

# DETERMINING KURASH COORDINATION ABILITY AND LEVELS OF TECHNICAL-TACTICAL MOVEMENTS

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## Abstract

This article provides information on identifying the technical and tactical movements in the sport of kurash, determining the indicators of kurash technical and tactical preparation, as well as the goals and tasks of their preparation for competitions.

**Keywords** Kurash sport, kurash, technique, tactics, preparation, competition, contest, coach, pedagogue, differential method of assessment, effectiveness, training, offensive and defensive movements.

## Introduction

### ОПРЕДЕЛЕНИЕ КООРДИНАЦИОННЫХ СПОСОБНОСТЕЙ БОРЦОВ И УРОВНЕЙ ТЕХНИКО-ТАКТИЧЕСКИХ ДВИЖЕНИЙ

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## Аннотация

В статье представлена информация об определении технических и тактических движений в борьбе, оценке показателей технической и тактической подготовленности борцов, а также об изложении целей и задач их подготовки к соревнованиям.

**Ключевые слова.** Спорт борьбы, борцы, техника, тактика, подготовка, соревнование, поединок, тренер, педагог, дифференциальный метод оценки, эффективность, тренировка, атакующие и защитные движения.

## **Introduction**

Today, the issues of determining the technical-tactical actions of young kurash, who are the future of the country, along with the increasing competition in world kurash sports, demand the search for ways to conduct rapid analysis, develop coordination abilities, and improve the effectiveness and technical-tactical movements in these sports.

The advancement by the President of the Republic of Uzbekistan, Sh. Mirziyoyev, of the "Five important initiatives" regarding the elevation of youth spirituality and the meaningful organization of their leisure time on March 19, 2019, as well as Resolution No. PQ-4881 dated November 4, 2020, "On measures to develop the national sport of kurash and further enhance its international prestige," were important documents. This dissertation research serves to a certain extent in ensuring the implementation of the resolutions. Just as every nation and people have their own unique national sports that have emerged and evolved over centuries, one of the Uzbek national sports is kurash.

To quantitatively determine the level of preparedness of skilled kurash using the indicators of their technical-tactical preparedness, it is necessary to use various methods of recording and observing competitive activity. Such methods include filming, video recording, and recording using shorthand with various symbols, among others. Since filming and video recordings are expensive methods, it is not always possible to use them. Therefore, it is convenient to record various technical-tactical actions in competition protocols using a variety of signs and symbols.

## **Main part**

A system of symbols used for recording the technical-tactical actions of kurash has been developed. This system includes the following: methods for assessing the growth of the technical-tactical preparedness levels of kurash. As noted above, the assessment of growth in the technical-tactical preparedness levels of kurash is determined by comparing the indicators of technical-tactical preparedness with the corresponding baseline (basic) indicators.

Depending on the nature of the issues under study, the following methods for assessing the growth of levels were used, namely: differential, complex, and mixed methods. Let us explain the nature of the growth in the technical-tactical preparedness level of kurash. The technical-tactical preparedness level of kurash is not a fixed, stable quantity. Under the influence of various positive or negative

factors in the pedagogical process of sports training, the level of technical-tactical preparedness of kurash rises and falls over time. Such changes in the preparedness of wrestlers per unit of time reflect the dynamics of the technical-tactical preparedness level. Even when a highly skilled kurash emphasizes that they are "maintaining form," some of their technical-tactical indicators change over this period.

During the training process, coaches and pedagogues monitor the comprehensive preparedness of the athlete through an internal sense of intuition in each training session, make certain adjustments to the training plan, and achieve the fulfillment of the set tasks. However, the absence of a system and methods of quantitative assessment reduces the effectiveness of sports training. In the pedagogical process of sports training, there is a need to assess preparedness from one aspect, from several aspects, and the entire training process as a whole.

Differential method of assessing the technical-tactical preparedness of kurash. The essence of this method consists of comparing individual indicators of the technical-tactical preparedness of one highly skilled kurash with the same indicators of another skilled kurash or with the corresponding baseline indicators.

