Methodology for developing the technical and tactical preparedness of greco-roman wrestlers at the initial training stage

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Abstract
This article covers the issues of optimizing the technical and tactical training of young Greco-Roman wrestlers. During the training process, it was determined to develop the physical and technical qualities of athletes in the correct distribution of loads, repetition of technical methods and harmonious application of special exercises. The results of the study offer methodological recommendations for the effective management of the preparatory process of young wrestlers.
Keywords: Greco-Roman wrestling, technical and tactical training, physical qualities, training load.

Introduction

Greco-Roman wrestling is a combat sport included in the ancient Olympic Games. Today, the improvement of technical and tactical methods in the process of athlete preparation is of particular importance for strengthening its prestige in the international sports arena. Worldwide, in addition to psychological and functional aspects, special attention is paid to the physical and technical preparedness of wrestlers, because the interaction of these two factors determines competitive performance.

Greco-Roman wrestling is a sport that requires a high level of physical qualities. By modelling the training process, it is possible to improve athletes' technical preparedness and achieve higher sport results.

The Decree of the President of the Republic of Uzbekistan No. PF-5924 dated 24 January 2020 "On measures for further improvement and popularization of physical education and sport in the Republic of Uzbekistan", the Resolution of the Cabinet of Ministers of the Republic of Uzbekistan No. 466 dated 22 August 2022 "On approval of the Regulation on non-state extracurricular sports-educational institutions operating in the field of physical education and sport", as well as other regulatory documents related to this field, define important tasks. The present research contributes, to a certain extent, to the implementation of these tasks.

A. Karimov, while highlighting the role of physical qualities in the preparation of wrestlers, emphasizes that strength, speed, endurance, agility, and balance serve as the main basis for the qualitative execution of technical actions. In Greco-Roman wrestling, the effectiveness of technical and tactical actions is directly related to the athlete's level of physical preparedness. This is especially evident in parterre turns, throws from the standing position, and actions aimed at disturbing the opponent's balance. Therefore, weekly microcycle training should not be limited to teaching technical methods only; special physical exercises that support their execution should also be included regularly. Karimov's scientific views strengthen the idea of organizing technical and tactical preparedness in connection with general and special physical qualities [2].

D. Y. Tashnazarov considers the interrelation of general and special training to be an important methodological condition in teaching technical actions to Greco-Roman wrestlers. According to his approach, a wrestler's technical mastery is first formed on the basis of general physical preparedness and is then strengthened through special exercises specific to the sport. This view is particularly important in planning weekly microcycle training for Greco-Roman wrestlers. Repeating technical actions on Monday, Wednesday, and Friday, performing combinations in parterre and standing positions, and applying learned actions in practical conditions through control bouts on Saturday promote the gradual development of technical preparedness. Tashnazarov's views justify the need not only to teach technical actions separately but also to connect them with special physical and tactical training [3].

Sh. Abdullayev, in his views on the theory and methodology of sports training, pays special attention to planning athlete preparation,

gradually distributing training loads, and integrating general and special training means. His scientific and methodological approach is important for organizing weekly microcycle training for Greco-Roman wrestlers. The effectiveness of technical and tactical preparedness is ensured not only by repeated performance of separate technical actions but also by managing the training load in accordance with the athlete's functional state, recovery capacity, and competitive objectives. From this point of view, Abdullayev's ideas substantiate the need to rationally combine general developmental exercises, technical preparation, tactical tasks, and recovery components within the weekly microcycle [1].

The scientific and methodological views presented in the cited literature serve as a theoretical basis for organizing the technical and tactical preparedness of Greco-Roman wrestlers on the basis of a weekly microcycle. Abdullayev substantiates the issues of planning the training process and managing loads; Karimov explains the influence of physical qualities on the effectiveness of technical actions; and Tashnazarov justifies the harmony of general and special training in teaching technical actions to Greco-Roman wrestlers. Therefore, these sources can be used as important theoretical references in the scientific substantiation of technical and tactical preparedness, weekly microcycles, training loads, and a system of special exercises.

The aim of the research: to determine a methodology for developing the technical and tactical preparedness of young Greco-Roman wrestlers by analyzing their training process.

Research tasks: to scientifically analyze the importance of technical and tactical preparedness in Greco-Roman wrestlers and the stages of its development.

Research object: Greco-Roman wrestlers of the sports school in Olmazor district, Tashkent city.

A comparison of the indicators of Greco-Roman wrestlers in the control group at the beginning and at the end of the study, obtained through test exercises reflecting the general and special physical qualities underlying technical actions in wrestling combinations, produced the following results.

