

WRESTLING: MODERN TRENDS AND DEVELOPMENT PROSPECTS



Abstract *The article examines the key aspects of wrestling as a discipline that includes various types of martial arts. The analysis of physical, technical, tactical and psychological training of athletes is conducted, and modern technologies used in the training process are studied. The research methodology is described, including literature analysis, interviews with experts and practical observation. Based on the research results, recommendations are proposed for improving training methods, popularizing wrestling and introducing innovations. The conclusions emphasize the importance of an integrated approach to training athletes and the prospects for the development of wrestling as a mass and professional sport.*

Keywords: *wrestling, technique, tactics, types of martial arts, analysis, physical training, athletes, psychological training*

Introduction. Wrestling is one of the oldest types of competitions that combines physical strength, tactical thinking and a high level of discipline. Its roots go back to ancient times, and for centuries it has been not only a spectacular sport, but also an important part of the cultural heritage of different peoples. In the modern world, wrestling continues to be a popular sport, represented in the Olympic program and mass tournaments.

In modern sports practice, in order to achieve high sports results, coaches and scientists emphasize that increasing the volume and intensity of loads beyond the norm leads to unpleasant consequences and even injuries. Today, although a number of scientific and practical works have been carried out in this direction, scientific sources show that the scientific aspects used in wrestling are not sufficiently disclosed. This requires scientific research by experts in this field.

The purpose of this article is to explore the main aspects of the development of wrestling in the 21st century, including the impact of modern technologies, methods of training athletes and popularization of sports in the international arena. The work also focuses on the problems and prospects of wrestling development in the context of global competition and the integration of new standards into the sports industry.

Research methodology. The following methods were used for the study:

1. Literature analysis. Scientific publications concerning the features of wrestlers' training and competition results were studied.
2. Expert survey. Interviews were conducted with coaches and professional wrestlers.
3. Practical observation. Observations of the training process of athletes of various levels.
4. Comparative analysis. Training methods in various wrestling disciplines were compared and their effectiveness was assessed.
5. Statistical analysis. The results of major competitions over the past five years were considered to identify trends and key factors for success. Анализ и результаты.

Conclusions and suggestions.

- Improving training methods. It is necessary to pay more attention to the individual approach, taking into account the physiological and psychological characteristics of each athlete.
- Integration of technologies. The development of technologies allows to significantly improve the quality of the training process. It is recommended to expand the use of video surveillance, motion analysis systems and virtual simulators.
- Developing mass sports. In order to attract young people to wrestling, it is important to increase the number of specialized sections and improve their accessibility.

- Training of coaches. Particular attention should be paid to improving the qualifications of coaches, including the study of modern approaches to training and psychological work with wrestlers.

- International cooperation. Organizing the exchange of experience between countries where wrestling is most developed can contribute to the introduction of new effective methods.

- Research activities. It is recommended to continue scientific research in the field of wrestling to improve both the physical and tactical aspects of training athletes.

- Increase funding for youth wrestling programs.

- Expand the use of technology in athlete training, including fight analysis programs.

- Create international training programs to exchange experiences between coaches and wrestlers.

- Introduce mandatory tactical training courses for young wrestlers to develop a multidisciplinary approach to fighting styles.

Conclusion. Wrestling is in the process of active development, combining traditions and modern technologies. Infrastructure development, introduction of innovative training methods and attracting a wide audience contribute to strengthening its position in the global sports industry.

The main challenge for wrestling is to preserve its authenticity and cultural heritage, while satisfying the needs of modern spectators and athletes. The synergy of traditional and modern approaches is the key to the successful development of this sport. They will also improve the quality of wrestlers' training and strengthen the position of wrestling, especially Uzbek kurash, in the international arena.

In conclusion, it can be noted that wrestling, due to its versatility and spectacularity, will continue to play an important role in the development of world sports and the education of new generations of wrestlers.

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