Complex method of assessing the technical-tactical preparedness level of kurash. The complex method of assessing the technical-tactical preparedness level of kurash is applied when there is a need to characterize the technical-tactical preparedness level through a single indicator to justify the decisions being made. Such an indicator of the technical-tactical preparedness of kurash is called a generalized indicator, and the corresponding assessment of the technical-tactical preparedness level is called a complex assessment. The generalized indicator of the technical-tactical preparedness of kurash is considered an indicator that encompasses all characteristics of technical-tactical preparedness or a specific group of characteristics, i.e., offensive or defensive actions, volume and diversity, etc.

The generalized indicators of the technical-tactical preparedness of kurash should serve as targeted tasks for editing the training process programs and should be included among the third-level indicators of model characteristics. "Model characteristics" of the third level are indicators that represent a set of data that has reduced the effectiveness of sports activity or contributed to its growth; they should remain as targeted tasks for making revisions to the training process program.

Mixed method of assessing the technical-tactical preparedness level of kurash. The issues raised in assessing the technical-tactical preparedness level of kurash cannot always be solved using one or two methods discussed above: differential or complex methods. This occurs, for example, in the following cases:

- the sum of individual indicators of technical-tactical preparedness has such broad capabilities that it merges with the sum of baseline indicators to the extent that the application of the differential method does not allow for drawing generalized conclusions;

if the existing complex indicator does not take into account important aspects that need to be considered for a full assessment of kurash' preparedness in technical-tactical terms.

In such cases, it is advisable to use a mixed method, which represents a certain combination of differential and complex methods. Assessing the level of technical-tactical preparedness of kurash based on the mixed method is carried out in the following order, namely:

1. Based on the context, purpose, and characteristics of the tasks set for assessment, the individual indicators of technical-tactical preparedness of highly skilled kurash are grouped, and for each group, a corresponding group indicator is established. In this case, some of the most important individual indicators of technical-tactical preparedness may not be grouped and may be used separately in subsequent analyses.

2. The resulting sum of grouped and individual indicators is then applied in the manner discussed above for assessing the level of technical-tactical preparedness using the differential method. Importantly, the number of indicators under consideration is significantly reduced in this process.

Characteristics of determining the technical-tactical preparedness indicators of kurash. The system of technical-tactical preparedness indicators in kurash serves as the basis for forming assessments of kurash' technical-tactical preparedness. However, when determining their values, certain discrepancies arise; if these are not taken into account, the assessment of technical-tactical preparedness will yield no meaningful results.

For example, if the assessed indicators of a group of kurash from the national team of Uzbekistan, determined based on competitions at the republican level, have the same level, then the assessed indicators of the same group determined based on higher-category competitions will be at a different level. A problem arises: what

