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CONTINUOUS DEVELOPMENT TECHNOLOGIES OF METHODOLOGICAL COMPETENCE IN KURASH COACHES: INTERNATIONAL EXPERIENCE AND NATIONAL APPROACHES

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ABSTRACT

This article provides a theoretical and practical analysis of the continuous professional development of wrestling coaches. It emphasizes the necessity of enhancing methodological, pedagogical, and psychological competencies in coaching practice. International experiences (United World Wrestling, NWCA, British Wrestling) are compared with the current opportunities in Uzbekistan. The paper highlights the role of innovative methods, modern information technologies, and certification systems in the process of continuous coach education. The findings contribute to improving the qualifications of wrestling coaches, increasing the effectiveness of athlete preparation, and supporting the development of the national wrestling school.

Keywords: Wrestling sport, coaching competence, continuous education, professional development, innovative methods, certification system.

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INTRODUCTION

In the contemporary era, the increasing level of competition in sports requires coaches to possess a high degree of professional competence and engage in continuous self-development. Particularly in the sport of Kurash, the development of coaches' competencies is a decisive factor influencing athletes' preparation, competitive performance, and the sustainable development of the national sports school [1,2]. Coaching activities require not only technical and tactical knowledge but also the continuous enhancement of pedagogical, psychological, and methodological skills. Therefore, the continuous education and professional development of coaches necessitate a scientifically grounded system [3,4].

Today, effective coach education and certification programs have been developed internationally by organizations such as the United World Wrestling (UWW), the National Wrestling Coaches Association (NWCA), and British Wrestling. These programs provide opportunities for the systematic development of coaches' knowledge and skills based on global best practices. In Uzbekistan, adapting these experiences to local sports schools and coaching activities has become an important prerequisite for elevating the professional competence of Kurash coaches to a new level [5,6]. This article scientifically examines the theoretical foundations of the continuous development of competence among Kurash coaches, international experiences, modern innovative approaches, and the possibilities of their application within the national context.

RELEVANCE OF THE STUDY

Kurash is one of Uzbekistan's national values, and enhancing its international prestige is directly linked to the professional competence of coaches. In the context of growing global sports competition, coaches must continuously improve not only their technical and tactical expertise but also their pedagogical, psychological, and methodological competencies. The experience of

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international federations such as United World Wrestling, National Wrestling Coaches Association, and British Wrestling demonstrates the effectiveness of systematic coach development programs [7]. Therefore, adapting advanced international practices to national conditions and ensuring the continuous professional development of coaches constitute an urgent task for the sports system of Uzbekistan.

RESEARCH AIM

The aim of this study is to analyze the theoretical and practical foundations of the continuous development of professional competence among Kurash coaches, examine international experiences, and develop effective mechanisms for their implementation in the context of Uzbekistan.

RESEARCH OBJECTIVES

The study seeks to:

Scientifically substantiate the essence, content, and structural components of the professional competence of Kurash coaches.

Analyze international experience in continuous coach development and professional training systems.

Identify existing challenges in the development of coaches' competencies in Uzbekistan.

Develop recommendations and effective mechanisms for the continuous improvement of professional competence among Kurash coaches based on international best practices and national needs. Study of Innovative Approaches and ICT Opportunities in Enhancing the Professional Skills of Kurash Coaches. The study also explores innovative approaches and the opportunities provided by Information and Communication Technologies (ICT) in improving the professional competence of Kurash coaches. Furthermore, recommendations and

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proposals are developed for adapting advanced international experiences to the national context and coaching system of Uzbekistan.

RESEARCH METHODS

The research employed several scientific methods. Through the method of theoretical analysis, scientific literature, international experiences, and regulatory documents related to the competence of Kurash coaches were examined. Comparative analysis was used to compare coach education and professional development systems in Uzbekistan and foreign countries [8]. Questionnaires and interviews were conducted among practicing coaches and sports specialists to identify existing challenges and professional needs. In addition, the observation method was applied to analyze coaches' professional activities in sports schools and during competitions. The collected data were processed and generalized through statistical analysis, which enabled the achievement of scientifically grounded conclusions.

RESEARCH RESULTS

The development of competence among Kurash coaches is one of the most relevant issues in sports education today. The theoretical foundations of coaching competence suggest that a coach should not be limited to possessing technical and tactical knowledge alone but must continuously develop pedagogical, psychological, and methodological skills. In the process of athlete preparation, a coach is responsible not only for physical training but also for shaping the athlete's psychological well-being, motivation, self-confidence, and competitive mindset. Therefore, continuous education and professional development are considered essential factors determining the effectiveness and quality of coaching activities.

