

## The Wrestler's Many Years of Technical and Tactical Training

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**Abstract.** This study explores the long-term technical and tactical training processes in wrestling, addressing the knowledge gap in optimizing training methodologies for sustained athletic excellence. Utilizing a systematic review of pedagogical approaches and empirical data, the research examines the progression of training stages from foundational techniques to high-performance mastery. Findings indicate that structured, age-specific training significantly enhances skill acquisition, endurance, and competitive readiness. Results highlight the importance of adaptive coaching strategies in optimizing physical and tactical development. The study's implications suggest refining training programs to maximize wrestler performance and longevity in competitive sports.

**Keywords:** *Wrestling, qualification, category, sport, load, theoretical, training, tactical, technical.*

### Introduction

Wrestling is a physically demanding sport that requires a combination of strength, endurance, agility, and strategic thinking. As one of the oldest competitive sports, it has evolved significantly in terms of training methodologies and performance optimization. Athletes undergo extensive long-term training programs designed to develop their technical, tactical, and physical abilities. However, despite the rich history and widespread practice of wrestling, there remains a significant knowledge gap regarding the most effective strategies for structuring multi-year training programs. Many studies focus on isolated aspects of wrestling training, such as strength conditioning or technique refinement, but few provide a comprehensive approach that integrates long-term athletic development with age-specific training adaptations. Addressing this gap is crucial for enhancing wrestler performance and career longevity.

The primary objective of this study is to examine the long-term training process in wrestling, focusing on how training loads, technical development, and physical conditioning evolve over different stages of an athlete's career. The research employs a systematic review methodology, synthesizing existing literature on wrestling pedagogy, sports science, and athlete development. The analysis categorizes the training process into distinct stages: initial training, in-depth specialization, sports improvement, and high-performance mastery. These stages are examined in relation to their impact on technical skill acquisition, tactical adaptability, and physical endurance. Additionally, key pedagogical methods, such as repetition, variation, and competition-based learning, are evaluated for their effectiveness in different training phases.

The findings of this study reveal that structured, long-term training significantly enhances a wrestler's technical proficiency and competitive readiness. The progression from foundational techniques to high-level competition skills follows a logical sequence that aligns with physical and cognitive development. At the initial training stage, emphasis is placed on general physical fitness, flexibility, and fundamental movements. As athletes advance, training becomes increasingly specialized, incorporating advanced technical maneuvers, tactical strategies, and opponent-specific

adaptations. The study also highlights the role of mental conditioning in developing resilience and strategic decision-making, essential components of high-level wrestling.

Results indicate that well-structured, periodized training programs contribute to sustained athletic performance and injury prevention. A balanced integration of general and specialized training ensures optimal development at each stage, preventing burnout and overtraining. Furthermore, age-specific training adaptations are essential for maximizing skill acquisition during critical developmental windows. The study's findings suggest that the most successful wrestlers are those who undergo progressive, scientifically informed training regimens that align with their physiological and cognitive growth.

The implications of this research extend beyond individual athlete performance to broader coaching strategies and sports education policies. Coaches and sports institutions can utilize these insights to refine training methodologies, ensuring that wrestlers receive the most effective preparation for long-term success. By structuring training programs based on scientific principles and empirical evidence, wrestling training can be optimized to produce not only elite athletes but also well-rounded individuals capable of sustaining high-level performance over extended careers. Ultimately, this research contributes to the ongoing evolution of wrestling training methodologies, promoting a more systematic and evidence-based approach to athlete development.

## **Methodology**

This study employs a qualitative research approach through a systematic review of existing literature and empirical studies related to long-term training in wrestling. The research is based on an in-depth analysis of pedagogical methodologies, technical training frameworks, and athlete development programs outlined in previous studies and instructional materials. By examining the structured progression of wrestling training, the study identifies key patterns in training load distribution, skill acquisition stages, and the effectiveness of different coaching strategies. Data sources include textbooks, academic papers, and training manuals that focus on the pedagogical aspects of wrestling, as well as real-world observations of training routines implemented at various stages of an athlete's development.

The research synthesizes training methodologies by categorizing the progression into distinct phases, including initial training, in-depth specialization, sports improvement, and high-performance mastery. Each phase is analyzed based on its contribution to physical conditioning, technical-tactical skill development, and mental preparedness. The study also examines the impact of age-specific training adaptations, evaluating how different physical and psychological factors influence the effectiveness of training at various stages. Additionally, the analysis considers best practices in coaching, including instructional techniques, training intensity modulation, and recovery strategies to ensure optimal athletic growth.

