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DEVELOPING THE TECHNICAL AND TACTICAL PREPAREDNESS OF YOUNG WRESTLERS THROUGH THE USE OF AUXILIARY EXERCISES

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Gulistan State Pedagogical Institute
Master's Student in the Threory
And Methodology of Physical
Education and Sports Training
Azizbek Shuxratovich Khazratov
azizbekxazratov55@gmail.com

Annotation

This scientific article examines the pedagogical, physiological, and methodological foundations of developing the technical and tactical preparedness of young wrestlers through the systematic use of auxiliary exercises. The study substantiates the role of auxiliary exercises as an effective means of optimizing motor skills acquisition, improving decision-making speed, and enhancing competitive performance in youth wrestling. Based on experimental research conducted with young wrestlers, the article analyzes training outcomes, identifies existing problems in traditional training systems, and proposes scientifically grounded solutions. The research results demonstrate that the targeted integration of auxiliary exercises significantly improves technical accuracy, tactical thinking, and overall training efficiency. The findings are intended for coaches, sports scientists, and specialists engaged in youth wrestling training.

Keywords

Youth wrestling, technical-tactical preparedness, auxiliary exercises, motor skills, training methodology, sports pedagogy, competitive performance, long-term athlete development.

Introduction. Modern wrestling, as a dynamically developing sport, places increasingly high demands on athletes' technical mastery, tactical intelligence, and physical readiness. In youth wrestling, the formation of technical and tactical preparedness is considered a fundamental stage that determines the future competitive success of athletes.[6] At early stages of long-term athlete development, improper training approaches may lead to incomplete skill acquisition, limited tactical awareness, and decreased motivation. Therefore, the search for effective

[6] Abdullayev, A. (2019). Theory and Methodology of Sports Training. Tashkent: Uzbekistan State University of Physical Education and Sport.

training tools and methods that ensure sustainable development of young wrestlers is of paramount importance. In recent years, auxiliary exercises have gained considerable attention in sports training theory as a means of supporting the mastery of complex motor actions. Auxiliary exercises are defined as specially selected movements and drills that indirectly contribute to the development of primary competitive skills by enhancing coordination, balance, reaction speed, spatial orientation, and situational thinking. Despite their recognized potential, the methodological use of auxiliary exercises in youth wrestling remains insufficiently systematized, and their impact on technical-tactical preparedness requires deeper scientific analysis. This article aims to provide a comprehensive examination of the role of auxiliary exercises in developing the technical and tactical preparedness of young wrestlers, supported by empirical research findings. The study integrates theoretical analysis with experimental data to offer practical recommendations for improving training effectiveness.

Relevance of the topic. The relevance of this research is обусловлена by several contemporary challenges in youth wrestling training. First, the intensification of competition at national and international levels demands that young athletes acquire not only a wide technical arsenal but also the ability to apply techniques tactically under variable conditions. Second, traditional training models often prioritize repetitive drilling of techniques without sufficient emphasis on cognitive and situational components of performance. This approach may limit the adaptability of young wrestlers during competitions.[7] Additionally, the physiological and psychological characteristics of children and adolescents necessitate training methods that are age-appropriate, engaging, and safe. Auxiliary exercises, when properly selected, can reduce monotony, prevent overuse injuries, and promote holistic motor development. Thus, investigating their systematic integration into youth wrestling training programs is both timely and scientifically justified.

Problem statement. Despite the recognized importance of technical-tactical preparedness, many youth wrestling programs still rely on conventional methods that emphasize isolated technique repetition. Such methods often fail to account for individual differences in motor development and learning pace. Moreover, coaches may lack clear methodological guidelines on how to effectively use auxiliary exercises to support tactical thinking and decision-making. The main problem addressed in this study is the insufficient methodological grounding for the use of auxiliary exercises in developing the technical-tactical preparedness of young

[7] Rasulov, M., & Islomov, B. (2018). Pedagogical Approaches in the Training of Young Athletes. Tashkent: Teacher Publishing House.

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wrestlers.[8] There is a need to determine optimal types, volumes, and integration strategies for auxiliary exercises that align with the developmental stages of young athletes and contribute to measurable improvements in performance.

