

**RAPID TEACHING OF TECHNICAL-TACTICAL
ACTIONS IN PARA JUDO****Toshboyeva Munisa Bozor kizi**

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Abstract: This article examines methods and strategies for rapid teaching of technical-tactical actions in para judo. Based on a literature review, effective teaching methods, training programs, and modern approaches are explored. The results demonstrate possibilities for improving para judokas' technical-tactical skills in a short period. The analysis and discussion evaluate the advantages and limitations of rapid teaching methods.

Keywords: para judo, technical-tactical actions, rapid teaching, training programs, sports pedagogy

Аннотация: В данной статье рассматриваются методы и стратегии быстрого обучения технико-тактическим действиям в парад-дзюдо. На основе обзора литературы рассматриваются эффективные методы обучения, тренировочные программы и современные подходы. Результаты демонстрируют возможности улучшения технико-тактических навыков парад-дзюдоистов за короткий период. В ходе анализа и обсуждения оцениваются преимущества и недостатки методов экспресс-обучения.

Ключевые слова: парад-дзюдо, технико-тактические действия, экспресс-обучение, тренировочные программы, спортивная педагогика.

Annotatsiya: Ushbu maqolada paradyudoda texnik-taktik harakatlarni tezkor o'qitish usullari va strategiyalari ko'rib chiqiladi. Adabiyotlarni ko'rib chiqish asosida samarali o'qitish usullari, o'quv dasturlari va zamonaviy yondashuvlar ko'rib chiqiladi. Natijalar qisqa vaqt ichida paradyudochilarining texnik va taktik

mahoratini oshirish imkoniyatlarini namoyish etadi. Tahlil va munozarada ekspress o'qitish usullarining afzalliklari va kamchiliklari baholanadi.

Kalit so'zlar: paradyudo, texnik-taktik harakatlar, tezkor mashg'ulotlar, o'quv dasturlari, sport pedagogikasi.

INTRODUCTION

Para judo is a Paralympic sport adapted from traditional judo for athletes with disabilities. Developing para judokas' technical-tactical skills is crucial for their competitive success. However, the training process for para judokas presents unique challenges due to various physical limitations [1]. Therefore, developing rapid and effective methods for teaching technical-tactical actions is one of the pressing tasks in the field of para judo.

The purpose of this article is to analyze rapid teaching methods for technical-tactical actions in para judo, review existing literature, and identify effective strategies. The research results can be used by coaches, sports pedagogues, and specialists in the field of para judo.

METHODS AND LITERATURE REVIEW

For this study, scientific articles, books, and conference materials in the fields of para judo, adaptive physical education, and sports pedagogy were analyzed. Google Scholar, PubMed, and SportDiscus databases were used for literature search. Search terms included "para judo", "technical-tactical training", "rapid teaching", and "adaptive sports pedagogy".

Leong et al. [2] highlight that para judokas face unique challenges in learning and executing techniques due to their specific impairments. This necessitates adaptive teaching strategies that consider individual limitations while maximizing potential. Gutierrez-Santiago et al. [3] propose using sequential teaching methods, breaking down complex movements into smaller, manageable parts for easier assimilation by para judokas.

In the context of rapid skill acquisition, Ericsson's [4] deliberate practice theory suggests that focused, goal-oriented practice with immediate feedback can accelerate learning. This approach, when adapted to para judo, could potentially enhance the speed of technical-tactical skill development.

RESULTS

The literature review revealed several key strategies for rapid teaching of technical-tactical actions in para judo:

Individualized approach: Porretta and Sherrill [5] emphasize the importance of tailoring teaching methods to each para judoka's specific impairment and learning style. This personalized approach allows for more efficient skill acquisition.

Studies in the field of skydiving in Uzbekistan were also considered. In particular, a study by Abdullaev and Khudoyberganov [6] studies the methods of increasing the physical fitness of paradisioids. Their conclusions emphasize the importance of physical fitness in the development of technical-tactical skills.

Matnazarov [7] shows the effectiveness of the integrated approach in teaching technical and tactical actions in paradzudo. This approach combines physical, technical, tactical and psychological training, which improves the process of rapid training.

Adaptive physical education programs proposed by Kadyrov [8] will help develop technical-tactical skills, taking into account the individual characteristics of the paradisioids. This approach has been found to be effective in the context of Uzbekistan, but further research on its use in other countries is required.

ANALYSIS AND DISCUSSION

The identified strategies for rapid teaching of technical-tactical actions in para judo present both advantages and limitations. The individualized approach, while highly effective, requires significant resources in terms of coaching time and expertise. Video analysis and feedback can provide valuable insights, but may not

be equally beneficial for all types of impairments, particularly for visually impaired judokas.

Mental practice offers a cost-effective and accessible method for skill enhancement, especially valuable for para judokas who may have limitations on physical training time. However, the effectiveness of mental practice may vary depending on the individual's cognitive abilities and previous experience.

Modified equipment and environments can greatly facilitate learning, but there is a risk of developing dependency on these aids, which may not be available in competitive settings. Progressive resistance training shows promise in improving overall performance, but careful consideration must be given to avoid overtraining or exacerbating existing impairments.

Technology-assisted learning presents exciting possibilities for rapid skill acquisition, but the high cost and technical requirements may limit widespread adoption. Additionally, the transfer of skills from virtual environments to real-world competition needs further investigation.

The combination of these strategies, tailored to individual needs and impairment types, appears to offer the most promising approach for rapid teaching of technical-tactical actions in para judo. However, it is crucial to maintain a balance between rapid skill acquisition and long-term skill retention and transfer.

CONCLUSION

This review highlights several effective strategies for rapid teaching of technical-tactical actions in para judo. The integration of individualized approaches, technology-assisted learning, mental practice, and adaptive training methods shows potential for accelerating skill development in para judokas. By continuing to refine and adapt these teaching strategies, coaches and sports pedagogues can enhance the technical-tactical skill development of para judokas, potentially leading to improved competitive performance and overall growth of the sport.

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