

CHANGES IN THE EFFECTIVENESS OF TECHNICAL AND TACTICAL ACTIONS OF KURASH WRESTLERS DURING THE ANNUAL TRAINING PROCESS

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Abstract

This article scientifically analyzes the changes in the effectiveness of technical and tactical actions of Kurash wrestlers during the annual training process. The study examined the dynamics of the main technical and tactical techniques applied by athletes during training sessions and competitive activities. The obtained results demonstrated significant changes in technical and tactical performance indicators throughout the stages of the annual training cycle. Furthermore, it was determined that purposeful planning of the training process and the improvement of monitoring mechanisms contribute to increasing technical and tactical effectiveness. The findings of the study have practical significance in optimizing the training system of Kurash wrestlers.

Keywords: Kurash, annual training process, technical and tactical actions, effectiveness, sports training, competitive activity.

Introduction

Аннотация:

В статье рассматриваются изменения эффективности технико-тактических действий курешистов в процессе годичной подготовки. В ходе исследования был проведён анализ соревновательной и тренировочной деятельности спортсменов, а также динамики применения основных технико-тактических приёмов на различных этапах подготовки. Результаты исследования показали существенные изменения показателей технико-тактической эффективности в течение годичного тренировочного цикла. Установлено, что целенаправленное планирование подготовки и

совершенствование системы контроля способствуют повышению эффективности технико-тактических действий. Полученные данные могут быть использованы для оптимизации системы подготовки курешистов.

Ключевые слова: куреш, годовичная подготовка, технико-тактические действия, эффективность, спортивная подготовка, соревновательная деятельность.

In modern sports, achieving high results is determined not only by athletes' physical fitness, but also by their ability to effectively apply technical and tactical actions under competitive conditions. This is especially important in Kurash, a traditional national sport, where matches are conducted at high intensity within a short period of time, and every technical movement directly affects the outcome of the contest. Therefore, improving the effectiveness of technical and tactical actions is considered one of the most актуал issues in the training system of Kurash wrestlers.

In recent years, the increasing intensity of competition in international sports arenas, the improvement of Kurash rules, and the clarification of evaluation criteria have required athletes to possess a high level of technical and tactical preparedness. Practical observations show that the diversity of technical actions, their situational application, and the correct selection of tactics play a decisive role in the victory of highly qualified wrestlers. At the same time, the changes in technical and tactical indicators during the annual training process and the stages at which their effectiveness increases or decreases have not yet been sufficiently studied.

According to scientific research, athletes' technical and tactical activities manifest differently during the preparatory, competitive, and transition periods of the annual training cycle. If these changes are not scientifically analyzed, imbalances may arise in the planning of the training process. In this regard, studying the changes in the effectiveness of technical and tactical actions during the annual training process of Kurash wrestlers is of great scientific and practical importance for the theory and methodology of sports training.

Kurash is a sport that requires high coordination, speed, strength, and tactical thinking, in which an athlete's technical and tactical preparedness is one of the main factors determining competition results. In Kurash matches, a single effective technical action or a correctly chosen tactical decision may ensure

victory. Therefore, special attention is paid to improving technical and tactical actions during the training process.

The annual training process is a complex system aimed at forming an athlete's optimal sport form and preparing them for important competitions. Throughout this process, physical, technical, tactical, and psychological preparedness develop in close interrelation. In particular, the effectiveness of technical and tactical actions depends on the proper distribution of training loads, the logical sequence of training stages, and the analysis of competitive activity.

Scientific literature emphasizes that the effectiveness of technical and tactical actions in highly qualified athletes is determined not only by the number of techniques performed, but also by their accuracy, speed, and situational appropriateness. During the initial stages of the annual training process, the priority is mastering and improving technical actions, whereas during the competition period the correct tactical application of these actions becomes more significant. In the transition period, maintaining the stability of technical and tactical activity is considered an important task.

