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WAYS TO IMPROVE THE TACTICS OF WRESTLERS IN INTERNATIONAL COMPETITIONS

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Annotatsiya. Mazkur maqolada xalqaro musobaqalarda kurashchilarning kurash taktikasini olib borish yo‘llari, taktik tayyorgarlikning nazariy va amaliy asoslari, musobaqa faoliyatida taktik harakatlarning ahamiyati hamda zamonaviy kurashda qo‘llanilayotgan samarali taktik usullar tahlil qilingan. Shuningdek, raqibni o‘rganish, jang davomida vaziyatni baholash, hujum va himoya taktikalari, qarshi usullarni qo‘llash hamda musobaqa strategiyasini ishlab chiqish masalalari yoritilgan. Kurashchilarning xalqaro maydondagi muvaffaqiyatlarini ta’minlashda taktik tayyorgarlikning o‘rni ilmiy jihatdan asoslab berilgan.

Kalit so‘zlar: kurash, xalqaro musobaqa, taktika, taktik tayyorgarlik, hujum taktikasi, himoya taktikasi, qarshi hujum, strategiya, sport mahorati, kurashchi, musobaqa faoliyati, texnik tayyorgarlik, raqib tahlili.

Аннотация. В данной статье анализируются методы тактики борьбы борцов на международных соревнованиях, теоретические и практические основы тактической подготовки, важность тактических действий в соревновательной деятельности, а также эффективные тактические методы, используемые в современной борьбе. Рассматриваются также вопросы изучения противника, оценки ситуации во время борьбы, применения наступательной и оборонительной тактики, контратак и разработки соревновательной стратегии. Научно обоснована роль тактической подготовки в обеспечении успеха борцов на международной арене.

Ключевые слова: борьба, международные соревнования, тактика, тактическая подготовка, наступательная тактика, оборонительная тактика, контратака, стратегия, спортивное поведение, борец, соревновательная деятельность, техническая подготовка, анализ противника.

Annotation. This article analyzes the methods of wrestlers' wrestling tactics in international competitions, the theoretical and practical foundations of tactical training, the importance of tactical actions in competition activities, and effective tactical methods used in modern wrestling. It also covers the issues of studying the opponent, assessing the situation during the fight, using offensive and defensive tactics, counterattacks, and developing a competition strategy. The role of tactical training in ensuring the success of wrestlers in the international arena is scientifically substantiated.

Keywords: wrestling, international competition, tactics, tactical training, offensive tactics, defensive tactics, counterattack, strategy, sportsmanship, wrestler, competition activities, technical training, opponent analysis.

Introduction

Today, the sport of wrestling is developing internationally and is becoming popular in many countries of the world. The increasing number of international competitions requires athletes to have a high level of physical, technical and tactical training. Achieving victory in modern wrestling is closely related not only to strength and technical skills, but also to conducting the fight based on the correct tactics.

Tactics are the athlete's rational use of his capabilities during the competition, taking into account the strengths and weaknesses of the opponent, and the ability to choose the most optimal

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methods to achieve the result of the fight. Tactical training is one of the decisive factors, especially in international competitions, when fighting against representatives of different schools and styles.

Currently, wrestlers who are successful in the international arena achieve high results by thoroughly analyzing their opponents before the competition, developing an individual strategy, and making tactical decisions in accordance with the situation. Therefore, improving the tactical training of wrestlers is one of the urgent issues of sports pedagogy and sports theory.

In sports theory, tactics are interpreted as a system of methods, actions and means that an athlete uses to achieve a goal during a competition. The main task of wrestling tactics is to use the athlete's technical capabilities to the maximum extent possible.

Wrestling tactics consist of the following components:

competition preparation tactics;

combat tactics;

attack tactics;

defense tactics;

counterattack tactics;

competition strategy.

Tactical training is inextricably linked with technical training and allows the athlete to effectively apply the learned methods in competition conditions.

Athletes participating in international competitions compete with representatives of wrestling schools from different countries. Each school has its own technical and tactical characteristics.

For example:

Athletes from Asian countries are distinguished by their fast and offensive style;

European athletes rely on strength and endurance;

and representatives of some countries effectively use counterattack tactics.

In such conditions, a wrestler must know the opponent's style in advance and be able to choose the appropriate tactics for him.

Tactical preparation creates the following opportunities:

correct distribution of forces;

quick assessment of the situation;

reducing the number of mistakes;

disrupting the opponent's plan;

increasing the chances of winning.

One of the most important factors for successful participation in international competitions is a thorough study of opponents.

The coach and the athlete analyze the following:

the opponent's favorite methods;

attack directions;

defensive moves;

level of physical fitness;

psychological state in the competition.

Today, detailed information about opponents is obtained using video surveillance and computer analysis.

Studying the opponent allows the athlete to:

make the right decisions during the fight;

be prepared for unexpected situations;

use effective countermeasures.

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Attack tactics are aimed at achieving an advantage through the wrestler's active actions.

The main methods of attack tactics:

Be the first to seize the initiative. Active actions from the first seconds of the competition force the opponent to defend.

This method:

gives a psychological advantage;

attracts the attention of the judges;

disrupts the opponent's plan.

Use distracting moves. The wrestler distracts the opponent's attention through fake attacks and creates a favorable situation for the execution of the main technique.

Combination attacks. The sequential use of several technical techniques is considered one of the most effective methods of modern wrestling.

Combination attacks:

break the opponent's defense;

increase the likelihood of executing the technique;

give an unexpected result.

Defense tactics are aimed at eliminating the opponent's attacks.

Defense methods include:

keeping distance;

controlling catches;

maintaining balance;

being ready for counterattacks.

Effective defense allows the athlete to control the fight without spending too much effort.

Counterattack is one of the most effective tactical tools of modern wrestling.

When the opponent attacks:

his balance is broken;

his defense is weakened;

the likelihood of making a mistake increases.

Therefore, experienced wrestlers achieve high results precisely through counterattacks.

Advantages of counterattacks:

low energy consumption;

high efficiency;

unpredictability;

quick results.

International competitions can have several matches per day. Therefore, the correct distribution of strength is of great importance.

An athlete should:

not spend maximum effort on each fight;

try to win as early as possible;

maintain energy reserves.

Incorrect distribution of strength leads to fatigue in subsequent competitions and negatively affects the results.

Psychological preparation is also an important factor in tactical success in international competitions.

A wrestler must have the following qualities:

self-confidence;

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emotional management;
stress tolerance;
concentration.

An athlete with a psychological advantage can make the right decisions even in difficult situations.

Innovative tactical approaches in modern wrestling. Nowadays, modern technologies are widely used in wrestling.

Including:
video analysis;
artificial intelligence-based analysis;
biomechanical observations;
electronic statistical systems.

These tools allow coaches to further improve the tactical actions of athletes.

Uzbek wrestlers have achieved many successes in the international arena. In their achievements:
high technical skill;
quick counterattacks;
active offensive tactics;
strong psychological preparation play an important role.

The rich experience of the National Wrestling School serves to train competitive athletes in the international arena.

Conclusion

The success of wrestlers in international competitions largely depends on the level of tactical preparation. In modern wrestling, studying opponents, quick analysis of the situation, rational organization of offensive and defensive actions, and effective use of counterattack methods are of great importance.

High sports results can be achieved only when tactical preparation is developed in harmony with technical, physical and psychological preparation. Therefore, coaches and athletes need to constantly improve tactical skills in the process of preparing for international competitions.

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