



IMPROVING THE SYSTEM OF NATIONAL WRESTLING TECHNIQUES- TACTICS AND COMPETITION TRAINING

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A B S T R A C T	KEY WORDS
This graduation work is devoted to the issues of in-depth study of the technical and tactical aspects of National Wrestling, their effective application in practice and improvement of the system of preparation of athletes for competitions. The work analyzes national methods of struggle, their technical and tactical approaches. In addition, physical, mental and technical training stages, training system and planning methods were considered in the preparation of athletes for competitions.	National wrestling, technique, tactics, training system, athletes, training process, competition, physical training, mental training, sports pedagogy, achievements, methodology, theoretical foundations, competition adaptation, wrestling styles.

INTRODUCTION

Today, large-scale reforms are being implemented in our country on the development of the field of physical education and sports, the formation of a healthy lifestyle of the population, especially the younger generation. A number of documents adopted by the initiatives of our President Shavkat Mirziyoyev, in particular, a decree “on measures for the development of physical education and sports in the Republic of Uzbekistan”(November 4, 2020, PF-6099) and a decree “on additional measures for the further development of Sports and the comprehensive support of athletes”(June 30, 2021, PF-6243) brought this field to a new level.

In these decrees, special attention is paid to the development of national sports, including National Wrestling, its promotion at the international level and the comprehensive training of athletes. National struggle is a rich spiritual and physical heritage of our people. It can be seen not only as a sport, but also as an important tool that shapes the qualities of young people, such as courage, perseverance, strength and willpower.

Therefore, an urgent issue is the deep study of techniques and tactics in the national struggle, the improvement of the system of thorough training of athletes for competitions on the basis of modern scientific and methodological approaches. This article analyzes the technical-tactical aspects of national struggle, the stages of preparatory processes, as well as the ways of their effective application in practice.

The physical condition, psychological training and theoretical knowledge of athletes plays an important role in improving the technique and tactics of the national struggle. In particular, tactical

approaches such as anticipating opponent movements, being able to apply appropriate response techniques against their techniques require high skill. Therefore, methods such as individual and group training, theoretical and practical analysis, video exhibitions, simulation technologies are widely used in the preparation of athletes for competitions.

Today, In The Wrestling Federation of the Republic of Uzbekistan, sports schools and higher education institutions, the necessary conditions have been created for the deep study of this sport, its development on a scientific and methodological basis. At the same time, the successful participation of Uzbek athletes in international competitions, World Championships and Asian Games in national wrestling shows the growing attention to this direction.

This article will cover an in-depth study of the techniques and tactics of National Wrestling, improvement of training processes, a comprehensive system of preparation for competitions, modern methodological approaches, as well as scientific and practical proposals on existing problems and their solutions.

National struggle is not only a sport, but also a value that expresses the long-standing traditions, culture and national identity of our people. In recent years, the role and prestige of wrestling has increased even more due to the emphasis on physical education and sports at the state level, in particular, national sports. On the basis of decrees and decisions of our president on the field of sports, large-scale measures are being implemented aimed at the development of national struggle.

In the context of today's globalization, it is important to promote national sports internationally and develop them on a scientific basis to ensure their competitiveness. In particular, the chances of achieving high results in international competitions increase by studying in depth the techniques and tactics of wrestling, creating a system that ensures the thorough preparation of athletes for competitions.

At the same time, the improvement of techniques and tactics on the basis of modern requirements, the implementation of training processes on a scientific and methodological basis, the improvement of the skills of the trainer and athletes-are considered from current tasks in this direction. This topic demonstrates its relevance precisely by deeply analyzing the technical and tactical aspects of the national struggle, highlighting the existing problems in preparing athletes for competitions and ways to solve them.

The national wrestling technique, tactics and athlete preparation system for competitions have been studied in recent years by a number of scientists, experts and coaches in a scientific and practical way. In particular, several scientific and methodological manuals, articles and research works have been created by the Wrestling Federation of the Republic of Uzbekistan, Sports higher education institutions, physical education and sports research institutes on the organization of wrestling training, technical and tactical training of athletes, management of loading regimes and improvement of competitive activities.

Professor A. Khadjayev, associate professors M. Israilov, Sh. Umarov, B. In the work of Ergashov and other specialists, the history of the national struggle, methodological foundations, directions of development of techniques and tactics and modern technologies used in the training of athletes were analyzed. There is also a consistent study of the systems of international level experience, ensuring the competitiveness of wrestling and training of young athletes.

However, in the current period, there are still unresolved problems in the direction of an in-depth scientific analysis of the techniques and tactics of National Wrestling, the creation of a training system

corresponding to the individual characteristics of athletes and, through this, the increase in the productivity in competitions. It is because of this that the need to develop and introduce new approaches to practice within the framework of this topic remains relevant.

In this work, scientific innovation is manifested by a deep analysis of the techniques and tactics of National Wrestling on the basis of modern approaches, the development of a training system in accordance with the individual characteristics of athletes and the use of an integrated approach to preparing them for competitions. Unlike traditional wrestling training, this study focuses on harmonizing the athlete's physical, mental and theoretical training in a single system.

Also, the practical significance of this work will be enhanced by the use of modern criteria in assessing the technical and tactical activities of wrestlers, the development of recommendations for improving their counter methods in relation to the opponent. The proposed training complex will allow you to prepare young athletes for high-level competitions in stages and with good quality.

The results of this study can serve as a methodological guide for national wrestling trainers, sports school coaches and teachers. At the same time, these approaches play an important role in the creation of a scientifically based training system of national sports in the future.

