significant contributions to the scientific achievements of modern sports. These works reflect the ongoing efforts to refine and advance the methodologies used in wrestling training.

In particularly, the technique of executing technical moves by belt wrestlers is considered a key factor in determining their technical preparedness and success in competitions. Perfect execution of technical moves not only requires the wrestler's physical strength and agility but also demands a high level of tactical thinking, adaptability to situations, and the ability to anticipate the opponent's actions. A deep analysis of wrestlers' technical skills helps them apply the most effective methods in dynamic wrestling scenarios, thereby improving their competitive results. Additionally, the performance indicators of technical execution enhance the psychological preparedness of skilled wrestlers, as precise and accurate actions strengthen the athlete's self-confidence.

The aim of the research is to determine the performance indicators of technical moves among belt wrestling student-athletes and, based on this, develop methodological recommendations aimed at improving the technical-tactical training process.

The tasks of the research are following:

1. Analyze the performance indicators of technical moves among belt wrestling student-athletes.

2. Study the technical preparedness of belt wrestling student-athletes during training sessions.

The organization of the research: As in all forms of wrestling, the effectiveness of applying technical moves in belt wrestling depends on the athlete's technical and tactical preparedness. This means that the efficient use of technical moves in wrestling relies on the athlete's ability to execute these moves correctly and at the right time. For this, the athlete must not only possess technical skills but also be capable of developing and applying appropriate tactics for each situation.

Additionally, teaching athletes various techniques tailored to their individual characteristics helps them develop their tactical actions. This approach encompasses multiple techniques and ensures that wrestlers make the right decisions in every situation. Moreover, in wrestling practice, the role of perfect technical preparation in executing technical moves is unparalleled. To determine the technical preparedness and performance indicators of technical moves among belt wrestling student-athletes, we conducted specialized test exercises with 1st to 4th-year students specializing in belt wrestling at the Uzbekistan State University of Physical Education and Sport. These tests included:

1.Lifting and throwing a mannequin with knee assistance:

- Number of repetitions (times)
- Time taken (seconds)

2. Lifting and throwing a mannequin from the chest:

- Number of repetitions (times)
- Time taken (seconds)

These tests were designed to evaluate the students' technical skills and their ability to perform specific wrestling techniques efficiently.

The conducted research revealed that during the experiment, the control group (CG), which continued with traditional training methods, showed the following results:

-Lifting and throwing a mannequin with knee assistance: At the beginning of the experiment, the average number of repetitions was 23.63 ± 2.18 times. By the end of the

experiment, this indicator increased to 24.66 ± 2.26 times (P > 0.05). The absolute increase was 1.03 repetitions, representing a 4.36% improvement (see Table 1).

The growth rate of effectiveness in lifting and throwing a 30 kg mannequin using various methods among belt wrestling students during the research

Control Group (CG): n = 14 x 2 = 28.,

Experimental Group (EG): n = 14 x 2 = 28

Tests	group	Experiment head			End of experiment			Growth		t	P
		$\overline{X}$	6	V,%	$\overline{X}$	6	V,%	abs	Nisb,%		
Lifting and throwing away the mannequin using the knee at the maximum level. Number of repetitions (times)	CG	23,63	2,18	9,23	24,66	2,26	9,16	1,03	4,36	1,86	>0,05
	EG	24,49	2,44	9,96	27,17	2,48	9,13	2,68	10,94	4,36	<0,001
time (min./s.)	CG	2,41	0,15	6,22	2,44	0,14	5,74	0,03	1,24	0,83	>0,3
	EG	2,29	0,13	5,68	2,38	0,22	9,24	0,09	3,93	1,99	>0,05
Lifting and throwing the mannequin over the chest at the maximum level: Number (times)	CG	21,76	2,08	9,56	23,05	2,09	9,07	1,29	5,93	2,47	<0,05
	EG	22,52	2,47	10,97	25,26	2,59	10,25	2,74	12,17	4,33	<0,001

