



MODERN METHODS OF TECHNICAL AND TACTICAL TRAINING OF WRESTLERS

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Abstract

This article examines modern methods of technical and tactical training of wrestlers within the context of contemporary sports education. The study is based on the idea that high-level wrestling performance depends not only on the mastery of isolated techniques, but also on the athlete's ability to apply them flexibly, rapidly, and strategically under changing competitive conditions. In modern training systems, technical preparation is closely integrated with tactical thinking, functional readiness, psychological stability, and situational decision-making. The article analyzes the pedagogical and methodological foundations of wrestler preparation, with particular attention to differentiated instruction, model-based drills, situational sparring, video analysis, and competitive simulation. It is argued that the effectiveness of technical and tactical training increases when coaches use an individualized approach that takes into account the athlete's age, qualification, weight category, physical condition, and cognitive style. The research also highlights the growing role of digital technologies, biomechanical feedback, and performance analytics in the refinement of wrestling technique and match tactics. Special attention is given to the relationship between repetitive skill formation and creative adaptation in competitive episodes. The findings suggest that modern methods of wrestler training should be built on the principles of variability, specificity, continuity, and pedagogical control. Such an approach contributes to the formation of stable technical habits, tactical flexibility, and competitive reliability. The article concludes that the modernization of wrestling training requires a scientifically grounded combination of traditional coaching experience and innovative educational technologies aimed at developing a technically competent, tactically literate, and psychologically resilient athlete.

Keywords: Wrestling, technical training, tactical training, competitive activity, situational preparation, sports pedagogy, performance analysis, training methods.

Introduction

KURASHCHILARNI TEXNIK-TAKTIK TAYYORLASHNING ZAMONAVIY USULLARI

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Annotatsiya

Ushbu maqolada kurashchilarning texnik va taktik tayyorgarligini tashkil etishning zamonaviy usullari sport pedagogikasi nuqtayi nazaridan tahlil qilinadi. Tadqiqotda yuqori sport natijasiga erishish faqat alohida usullarni mukammal egallash bilan emas, balki ularni musobaqa jarayonida tez, moslashuvchan va maqsadga muvofiq qo'llash qobiliyati bilan ham belgilanadi, degan g'oya asos qilib olingan. Zamonaviy tayyorgarlik tizimida texnik tayyorgarlik taktik fikrlash, funksional tayyorgarlik, psixologik barqarorlik va vaziyatni tez baholash ko'nikmalari bilan uzviy bog'liq holda rivojlantiriladi. Maqolada kurashchilarni tayyorlashning pedagogik va metodik asoslari, xususan differensial yondashuv, model asosidagi mashqlar, vaziyatli sparring, videotalil va musobaqa sharoitini modellashtirish kabi usullar ko'rib chiqiladi. Texnik va taktik tayyorgarlik samaradorligi sportchining yoshi, malakasi, vazn toifasi, jismoniy holati hamda individual psixologik xususiyatlarini hisobga olgan holda yanada oshishi asoslab beriladi. Shuningdek, raqamli texnologiyalar, biomexanik tahlil va faoliyat ko'rsatkichlarini monitoring qilish vositalarining kurash usullarini takomillashtirish hamda jang taktikasini aniqlashtirishdagi o'rni yoritiladi. Maqolada texnik harakatlarni takroriy mustahkamlash bilan bir qatorda musobaqa vaziyatlarida ijodiy moslashuvni rivojlantirish zarurligi ta'kidlanadi. Tadqiqot natijalari zamonaviy kurash tayyorgarligi variativlik, ixtisoslashuv, uzluksizlik va pedagogik nazorat tamoyillariga asoslanishi lozimligini ko'rsatadi. Bunday yondashuv sportchida barqaror texnik malaka, taktik moslashuvchanlik va musobaqaviy ishonchlikni shakllantirishga xizmat qiladi. Maqola xulosasida kurashchilar tayyorgarligini modernizatsiya qilish an'anaviy murabbiylik tajribasi bilan innovatsion ta'lim texnologiyalarini ilmiy asosda uyg'unlashtirishni talab qilishi qayd etiladi.

Kalit so‘zlar: kurash, texnik tayyorgarlik, taktik tayyorgarlik, musobaqa faoliyati, vaziyatli tayyorgarlik, sport pedagogikasi, faoliyat tahlili, mashg‘ulot metodlari

Introduction

In the contemporary system of sports education, the training of wrestlers is increasingly viewed as a multidimensional pedagogical process that combines physical, technical, tactical, psychological, and intellectual development. Wrestling is not limited to the execution of isolated movements or the accumulation of strength and endurance. It is a dynamic form of competitive activity in which victory depends on the athlete’s ability to select, combine, and apply technical actions in accordance with constantly changing situational conditions. For this reason, modern methods of technical and tactical training of wrestlers have become one of the most important areas of research in sports pedagogy, theory of physical education, and coaching methodology.

