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METHODOLOGICAL BASIS OF USING MODERN PEDAGOGICAL TECHNOLOGIES IN FORMING TECHNICAL-TACTICAL SKILLS IN WRESTLERS

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Abstract

This scientific article analyzes the methodological foundations of the use of modern pedagogical technologies in the formation of technical and tactical skills in wrestlers. The study highlights the theoretical and practical aspects of the development of technical movements and tactical thinking in wrestling, and considers innovative approaches to the effective organization of the training process. It also substantiates the possibilities of developing technical and tactical training in athletes through the use of interactive methods, game technologies, simulated game situations and digital tools.

Keywords: Wrestling, technical and tactical skills, pedagogical technologies, sports training, interactive methods, game technologies, tactical thinking, simulated situations, sports skills, methodological foundations.

Introduction

Achieving high results in wrestling is directly related to the physical fitness of athletes, as well as to the level of development of technical and tactical

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skills. During the competition, a wrestler must be able to quickly analyze the opponent's movements, determine a favorable situation, use attack and defense methods in a timely manner, and combine technical movements with tactical tasks. Therefore, it is important to use modern pedagogical technologies, interactive methods, simulated situations, and digital analysis tools in the training process, rather than relying solely on traditional training and repetition methods.

The relevance of this topic is that in practice, the formation of technical and tactical skills in wrestlers is often limited to teaching technical methods separately or performing tactical tasks in a general way. As a result, athletes face difficulties in applying technical movements in a competitive environment, making quick decisions, and adapting to the opponent's movements. Modern pedagogical technologies allow to activate the training process, develop independent thinking and tactical thinking of athletes, organize training activities in a demonstrative, interactive and result-oriented manner. Therefore, it is relevant to scientifically illuminate the methodological foundations of the use of modern pedagogical technologies in the formation of technical and tactical skills in wrestlers.

The purpose of the study. To identify the methodological foundations of the use of modern pedagogical technologies in the formation of technical and tactical skills in wrestlers and to develop scientific and practical recommendations for their effective use in the training process.

Research Objectives

1. Analyze the theoretical and methodological foundations of the formation of technical and tactical skills in wrestlers.

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2. Identify the didactic and practical capabilities of modern pedagogical technologies in wrestling training.
3. Develop methodological recommendations for the use of modern pedagogical technologies in the development of technical and tactical skills in wrestlers.

Literature review

The issue of developing technical and tactical skills in wrestlers is one of the important areas of sports pedagogy and training methodology, which is being studied in modern conditions in combination with innovative pedagogical technologies. The effectiveness of technical movements in wrestling is determined by their correct application in tactical situations. Therefore, the organization of technical and tactical training in an integrated manner and the introduction of modern pedagogical technologies into the training process are one of the current areas of scientific research.

F.I. Kurbonov's research extensively covers the methodology for planning long-term training in wrestlers and increasing its effectiveness. The author emphasizes the need for a phased organization of athletes' training, planning loads on a scientific basis, and taking into account the individual characteristics of athletes. This approach serves as a methodological basis for the use of modern pedagogical technologies in the formation of technical and tactical skills, since innovative approaches also require consistent and systematic training.

F. Khomudjonova's study on kinematic and kinetic modeling of technical movements of female wrestlers reveals the importance of scientifically based analysis and modeling of sports movements. The author shows that it is possible to improve them by studying the biomechanical properties of

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technical movements. This confirms that modern pedagogical technologies, in particular, the use of video analysis, modeling and digital tools, are an effective tool in the development of technical and tactical training.

G. Abdubokiyeva and A. Allamuradova's study on the importance of game style in the process of technical and tactical training of young freestyle wrestlers substantiates the role of game methods in developing athletes' active thinking, quick decision-making and ability to adapt actions to the situation. This approach shows the important place of game technologies in the structure of modern pedagogical technologies and proves the effectiveness of interactive methods in the formation of technical and tactical skills.

