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TECHNOLOGY FOR IMPROVING THE EFFICIENCY OF COMPETITIVE ACTIVITY IN FREESTYLE WRESTLING BASED ON DETERMINING THE LEVEL OF ATTACK AND DEFENSE OF ATHLETES

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ABOUT ARTICLE

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Abstract: This article provides recommendations on technologies for improving the efficiency of competitive activity based on determining the level of attack and defense of freestyle wrestlers in the training group of the freestyle wrestling department at the Chirchiq Center for Olympic and Paralympic Sports Training. The study results are also presented.

Introduction

In our country, raising the younger generation to be well-rounded individuals, especially by ensuring and strengthening their physical health, preparing them for national defense and professional activities, and developing physical qualities, is recognized as one of the priority issues. In both sports activities and daily life, strength and strength endurance play a crucial

role. These types of strength are encountered in many aspects of life (e.g., Judo, Sambo, Greco-Roman and Freestyle wrestling, as well as all forms of wrestling and weightlifting). They are particularly important in executing movements that require maximal strength combined with high-speed muscle contractions, such as throwing and rowing. It is important to distinguish between absolute and relative strength. Relative strength refers to the amount of force an athlete can exert per kilogram of body weight, which allows comparison between athletes with different body weights but similar levels of preparation. Uzbek athletes have been achieving outstanding results in Asian and international competitions, raising the Uzbek flag high. Their successful participation in global tournaments is a testament to this. The country has been paying serious attention to improving the education system and fostering future generations who will contribute to national progress.

One of the significant steps in this regard was the adoption of the "National Program for Personnel Training" and the "Education Law" in Uzbekistan. In the technical preparation of wrestlers, the implementation of new modern pedagogical technologies plays a crucial role. In recent years, the country has undertaken significant efforts to further develop physical education and sports, encourage all segments of society, particularly young people, to engage in regular physical activities, and widely promote a healthy lifestyle. Additionally, efforts have been made to fully and efficiently utilize the physical education, health, and sports infrastructure in the country. To further improve the sports education system, key regulations have been adopted, including Presidential Decree PF-5924 on "Improving and Promoting Physical Education and Sports in the Republic of Uzbekistan" (January 24, 2020) and Resolution PQ-5281 on the "Comprehensive Preparation of Uzbek Athletes for the 2024 Summer Olympic and Paralympic Games in Paris, France" (November 5, 2021).

Aim of the research To determine the level of attack and defense in freestyle wrestling and enhance competitive effectiveness.

Tasks of the research. Identifying technologies for increasing the efficiency of competitive activity based on assessing the level of attack and defense in freestyle wrestling.

Methods of the research. Analysis of scientific and methodological literature, pedagogical observation, and mathematical statistical methods.

Research Organization.

Identifying factors for optimizing training loads and increasing efficiency in freestyle wrestlers. Monitoring and analyzing the development of physical qualities in freestyle wrestlers.

The following tasks were addressed during the study: Studying modern pedagogical technologies for teaching technical movements to wrestlers. Developing methodologies for using multimedia and slides in teaching technical movements. Experimentally substantiating the use of modern pedagogical technologies in the technical training of wrestlers.

Defense – A technical action aimed at stopping the attacking technique performed by the opponent. The development and implementation of a pedagogical control methodology for assessing wrestlers' technical performance improve the effectiveness of movements in competitive conditions. Moreover, it allows athletes to receive feedback about their technical execution, which enhances their physical preparation. A stable and informative set of tests was established for pedagogical monitoring of wrestlers' technical performance, and standard values for these tests were determined. A methodology for managing training loads through the effective use of modern pedagogical technologies was developed and experimentally validated. To achieve the research objectives, the following methods were employed:

- Analysis and synthesis of literature and periodical publications.
- Pedagogical observation.
- Pedagogical testing.
- Pedagogical research.
- Mathematical and statistical methods.