The relevance of this topic is determined by the growing intensity of competitive wrestling, the increasing demands placed on athletes, and the need to improve the quality of professional training in institutions of higher pedagogical education. Modern wrestling competitions are characterized by high speed, tactical unpredictability, rapid transition from attack to defense, and the need for immediate decision-making. Under such conditions, an athlete cannot rely only on memorized techniques. He or she must possess a flexible technical base, tactical vision, anticipatory thinking, and the ability to adapt to the opponent’s style and behavior. Therefore, the training process must be organized not merely around repetitive practice, but around the formation of a system of conscious and situationally justified actions.

Technical training in wrestling traditionally refers to the mastery of grips, throws, holds, counters, transitions, defensive movements, and positional control. However, in modern methodology, technique is no longer interpreted as a static set of mechanical skills. It is understood as a functional instrument of solving competitive tasks. A wrestling technique becomes effective only when it is stable under pressure, energy-efficient, biomechanically rational, and tactically appropriate. This understanding has changed the pedagogical orientation of training. Coaches and teachers now pay greater attention not only to the



correctness of movement execution, but also to timing, coordination, variability, and contextual application.

At the same time, tactical training has acquired special importance in wrestler development. Tactics in wrestling include planning, situational analysis, opponent assessment, tempo control, risk management, and strategic distribution of effort during a bout. Tactical literacy enables the wrestler to transform technical knowledge into competitive advantage. In other words, if technical preparation provides the means of action, tactical preparation determines when, why, and under what conditions those means should be applied. The interdependence of these two components makes it impossible to train them separately in an effective modern system.

Another important feature of current wrestler preparation is the integration of innovative instructional tools and technologies. Video replay, match analytics, biomechanical observation, simulation drills, and individualized task design have significantly expanded the methodological resources available to coaches. These tools make it possible to identify technical errors, evaluate tactical efficiency, and adjust training loads in a more objective manner. As a result, the educational process becomes more targeted, evidence-based, and adaptable to the needs of each athlete.

Thus, the study of modern methods of technical and tactical training of wrestlers is important both theoretically and practically. It allows researchers and educators to better understand the internal logic of wrestling preparation and to develop more effective pedagogical solutions for training future athletes, coaches, and sports teachers. In the context of sports education, such research contributes to the formation of professionally competent specialists capable of applying advanced methods in the development of wrestling mastery.

Methods

The methodological foundation of technical and tactical training of wrestlers in contemporary sports education is based on an integrated pedagogical approach that combines theoretical instruction, practical drills, individualized correction, and competitive modeling. In this study, the training process is considered as a structured and purposeful system aimed at developing stable motor skills and tactical decision-making abilities under variable wrestling conditions. The



methods analyzed in the article are grounded in the principles of systematic progression, specificity, variability, consciousness, and continuity of learning.

One of the primary methods in modern wrestler preparation is the method of repeated technical practice. This method is used for the formation and stabilization of basic and advanced wrestling techniques, including gripping actions, throws, turns, parterre techniques, defensive movements, and counterattacks. Repetition, however, is not limited to mechanical duplication. In current methodology, repeated practice is organized under changing conditions, with different tempos, spatial positions, resistance levels, and tactical tasks. Such variation ensures that technical skills are not only memorized but also adapted to real competitive demands. This method is particularly effective when combined with precise pedagogical feedback and correction of movement biomechanics.

A second important method is situational training. This approach is based on the simulation of specific wrestling episodes that require immediate tactical choice. Athletes are placed in controlled scenarios such as defending a one-point lead, initiating an attack from a disadvantageous grip, escaping from parterre, or countering a faster opponent. The educational value of this method lies in its capacity to connect technical action with tactical reasoning. Wrestlers learn not only what movement to perform, but why it is effective in a particular context. Situational training strengthens anticipatory abilities, perception of opponent behavior, and the capacity for rapid adaptation.

The method of model-based sparring is also widely used in technical and tactical preparation. In this form of work, sparring sessions are structured according to predefined tactical objectives or opponent profiles. For example, one wrestler may imitate an aggressive attacker, while another is instructed to focus on defensive-counterattacking strategy. In other cases, the sparring session may begin from a specific score, position, or time limitation. This method increases the realism of training and prepares the athlete for diverse competitive scenarios. It also promotes the development of tactical flexibility and emotional stability under pressure.

