

Tactical Training Of Athletes In Martial Arts: Methods Of Competitive Activity

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Annotation. The article focuses on tactical preparation as a key component of the training process aimed at optimizing the competitive activity of athletes. Supports the role of tactical thinking, cognitive skills and stress resistance in improving competitive performance. Particular attention is paid to the sparring method and the method of situational modeling, which are effective tools for developing tactical competence. Their importance in presidential theoretical and practical training, as well as in developing adaptability, efficiency of thinking and stress resistance is substantiated. The article demonstrates the universality and individuality of approaches that allow using tactical methods for athletes at a constant level of training.

Keywords: tactical training, competitive activity, sparring method, situational research method, tactical thinking, stress resistance, creativity, cognitive skills, technological process.

INTRODUCTION.

Tactical preparation is a key component of a comprehensive training process aimed at optimizing an athlete's competitive activity. It ensures the selection of the most rational and effective solutions in conditions of limited time and space, which helps increase the likelihood of achieving competitive success. Formation of tactical thinking allows an athlete to adapt to different styles of opponents, effectively use their weaknesses and maintain competitiveness even in conditions of high competitive complexity.

One of the main benefits of tactical training is the development of cognitive skills, including analytical thinking, the ability to predict the opponent's actions and develop effective counter-tactical decisions. In competitive time, these skills contribute to faster decision-making, which provides a tactical advantage.

Tactical training also strengthens the athlete's psychological stability. A clear understanding of the tactical plan and practiced action algorithms build

confidence and reduce stress. Regular practice in conditions close to competition conditions helps to develop stress resistance and emotional stability, which is especially important when exposed to external pressure.

In addition, well-designed tactical schemes ensure rational use of the athlete's physical resources. Optimization of loads and saving of strength due to tactical techniques allows to avoid unnecessary actions and concentrate on key moments of the competition.

Tactical training also contributes to the professionalization of an athlete, forming a wide arsenal of solutions applicable in various competitive situations. It allows for a deeper understanding of sports activities, a more conscious approach to the training process and competitive practice. Thus, tactical training forms the basis for achieving success by increasing the effectiveness of actions, adaptability, stress resistance and maximizing competitive potential.

Tactical training in martial arts is a systematic process of formation, development and improvement of tactical thinking, decision-making skills and application of tactical actions in competitive conditions. It includes the use of various methods aimed at creating conditions close to real ones, analysis of competitive activity, as well as development of cognitive and motor abilities of the athlete. The situational modeling method involves the creation of training conditions similar to competitive ones, which allows forming stable decision-making algorithms and adapting to changing circumstances. Analytical and synthetic activity includes the use of video surveillance and analysis of tactical schemes to identify patterns and form tactical models. The game method contributes to the development of the ability to predict the opponent's actions and quickly rebuild tactical strategies through the performance of special exercises.

The programmed complication method is aimed at consistently increasing the complexity of training tasks by changing such parameters as the speed of execution, the level of uncertainty and the time for decision-making. The sparring method with a tactical focus organizes training fights with an emphasis on the implementation of specific tactical settings, such as working against an aggressive opponent or developing counter-offensive actions. The method of forming tactical patterns ensures the automation of certain decisions through multiple repetitions of combinations of attacking and defensive actions. The role method involves athletes performing pre-set tactical roles, which contributes to the development of universal skills to counteract various styles of fighting. An important component of tactical training is psychological and tactical work aimed at developing confidence in actions, stress resistance and the ability to quickly analyze the opponent's actions.

Methods of control and self-control play a key role in assessing the effectiveness of tactical actions, allowing the athlete to analyze his achievements and mistakes, as well as adapt training in accordance with the identified problems. These approaches are based on the principles of systematicity, consistency and individualization of the training process, ensuring a high level of tactical competence in martial arts.

Let us consider in more detail the sparring method and the situational modeling method, since they represent standard approaches to tactical training, as close as possible to the conditions of the competitive process. Their in-depth analysis allows us to reveal the mechanisms of formation and discover tactical competence, which is the main guarantee of success in martial arts.

The sparring method of tactical training is a targeted organization of training fights held in conditions as close as possible to competitive activity. The main goal of this method is to form and improve tactical thinking, adaptive skills and the ability of an athlete to quickly make decisions in conditions of variability of the opponent's actions. The most important component is the conduct of training fights with a specific tactical focus, within the framework of which athletes are given tasks to counter opponents with different styles of combat (aggressive, defensive, counterattacking), localize attacking actions in specified zones and develop counterattacking skills in response to changing combat conditions.