Research Stages: First stage (until December 2022): Analysis and synthesis of scientific-methodological literature and published materials. Second stage (September – December 2022): The main pedagogical study was conducted at the Chirchiq Center for Olympic and Paralympic Sports Training. The research focused on the development of general physical preparedness and attack-defense levels in freestyle wrestlers. For this study, experimental and control groups were formed: Experimental group: 12 freestyle wrestlers. Control group: 12 freestyle wrestlers.

Pedagogical Experimental Tests Conducted at the Beginning of the Study in the Experimental and Control Groups

Table-1

	Control Test exercises	Control group		Experimental group		t_{sr}	R
		σ	V%	σ	V%		
1	Average Score for Attack	3,2	0,60	3,3	0,65	0,9	>0,05
2	Attack Interval	20,61	1,41	19,81	1,52	0,75	>0,05
3	Attack Efficiency	0,54	0,08	0,55	0,09	1,1	>0,05
4	Defense Efficiency	0,57	0,09	0,58	0,11	0,79	>0,05
5	Successful Attack Interval	26,2	1,32	25,5	1,29	1,26	>0,05

Pedagogical Experimental Tests Conducted at the End of the Study in the Experimental and Control Groups

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№	Control Test exercises	Control group		Experimental group		t_{sr}	R
		σ	V%	σ	V%		
1	Average Score for Attack	4,3	0,80	3,8	0,70	1,1	<0,05

2	Attack Interval	17,61	0,6	18,65	0,7	0,42	<0,05
3	Attack Efficiency	0,68	0,05	0,61	0,06	1,1	<0,05
4	Defense Efficiency	0,69	0,04	0,60	0,07	0,79	<0,05
5	Successful Attack Interval	22,4	1,15	24,5	1,29	1,26	<0,05

The analysis of literature and advanced practical experience has shown that, to date, the methodology for using modern pedagogical technologies in the technical preparation of wrestlers has not been sufficiently scientifically substantiated. The monitoring of the level of technical movements performed by wrestlers using modern pedagogical technologies is considered a priority issue. Organizing this process through effective tools and methods contributes to the rapid improvement of an athlete's skill level. As a result of the conducted research, a methodology was developed for promptly, continuously, and systematically controlling the technical movements of wrestlers. This methodology enables the structured and phased management of the training process. Muscular activity is not always directly associated with significant activation of the cardiovascular and respiratory systems. In such cases, fatigue is likely caused by neural-muscular mechanisms directly responsible for executing movement. There are different types of fatigue depending on the nature of the activity: mental, sensory (related to sensory organ load), emotional, and physical fatigue. Although all these components are involved in various activities, physical education places the greatest emphasis on muscular fatigue caused by physical exertion. From this perspective, endurance refers to the body's ability to resist such fatigue. The primary measure of endurance is the duration for which an individual can maintain a specific level of intensity in an activity. Endurance can be assessed using direct and indirect methods. In direct measurement, individuals are given a task, and the duration for which they can maintain the given intensity is recorded. When more than two-thirds of the body's muscles are engaged in an activity, energy expenditure significantly

increases. This places high demands on metabolic energy systems, including the respiratory and circulatory systems. Often, the functional limitations of these systems become the primary factor restricting work capacity. Therefore, endurance demonstrated in localized exercises does not necessarily reflect the overall endurance capacity of all muscle groups. The development of physical qualities in the human body leads to noticeable changes in the individual's state. These changes can be observed in facial muscle tension, sweating, and, at the same time, significant physiological transformations within the body.

Conclusion

The study of scientific-methodological literature and the observation of freestyle wrestlers' training processes have revealed that insufficient attention is given to developing tactical movements specific to competitive activity. Additionally, a lack of methodological approaches to such movements during different stages of preparation hinders the effective organization of tactical attack and defense development in young athletes. In freestyle wrestling training, once athletes have developed a sufficient level of physical preparedness, structuring training sessions using competition-based methods significantly impacts their performance. Considering this, it is theoretically justified that implementing the recommended tactical techniques during pre-competition preparation in a competition-style training format allows for the rapid and effective acquisition, reinforcement, and refinement of tactical movements.

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