Video analysis has become one of the most effective modern methods in wrestler education. Through the analysis of personal bouts and elite-level competitions, athletes are able to observe their own technical performance, identify recurring mistakes, and compare different tactical solutions. Video materials also help coaches explain complex movements more clearly and provide visual evidence



for corrective instruction. The use of slow motion, frame-by-frame observation, and comparative analysis significantly improves the quality of technical understanding and reflective learning.

Another major methodological component is individualized training design. Modern coaching recognizes that wrestlers differ in anthropometric characteristics, physical qualities, cognitive style, and competitive temperament. Therefore, technical and tactical exercises should be selected and adjusted according to the athlete's age, qualification, weight category, and functional readiness. Individualization allows the training content to correspond more closely to the wrestler's actual abilities and developmental needs.

Thus, the methods of modern technical and tactical training of wrestlers are characterized by complexity, adaptability, and pedagogical precision. Their combined use creates favorable conditions for the development of a technically skilled and tactically competent athlete.

Results

The analysis of modern methods of technical and tactical training of wrestlers demonstrates that their integrated application produces substantial positive effects on the quality of sports preparation. The obtained results indicate that the training process becomes more effective when technical drills are not isolated from tactical contexts, but are embedded in variable, competitive, and pedagogically controlled conditions. In such an approach, wrestlers show more stable mastery of movement patterns, greater adaptability in match situations, and improved decision-making under time pressure.

One of the central outcomes observed in the implementation of modern training methods is the improvement of technical reliability. Wrestlers who regularly perform exercises under changing spatial, temporal, and resistance conditions develop stronger motor coordination and greater consistency in executing techniques. Their movements become more accurate, biomechanically economical, and resistant to disruption by an opponent's actions. This is especially noticeable in the execution of complex takedowns, transitional actions between standing and parterre positions, and defensive-counterattacking combinations. Technical reliability, in this context, is expressed not only through the correctness of a movement, but also through the ability to reproduce it successfully under fatigue, psychological tension, and tactical uncertainty.



Another important result concerns the growth of tactical awareness. The use of situational drills, model-based sparring, and match simulations contributes to the wrestler's ability to interpret the logic of a bout more effectively. Athletes begin to recognize the intentions of an opponent more quickly, choose more rational moments for attack, and manage the rhythm of combat with greater confidence. They also become more capable of switching from one tactical plan to another depending on the score, time, referee decisions, and opponent behavior. This development of tactical flexibility is a significant indicator of higher sports maturity and competitive intelligence.

The application of video analysis and reflective feedback methods has also produced meaningful pedagogical results. Wrestlers who participate in regular performance review sessions demonstrate increased self-awareness regarding their strengths and weaknesses. They become more conscious of recurring technical errors, inefficient body positioning, delayed reactions, and predictable tactical habits. As a result, the correction process becomes more targeted and individualized. Coaches are able to provide more accurate recommendations, while athletes develop the capacity for self-analysis and independent learning. This contributes not only to immediate performance improvement, but also to long-term professional growth in sport.

An additional result of modern technical and tactical preparation is the strengthening of psychological readiness. Training methods based on competition modeling and controlled stress conditions help wrestlers become more confident in unstable and demanding situations. They learn to maintain composure when facing a stronger or more active opponent, when protecting a narrow lead, or when recovering after an unsuccessful action. Emotional regulation, concentration, and persistence become more closely connected with technical and tactical execution. This confirms that effective wrestler preparation should be regarded as a holistic system in which mental stability supports motor and strategic performance.

Overall, the results show that modern methods of wrestler training significantly increase the effectiveness of educational and competitive preparation. They create the conditions for forming an athlete who is technically precise, tactically flexible, psychologically stable, and pedagogically prepared for the demands of contemporary wrestling.



Discussion

The modernization of technical and tactical training in wrestling reflects broader changes in the theory and practice of sports education. Contemporary coaching no longer views athlete preparation as a simple accumulation of physical exercises and technical repetitions. Instead, it is increasingly understood as a pedagogically organized process in which motor learning, tactical reasoning, psychological regulation, and reflective awareness are developed in close interconnection. This shift has important implications for how wrestling should be taught in higher education institutions, sports schools, and specialized training centers.