Special physical preparedness is a systematic process aimed at increasing the wrestler's functional capabilities, strength reserves,

Table 1. Level of special physical preparedness of wrestlers at the initial training stage at the beginning of the study (n=32)

№	Indicators	Results					
		EG mean		V%	CG mean		V%
		$\bar{X}$	σ		$\bar{X}$	σ	
1	Entering on the right and left sides into the technique of diving under the arm and transferring the opponent to parterre	11,57	1,16	10,01	12,07	1,14	9,45
2	Entering on the right and left sides into the shoulder-over throw technique	11,07	1,00	9,01	11,64	1,28	10,97
3	Entering on the right and left sides into the kneeling shoulder throw technique	9,79	1,25	12,79	10,29	1,14	11,07
4	Entering on the right and left sides into the waist throw technique	9,29	1,07	11,51	9,71	0,91	9,41
5	Entering on the right and left sides into the neck-wrap throw technique	17,57	1,34	7,64	18,36	2,17	11,82

Note: *mean values are presented as arithmetic means; σ - standard deviation; V% - coefficient of variation; t - Student's t value; P - level of statistical significance.*

Special physical preparedness is a systematic process aimed at increasing the wrestler's functional capabilities, strength reserves,

Table 2. Technical training program for wrestlers at the initial training stage

No.	Exercises	Technical preparation (TT)					
		Monday		Wednesday		Friday	
		Norm	Rest interval	Norm	Rest interval	Norm	Rest interval
1.	**Techniques of transferring from standing to parterre:** pulling the arm into parterre; diving under the arm into parterre; wrapping the arm around the neck into parterre; moving forward in parterre and transferring to parterre	5 min	1:30 sec	5 min	1:30 sec	5 min	1:30 sec
2.	**Takedown techniques from the standing position:** takedown with impact; twisting takedowns	6 min	1:30 sec	6 min	1:30 sec	6 min	1:30 sec
3.	**Throwing techniques from the standing position:** shoulder throw; waist throw; throw over the shoulders	9 min	2 min	9 min	2 min	9 min	2 min
4.	**Turning techniques in parterre:** running-around turn; rolling turn; lever turn	5 min	2 min	5 min	2 min	5 min	2 min
Time allocated for main exercises		**31 min**	**9 min**	**31 min**	**9 min**	**31 min**	**9 min**

and efficiency in performing technical actions through exercises selected in accordance with the specific motor activity of the sport. While general physical preparedness serves as the foundation, special preparation is directed toward developing the muscle groups specific to wrestling and improving actions such as striking, jerking, gripping, lifting, and maintaining balance.

During the study, the following training structure was developed and applied to the experimental group. Techniques performed with a one-arm grip were selected, including: the waist throw from the standing position; the shoulder throw from the standing position; the throw over the shoulders from the standing position; pulling the arm to transfer the opponent into parterre; diving under the arm to transfer the opponent into parterre; wrapping the arm around the neck to transfer the opponent into parterre; and takedown with impact from the standing position. The correctness and quality of technical execution by athletes in the experimental group were continuously monitored. The following table presents a set of exercises aimed at forming technical and tactical skills among Greco-Roman wrestlers at the initial training stage.

In the preparatory part, walking, running, and shuttle-running exercises are directed at preparing the athlete for the session and bringing the cardiovascular and muscular systems into working condition. At this stage, the load intensity gradually increases from low to moderate.

In the main part, attention is focused on technical and tactical preparation, and a sequence of combined techniques performed in standing and parterre positions is provided. These exercises contribute to the development of coordination, balance, strength, speed, and the ability to integrate these qualities during wrestling actions.

The final part is designed to relax the muscles after training, accelerate recovery, and reduce excessive fatigue. It includes squats, arm exercises, bridge exercises, and stretching with elastic bands performed at moderate and low intensity.

In general, the set of exercises presented in the table serves to form technical and tactical preparedness at the initial stage, to harmoniously develop physical qualities, and to organize the preparation process for competitions on a scientific basis.

This sample one-week training program is aimed at the gradual development of the technical and tactical preparedness of Greco-Roman wrestlers. The training loads are rationally distributed on the basis of a weekly cycle. The main focus of the program is on improving combinations of technical actions, developing special physical preparedness, and increasing athletes' functional capabilities.