By integrating insights from both theoretical frameworks and applied training models, this study provides a comprehensive understanding of how structured, multi-year training influences wrestler performance. The findings contribute to refining coaching strategies and developing evidence-based training programs that optimize skill progression, endurance, and competitive success in wrestling.

## **Result and discussion**

The growth of body size and weight of adolescent wrestlers develops before the growth of strength. To develop strength, it is necessary to choose exercises that are free from exertion and long periods of stress. This period is most favorable for developing flexibility, since by the age of 13, flexibility and mobility in the joints decrease somewhat. To develop flexibility, general developmental and special exercises are used, performed with an opponent, with and without equipment.

At this stage, recovery measures should also be taken into account when organizing the training process. These include post-training water procedures, warm-ups, swimming, bathing, and training in the fresh air.

The main tasks of this stage are: strengthening the wrestler's comprehensive physical fitness, health,

developing general endurance and quick-strength qualities, mastering the basics of conducting competitions in a combined manner, developing special endurance, and gaining competition experience.

The main training methods: game, uniform, alternating, repetitive, competition, rotation.

Training tools: sports games, cross-country running, special exercises for the wrestler, acrobatic exercises, exercises with small weights, training competitions of a competitive nature.

Many experts have proven that at the stage of in-depth sports specialization, comprehensive training of the wrestler is most effective.

When planning the wrestling training process, it is necessary to devote a lot of time to technical and tactical training, since the wrestler must master a large number of offensive movements.

During this period, it is necessary to try to teach the correct biodynamic structure of technical movements. However, success in technical training in many cases depends on the optimal proportions of the development of the wrestler's physical qualities. During this period, the training process should continue to develop agility by including movement and sports games, as well as special exercises for the wrestler aimed at developing physical qualities that are important in sports wrestling. During this period, great attention is paid to the development of the speed-strength qualities of teenage wrestlers. At this stage, it is necessary to continue to develop the flexibility of the wrestler.

Stretching exercises that help increase the amplitude of movement are the main ones in developing flexibility.

The main means of developing the agility of a wrestler are sports games, acrobatics and gymnastic exercises.

Recovery activities are aimed at achieving an optimal regime of training and rest in the teenager's daily activities.

Massage, swimming in the pool, steam bath (once a week), and a diet rich in vitamins and proteins are recommended.

The main tasks of this stage are: increasing the volume and intensity of training loads, improving the wrestler's technical and tactical movements, achieving maximum development of leading physical qualities, improving competition readiness, cultivating moral and will qualities in the process of overcoming difficulties in training and competitions.

The main training methods: repetitive, rotational, variable, game, competition.

Wrestling training tools: training competitions, special exercises of the wrestler, competitions of a competitive nature, acrobatics and gymnastic exercises. At this stage, teenage wrestlers reach the stage having mastered the basics of technical and tactical skills, therefore the wrestler's main activity is aimed at improving movement skills. It is necessary to repeat the learned wrestling techniques many times in a row. It is necessary to pay attention to the fact that wrestlers necessarily use these techniques in training competitions and achieve this. Therefore, at this stage, it is possible to plan training competitions on special tasks (for example, wrestling using only throws, etc.). It is necessary to provide wrestlers with complete information about the tactical methods of conducting the competition.

## **Conclusion**

This study highlights the importance of a structured, long-term training process in wrestling, emphasizing the progression from foundational techniques to high-performance mastery. The findings indicate that systematic, age-specific training significantly enhances technical proficiency, tactical adaptability, and overall athletic development. A well-balanced integration of general and specialized training at different career stages contributes to sustained performance and injury prevention. The study's implications suggest that coaches and sports institutions should adopt

scientifically informed, periodized training programs that align with an athlete's physical and cognitive growth to maximize competitive success. Additionally, the research underscores the necessity of incorporating mental conditioning and recovery strategies to ensure long-term athlete sustainability. While this study provides valuable insights into the pedagogical and methodological aspects of wrestling training, further research is needed to explore the impact of individualized training approaches, technological advancements in sports science, and psychological conditioning techniques on wrestler performance and longevity.

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