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Table 1. Main Areas of Coaching Competence

Type of Competence	Description	Practical Example
Technical Competence	Knowledge of Kurash techniques, skills, and tactics	Teaching defensive and offensive combinations to athletes.
Methodological Competence	Planning training sessions and developing instructional methodologies.	Developing a weekly training plan.
Pedagogical Competence	Educating and mentoring athletes while fostering a positive team environment.	Monitoring and promoting athletes' discipline and motivation.
Psychological Competence	Managing athletes psychological well-being and preparing them to cope with stress.	Conducting pre-competition psychological counseling sessions.
Innovative Competence	Applying new technologies and implementing scientific innovations.	Analyzing athletes' errors through video analytics.

Modern scientific approaches indicate that coaching competence is a multidimensional concept comprising professional knowledge, practical skills, pedagogical mastery, communication abilities, leadership qualities, and the capacity for innovation. Consequently, the continuous improvement of these competencies contributes significantly to enhancing the quality of athlete preparation and achieving higher sporting results.

International experience demonstrates that a systematic approach is a key factor in the professional development of coaches. For example, United World Wrestling (UWW) has developed a three-level coach certification system:

- Level 1 – Beginner Coaches;
- Level 2 – Qualified Coaches;
- Level 3 – Professional Coaches.

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Each level includes both theoretical instruction and practical training components (Table 1). For instance, within the UWW Level 2 competency program, coaches are required to assess athletes' physical fitness levels and design individualized training programs. This requirement contributes significantly to the development of coaches' methodological competence (Figure 1).

In the United States, the National Wrestling Coaches Association (NWCA) and USA Wrestling regularly organize online courses, practical workshops, and scientific conferences for coaches. These activities provide opportunities for continuous professional learning and the acquisition of up-to-date coaching knowledge and skills.

In the United Kingdom, the continuous professional development of coaches is implemented through the Continuing Professional Development (CPD) system. Under this framework, coaches are required to accumulate a specified number of professional development hours each year. This system ensures the continuous improvement of coaching competencies and contributes to maintaining high standards in athlete preparation and sports performance.

The Importance of Innovative Approaches in Developing the Competence of Kurash Coaches. The role of innovative approaches in the development of Kurash coaches' competencies is invaluable. In modern sports pedagogy, video analysis is widely used to evaluate athletes' performance during training sessions and competitions. Through video-based assessment, coaches can identify technical mistakes and areas requiring improvement.

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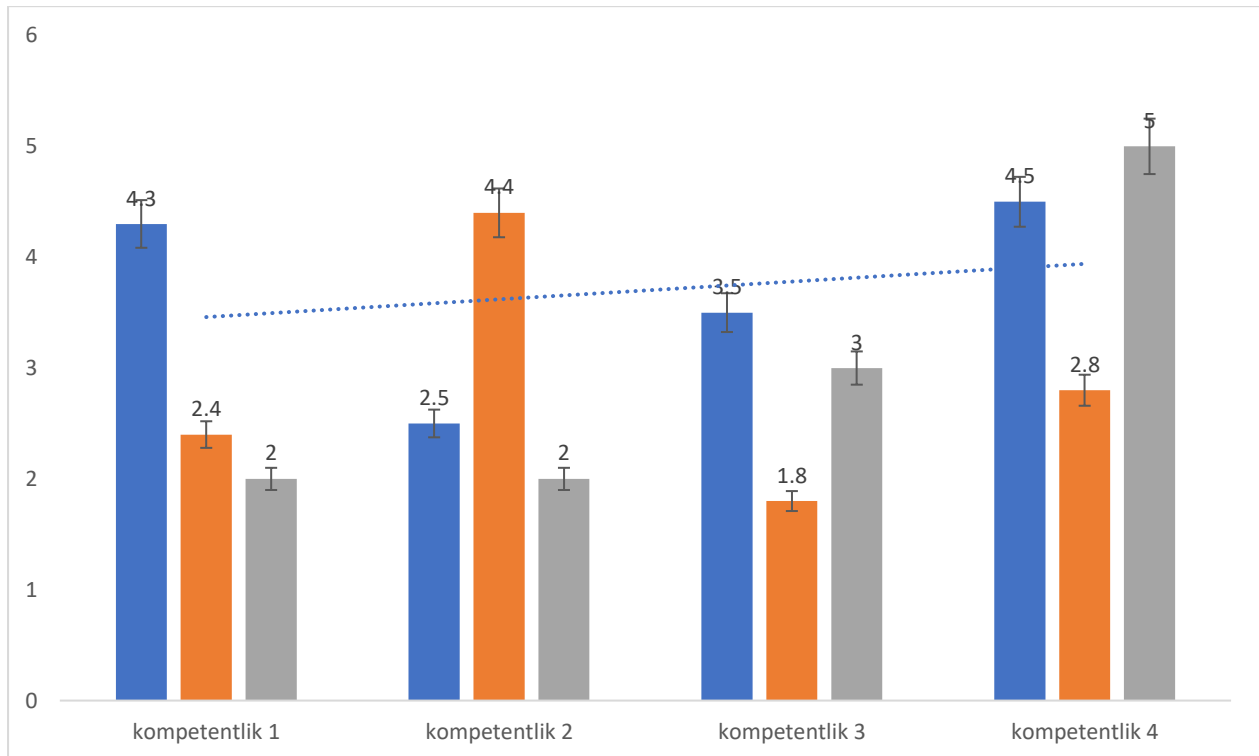