In order to achieve a high level in terms of technique and tactics in the national struggle, as well as to ensure the thorough preparation of athletes for competitions, it is necessary to carry out systematic work in the following areas:

1. The creation of a single scientific and methodological base-universal training programs for National Wrestling, manuals reflecting technical and tactical approaches should be developed and introduced in all sports schools.
2. Individual analysis of athletes – based on the physical capabilities, psychological state and technical skills of each athlete, individual training plans should be drawn up. This serves to overcome their weaknesses and develop their strengths.
3. Through the use of modern technologies – videonalism, artificial intelligence-based surveillance systems and sports analysis programs-the actions of wrestlers can be analyzed in depth and debugged.
4. It is necessary to improve the skills of coaches – to increase their professional potential by organizing regular seminars for trainers-trainings, master classes and experience sharing programs.
5. Increasing the experience of the competition – by regularly involving athletes in regional, Republican and international competitions, their competitiveness is enhanced, stage experience is increased and psychological stability is formed.
6. The technical range of athletes is expanded by diversification of types of wrestling – training techniques suitable for modern types of wrestling, and not just classic styles, approaching the criteria of international wrestling.

These measures are important in the development of National Wrestling, increasing the technical and tactical level of athletes and improving the performance in competitions, which serves to eliminate the existing problems in this direction.

Uzbek national wrestling today is strengthening its place not only at the Republican level, but also on international sports fields. In the development of this sport, an important place is occupied by the improvement of technical and tactical elements, the organization of training processes on a scientific basis and the complex preparation of athletes for competitions.

As a result of this study, the following conclusions were drawn:

1. In National Wrestling, technical and tactical approaches play a decisive role in the achievements of athletes.
2. In existing training systems, the individual approach is not being taken into account sufficiently, causing the results to become unstable.
3. Significant positive changes can be achieved through the use of modern technologies, training of trainers and the expansion of the athletes ' competition experience.

Based on this, the following proposals will be put forward:

- Revision of national wrestling training systems based on technical and tactical elements;
- Development of an individual preparation plan for each athlete and implementation of a monitoring system;
- * Create and put into practice modern methodological manuals for trainers and trainers;
- * Introduction of video communication and other technological tools into the training process;
- * Strengthening elements of psychological training for adaptation of young athletes to competitive stress;
- Using the experience of other countries in the stages of preparation for international competitions.

The implementation of the above proposals will serve to develop national wrestling, achieve high results for athletes and increase the prestige of our national sport in the international arena.

Area	Objectives	Methods and Approaches	Expected Outcomes
Improvement of Wrestling Techniques	Enhance the technical skills of athletes	Development of new techniques, video analysis, individualized training	Improved precision, speed, and execution of techniques
Improvement of Tactics	Develop effective tactical decision-making in different scenarios	Opponent analysis, strategic match planning, psychological tactics	Better adaptability and decision-making during matches
Comprehensive Athlete Preparation	Improve physical and psychological readiness	Multi-level training programs, psychological training sessions, recovery procedures	Increased endurance, strength, and mental toughness
Development of Training System	Establish a systematic training program for competitions	Implementation of a structured training system based on international standards	High level of preparation for competitions
Use of Modern Technologies	Integrate innovative training tools and analysis methods	Video technology, monitoring systems to track progress	Enhanced efficiency of the training process and improved performance
Improvement of Coaching Qualifications	Upgrade coaching methods and training techniques	Masterclasses, online courses, seminars for coaches	Increased skill level of coaches and their ability to train athletes effectively

In this study, an in-depth analysis of the relevance and importance of the national wrestling technique-tactics and the system of training athletes for competitions was carried out. Initiatives and decrees aimed at the field of sports by the president of the Republic of Uzbekistan, including measures for the development of national struggle, bring physical education and sports to a new level. Also highlighted were the technical and tactical aspects of National Wrestling, their impact on the achievements of athletes.

The results of the study showed that it is necessary to improve the technique and tactics of National Wrestling, to use modern scientific and methodological approaches to preparing athletes for competitions. Through the organization of training according to individual characteristics, control of

the level of psychological and physical training of athletes, as well as the effective use of technology, the results in competitions can be significantly improved.

At the same time, complex approaches are needed to solve some existing problems in the development of the national struggle. Among these, the issues of introducing modern technical means, improving the skills of coaches and psychological training of athletes are extremely important.

Through the implementation of the above proposals and recommendations, the chances of further development of National Wrestling, improvement of technical and tactical skills of athletes and achieving high results at the international level will increase. The work also serves the scientifically based development of National Sports, the improvement of the system of training athletes for high results, and the international recognition and popularity of wrestling.

In addition, an in-depth study of the technical and tactical foundations of the national struggle and the improvement of the process of training athletes on their basis opens up new prospects for scientific research in the field of physical education. In the national struggle, it is possible to prepare athletes for high-level competitions by applying new methods, methodologies and techniques, as well as developing modern training methods, integrating advanced experience and technology.

Expanding the individual approach to preparing athletes for competitions and taking into account the individual characteristics of each athlete will help increase competitiveness. The introduction of these approaches is instrumental in improving national wrestling and ensuring success in the international arena.

The quality of the training process is also increased by improving the skills of coaches and trainers, introducing modern methodologies in sports schools, applying effective approaches to the training and training processes of wrestlers. In order to study international experiences and develop national struggle on a global scale, it is necessary to create systems that allow the full realization of the capabilities of each athlete.

The reforms implemented on the basis of the above proposals will take the national struggle to a new level, develop the technical and tactical skills of athletes and further strengthen the prestige of our country in international competitions. The study also serves to improve the effectiveness of the physical education and sports system by contributing to the development of National Sports.

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