GLOBAL INNOVATIONS IN SOCIAL POLICY, EDUCATION & MANAGEMENT

PUBLISHED DATE: - 05-03-2026
PAGES: - 15-17

CONFERENCE ARTICLE

THEORETICAL AND METHODOLOGICAL FOUNDATIONS OF ENHANCING TECHNICAL PREPAREDNESS IN FREESTYLE WRESTLING TRAINING

Nodir Khonturaev
Independent Doctoral Researcher (PhD), Jizzakh State Pedagogical University, Uzbekistan

ABSTRACT

This article examines the scientific and methodological principles underlying the enhancement of technical preparedness within the training system of freestyle wrestlers. The questionnaire (survey) method, which is widely applied in sports pedagogy and methodology, was employed as the principal empirical research instrument. The findings demonstrate that technical preparedness constitutes a core and indispensable component of the overall training structure of freestyle wrestlers and exerts a direct influence on competitive outcomes. Furthermore, the study reveals a number of methodological deficiencies related to the planning of technical training sessions, the analysis of opponents' performance, the systematic correction of technical errors, and the approximation of training processes to competitive conditions.

KEYWORDS

freestyle wrestling, technical and tactical preparation, questionnaire survey, coaching activity, sports pedagogy, competition preparation.

INTRODUCTION

Martial arts, especially freestyle wrestling, require a high level of patience, psychological stability, and physical endurance from the athlete. This requirement is explained by the fact that the intensity and volume of loads applied in training processes are significantly higher than in other sports. In particular, as freestyle wrestling competitions are organized in conditions of extremely high intensity and fierce competition, a favorable ground is created for a significant development of athletes' technical, tactical, and physical preparedness indicators in a short period. At the same time, such conditions ensure the complex development of the athlete's stress tolerance, decision-making speed, and overall psychophysical state.

Simultaneously, scientific research is consistently developing on forming technical styles suitable for the anthropometric and morpho functional characteristics of freestyle wrestlers, conducting differential analysis of standard and variable models of technical movements, as well as identifying technical errors using modern digital diagnostic tools. The development of load and training programs adapted to the individual functional capabilities of the athlete serves to increase the effectiveness of technical training. The use of video analysis, movement modeling, and simulation technologies makes it possible to clarify the stages of automating technical movements, gradually teach complex coordination tasks, and consolidate technical movements based on repeated analysis. This, in turn, serves to optimize the quality of technical preparedness of freestyle wrestlers using scientifically grounded methods.

In this process, the application of modern monitoring and assessment methods, as well as the development of scientifically grounded methodological approaches and their implementation in practice, are emerging as an important factor in enhancing the effectiveness of technical preparedness. In particular, the questionnaire survey method, widely used in the fields of sports pedagogy and methodology, creates an opportunity to systematically collect the opinions of coaches, athletes, and experts. Based on the survey results, the technical movements, tactical decision-making, and physical training components of freestyle wrestlers are evaluated, which allows organically linking scientific research with real practical activities and reinforcing theoretical ideas with a practical basis. Thus, the ongoing scientific research and innovative methodological approaches are transforming the continuous development of technical preparedness of freestyle wrestlers into a pressing scientific and practical issue.

Survey results often reveal how coaches and athletes perceive the sports process, which directions they pay more attention to in training and competitive activities, and the mechanisms for identifying existing problems. This information serves as a primary scientific and practical source in reviewing, improving, and coordinating sports methodology and the training process. Furthermore, survey results allow determining the level of cooperation between athletes and coaches, common assessment, and consensus, which acquires significant importance in the process of making strategic and methodological decisions. In this way, the questionnaire research method creates a scientific basis not only for assessing the real practical process but also for continuously improving technical, tactical, and physical preparedness.