The research conducted by A. Turaev and M. Khoshimov covers the methodology for developing the technical training of wrestlers using special movement games. The authors show that through special games, athletes develop coordination of movements, agility, speed, and skills in correctly performing technical movements. This means that technical and tactical training can be developed together through the use of game technologies in the training process.

D.R. Rakhimjonov's research on the tactics of preparing wrestlers for offensive movements emphasizes the importance of athletes' tactical thinking, quick assessment of the situation, and the ability to make the right decisions for the effective organization of offensive movements. The author substantiates the need to combine technical movements with tactical tasks, which increases the importance of modeling training and creating game situations using modern pedagogical technologies.

The analyzed literature shows that the process of forming technical and tactical skills in wrestlers is largely associated with the scientific planning of training, biomechanical analysis of technical movements, the use of game and

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interactive methods, and the development of tactical training. However, the existing studies have not yet sufficiently covered the issues of using modern pedagogical technologies in a comprehensively integrated manner with technical and tactical training, and systematically substantiating their effectiveness.

The analysis of the literature shows that the use of modern pedagogical technologies in the formation of technical and tactical skills in wrestlers is scientifically and practically relevant. Innovative approaches play an important role in developing the game thinking of athletes, effectively applying technical movements in tactical situations, and increasing the effectiveness of the training process.

Research methodology

The methodological basis of this study is based on modern approaches to sports pedagogy, physical education theory, and innovative educational technologies. The study studied the process of forming technical and tactical skills in wrestlers based on systematic, activity-oriented, competency-based, and interactive approaches. Taking into account the specific features of wrestling, technical actions and tactical thinking were interpreted as a single pedagogical process, interrelated. In this regard, modern pedagogical technologies (interactive methods, game technologies, simulated situations, and digital tools) were considered as effective means of developing the technical and tactical preparation of athletes.

In the process of research, methods of analysis, comparison, generalization, and systematization of scientific and pedagogical, sports and methodological, and psychological literature were used as theoretical methods. With the help of these methods, existing approaches to the formation of technical and

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tactical skills in wrestlers, the didactic capabilities of modern pedagogical technologies, and the methodological principles of their application in the training process were identified. Also, scientific views aimed at the integrated development of technical and tactical training were summarized.

At the empirical stage, methods of pedagogical observation, analysis of the training process and study of the game activity of athletes were used. Through these methods, the quality of wrestlers' technical movements, the speed of tactical decision-making, the degree of adaptation to the game situation, and the effectiveness of pedagogical technologies used in training were assessed. As a result of the observations, the positive impact of interactive and game methods on the activity, independent thinking, and tactical thinking of athletes was determined.

The study also developed a methodological model based on modern pedagogical technologies, in which the main criteria were the phased organization of the training process, the combination of technical movements with game situations, the use of modeled tasks, and taking into account the individual characteristics of athletes. This model was analyzed as an effective methodological approach to the formation of technical and tactical skills in wrestlers.

In general, the chosen methodology made it possible to identify the scientific and methodological foundations of the use of modern pedagogical technologies in the formation of technical and tactical skills in wrestlers, to develop methodological recommendations aimed at improving the training process and effectively organizing the training of athletes.

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Research results and discussion

The research results showed that the use of modern pedagogical technologies in the formation of technical and tactical skills in wrestlers increases the effectiveness of the training process. In particular, the use of interactive methods, game technologies, simulated competition situations, video analysis and problem tasks serves to develop the activity, independent thinking and tactical decision-making skills of athletes. If in traditional training, technical methods are taught through more repetitive execution, then with the help of modern pedagogical technologies these actions are linked to real competition situations. As a result, wrestlers learn to perform technical actions not only mechanically, but also in accordance with the tactical purpose.