Table 3. Set of exercises for developing technical and tactical preparedness of greco-roman wrestlers at the initial training stage

PREPARATORY PART			
Exercise / technique	**Norm (duration)**	**Repetitions**	**Intensity**
Walking	60 sec	1 time	Low
Running	12 min	1 time	Moderate
Shuttle runs	30 sec	5 times	High
Special physical preparation exercises	20 min	1 time	Moderate

MAIN PART		
Combinations of technical techniques performed while standing		
Initial method	**1- combination**	**2- combination**
Technique of pulling the arm to transition to the parterre position from a standing position	Shoulder throw technique	Wrapping the arm around the neck technique
Knock-down technique	Throw over chest technique	Throw over the waist
Front-top grip with head and arm out of balance	Throw over the chest	A throw over the waist with a hand and neck grip
Combinations of technical techniques performed in the stalls		
Initial method	**1- combination**	
Parter neck flip with a wrench grip	Flip-over method	
Overturning method	Throw over the chest	

FINAL PART			
Exercise	**Norm (duration)**	**Repetitions**	**Intensity**
Squats	25 time	3 time	Moderate
Push-ups	20 time	4 time	Moderate
In the bridge position, bring the nose to the hips, bend the legs, and touch the shoulder blades to the ground.	25 time	4 time	Moderate
Rubber stretching	5 min	1 time	Low

Notes: Norm – time or duration allocated for the exercise; **Repetitions** – number of times the exercise is performed; **Intensity** – training load level (Low, Moderate, High).

On Monday, the training session is directed toward improving combined actions performed in the standing position, such as pulling the arm to transfer the opponent into parterre and takedown with impact. The session begins with moderate-intensity warm-up exercises and continues with high-intensity technical repetitions.

Tuesday is a rest day and serves the recovery of the organism. On Wednesday, work is carried out on technical actions performed in parterre, including turning with a key-like neck grip and rolling turns. These sessions also include a moderate-intensity preparatory phase followed by high-intensity technical exercises. Thursday is a rest day that ensures muscle recovery after excessive load.

On Friday, training is conducted on technical and tactical combinations, including takedown with impact and disturbing the balance of the opponent's arm and head from the front upper position. These sessions are aimed

Table 4. Program of technical-action combinations (sample one-week training schedule)

WEEKLY TRAINING PLAN (2-HOUR EVENING SESSIONS)

Day	Time	Training part	Position	Content of exercises (technical combinations)	Intensity zone (Heart rate)
Monday	Evening (2 hours)	Preparatory	Standing	General physical preparation, special movement coordination, and warm-up exercises	Moderate (120–140 bpm)
		Main		Technical repetition of combinations based on pulling the arm and transferring the opponent into parterre	High (160–180 bpm)
				Technical repetition of combinations based on takedown with impact	High (160–180 bpm)
		Final		Recovery exercises	Low (90–110 bpm)
Tuesday	–	Rest			
Wednesday	Evening (2 hours)	Preparatory	Parterre	General and special physical preparation	Moderate (120–140 bpm)
		Main		Technical repetition of combinations based on turning with a key-like neck grip in parterre	High (160–180 bpm)
				Technical repetition of combinations based on the rolling turn technique	High (160–180 bpm)
		Final		Recovery and stretching exercises	Low (90–110 bpm)
Thursday	–	Rest			
Friday	Evening (2 hours)	Preparatory	Standing	Special physical and technical preparation	Moderate (120–140 bpm)
		Main		Technical repetition of combinations based on takedown with impact	High (160–180 bpm)
				Technical repetition of combinations based on a front upper grip disturbing the balance of the arm and head	High (160–180 bpm)
		Final		Recovery exercises	Low (90–110 bpm)
Saturday	–	Swimming pool, sauna			
Sunday	–	Rest			

DETAILED EXERCISE PROGRAM

1. PREPARATORY PART

Exercise / technique	Norm (duration)	Repetitions	Intensity
Walking	60 sec	1 time	Low
Running	12 min	1 time	Moderate
Shuttle runs	30 sec	5 times	High
Special physical preparation exercises	20 min	1 time	Moderate

2. MAIN PART

A) Combinations of technical techniques performed while standing

Initial method	1- combination	2- combination
Technique of pulling the arm to transition to the parterre position from a standing position	Shoulder throw technique	Wrapping the arm around the neck technique
Knock-down technique	Throw over chest technique	Throw over the waist
Front-top grip with head and arm out of balance	Throw over the chest	A throw over the waist with a hand and neck grip

B) Combinations of technical techniques performed in the stalls

Initial method	1- combination
Parter neck flip with a wrench grip	Flip-over method
Overturning method	Throw over the chest

3. FINAL PART

Exercise	Norm (duration)	Repetitions	Intensity
Squats	25 time	3 time	Moderate
Push-ups	20 time	4 time	Moderate
In the bridge position, bring the nose to the hips, bend the legs, and touch the shoulder blades to the ground.	25 time	4 time	Moderate
Rubber stretching	5 min	1 time	Low

Notes: Norm – time or duration allocated for the exercise; Repetitions – number of times the exercise is performed; Intensity – training load level (Low, Moderate, High).

at improving technical stability and coordination.