Survey results should be applied in scientific research on a systematic and methodological basis, and this process includes several stages. First of all, the stage of data collection and coding is carried out: the answers to the research questions are digitized, categorized, and coded, which simplifies the subsequent analysis process. The next stage is statistical analysis, in which data is thoroughly studied using average indicators, variance, percentage distribution, correlation, and other advanced statistical methods. After that, in the stage of

interpreting the results, the analyzed data is explained from the perspectives of sports pedagogy, methodology, biological, and psychological foundations, and their practical and scientific significance is determined. In the final stage – conclusions and recommendations are developed: based on the acquired results, practical proposals, methodological recommendations, and future research directions are defined.

Survey results serve not only to develop sports, optimize the training system, and improve coaching practice but also create an important scientific basis for identifying and improving the individual training components of athletes (physical, technical, tactical, and psychological). For example, through a survey, problems such as insufficient technical training, lack of mechanisms for analyzing the opponent, or the necessity to eliminate tactical errors were identified. The results obtained in this way allow the strategic planning of sports methodology and coaching activities, optimizing training processes individually and collectively, as well as developing scientific and practical recommendations on introducing advanced technologies and innovative methods.

Survey results are one of the important educational materials in modern sports methodology and coaching education. During the research, using these results, we contributed to identifying the main problems encountered in coaching practice, determining strategic directions in planning the training process, as well as developing advanced training programs for coaches. At the same time, the data obtained through the survey serves as a solid empirical base for scientific articles, dissertations, and methodological manuals in various areas of sports.

The research results are recognized as an important source in the scientific research activities of sports. By systematically analyzing them, we developed practical recommendations for optimizing athletes' training processes, refining methodological approaches, and achieving high results. Systematizing and statistically analyzing the data collected through the survey on a scientific basis makes it possible to significantly improve the quality of coaching and sports methodology.

During the research, a questionnaire survey was conducted among 68 experts. These experts were selected as candidates for master of sports, masters of sports, and international class masters of sports who have practical experience in developing technical preparedness in freestyle wrestling.

The survey included two main approaches:

Primary variant: The survey was organized with the participation of highly qualified expert-coaches. Utilizing their practical experience, we created an opportunity to thoroughly study the methods of improving technical preparedness.

Secondary variant: In the survey program, correspondent-coaches were required to provide only "Yes", "No", or "Partially" answers to the specified questions. Through this approach, we increased the ability to statistically analyze the data and develop methodological recommendations based on them.

As a result, the obtained data created a solid empirical base for us to scientifically develop sports methodology and coaching practice, optimize training processes, and improve the qualifications of coaches.

Table 1

Survey results from 68 coaches regarding the methods of improving the technical preparedness of freestyle wrestlers

№	Survey questions	Number of coaches (n=68)	Indicators %
1	Is the technical training in current sessions sufficient for competition preparation?	a) Yes: 60 coaches answered b) No: 4 coaches answered c) Partially: 4 coaches answered	88.2% 5.9% 5.9%
2	Do technical exercises occupy an important place in the overall training of a freestyle wrestler?	a) Yes: 63 coaches answered b) No: 0 coaches answered c) Partially: 5 coaches answered	92.6% 0.0% 7.4%
3	Does technical training require constant practice?	a) Yes: 61 coaches answered b) No: 7 coaches answered	89.7% 10.3%
4	Are technical plans and tasks adapted according to the opponent's style?	a) Yes: 45 coaches answered b) No: 12 coaches answered c) Partially: 11 coaches answered	66.2% 17.6% 16.2%
5	Is systematic work done on technical errors (incorrect grips, loss of balance, inaccuracy of movement, combination errors) in training?	a) Done: 50 coaches answered b) Slightly done: 15 coaches answered c) Not done: 3 coaches answered	73.5% 22.1% 4.4%
6	Does technical preparation directly affect the athlete's competition result?	a) I don't know: 1 coach answered b) Sometimes: 10 coaches answered c) Always: 57 coaches answered	1.2% 14.9% 83.9%
7	Is adequate attention paid to technical preparation by coaches?	a) Yes: 43 coaches answered b) No: 17 coaches answered	63.2%