Figure 1. Comparative Results of the Main Directions for Developing the Competence of Kurash Coaches

For example, if an athlete fails to use proper arm movement while executing a technique, this error can be detected through video analysis and subsequently corrected during future training sessions. In addition, mobile applications enable coaches to monitor athletes' workload, heart rate, and recovery status. Based on these data, coaches can adjust training intensity and optimize the training process according to individual athlete needs.

In Uzbekistan, several positive initiatives have been implemented to enhance the competence of coaches. In particular, professional development and retraining courses have been established within sports schools and higher education institutions. However, a number of challenges still remain, including the shortage of methodological resources, difficulties in the timely adoption of international

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best practices, and the irregular nature of professional development activities (Table 2). Thus, adapting international best practices to local conditions serves as one of the key directions for the continuous development of the competencies of Kurash coaches.

Table 2. Comparative Analysis of Coaching Competence Development Systems in Uzbekistan and International Practice

Area / Direction	Experience of Uzbekistan	International Experience (UWW, NWCA, British Wrestling)
Certification	The formal system has not yet been fully established.	A three-level certification system is in place.
Professional Development Courses	Conducted periodically, but not on a regular basis.	Seminars and CPD hours are required throughout the year.
Methodological Resources	Limited; local methodological resources are insufficient.	Digital platforms and extensive educational resources are available.
Innovative Technologies	Recently introduced, but not yet widely implemented.	Video analytics and online platforms are widely utilized.

SCIENTIFIC NOVELTY

The study provides a comprehensive theoretical and practical analysis of the continuous development of competencies among Kurash coaches. International experiences were adapted to the conditions of Uzbekistan, and effective mechanisms for improving coaches' qualifications through innovative approaches and the use of information and communication technologies (ICT) were developed. The research also proposes practical recommendations aimed at enhancing methodological competence and ensuring sustainable professional development among coaches.

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CONCLUSION

The conducted research demonstrated that the continuous development of competencies among Kurash coaches directly influences not only athletes' preparation but also the overall effectiveness of the sports system. The analysis of the results revealed that coaches possess varying levels of competence across different professional domains. While some groups showed stronger technical and pedagogical competencies, others demonstrated greater proficiency in methodological or innovative approaches.

International experiences, particularly those of United World Wrestling (UWW), National Wrestling Coaches Association (NWCA), and British Wrestling, have proven the effectiveness of continuous education, certification systems, and innovative methods in enhancing coaches' professional qualifications. At the same time, several challenges remain in Uzbekistan, including the shortage of methodological resources, the irregular implementation of professional development programs, and limited opportunities for international cooperation. Therefore, to ensure the continuous professional growth of coaches within the national sports school system, it is necessary to adapt advanced international practices to local conditions, promote the use of innovative approaches and information and communication technologies, and establish systematic professional development programs.

The implementation of these measures will contribute to improving the professional competence of Kurash coaches, enhancing athletes' performance, and strengthening Uzbekistan's competitiveness in the international sports arena.

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