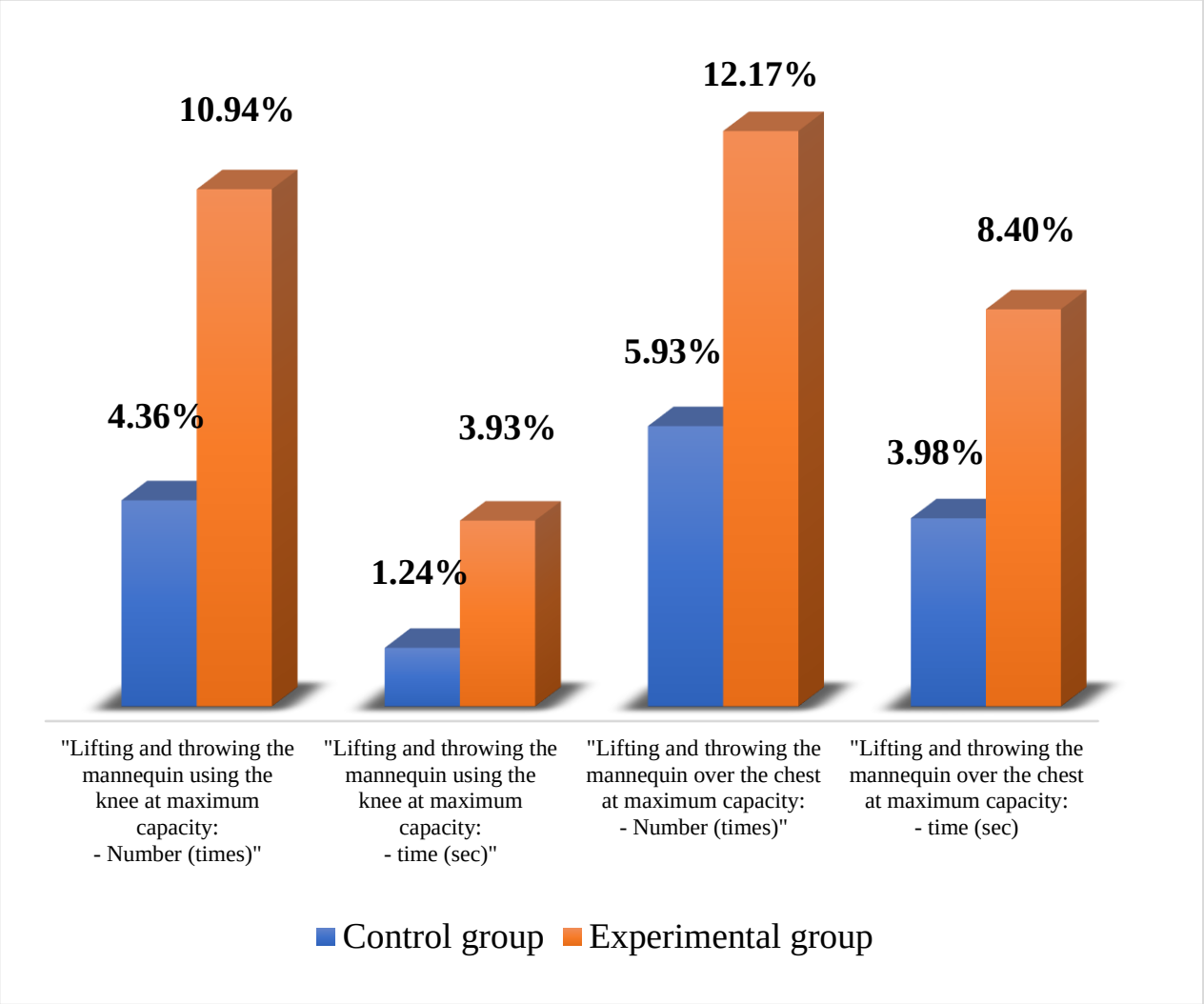
time (min./s.)	CG	2,26	0,17	7,52	2,35	0,17	7,23	0,09	3,98	2,12	<0,05
	EG	2,38	0,19	7,98	2,58	0,18	6,98	0,20	8,40	4,32	<0,001

