

**METHODOLOGY FOR IMPROVING THE TECHNICAL TRAINING OF GRECO-
ROMAN WRESTLERS AND ITS EFFECTIVENESS**

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Abstract . This article analyzes the methodology for improving the technical training of Greco-Roman wrestlers and its effectiveness. The impact of technical training on sports results, the stages of forming a technical repertoire, and the features of organizing the training process based on an individual approach are highlighted. Also, the impact of stable and accurate performance of technical movements on competition effectiveness is scientifically and theoretically substantiated. According to the results of the study, organizing technical training on a scientific and methodological basis is an important factor in achieving high results in competitive activities of athletes.

Keywords: Greco-Roman wrestling, technical training, technical skills, training methodology, technical-tactical training, individual approach, sports result, competition activity, technical repertoire, training efficiency.

Modern sports wrestling high to the results achieve many in terms of athlete's technician readiness level with Especially in Greco - Roman wrestling technician of actions complexity , low- lying grips prohibition and upper body through executable of methods priority technician skills in sports training main component as requires a look . Scientific sources in sports wrestling achievements many in terms of athlete's technical-tactical to prepare related that record [2:25].

The wrestler technician skill his/her technician actions repertoire width , them competition under the circumstances effective by hand to take level with is determined . Technical actions reserve wealth athlete's general skill determinant important from factors one is [1:37]. Therefore technician preparation improvement sports training in theory separately scientific problem as is considered.

Technical preparation improvement process only separately methods to teach with limited not , maybe them stable and effective application to the level also includes delivery Sports activities in theory technician skill athlete's physical to make optimal use of its potential service to do [3:84] This is technician preparation complex approach based on organization to grow the necessity shows .

modern sports practice of competition intensification , competition of the rules improvement and to athletes being laid of requirements increase technician preparation methodology further improvement requirement This is happening . with Greco- Roman wrestlers technician readiness scientific basically improvement , its efficiency assessment and coaching to practice methodical recommendations working exit current scientific from issues one is considered .

In Greco- Roman wrestling athlete's technician readiness his/her athletic skills determinant main from factors one is considered . Wrestling technique athlete's competition in the activity to act effectively provides , as well as his/her tactical opportunities expands . Scientific in literature wrestler technician actions repertoire The richer he is , the better his athletic ability. so much high to be [1:54] This situation technician preparation systematic accordingly develop the necessity shows .

Sports training in theory technician preparation athlete's special action skill and skills to form them improvement and competition under the circumstances effective application process as interpretation Technical skill athlete's physical their qualities at an optimal level manifestation to reach service does [3:14]. Therefore technician preparation sports training physical, tactical and psychological components with integral related without is considered.

In Greco- Roman wrestling technician preparation to oneself typical aspect upper body through executable methods priority with This is determined by from an athlete high coordination, strength, speed and technician requires precision. The wrestlers technician readiness training in the process step by step takes shape and technician actions from learning them improvement and competition in the activity stable application to the level of develops [2:25].

Technical preparation individual approach in theory important importance profession The athlete's young characteristics, physical development level, experience and functional opportunities into account to take technician preparation efficiency increases. With this together, in modern sports science technician preparation improvement scientific and methodological based training system through done increase necessity is emphasized [3:8].

So so, Greco -Roman wrestlers technician of preparation theoretical Basic sports equipment laws, movement skills formation mechanisms and sports activities to the theory relied on without Technical preparation scientific basically organization to grow athletes competition in the activity high to the results achievement important condition is considered.

Greco -Roman wrestlers technician readiness improvement sports training system important structural part is considered. Technical skill develop process athlete's physical, tactical and psychological readiness with integral related It's a workout. process scientific basically requires planning. Wrestlers technician readiness in improvement technician actions repertoire expand them combinational in a way application and competition to the conditions adaptation important importance profession will arrive [1:47].

Technical preparation improvement in the methodology gradualness principle important place initially athletes technician of actions main elements will learn, then and complicated combinations to perform passed. This process individual characteristics of the athlete, physical opportunities and sports training level into account received without organization [2:30]. Therefore coach individual approach by application technician preparation efficiency increase important condition is considered.

Technical preparation in improvement training downloads right planning separately importance has. Sports activities to the theory according to the download consistent increase, training systematicity and repetition technician of qualifications stable to the formation service does [3:11]. With that together, technical actions improvement in the process them competition to the conditions zoomed in in case It is also important to do is considered.

