# METHODOLOGY FOR THE DEVELOPMENT OF PHYSICAL QUALITIES BASED ON THE ANALYSIS OF THE COMPETITION ACTIVITIES OF YOUNG BELT WRESTLERS

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**Annotation:**
This article will cover the methodology for the development of physical qualities based on the analysis of the competition activities of young belt wrestlers. The study scientifically studied the technical and tactical actions of athletes in the competition process, their effectiveness and physical qualities such as speed, strength, endurance, agility and flexibility, which directly affect the results. Also, on the basis of competition analysis, individualization of training and methodological recommendations corresponding to the age, level of training, psychophysiological characteristics of the athlete and the experience of the competition were developed. The article reveals the theoretical and practical foundations of the effective organization of competition activities by the complex development of physical qualities in belt wrestlers. The results of the study are of practical importance for coaches training with young athletes and serve as a theoretical resource for further scientific and methodological research on Belt Wrestling.

**Keywords:** belt wrestling, young athletes, competition activities, physical qualities, technical and tactical training, methodology, coaching, sports training.

## Introduction

The physical fitness and competition activities of young belt wrestlers occupy an important place in modern sports science, since the result of the competition largely depends on the individual technical-tactical and morphofunctional characteristics of the athlete. Belt wrestling is a sport that requires complex coordinated movements, agility, strength and endurance, and the athlete's muscular strength, agility, agility, endurance and coordination abilities directly determine the effectiveness of the competition. Therefore, in the preparation process of young wrestlers, it is necessary to determine their individual morphofunctional indicators on a scientific basis and develop them through adapted methodological tools.

An analysis of the available scientific literature shows that statistical and video data obtained on the activities of the competition allows you to identify the strengths and weaknesses of the athlete, correctly select technical actions and apply them tactically appropriate. At the same time, the athlete's age, body weight, level of development of muscle mass, psychological

training and resistance to fatigue play an important role in the development of physical qualities. Scientific research has shown that developing individual training programs and putting them into practice is an effective tool in increasing the competitiveness of young wrestlers and improving competition results. For coaches, the assessment of the individual training characteristics of young belt wrestlers and the use of appropriate methodological tools for them is of theoretical and practical importance, which makes it possible to optimize the technical and tactical indicators of athletes through the complex development of physical qualities. On this basis, the analysis of competition indicators of belt wrestlers and the scientific management of individual training are considered as important tools in the formation of development strategies of young athletes.

**Main part**

In the process of analyzing the competition activities of young belt wrestlers, their overall results, differences between winning and losing athletes, and the techniques used during the competition were extensively studied. The results of the analysis showed that high-scoring wrestlers were found to be significantly superior to others in terms of the average number of technical moves, and to have the ability to perform attack and counter-attack moves with accuracy and speed. In the case of defeated athletes, the effectiveness of technical actions was lower, the proportion of successful attempts was less, and in the case of protective actions, difficulties were observed in the full and timely application of countermeasures. Analysis of the techniques used during the competition showed that the winners employed more complex and tactically flexible methods, maintaining their advantage through cross-competitive action.he case of defeated athletes, the effectiveness of technical actions was lower, the proportion of successful attempts was less, and in the case of protective actions, difficulties were observed in the full and timely application of countermeasures. Analysis of the techniques used during the competition showed that the winners employed more complex and tactically flexible methods, maintaining their advantage through cross-competitive action. At the same time, differences were also found in weight categories; the most effective results were observed in wrestlers in the 55-71 kg category, whose speed and accuracy of performing technical moves was higher compared to other categories. The analysis of schedules and statistics revealed the need to optimize individual training, develop technical-tactical skills and take into account morphofunctional indicators such as muscle strength, agility and endurance in order to achieve high efficiency in the competition. On this basis, coaches and trainers will be able to determine the strengths and weaknesses of athletes and direct them to more perfect technical and tactical training. The role of morphofunctional indicators in the development of physical qualities is important in the effectiveness of the competition of athletes. Wrestlers with high muscle strength perform attack and counter-attack movements more effectively,

while agility allows them to adapt to the opponent's movements and apply countermeasures in a timely manner. Endurance helps to effectively distribute energy consumption throughout the race, while agility plays an important role in making quick moves and responding quickly to the opponent's advantage. Coordination, on the other hand, makes it possible to perform technical actions with precision and harmony, to successfully carry out complex technical combinations. On this basis, physical qualities and morphofunctional indicators have a direct impact on the full implementation of the individual technical and tactical capabilities of athletes and achieving a high result in the competition.