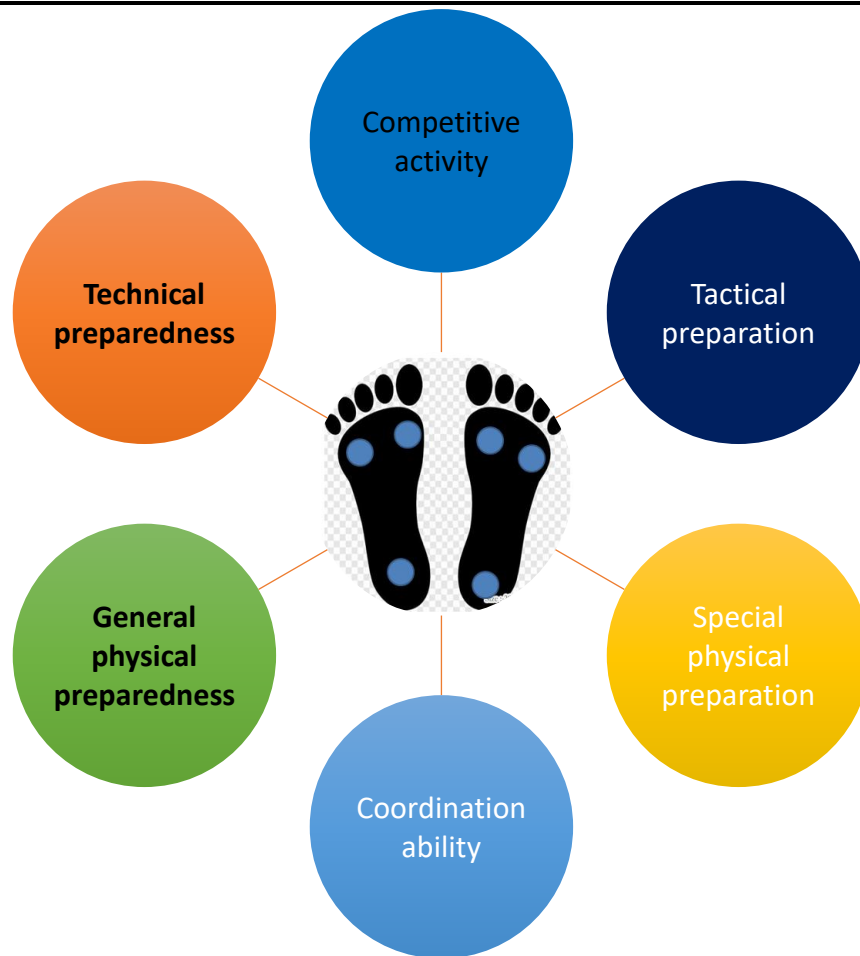
should be focused on and what should be used when training highly skilled kurash? In this case, it is necessary to use a level of indicators that corresponds to the targeted tasks of sports training for assessment. That is, if a coach and a highly skilled kurash have set themselves the goal of successfully participating in the national championship of Uzbekistan or a competition of equivalent level, then they use the indicators established for competitions at that level. After all, assessing technical-tactical preparedness requires analyzing the protocols of competitions involving kurash of approximately similar skill.

Thus, the match between a master of sport and a second-category kurash is capable of providing less information regarding technical-tactical preparedness indicators compared to the match between a master of sport and a candidate for master of sport.

When the goal of a kurash's preparation is to participate in major competitions such as Asian and World Championships, the main focus should be on the protocols of matches conducted with highly skilled (strongest) kurash. Skilled kurash who have not reached the level of baseline indicators need to make appropriate adjustments to their subsequent training process plans and set achieving the level of those winners as a task to be accomplished in the near future. As for kurash whose technical-tactical preparedness level is above the baseline indicators, it would be advisable for them to assess their indicator values based on the results of even higher-category competitions. In this case, these kurash should aim to win prize-winning places in more prestigious competitions.

Today, a system for managing sports preparedness based on the "MUBIN ZASK" intellectual sensor technology has been introduced for kurash. At the same time, issues related to the development of coordination and technical-tactical movements were analyzed by one of our leading scientists, Doctor of Pedagogical Sciences, DSc Adilov S.Q., in the following manner, namely:

- The bases of the thumbs bear a smaller percentage of the weight load (primarily for regulating movements and balance).
- The base of the little finger absorbs a relatively smaller percentage of the weight load (assists in regulating movements and maintaining balance).
- The heel bears a large portion of the body weight and provides stability (carries a greater percentage of the weight load).



The connections between the three support points on a kurash's heel through coordinative movements are important for balance and coordination during kurash. To distribute weight evenly, the three support points of the footpad (heel, base of the big toe, and base of the little toe) work together. The ankle ensures stability during kurash competitions and supports the body weight. The base of the big toe plays a crucial role in maintaining movement and stability during kurash. The ratio of weight distribution among the three support points on the heel affects the kurash's performance and maneuverability.

## Conclusion

In conclusion, the analysis of competitive activity and the training process in kurash has made it possible to study the analysis of scientific-methodological literature dedicated to the development of kurash' coordination abilities and the improvement of the effectiveness of technical-tactical movements. As a result of

the study, it has been shown that there is insufficient scientific research on the use of advanced technologies for the development of kurash' technical-tactical movements.

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