



## **METHODOLOGY FOR TEACHING WRESTLING TECHNIQUES AND TACTICS**

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### **Abstract**

The article describes a summary of the training of wrestlers in technique and tactical movements.

**Keywords:** Wrestling, mat, movement, method, tactics, technique, competition, single, distance.

### **Introduction**

Wrestling movements consist of the wrestler's stances, movements of movement along the mat, movements with arms and legs and body, and throwing movements, while the ability to effectively perform wrestling movements and throws in the competition process is understood as offensive and defensive tactics.

Wrestler stances: close stances, in which wrestlers touch each other. Medium stances, in which wrestlers stand at an outstretched arm's length. Long stances, in which wrestlers stand at a distance of 1-2 meters. Wrestler stances are high, medium, and low stances. Wrestlers also stand in right and left side stances and upright stances.

Wrestlers perform sliding movements along the mat to approach each other and grab each other by the belt, arm, and shoulder. The wrestler's movement movements are performed by walking, running, stepping, taking double steps, putting one foot in front, and moving to the sides. The wrestlers' movements to move, apply techniques, and catch each other are divided into preparatory movements, main movements, and methods.

The wrestlers' forms of catching each other are: grabbing by the belt and hand, grabbing by the belt and the waist, grabbing by the belt and the neck, grabbing by the belt and parts of the body. At the same time, the forms of catching include grabbing by the belt and grabbing by the leg, grabbing by the leg and grabbing by



the leg. In catching by the waist, there are forms of grabbing by the waist by the shoulder, by the waist by the hem, and by the waist by the collar.

In the initial sports training group, wrestlers are taught throwing exercises from simple to complex. As wrestling skills and abilities increase, it is possible to customize wrestling techniques. In wrestling, throwing movements are mainly divided into: throwing over the shoulder, throwing over the back, throwing the opponent with one leg and throwing the same leg from the outside, throwing from the shoulder. Throwing over the shoulder while sitting and bending over: throwing over the thigh: hooking from the inside, hooking the opponent's left leg or right leg with the left foot: hooking from the inside, knocking down from the inside are widely used.

Tactical movements are widely used in the effective use of throwing and knocking down techniques in competitive processes. Tactical movements can include quick and decisive attacks, counterattacks, slow planned pressure, deception and fake movements, maneuvers and reconnaissance, and feints. Identifying an opponent's weak spots in offensive moves, taking advantage of their speed and strength, and their inertia, requires high levels of athletic skill.

In defense, the wrestler prepares to defend himself, resist the opponent's moves, and counterattack when the situation allows. In defense, the wrestler is prepared for the opponent's attacks, avoiding them, or using counterattacks. The wrestler's counterattack can take the form of responding to the opponent's attacks, anticipating the opponent's attacks and counterattacking, and eliminating the opponent's attacks, resisting, and taking the initiative and attacking.

In wrestling styles, when defending with the hands, the movements are performed by jerking out of the hold, hitting the opponent's hand and pushing him in the chest, and grabbing his hands. When defending with the legs, the movements are performed by pushing the legs, raising the leg, kneeling on one leg, pulling back or pushing forward. When defending with the body, it is performed by throwing back, moving the body to the sides, and bending back and forward.

The main goal of wrestlers in the competition process is to throw their opponent off balance and apply the technique. When throwing the opponent off balance, the wrestler performs pushing movements with his hands and shoulders, bending the head and neck, and pushing movements with his body. It is also possible to lose the



opponent's balance with movements such as kicking the opponent by the legs or grabbing and pulling him towards him.

By subjecting the opponent who has lost his balance to his movements, conditions are created for the effective use of the throwing or knocking down method. In wrestling competitions, when throwing the opponent off balance, movements are performed by swinging to the right and left, pulling him forward and pushing him away.

In fake movements such as deception and distraction, hand movements, body movements, and foot movements are used.

In preparation for a throw, the wrestler can change his position, shorten the distance and move forward, perform fake movements to distract and deceive the opponent, and apply pressure using force. Preparation movements can also take the form of shifts, catches, unbalances, and hugs.

In wrestling, throwing movements are divided into throwing with the hands, throwing with the legs, and throwing with the body. In throwing with the hands, the throw is made by holding the belt, the opponent's hands, and the body. Catches can take various forms. In throwing with the legs, throwing with the legs is done by hitting the legs, hooking the legs, and lifting the legs. Throwing movements using the body can be in the form of throwing by grabbing the hips and shoulders, throwing with arms folded and hugging, and throwing by lifting the waist and throwing.

The wrestler's counterattack processes can be of three types. In the first form, the wrestler organizes a counterattack before the opponent's move to apply the technique, in the second form, the wrestler resists during the opponent's attack movement and counterattacks, and the counterattack is carried out when the opponent completes the technique. The skills of counterattacking improve as the wrestler's sports skills increase. Counterattacks in wrestling types are performed by performing actions against each of the opponent's moves. Counterattacks are widely used in counterattacks, counterattacks against throws and attempts to throws, as well as counterattacks in the process of defense.

However, wrestlers have their own strategies for conducting competitions according to their individual characteristics. For example, some wrestlers fight only according to a competition strategy based on counterattacks. Some wrestlers achieve victory only with a quick and decisive attack. There are also wrestlers with



a mixed strategy, who fight according to the conditions, if their opponent shows an offensive fight, they fight with counterattacks, if their opponent prefers defense, they fight offensively.

The method of striving from simple to complex is considered effective in the technical training of wrestlers. Young wrestlers learn the standing positions characteristic of a wrestler in their initial sports training sessions, the wrestler's walking, running, jumping, and stepping movements along the mat, bending, sitting, turning, and rotating movements when performing movements. As these movements improve, the wrestlers' throwing movements are formed and studied. Throwing and grappling techniques are complicated and improved in accordance with the skills and learning abilities of young wrestlers.

Along with the principle of mastery of the wrestlers in the initial sports training, it is also important to adhere to the requirements of the principle of privatization. According to the principle of privatization, some forms of wrestling movements and techniques can be customized in accordance with the physical abilities, personal characteristics and body structure of the wrestler, that is, they can be changed in form and adapted to the wrestler's movements. According to this principle, even if the wrestling techniques change in form, their goal is to knock down the opponent and successfully complete the technique.

Also, the principle of consistency and sequence of education and training is also important in improving the technical and tactical skills of wrestlers. Regular participation in training, skillful mastery of methods, techniques and tactics, regular elimination of errors and shortcomings in the performance of wrestling movements with the help of methodological instructions, effective use of physical loads to improve technical and tactical skills are the content of the principles of wrestler education and training.

The importance of spiritual and mental will training in training wrestlers in offensive and defensive tactics, instilling in them confidence in victory and perseverance is considered great. In the process of training spiritual will, along with moral qualities such as courage, bravery, determination and thoroughness, negative manifestations such as competition "confusion" are eliminated. The formation of competition "confusion" inhibits the wrestler's musculoskeletal system, muscle excitation, and negative excitation in the central nervous system increases. The heart rate increases, cold sweat appears, legs tremble, vision darkens, and



sometimes the hearing of voices decreases. In this case, the wrestler cannot fully perform techniques in the competition, cannot defend himself adequately, cannot use counterattacks, and as a result, is defeated. Such negative situations can often be found among wrestlers in the initial training group.

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