Simulation of tactical situations is another important element aimed at developing athletes' sustainable skills in responding to common challenges in combat practice, such as maintaining an advantage, overcoming scenarios imposed by an opponent, or getting out of unfavorable positions. Alternating sparring partners creates a variety of training conditions, promoting the development of

universal tactical strategies and adaptation to different fighting styles.

The effectiveness of tactical training is monitored through instrumental assessment, including the analysis of such indicators as the frequency of successful actions, the speed of decision-making in difficult conditions, and the number of tactical errors identified during the analysis of video recordings. Gradually increasing the complexity of training conditions, including space restrictions, reduced decision-making time, and the introduction of unexpected changes, allows athletes to adapt to unpredictable situations.

The psychological and tactical component of this method focuses on developing stress resistance and the ability to analytically perceive the opponent's actions under conditions of increased emotional stress. This is achieved through the implementation of elements of competitive pressure, which allows training the ability to make prompt and conscious decisions.

Thus, the sparring method is a complex tool of tactical training, which increases the athlete's readiness for real competitive activity. Its use ensures the integration of practical skills with the analytical and psychological-tactical component, which contributes to the development of adaptability, efficiency of thinking and resistance to stress, significantly increasing the overall effectiveness of tactical training.

The method of situational modeling in martial arts is a scientifically based methodology aimed at creating controlled operational conditions that are as close as possible to objective competitive struggle. Its main goal is to overcome the tactical competence of an athlete, including the development of decision-making skills, tactical thinking and the ability to adapt to changing conditions. This method is based on the reproduction of competitive phenomena

characteristic of this type of martial arts, which allow the formation of stable methods of behavior that allow effective action in uncertain conditions.

Within the framework of the situational modeling method, key tactical parameters are identified: limitations of space, time, available arsenal of techniques, and the behavior of opponents with different types of features is modeled. This ensures the development of cognitive processes such as analysis, forecasting and operational processing of decisions. The effectiveness of the method ensures its step-by-step implementation. At the analytical and preparatory stage, the features of competitive activity, tactics of opponents and intellectual goals are studied. The practical and imitation stage includes the implementation of strategic tasks, reflection of important aspects of the upcoming competitions. At the analysis and correction stage, the results of the tasks are monitored, errors are identified and

Situational modeling has a high degree of flexibility and adaptability, which allows to emphasize the characteristics of athletes and their level of training. This makes the method universal, applicable both for beginners and highly qualified athletes. Its use contributes not only to the improvement of tactical skills, but also to the formation of psychological stability, which is a decisive factor in ensuring effectiveness in competitive activities.

Conclusion:

Tactical training is a strategic component of the organizational process aimed at key competencies, ensuring effective decision-making and adaptation to changing conditions of competitive activity. It plays a key role in optimizing the athlete's cognitive, psychophysiological and motor resources, which increases his/her performance.

The main reason for tactical training is the development of analytical and adaptive thinking, the ability to predict the opponent's actions and quickly develop optimal tactical strategies. This allows you to minimize tactical errors, reduce decision-making time and maintain a competitive advantage in difficult conditions.

In addition, tactical training takes into account the psychological stability and stress resistance of the athlete. Clear tactical plans and well-developed action algorithms reduce the negative impact of stress factors, lead to emotional stability and increase confidence in their abilities.

Rational use of tactical techniques optimizes the athlete's energy expenditure, allows to minimize excess efforts and focus on key moments of the fight. This is especially important in conditions of limited physical resources, typical for high-intensity competitive actions.

The sparring method and the situational modeling method occupy a central place in tactical training, as they are as close as possible to real competition conditions. They contribute to the formation of universal tactical skills, the development of adaptability, operational thinking and stress resistance. These methods allow the integration of theoretical knowledge and practical skills, create conditions for their systematic formation and effective implementation.

Due to the high degree of adaptability, tactical methods are used for athletes of different levels of training. Individualization of approaches allows taking into account the characteristics of each athlete, increasing the effectiveness of the sports process.

Thus, tactical training forms the basis for achieving high average results, taking into account the development of adaptability, stress resistance and optimization of competitive activity. It is a

universal tool that ensures the competitiveness of an athlete in conditions of high competitive complexity.

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