The methodology for optimizing Individual technical and tactical training implies the formation of training programs by coaches, taking into account such parameters as individual characteristics of the athlete, weight class, level of physical fitness, speed, strength and endurance. With the help of this methodology, coaches develop training aimed at eliminating weaknesses, developing the strengths of the athlete. At the same time, the adaptation of technical and tactical actions to individual characteristics makes it possible to apply variable strategies depending on the style of the opponent and the conditions of the competition. As a result, with individual training optimized, young wrestlers will achieve high efficiency and will be able to significantly improve the results of the competition.(See Table 1).

**Table 1. "Individual technical and tactical training components based on physical qualities and morphofunctional indicators in young belt wrestlers: integrated analysis"**

| Main components | Morphofunctional elements | Technical-tactical integration | Impact on competition performance | Methodological recommendations |
|---|---|---|---|---|
| Competition activities | Fighting style with opponent, duration of battle | Accuracy of technical movements, attack-defense combination | Participatory quality and consequential strategy stability | Tactical modeling in Individual and team training |
| Muscle strength | Strength and durability indicators | Optimal use of force energy in attack and counter-attack | Stability of movements, technical correctness and efficiency | Integration of special exercises aimed at muscle groups |
| Agility | Reaction rate and reflexes | Quick execution of technical elements, adaptation to opponent movements | Technical and tactical speed, superiority in battle | Combination of individual reflex and agility exercises |
| Durability | Continuous physical and mental activity | Application of continuous technical combinations | Technical stability, fatigue resistance in race duration | Harmonizing individual workouts with cardio and endurance exercises |
| Coordination | Harmony of action, balance and balance | Performing complex technical combinations with precision | Attack-protection efficiency and error reduction | Adding coordination and acrobatic exercises to technical training |
| Individual technical and tactical training | Personal morphofunctional profile | Adaptation to opponent strategy, tactical combinations | Improving individual efficiency in race results | Development of personal training plans by the coach |
| Morphofunctional indicators | Muscle strength, speed, endurance, coordination | Integration with techniques and tactics | Overall competition efficiency and maintenance-error reductionImpact on competition performance | Assessment of personal development through diagnostic and monitoring toolsMethodological recommendations |
| Strategic adaptation | Learning opponent movements and quick response | Real - time application of Attack-Defense combinations | Participas | Tactical modeling in Indivs |

In the study of the influence of physical qualities and morphofunctional indicators on individual technical and tactical training in young belt wrestlers, classification using a table makes it possible to simplify and visually indicate scientific analysis. On the basis of the schedule, the competition activities of wrestlers, physical qualities, morphofunctional elements and technical and tactical components are seen as one whole system.n the study of the influence of physical qualities and morphofunctional indicators on individual technical and tactical training in young belt wrestlers, classification using a table makes it possible to simplify and visually indicate scientific analysis. On the basis of the schedule, the competition activities of wrestlers, physical qualities, morphofunctional elements and technical and tactical components are seen as one whole system. The first pillar of this classification is competition activity, which reflects the differences between winning and losing athletes, the style of fighting the opponent, and the duration of the fight. The second column contains morphofunctional elements, examining factors such as muscle strength, endurance, agility, agility, and coordination. The third column represents technical-tactical integration, that is, offensive-defensive combinations, accuracy of movements and the ability to adapt to the movements of the opponent. The fourth column analyzes factors that affect the effectiveness of the competition, including technical stability during the fight, error reduction, and the application of an individual strategy. The fifth column includes methodological recommendations, which include the formation of individual training programs by coaches, the addition of coordination and acrobatic exercises, the use of videoanalysis and monitoring tools. Through this classification, coaches and researchers receive the opportunity to adapt the technical and tactical training of young wrestlers to individual characteristics and provide a scientific basis in optimizing the results of the competition. Also, the data obtained using the table can be widely used methodically and practically.

## Conclusion

Optimization of individual technical and tactical training on the basis of morphofunctional indicators in young belt wrestlers makes it possible to significantly increase the effectiveness of physical qualities and competition. Indicators such as muscle strength, agility, endurance, agility and coordination determine the accuracy and effectiveness of offensive and defensive actions. Monitoring based on individualized training programs and videoanalysis is an effective tool for identifying the strengths and weaknesses of an athlete, increasing competitiveness. As a result, this approach is important in managing the technical and tactical training of young wrestlers on a scientific basis and achieving high competition results.

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