Accordingly, there is a need to identify changes in the effectiveness of technical and tactical actions during the annual training process of Kurash wrestlers, analyze the factors influencing these changes, and implement the obtained findings into the training process on a scientific basis. This study is aimed at addressing these issues and further improving the system of training Kurash wrestlers.

Purpose of the Study

The purpose of this research is to determine the dynamics of changes in the effectiveness of technical and tactical actions of Kurash wrestlers during the annual training process, analyze the factors affecting these indicators throughout the stages of preparation, and develop scientific and practical recommendations for improving technical and tactical preparedness based on the obtained results.

Objectives of the Study

1. To achieve the stated purpose, the following objectives were identified:
2. To analyze the annual training process of Kurash wrestlers and determine the role and significance of technical and tactical preparation within it.

3. To identify and comparatively analyze the changes in technical and tactical performance indicators during different stages of the annual training cycle (preparatory, competitive, and transition periods).

4. To evaluate the effectiveness of technical and tactical actions based on competitive activity, including the number of applied techniques, their success rate, and the effectiveness of tactical decisions.

5. To develop scientifically grounded practical recommendations aimed at optimizing the training process of Kurash wrestlers based on the obtained results. The annual training process of Kurash wrestlers is a complex and integrated system aimed at the gradual formation of sport form. During this process, the effectiveness of technical and tactical actions develops in close relation to the athlete's physical abilities, functional condition, and psychological preparedness. Scientific and practical experience demonstrates that at each stage of preparation, the content, volume, and orientation of technical and tactical actions differ significantly.

During the preparatory period, the main emphasis is placed on learning and improving technical actions. At this stage, athletes develop the ability to correctly perform fundamental techniques, accurately execute movement sequences, and maintain balance. During training sessions, technical techniques are repeatedly practiced, and their biomechanically correct execution is carefully monitored. Research findings showed that by the end of the preparatory period, the successful execution rate of technical actions significantly increased, although the effectiveness of tactical decisions had not yet become sufficiently stable.

During the competition period, the effectiveness of technical and tactical actions reaches a new qualitative level. At this stage, athletes learn to apply mastered technical techniques under real competition conditions. Every action during a match requires rapid analysis and decision-making. The analysis of competitive activity showed that highly qualified wrestlers used fewer but more precise and purposefully directed technical techniques, resulting in higher efficiency. This situation can be explained by the correct tactical selection of technical actions and their adaptation to specific competitive situations.

Furthermore, during the competition period, the effectiveness of technical and tactical actions is significantly influenced by the opponent's style, the tempo of the match, and psychological pressure. The study revealed that as competition loads increased, the accuracy of technical actions slightly decreased; however,

tactical experience and pre-planned match strategies partially compensated for these shortcomings. This demonstrates the necessity of ensuring harmony between technical and tactical preparation.

During the transition period of the annual training cycle, the effectiveness of technical and tactical actions becomes relatively stabilized. At this stage, athletes focus on restoring their functional condition while simultaneously analyzing mistakes made during the previous competition period. Repeating technical techniques under light training loads and conducting exercises aimed at eliminating individual weaknesses help preserve technical and tactical skills. Research results indicated that completely neglecting technical and tactical preparation during the transition period may lead to a decrease in effectiveness during the next training cycle.

The conducted analyses demonstrated that the effectiveness of technical and tactical actions of Kurash wrestlers during the annual training process directly depends on properly planned training loads, an individual approach, and regular analysis of competitive activity. Assessing technical and tactical activity through video analysis, statistical indicators, and pedagogical observations makes it possible to identify athletes' strengths and weaknesses. This, in turn, contributes to further optimization of the training process.

Overall, changes in the effectiveness of technical and tactical actions throughout the annual training process represent a natural phenomenon, and their scientific management is an important factor in achieving high sports results. The findings of the study once again confirm the necessity of harmonizing technical and tactical preparation in the training process of Kurash wrestlers.