During the experiment, the EG group, which regularly performed the experimental exercises developed by us, showed an increase in this indicator from 24.49 ± 2.44 times to 27.17 ± 2.48 times (P<0.001), with an absolute growth rate of 2.68 times—10.94%. The time required to lift and throw the mannequin at maximum capacity in the CG group increased slightly from 2.41 ± 0.15 s to 2.44 ± 0.14 s (P>0.3), with a difference of only 0.03 s—1.24%. In the TG group, this indicator increased from 2.29 ± 0.13 s to 2.38 ± 0.22 s (P<0.05), with an absolute increase of 0.09 s—3.93%.

The number of times the mannequin was lifted and thrown over the chest at maximum capacity in the CG group increased from 21.76 ± 2.08 times to 23.05 ± 2.09 times (P<0.05), with an absolute growth of 1.29 times—5.93%. In the EG group, this indicator increased from 22.52 ± 2.47 times to 25.26 ± 2.59 times (P<0.001), with an absolute growth rate of 2.74 times—12.17%.

The time required to lift and throw the mannequin over the chest at maximum capacity in the CG group increased from 2.26 ± 0.17 s to 2.35 ± 0.17 s (P<0.05), with a difference of 0.09 s—3.98%. In the TG group, this time increased from 2.38 ± 0.19 s to 2.58 ± 0.18 s (P<0.001), with an absolute increase of 0.20 s—8.40% (see Figure 1).

Figure 1. Growth rate of the efficiency of lifting and throwing a 30 kg mannequin using various techniques in belt wrestling students during the research



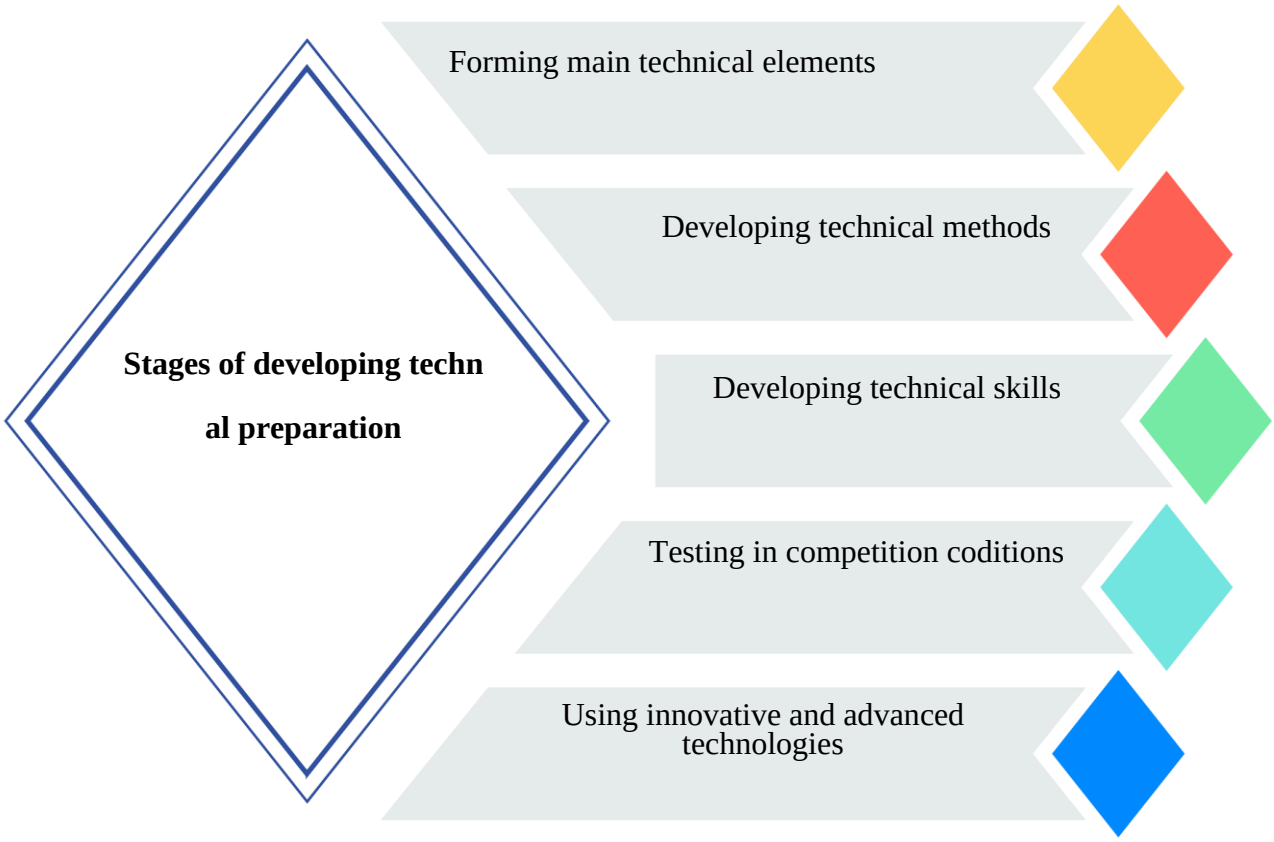
CG – n = 14x2=28; EG – n = 14x2=28.