		c) Sometimes: 8 coaches answered	25.0% 11.8%
8	Do you think it is necessary to further strengthen technical preparation?	a) Absolutely: 54 coaches answered b) No: 2 coaches answered c) Partially: 12 coaches answered	79.4% 2.9% 17.6%
9	Do you think additional technical training sessions are needed for freestyle wrestlers?	a) Yes: 36 coaches answered b) No: 4 coaches answered c) Sometimes: 28 coaches answered	52.9% 5.9% 41.2%
10	Is technical training limited only to individual exercises?	a) Yes: 17 coaches answered b) Partially: 36 coaches answered c) No: 15 coaches answered	25.0% 52.9% 22.1%

The results of the pedagogical survey clearly demonstrated that technical preparedness holds central importance in the process of training freestyle wrestlers. According to the survey results, although the majority of coaches noted that technical training in current sessions is adequately organized for competition preparation, the "partially adequate" or "inadequate" opinions of some respondents indicate the necessity to further improve the content of training in this direction.

Furthermore, technical exercises were evaluated as a vital structural element in the overall sports training system of freestyle wrestlers. The majority of coaches emphasized the need to conduct technical preparation alongside other types of training, considering it a primary component of the training process. This situation scientifically confirms the significant role of technical preparedness in achieving high sports results by forming skills to correct incorrect grips, loss of balance, inaccuracies of movement, and combination errors.

The research results showed that the technical preparedness of freestyle wrestlers requires constant and continuous training. Most coaches emphasized that technical training should be carried out through planned and regular sessions rather than episodically. This highlights its importance in developing athletes' abilities to adapt quickly, select effective technical movements, and make situational decisions during the competition process.

Moreover, the survey results revealed certain shortcomings in adapting technical plans and tasks to the opponent's style. Although most coaches noted that this process is carried out, a significant portion indicated that the approach is not sufficiently applied. This situation points to the necessity of strengthening methodological work on analyzing the opponent, identifying their strengths and weaknesses, and developing appropriate technical scenarios.

Although the issue of working on technical errors in training was positively evaluated by coaches, it was found that in some cases, these tasks are only partially carried out or not analyzed in sufficient depth. This condition highlights the need to systematically organize the identification and correction of technical errors through video analysis, competitive episodes, and specific situational exercises.

The survey results also showed that an absolute majority of coaches acknowledge the direct impact of technical preparation on the athlete's competitive performance. This confirms the strategic importance of technical training in achieving high sports results by selecting correct technical movements, creating scoring opportunities, and effectively exploiting opponent errors during competitions.

Although coaches pay attention to technical preparation, a portion of respondents noted that this attention is either insufficient or given only occasionally. Therefore, there is a need to clearly define the time and volume of exercises allocated to technical preparation in the training plan and to improve the mechanisms for monitoring them.

The obtained results indicated that the necessity to further strengthen technical preparedness is widely supported by coaches. This requires increasing the proportion of situational exercises, bout scenarios, time management, and training conditions approximating the competition environment. At the same time, the survey results demonstrated the importance of additional technical sessions and training for freestyle wrestlers. According to the coaches, such sessions serve to expand athletes' technical capabilities and organize pre-competition preparation effectively.

REFERENCES

1. Платонов В. Н. Спортивная тренировка: общая теория и ее практические приложения. – Киев: Олимпийская литература, 2004.
2. Матвеев Л. П. Теория и методика физической культуры. – Москва: Физкультура и спорт, 1991.
3. Верхошанский Ю. В. Основы специальной силовой подготовки спортсменов. – Москва: Физкультура и спорт, 1988.
4. Hughes, M., Bartlett, R. Performance Analysis in Sport. – London: Routledge, 2002.
5. Thomas, J. R., Nelson, J. K., Silverman, S. J. Research Methods in Physical Activity. – Human Kinetics.