One of the key issues in the discussion of modern training methods is the relationship between technique and tactics. In traditional coaching models, these two components were often taught separately: technique was practiced through repetition, while tactics were introduced later through sparring and competition. However, such separation does not correspond to the real logic of wrestling performance. In an actual bout, technique and tactics emerge simultaneously. A wrestler does not merely execute a movement; he or she selects and modifies it according to the opponent's position, speed, strength, and intentions. Therefore, modern methodology rightly emphasizes integrated training tasks in which technical actions are acquired together with tactical understanding. This approach allows athletes to build not only mechanical skill, but also situational intelligence. Another important point concerns variability in training. The effectiveness of a technique in wrestling depends not only on its correctness in ideal conditions, but on its adaptability under unpredictable circumstances. If an athlete learns a throw only in a fixed pattern, the technique may fail when the opponent changes resistance, angle, tempo, or grip. For this reason, variability must be treated not as an optional element, but as a fundamental pedagogical principle. Exercises should include altered starting positions, different levels of resistance, non-standard transitions, and time-pressure situations. Such training strengthens the wrestler's capacity to act effectively in real competition, where no situation is repeated in exactly the same form.

The discussion also highlights the growing role of reflective and analytical tools. Video analysis, digital monitoring, biomechanical assessment, and performance statistics have expanded the possibilities of coaching practice. These instruments make the training process more objective and more transparent. At the same time,



their value depends on pedagogical interpretation. Technology alone cannot replace the coach's professional judgment. It becomes useful only when data are translated into meaningful instructional decisions, such as correcting a movement pattern, redesigning a tactical task, or adjusting the structure of a training cycle. Thus, innovation in wrestling education should be understood not as the replacement of traditional coaching, but as its scientific enrichment.

A further issue is individualization. Wrestlers differ in body type, neuromuscular coordination, temperament, learning speed, and tactical preference. Consequently, a universal training model cannot fully satisfy the needs of all athletes. Modern methods are most effective when they allow for differentiated instruction and personalized task selection. Some athletes achieve success through explosive attacking style, while others rely on patience, positional control, and counteraction. Recognizing these differences helps coaches guide technical and tactical development in a more rational way.

In this regard, the discussion confirms that modern wrestler preparation should be based on integration, variability, analysis, and individualization. These principles make training more consistent with the real demands of wrestling and more productive in the formation of competent, adaptable, and competitive athletes.

Conclusion

Modern methods of technical and tactical training of wrestlers represent a qualitatively new stage in the development of sports pedagogy and coaching methodology. Their main value lies in the fact that they do not reduce wrestler preparation to isolated motor repetition, but treat it as a holistic educational process aimed at the formation of technical mastery, tactical intelligence, psychological stability, and competitive adaptability. In contemporary wrestling, success depends not only on how many techniques an athlete knows, but on how effectively, consciously, and flexibly these techniques are applied in dynamically changing situations. This makes the integration of technical and tactical training a necessary condition for high-quality sports preparation.

The analysis presented in this article shows that the most productive training systems are based on the principles of variability, specificity, continuity, individualization, and pedagogical control. Repeated practice remains essential, but its effectiveness increases significantly when it is organized under changing



situational conditions and combined with tactical tasks. Situational drills, model-based sparring, competitive simulations, and video analysis make the learning process more realistic, reflective, and closely connected with the demands of actual wrestling bouts. Through these methods, athletes develop not only stable technical habits, but also the ability to assess situations quickly, anticipate the opponent's intentions, choose rational solutions, and maintain effectiveness under physical and emotional pressure.

It is also evident that modern wrestler preparation requires a differentiated approach. Athletes differ in their anthropometric characteristics, physical capacities, learning styles, and psychological profiles. Therefore, technical and tactical training cannot be built on a rigid universal model. Its content and methods should be adapted to the wrestler's age, qualification, weight category, functional readiness, and competitive experience. Such individualization increases the pedagogical precision of training and creates more favorable conditions for the gradual realization of athletic potential.

Another important conclusion is that innovation in wrestler training should not be understood as the rejection of traditional coaching experience. On the contrary, the modernization of preparation becomes most effective when long-established practical knowledge is combined with scientific analysis, digital technologies, biomechanical observation, and performance monitoring. The coach remains the key organizer of the educational process, while innovative tools serve to improve diagnosis, correction, and strategic planning. In this sense, modern methodology strengthens rather than replaces the pedagogical role of the trainer.

Thus, the technical and tactical training of wrestlers in modern conditions should be regarded as an integrated and scientifically grounded system that prepares the athlete for the real complexity of competitive activity. Its successful implementation contributes to the development of technically competent, tactically flexible, mentally resilient, and professionally educated wrestlers. For institutions of pedagogical higher education, this conclusion is especially significant, since it underlines the importance of training future specialists who are able to apply both classical and innovative methods in the effective preparation of athletes.

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