Modern methodical in approaches technician preparation improvement for pedagogical surveillance, video analysis, competition activity analysis to do such as from methods wide These methods are used. athlete's technician mistakes to identify them eliminate to grow and technician of actions efficiency increase opportunity gives. Technical of actions accuracy, stability and energy savings on sports results directly impact shows [2:58].

Also, technical preparation efficiency in increasing combinational technician actions develop important factor is considered. Wrestlers technician repertoire enrichment, activities various in situations application his/ her skills formation athlete's competition in the activity to advantage to achieve help gives [1:17].

In general Greco - Roman wrestlers technician readiness improvement methodology scientific based training system, individual approach, gradualness principle and modern analysis from methods to use This methodical approach athletes technician skill promotion, competition in the activity stable to the results achieve and sportsmanship further develop opportunity creates.

Greco - Roman wrestlers technician readiness efficiency evaluation sports training process important from the stages one is considered. Technical preparation The effectiveness, first of all, of the athlete technician actions competition under the circumstances stable and accuracy with to perform ability with The wrestler is determined. technician repertoire width and technician methods effective by hand to receive his athletic skills level determinant main from factors one is [1:14].

Technical preparation efficiency in evaluation competition activity analysis to do important from methods one Athletes by technician of actions successful implementation, their effectiveness and tactical in situations right application technician preparation level determination opportunity gives. With this together, technical methods to perform accuracy, stability and energy savings on sports results directly impact shows [2:17].

Sports training in theory technician preparation efficiency assessment complex requires an approach It is emphasized that the athlete physical training, technical skill, psychological status and competition experience each other related without analysis [3:]. This factors athlete's technician actions to perform quality and competition to the results noticeable impact shows.

Technical preparation efficiency in determining modern pedagogical surveillance, video analysis and statistic analysis from methods use wide These methods are being used. athlete's technician mistakes determination, training process optimization and technician preparation level objective assessment opportunity Especially video analysis technician of actions biomechanical features deep to study service does.

Also, technical preparation efficiency increase individual characteristics of the athlete into account to take with closely Depends. The athlete young characteristics, physical development level, sports experience and psychological readiness technician skill to the formation directly impact shows. Therefore training process individualization technician preparation efficiency increase important condition is [2:8].

In general Greco - Roman wrestlers technician readiness efficiency assessment athlete's technician actions to perform quality, competition results and training process scientific based on with is determined. Technical preparation systematic accordingly control to do and analysis to do athletes skill increase and to high sports results in reaching important factor to be service does.

Greco -Roman wrestlers technician readiness improvement sports training system the most important structural from directions one is considered. This research results this showed that the athlete technician skill his/her competition in the activity success determinant main from

factors one technically actions repertoire width and them stable and effective application ability to achieve sports results directly impact shows [1:21]. Therefore technician preparation scientific and methodological basically organization to grow athletes of preparation priority from directions one as consideration necessary .

Research during technician preparation in improvement gradualness , systematicity and individualization principles separately importance profession to be able Technical actions to teach and improvement process athlete's young characteristics , physical preparation level , technical skill and competition experience into account received without organization to be necessary [2:47]. Individual approach based on organization done training athletes technician actions mastery process accelerates and their competition in the activity efficiency increases .

Technical preparation efficiency in increasing modern pedagogical and scientific analysis from methods use important importance profession Pedagogical surveillance , video analysis , competition activity analysis to do and statistic assessment methods athletes technician mistakes determination , training process optimization and technician preparation level objective assessment opportunity gives . Sports training both in theory and technical preparation efficiency athlete's physical , technical and psychological readiness each other wake up without when developed high result to give is emphasized [3:9].

Also, technical preparation efficiency athlete's competition in the activity technician actions accuracy , stability and energy thrift with to perform ability through manifestation will be . Technical methods combinational in a way use , actions various in situations adapt to take also the athlete technician skill increasing important from factors This is the training Real competition in the process to the conditions zoom in the necessity shows .

In general Greco - Roman wrestlers technician readiness improvement methodology scientific based training system , individual approach , technical actions step by step to teach and modern analysis from methods to use reliance necessary . Technical preparation systematic control to do it regular analysis to do and training process scientific basically organization to grow athletes competition in the activity high to the results to achieve service does .

In the future this in the direction take to go scientific research technician preparation methodology further improvement , individual characteristics of athletes suitable training programs working exit and technical-tactical preparation efficiency to increase service to do possible .

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