Methodology. The research employed a mixed-methods approach combining theoretical analysis, pedagogical observation, experimental training intervention, and statistical evaluation. The study was conducted over a six-month training period with young wrestlers aged 12–15 years who were engaged in regular wrestling practice. Participants were divided into two groups: an experimental group and a control group. The control group followed a traditional training program focusing primarily on technical drills and sparring. The experimental group trained according to an enhanced program that systematically incorporated auxiliary exercises aimed at improving coordination, balance, reaction speed, and tactical awareness. Auxiliary exercises included dynamic balance drills, partner-based reaction games, situational wrestling tasks, movement pattern variations, and decision-making exercises under time constraints. Training sessions were structured to integrate auxiliary exercises during warm-up, main training phases, and cooldown periods.

Data collection methods included technical performance assessments, tactical decision-making tests, competition performance analysis, and coach evaluations. Statistical analysis was conducted to determine the significance of observed differences between groups.[9]

[8] Xoliqov, D. (2021). Sports Pedagogy and Planning of the Training Process. Samarkand: Zarafshon Publishing.
[9] Karimov, S. (2020). Fundamentals of Technical and Tactical Preparation in Wrestling and Combat Sports. Tashkent: Science and Technology Publishing House.

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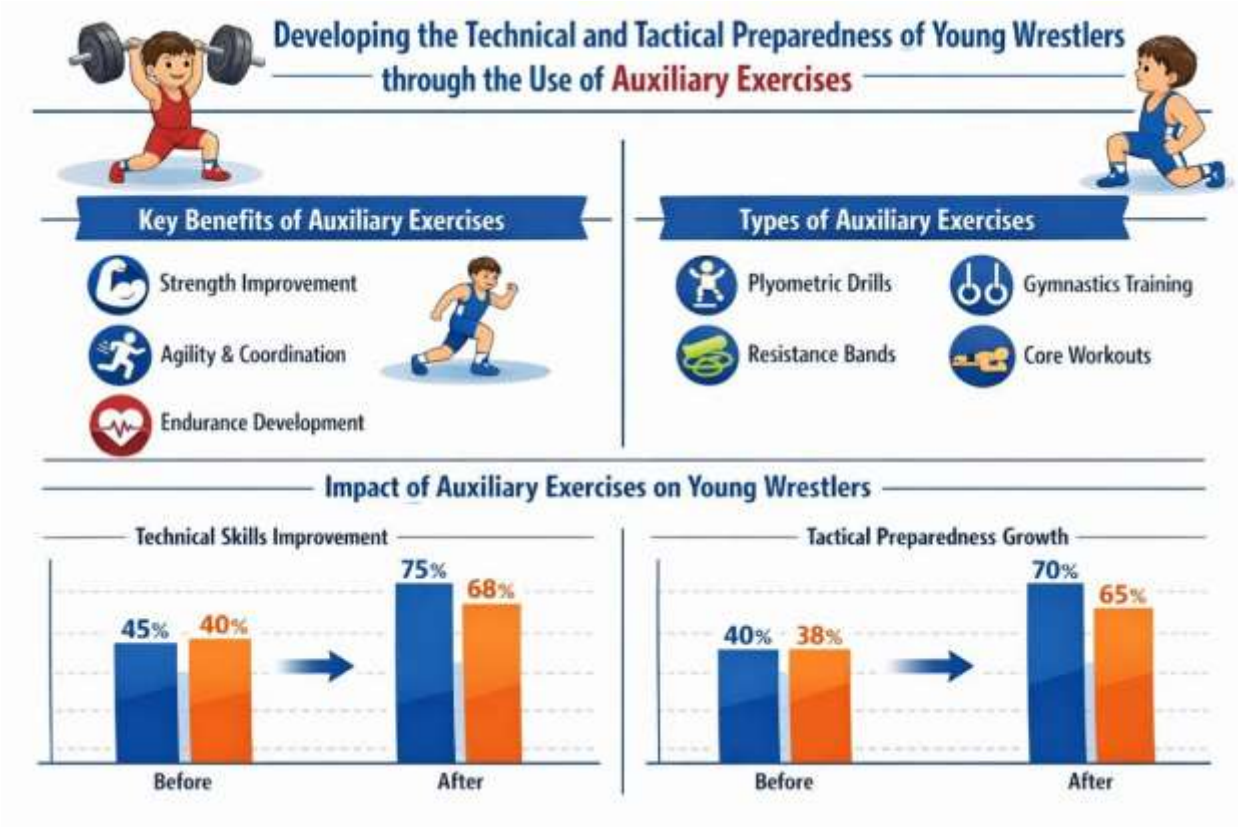