A comparative analysis of the recorded indicators clearly shows that in the experimental group (EG), where belt wrestlers participated in training, both the number of times a 30 kg mannequin was lifted and thrown using the knee and over the chest, as well as the execution time, improved at a relatively faster and more positive rate throughout the experiment.

Technical preparation in belt wrestling is one of the key factors ensuring an athlete's success in competitions. Therefore, athletes must regularly conduct technical training sessions and work on refining each technique. Special attention should be given to improving the accuracy and speed of technical movements during training.

Technical preparation is essential for wrestlers to execute movements effectively, adapt to an opponent's attacks, and apply their techniques tactically. The improvement of this preparation should follow these stages (see Figure 2).

Figure 2. Stages of developing technical preparations



By implementing the outlined stages, it is possible to improve the technical preparedness of wrestlers and achieve high results in competitions. Additionally, during the technical preparation process, athletes must develop the ability to analyze their opponent's movements in advance and respond appropriately. For this purpose, it is crucial to conduct training sessions under conditions that closely resemble competition scenarios and to study the defensive and counter-attacking techniques opponents use against various methods. For belt wrestlers to effectively execute technical moves, their physical preparedness must be at a sufficient level. Special exercises aimed at developing strength, speed, endurance, and agility must be systematically implemented. A training plan should be developed, taking into account the individual characteristics of each athlete. Furthermore, it is recommended to focus on strengthening the psychological state of athletes, boosting their self-confidence, and conducting

specialized training to help them manage pre-competition stress. During competitions, the technical and physical preparedness of athletes plays a critical role in their success.

Therefore, wrestlers must perform specific preparatory exercises before competitions and apply optimal recovery methods both before and during the competition. Additionally, during the technical preparation process, it is essential to boost athletes' self-confidence and conduct psychological exercises. Properly and accurately executed actions strengthen the wrestler's self-assurance. For this purpose, it is recommended to conduct specialized training sessions on stress management before competitions.

Conclusion

It is crucial to consider the athlete’s individual abilities and analyze the opponent’s condition in developing the technical preparation of belt wrestlers,. It has also been determined that adherence to the stages of technical preparation is necessary. Additionally, refining the execution of technical maneuvers is essential for achieving high results in competitions. Training should focus on adaptability to changing conditions, the ability to anticipate the opponent’s movements, and responding appropriately. This process includes increasing the complexity of technical methods and implementing tactical adjustments when necessary. Furthermore, psychological factors such as managing stress, maintaining composure during competitions, and mental preparedness play a vital role in enhancing technical preparation. Identifying an opponent’s strengths and developing appropriate counter-strategies contribute to the successful development of technical skills.

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