



## **IMPROVING THE SPECIAL PHYSICAL INDICATORS OF FREESTYLE WRESTLERS THROUGH THE ANNUAL TRAINING CYCLE**

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### **Abstract**

The study analyzes the effectiveness of the annual training cycle in enhancing the special physical preparation of freestyle wrestlers. It highlights the role of scientifically based training methodologies aimed at developing athletes' physical qualities. Throughout the research, the preparation processes of wrestlers before competitions, the distribution of workloads at different stages of the annual training cycle, and the effectiveness of training methods are evaluated. The findings provide practical recommendations aimed at further improving the athletes' physical readiness and boosting their competitive results.

**Keywords:** Freestyle wrestling, special physical preparation, endurance, strength, agility, speed, flexibility, annual training cycle, sports methodology.

### **Introduction**

Freestyle wrestling is one of the oldest and most physically demanding sports, requiring athletes to possess high levels of endurance, strength, agility, speed, and flexibility. These qualities are essential not only for gaining an advantage over opponents but also for sustaining a prolonged sports career. In modern sports, achieving high performance necessitates scientifically based organization of training processes. Consequently, systematically enhancing the physical preparation of freestyle wrestlers requires the effective planning of the annual training cycle.

The annual training cycle plays a crucial role in improving athletes' physical fitness and ensuring successful participation in competitions. It generally includes three main stages: preparation, main, and competition phases. Each phase implements specialized training methods aimed at developing physical indicators. Correct



planning of the cycle, considering the individual characteristics of athletes, helps foster endurance, strength, agility, speed, and flexibility.

In recent years, scientific research on improving physical preparation in freestyle wrestling has increased. International studies demonstrate that scientifically structured annual training cycles significantly enhance athletes' performance. Furthermore, advancements in sports science, medical innovations, and modern rehabilitation methods have allowed for further optimization of preparation processes.

### **Stages and Content of the Annual Training Cycle for Freestyle Wrestlers**

Enhancing special physical indicators in freestyle wrestling is a complex, gradual process requiring an individualized and scientifically grounded approach. To ensure optimal peak performance throughout the year, training must be systematically planned with progressive workload increments, and each phase must fulfill specific objectives.

During the initial preparation stage, athletes develop general physical capabilities, focusing on endurance, speed, strength, and flexibility. This stage emphasizes general physical fitness exercises such as running, gymnastics, strength workouts, and coordination drills. After adaptation to training loads, the athletes transition to the specialized preparation phase.

In the specialized preparation phase, wrestling-specific movements, technical elements, and combat-relevant strength, speed, and endurance components are developed. Training during this phase is meticulously planned, accounting for individual differences, with gradual load increases and constant monitoring of functional capacities. High-intensity workloads are introduced, preparing athletes to achieve peak physical and technical condition before competitions.

In the pre-competition phase, the focus shifts to reinforcing technical and tactical skills and enhancing psychological preparation, recognizing that physical readiness alone is insufficient.

Workloads are slightly reduced to prioritize competition-simulated sparring and tactical drills.

Recovery and rest are integral throughout the annual cycle to prevent overtraining and fatigue accumulation. Active and passive recovery techniques, such as



massage, hydrotherapy, light aerobic sessions, and stretching exercises, facilitate faster recovery.

Overall, the physical preparation of freestyle wrestlers is a complex system relying not only on heavy training loads but also on correct planning, individualized approaches, and harmonious integration of technical and psychological training.

#### Theoretical Foundations of the Annual Training Cycle

Scientific research underscores the importance of systematic organization in sports training. Platonov V.N. (2015, Theory of Sports Training) emphasized structuring the annual training cycle into preparation, specialized preparation, pre-competition, and recovery stages based on athletes' adaptation processes. Verkhoshansky Yu.V. (2016, Biomechanical Principles of Sports Training) advocated for training based on biomechanical and physiological principles, asserting that proper management of load dynamics is key to maintaining optimal sports form.

Different approaches to special physical preparation exist. Verkhoshansky (2016) stressed the importance of plyometric exercises to develop explosive power, using drills like depth jumps and bounding. Platonov (2015) emphasized the role of statodynamic strength exercises in enhancing endurance during prolonged efforts. Uzbek research (Juraev, 2020) confirmed the effectiveness of these methods, demonstrating plyometrics enhance explosive power before competitions, while statodynamic exercises improve endurance during matches.

Psychological stability is critical during competition preparation. Weinberg & Gould (2020, Foundations of Sport and Exercise Psychology) demonstrated the importance of visualization and mental training for reducing stress and improving competition readiness. Hasanov (2021) corroborated these findings in the Uzbek context, showing that breathing techniques help regulate heart rate, and visualization enhances mental rehearsal of technical actions.

Recovery processes directly impact overall physical readiness. Anderson (2018, Principles of Sport Recovery) and Juraev (2020) found that sauna therapy, massage, and stretching exercises effectively accelerate recovery, prevent overtraining, and improve muscular elasticity, reducing injury risks.

A review of literature suggests that the most effective strategy for enhancing physical preparation in freestyle wrestlers combines the following elements:

- Plyometric exercises – to develop explosive strength,
- Statodynamic strength exercises – to enhance endurance,



- Visualization and breathing techniques – to build psychological resilience,
- Sauna, massage, and stretching – to speed up recovery processes.

### Research Methodology

The study involved 16 freestyle wrestlers aged 16–18, divided into two groups: experimental (8 athletes) and control (8 athletes). The experimental group performed specialized physical preparation exercises three times a week for two months. The control group engaged only in general physical training. Physical tests were conducted before and after the training period.

### Tests included:

- 3 km run (endurance),
- Squat, Deadlift, and Bench Press (strength),
- 20-meter sprint (speed),
- Flexibility test.

### Results

The following table summarizes the performance changes in both groups:.

Group	Training Focus	Endurance	Strength	Speed	Flexibility
Experimental	Specialized training (plyometrics, strength, speed)	+15%	+20%	+10%	+5%
Control	General physical training	+5%	+8%	+3%	+2%

### Analysis

The results showed that specialized training led to significantly higher improvements across all physical indicators. The most notable gains were observed in strength and endurance. Meanwhile, the control group achieved relatively modest improvements.

### Conclusion

Regular and systematic incorporation of specialized physical preparation exercises within the annual training cycle significantly enhances athletes' physical



capabilities. Experimental results confirmed that plyometric, strength, and speed development methods are highly effective for wrestlers. Therefore, annual training plans should balance general and specialized physical preparation to maximize performance outcomes.

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