Auxiliary Exercises for Young Wrestlers. Auxiliary exercises play a crucial role in developing foundational physical qualities in young wrestlers, including strength, speed, endurance, and agility, which directly enhance on-mat performance, technical proficiency, and tactical readiness. Exercises such as pull-ups, push-ups, squats, lunges, bear crawls, crab walks, neck bridges, and harness exercises target specific muscle groups essential for wrestling movements, while plyometric drills, box jumps, medicine ball throws, sprints, and functional training improve explosive power, reaction speed, and cardiovascular conditioning. Incorporating situational drills and play-based activities further develops agility, balance, quick decision-making, and match-specific endurance. Additionally, targeted strength and joint stability exercises contribute to injury prevention, allowing consistent training and effective skill acquisition. When these auxiliary exercises are integrated into a structured, age-appropriate program, they facilitate the transfer of physical qualities to complex technical and tactical actions on the mat.

Research results. The results of the experimental study demonstrated clear advantages of incorporating auxiliary exercises into youth wrestling training. Wrestlers in the experimental group showed statistically significant improvements in technical execution accuracy, particularly in throws, transitions, and defensive actions. Movement efficiency and coordination levels also improved compared to the control group.

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To present the research outcomes more clearly, the main indicators of technical-tactical preparedness before and after the experiment are summarized in Table 1.

Table 1. Comparative Indicators of Technical-Tactical Preparedness of Young Wrestlers

Indicators	Control Group (Before)	Control Group (After)	Experimental Group (Before)	Experimental Group (After)
Technical execution accuracy (%)	62.4	68.1	63.0	79.5
Successful attack rate (%)	45.6	51.2	46.1	65.8
Defensive effectiveness (%)	48.9	53.4	49.3	67.2
Reaction time (s)	0.89	0.82	0.88	0.71
Tactical decision-making score (points)	6.1	6.8	6.0	8.4

The table data indicate that while both groups showed improvement due to regular training, the experimental group demonstrated substantially higher progress across all measured parameters. The most pronounced differences were observed in technical execution accuracy, successful attack rate, and tactical decision-making ability, confirming the effectiveness of auxiliary exercises in enhancing technical-tactical preparedness.

Discussion of solutions. Based on the research findings, the systematic use of auxiliary exercises can be considered an effective solution to existing limitations in traditional youth wrestling training. Auxiliary exercises serve as a bridge between isolated technical drills and complex competitive situations, enabling athletes to transfer learned skills more effectively. To maximize their impact, auxiliary exercises should be selected according to age, skill level, and training objectives. Exercises must progressively increase in complexity and be integrated into a coherent training structure rather than used sporadically. Emphasis should be placed on variability, creativity, and situational relevance to foster tactical thinking.

Scientific recommendations and proposals. It is recommended that wrestling coaches incorporate auxiliary exercises into all stages of youth training programs. Training curricula should include methodological guidelines outlining exercise selection, progression, and evaluation criteria. Coach education programs should emphasize the pedagogical value of auxiliary exercises and provide practical tools for their implementation. Future research should explore long-term effects of

auxiliary exercise-based training on athlete development and injury prevention. Additionally, comparative studies across different age groups and wrestling styles may further refine methodological approaches.

Conclusion. The study confirms that auxiliary exercises play a crucial role in developing the technical and tactical preparedness of young wrestlers. Their systematic integration into training programs enhances motor skill acquisition, tactical awareness, and competitive performance while supporting holistic athlete development. The research results provide a strong scientific basis for revising traditional training methodologies and adopting more comprehensive, development-oriented approaches in youth wrestling.

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