Table 1

Changes in the Effectiveness of Technical and Tactical Actions During the Annual Training Stages of Kurash Wrestlers (n = 20)

No.

Training Stages

Average Number of Technical Techniques

Successfully Executed Techniques (%)

Effectiveness of Tactical Decisions (%)

Activity Level During Matches (%)

1

Preparatory Period

18.6 ± 1.4

62.3 ± 3.1

58.7 ± 2.8

65.2 ± 3.4

2

Competition Period

14.2 ± 1.1

78.9 ± 2.6

81.4 ± 2.3

84.6 ± 2.9

3

Transition Period

10.5 ± 0.9

70.1 ± 2.9

68.3 ± 3.0

66.8 ± 3.1

Table 1 reflects the changes in the effectiveness indicators of technical and tactical actions of Kurash wrestlers during different stages of the annual training process. Analysis of the table data demonstrates significant differences in technical and tactical indicators between the stages of preparation.

During the preparatory period, the number of technical techniques applied by athletes was the highest (18.6 ± 1.4). However, the percentage of successfully executed technical actions was only 62.3 ± 3.1%, indicating that the techniques were still in the process of learning and improvement. At the same time, the effectiveness of tactical decisions was relatively low (58.7 ± 2.8%), suggesting that athletes' abilities to assess match situations and make appropriate decisions had not yet fully developed. The activity level during matches was 65.2 ± 3.4%, confirming that active movements predominated during training sessions.

During the competition period, although the number of technical techniques decreased (14.2 ± 1.1), their effectiveness significantly increased. In particular, the percentage of successfully executed technical actions reached 78.9 ± 2.6%, while the effectiveness of tactical decisions amounted to 81.4 ± 2.3%. This indicates that athletes applied fewer but more accurate and goal-oriented

technical actions under competition conditions. The high activity level during matches ($84.6 \pm 2.9\%$) confirms the athletes' competitiveness and fighting readiness.

During the transition period, a relative decline in all indicators was observed. The number of technical techniques decreased to 10.5 ± 0.9 , while the success rate amounted to $70.1 \pm 2.9\%$. The effectiveness of tactical decisions ($68.3 \pm 3.0\%$) and activity level ($66.8 \pm 3.1\%$) indicate that training sessions during this period were primarily aimed at restoring athletes' functional condition. This stage is important for maintaining technical and tactical skills and preparing for the next training cycle.

Overall, the table data demonstrate that the effectiveness of technical and tactical actions of Kurash wrestlers changes gradually throughout the annual training process. The highest efficiency indicators were recorded during the competition period, confirming the importance of properly planned training processes and the harmonious integration of technical and tactical preparation. These results have significant practical value for the scientific improvement of the training system for Kurash wrestlers.

The results of the conducted study showed that the effectiveness of technical and tactical actions of Kurash wrestlers changes gradually and systematically throughout the annual training process. During the research, it was determined that the content and level of technical and tactical indicators significantly differ during the preparatory, competition, and transition periods.

During the preparatory period, the large number of technical techniques combined with their relatively low success rate confirms that the main objective of this stage is learning and improving technical actions. In contrast, during the competition period, despite the reduction in the number of techniques used, their effectiveness and the accuracy of tactical decisions increased significantly. This demonstrates the importance of organizing technical and tactical preparation in a balanced and purpose-oriented manner for achieving high sports results.

The relative decrease in technical and tactical indicators during the transition period can be explained by the necessity of restoring athletes' functional condition and analyzing previous competition activities. At the same time, it was established that completely limiting technical and tactical training during this stage may lead to decreased effectiveness in the subsequent training cycle.

In general, the findings of the study indicate that increasing the effectiveness of technical and tactical actions of Kurash wrestlers can be achieved through scientifically based planning of the annual training process, appropriate distribution of training loads according to preparation stages, and regular analysis of competitive activity. The obtained conclusions have important scientific and practical significance for improving the training system of Kurash wrestlers, optimizing the training process, and achieving high sports results.

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