The analysis revealed that the use of simulated situations in the formation of technical and tactical skills is one of the most effective approaches. For example, situational tasks such as “countering an opponent’s attack”, “unbalancing”, “transitioning from attack to defense”, “choosing a counterattack” develop athletes’ skills in quick thinking, assessing the situation and choosing the most appropriate move. Such exercises bring the wrestler closer to competition conditions and teach them to apply technical techniques in accordance with the situation.

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Table 1 The impact of modern pedagogical technologies on the formation of technical and tactical skills

Pedagogical Technology	Application Content	Developed Skills	Expected Result
Interactive Methods	Question–answer sessions, discussions, pair analysis	Independent thinking, tactical thinking	The athlete can explain the reason for their actions
Game-Based Technologies	Active games, competition elements	Speed, agility, reaction	Increased interest and activity in training
Simulated Situations	Tasks close to real competition conditions	Decision-making, selection of technical techniques	Actions adapt to competition conditions
Video Analysis	Observing and discussing technical mistakes	Self-assessment, error correction	Improvement in the quality of technical actions
Problem-Based Tasks	Tasks like "Which method is more effective?"	Analysis, comparison, drawing conclusions	Tactical decisions become well-grounded

As can be seen from the table, modern pedagogical technologies develop not only the technical movements of wrestlers, but also their tactical thinking, reflection and ability to adapt to competition situations. In particular, video analysis allows athletes to see their own movements, understand mistakes and eliminate them. This increases the accuracy and stability of technical movements.

During the discussion, it was found that game technologies in the formation of technical and tactical skills increase athletes' interest in training. With the help of dynamic games and competition elements, athletes learn to work with opponents, make quick decisions, maintain balance and act in accordance with

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the situation. This process is especially effective when working with young wrestlers, ensuring their active involvement in training.

The use of interactive methods serves the conscious mastery of technical movements by athletes. During the training process, the athlete is asked questions such as "why was this particular method chosen?", "how was the opponent's movement assessed?", "in which situation would another method be more effective?" When asked to answer questions such as, he learns to analyze his movements and think tactically. This forms technical and tactical training not only as a physical performance, but also as a conscious and logical process.

The results of the study also showed the importance of a step-by-step organization of training sessions when using modern pedagogical technologies. First, the content of the technical method is explained to athletes, then it is performed in simple conditions, then it is used in simulated situations, and finally it is reinforced in conditions close to the competition. Such a sequence consistently forms the process from mastering a technical movement in athletes to its application in a tactical situation.

Some methodological problems were also observed during the study. In particular, the effective use of modern pedagogical technologies requires sufficient methodological preparation from the coach, careful planning of the training session, and taking into account the individual capabilities of the athletes. Also, excessive use of technologies can weaken the main physical and technical content of the training. Therefore, it is advisable to combine them with traditional training methods.

The results of the study showed that modern pedagogical technologies are highly effective in forming technical and tactical skills in wrestlers. The systematic use of interactive methods, game technologies, video analysis and

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simulated situations helps athletes develop their skills of conscious mastery of technical movements, tactical thinking, quick decision-making and effective action in competition conditions.

Conclusion

This scientific article analyzes the methodological foundations of the use of modern pedagogical technologies in the formation of technical and tactical skills in wrestlers from a theoretical and practical perspective. The results of the study showed that the effectiveness of technical movements in wrestling is directly related to the ability to correctly and timely apply them in tactical situations, and innovative pedagogical approaches play an important role in the development of this process.

The study found that the systematic use of interactive methods, game technologies, simulated situations, video analysis and problem tasks effectively develops the wrestlers' skills of conscious mastery of technical movements, tactical thinking, quick decision-making and adaptation to competition conditions.

Modern pedagogical technologies activate the training process, ensuring that athletes think independently, analyze their own movements and work on mistakes. It was also found that the effective organization of technical and tactical training requires a gradual approach to training, teaching technical movements from simple to complex, and combining them with real competition situations. In this case, the decisive factor is the pedagogical skills of the coach, proper planning of training and taking into account the individual characteristics of athletes.

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