On Saturday, swimming-pool and sauna activities are planned; they are important for recovery, muscle relaxation, and normalization of the physiological state. Sunday is designated as a full rest day.

Overall, the program is planned according to the principle of low - moderate - high - low intensity distribution. This approach contributes to the consistent improvement of athletes' technical mastery, prevents excessive fatigue, and increases the effectiveness of the training process.

The analysis of the results obtained at the end of the study for imitative movements in special physical preparation showed the following. The average value for "entering on the right and left sides into the technique of diving under the arm and transferring the opponent to parterre" was 13.07 ± 1.33 in the control group, whereas it was 14.21 ± 1.44 in the experimental group; the difference was statistically significant at $P < 0.05$.

For "entering on the right and left sides into the shoulder-over throw technique", the mean value was 12.36 ± 1.45 in the control group and 13.64 ± 1.78 in the experimental group; the difference was statistically significant at $P < 0.05$. For "entering on the right and left sides into the kneeling shoulder throw technique", the mean value was 10.07 ± 1.07 in the control group and 10.93 ± 1.14 in the experimental group; the difference was statistically significant at $P < 0.05$. For "entering on the right and left sides into the waist throw technique", the mean value was 10.64 ± 1.22 in the control group and 11.79 ± 1.53 in the experimental group; the difference was statistically significant at $P < 0.05$. For "entering on the right and left sides into the neck-wrap throw technique", the mean value was 20.57 ± 1.91 in the control group and 22.21 ± 2.26 in the experimental group; the difference was statistically significant at $P < 0.05$.

The indicators presented in the table show that, during the study, the results of wrestlers in the experimental group improved in general and special physical indicators compared with the athletes in the control group.

Conclusion

The analysis of the conducted studies and the developed methodological programs in

Table 5. Dynamics of changes in technical preparedness among athletes at the initial training stage at the end of the study (n=32)

Indicators			Entering and exiting to the right and left sides for the technique of transitioning to the parterre position by diving under the arm	Entering and exiting to the right and left sides for the shoulder throw technique	Entering and exiting to the right and left sides for the kneeling shoulder throw technique	Entering and exiting to the right and left sides for the waist throw technique	Entering and exiting to the right and left sides for the head-and-arm throw technique
At the beginning of the experiment	EG	$\overline{X}$	11,57	11,07	9,79	9,29	17,57
		σ	1,16	1,00	1,25	1,07	1,34
		V%	10,01	9,01	12,79	11,51	7,64
	CG	$\overline{X}$	12,07	11,64	10,29	9,71	18,36
		σ	1,14	1,28	1,14	0,91	2,17
		V%	9,45	10,97	11,07	9,41	11,82
End of experiment	EG	$\overline{X}$	14,21	13,64	10,93	11,79	22,21
		σ	1,44	1,78	1,14	1,53	2,26
		V%	10,39	13,05	10,44	12,97	10,17
	CG	$\overline{X}$	13,07	12,36	10,07	10,64	20,57
		σ	1,33	1,45	1,07	1,22	1,91
		V%	10,16	11,71	10,64	11,42	9,29

Greco-Roman wrestling shows that the scientific planning of technical and tactical combinations and the adaptation of training loads to athletes' physiological capabilities ensure high effectiveness in the preparation process. At the initial training stage, the systematic use of special physical exercises and a set of technical actions promotes the integrated development of physical qualities such as movement coordination, strength, agility, endurance, and balance.

The distribution of load intensity in the weekly training program according to the principle of "low - moderate - high - low" makes it possible to maintain the functional state of the organism at an optimal level, accelerate recovery processes, and prevent excessive fatigue. Technical combinations performed in standing and parterre positions serve as a model close to competition conditions, improve technical stability, and develop the speed of correct decision-making in real bout situations.

In addition, the integrated inclusion of general and special preparation elements in the training process not only strengthens wrestlers' technical skills but also ensures their psychophysiological stability. Training in the aquatic environment (swimming pool) and recovery means such as sauna and stretching exercises relax muscle tissues and accelerate recovery processes.

In general, the developed program of technical-action combinations makes it possible to systematize the preparation process of wrestlers, control training loads, and scientifically manage the dynamics of individual development. As a result, athletes' technical and tactical potential develops steadily, and a necessary foundation is created for achieving high results in competitive activity.

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