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OPTIMIZATION OF THE FORMATION OF TECHNICAL-TACTICAL SKILLS IN YOUNG WRESTLERS

Abdusalomov B. M.

Physical Education Teacher

School No. 8, Arnasay District, Jizzakh Region

Abstract

This article analyzes pedagogical innovative approaches aimed at optimizing the process of forming technical skills in young kurash wrestlers. Unlike traditional methods based on repetitive exercises, the scientific foundations of improving athletes' motor skills and decision-making speed through the use of game, situational, and problem-based learning technologies are presented. The research results show the advantage of the game method in improving the effectiveness of technical actions.

Keywords: Young wrestlers, technical and tactical skills, innovative, traditional, repeated exercises, motor skills and decision-making, effectiveness.

Introduction

YOSH KURASHCHILARDA TEXNIK-TAKTIK KO'NIKMALARNI SHAKLLANTIRISHNI OPTIMALLASHTIRISH

Abdusalomov Baxodir Muso o'g'li

Jizzax viloyati Arnasoy tuman 8-sonli umumta'lim maktabi

Jismoniy tarbiya fan o'qituvchisi

Annotatsiya

Ushbu maqola yosh kurashchilarning texnik ko'nikmalarini shakllantirish jarayonini optimallashtirishga qaratilgan pedagogik innovatsion yondashuvlarni



tahlil qiladi. An'anaviy, takroriy mashqlarga asoslangan uslublardan farqli o'laroq, o'yinga asoslangan, vaziyatli va muammoli ta'lim texnologiyalarini qo'llash orqali sportchilarning harakat malakasi va qaror qabul qilish tezligini oshirishning ilmiy asoslari keltiriladi. Tadqiqot natijalari o'yinga asoslangan usulning texnik harakatlar samaradorligini oshirishdagi ustunligini ko'rsatadi.

Kalit so'zlar. Yosh kurashchilar, texnik va taktik ko'nikmalar, innovatsion, an'anaviy, takroriy mashqlar, harakat malakasi va qaror qabul qilish, samaradorlik.

Annotatsiya

V dannoy state analiziruyutsya pedagogicheskie innovatsionnye podhody, napravlenные na optimizatsiyu protsessa formirovaniya texnicheskix navykov yunых kurashistov. V otliche ot traditsionnyx metodov, osnovannyx na povtornyx uprajneniyax, predstavleny nauchные osnovы povыsheniya dvigatelnyx navykov i skorosti prinyatiya resheniy sportsmenami posredstvom ispolzovaniya igrovых, situatsionnyx i problemnyx texnologiy obucheniya. Rezultaty issledovaniya pokazyvayut preimushchestvo igrovogo metoda v povыshenii effektivnosti texnicheskix deystviy.

Klyuchevye slova. Molodye borsы, texnicheskie i takticheskie navyki, innovatsionnye, traditsionnye, povtornые uprajneniya, dvigatelnye navyki i prinyatie resheniy, effektivnost.

Introduction

Success in sports wrestling requires not only high physical fitness, but also perfect mastery of technical and tactical skills. Technical training is an integral part of the training system for young wrestlers and requires the coach to use clear, consistent and effective pedagogical approaches.

Traditional teaching methods (demonstration and repetition of technical movements by young athletes) often fail to fully develop the ability to make quick decisions and adapt movements in real wrestling situations.



In the formation of technical skills in young athletes, there is a need for new pedagogical tools that activate neurophysiological mechanisms such as the nervous system, which controls movement and maintains balance.

Individualization of the technical training process based on the athlete's personal characteristics and interest in the game is one of the important pedagogical tasks. A technical skill is a highly automated skill of movements that is performed with the active participation of consciousness. The formation of technical skills in wrestling is carried out in stages. In particular, during primary training, the content of the movement is understood and its general form is performed. By repeating the exercise, its accuracy and consistency are achieved. As a result, the ability to perform technical movements without thinking in various situations (resistance to an opponent, fatigue) is formed.

Table – 1 Comparison of technical skills in wrestlers using traditional and innovative styles

Yondashuv	Asosiy tamoyillar	Afzalligi	Kamchiligi
An'anaviy (takroriy)	Ko'rsatish Takrorlash	Harakat strukturasini tez o'rgatish	Vaziyatni o'zgartirishga moslasha olmaslik
Vaziyatli	Muammoli vaziyatni hal qilish	Taktik fikrlash va qaror qabul qilishni rivojlantirish	O'rganish jarayoni uzoqroq kechishi mumkin
O'yinga asoslangan	Kurash elementlarini o'yin shaklida qo'llash	Qiziqishni oshirish, harakat faolligini oshirish	Texnikaning aniqligi ikkinchi darajali bo'lishi mumkin

Many modern studies show that game-based and situational approaches are superior to traditional methods in the formation of technical skills, especially in transferring them to real wrestling conditions.

The purpose of the study. To determine the effectiveness of the game-based pedagogical approach in the formation of technical skills in young wrestlers compared to the traditional repetitive method.



Research objectives. To conduct an initial control of the level of technical training of young wrestlers (in selected basic throwing and defense techniques) and to develop a game-based training program for the experimental group.

In the implementation of the study, experimental (TG) and control (NG) groups consisting of young wrestlers aged 10-12 were formed in a pedagogical experiment using the following methods. The traditional (demonstration and multiple repetition) method was used to study the technique. The technique was taught through game-based situational exercises and relays. Pedagogical testing is the number of repetitions of the selected throwing movement in 10 seconds in the technical efficiency test. The percentage of successful execution of a technical move under the opponent's active resistance and the number of useful technical moves in 3 minutes of freestyle wrestling were determined. The training program used in the experimental group was implemented by incorporating the basic techniques of wrestling (moving to the feet, grabbing the waist, and leaving the ground) into game-like exercises.

Table -2 Comparative analysis of experimental results in the formation of technical skills of wrestlers

Ko'rsatkich (Test)	Nazorat guruhi (o'zgarish)	Tajriba guruhi (o'zgarish)	Farqning ishonchliligi
Oyoqqa o'tish tezligi (10 sek.da)	1.5	3.2	$p < 0.01$
Texnikaning ishonchliligi (foizda)	5\%	11\%	$p < 0.05$
"Kurash-o'yin"dagi muvaffaqiyatli hujum	2	5	$p < 0.01$

The results showed a statistically significant increase in the indicators of the formation of technical skills in the experimental group compared to the control group. In particular, the results of the "Kurash-o'in" test proved that the game-based approach well develops the ability to adapt technical skills to the sports situation and make tactical decisions. This approach also increased the motivation of young athletes to train. As a result of the research, training that



included game elements significantly increased the speed and accuracy of athletes' technical movements. Situational exercises improved the automation of technical skills and the ability to use them in complex conditions.

Conclusion

The study scientifically substantiated that the game-based situational pedagogical approach in the formation of technical skills in young wrestlers is more effective than the traditional repetitive method. This methodology, along with the quick and accurate execution of technical movements, also develops the ability to confidently and flexibly apply them in real wrestling conditions. When training young wrestlers, the main part of technical training should be divided into small games and situational exercises, which should be up to 40-50% of the training time. When developing technical elements, it is more effective to focus not on the form of the movement, but on its appropriate and effective execution in the situation. Teaching technical movements on the principle of "from the whole to the parts and back to the whole", that is, first teaching the general movement, then repeating its individual elements, and finally, using it again as a whole in different situations, allows

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