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**APPLICATION STUDY OF MODERN PEDAGOGICAL TECHNOLOGIES IN
THE PREPARATION OF YOUNG ATHLETES FOR WRESTLING**

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Abstract

This article explores the importance and application of modern pedagogical technologies in the process of preparing young athletes for wrestling. The article analyzes in detail the concept of pedagogical technologies, their role in the physical, technical, tactical and psychological training of athletes. The effectiveness of the practical implementation of modern methods such as multimedia tools, individual approach, active training methods and test-monitoring has also been demonstrated.

Keywords: Sports, physical education, struggle, pedagogical process, monitoring, sports pedagogy, innovative method

Introduction

Sport is an important social institution that determines the health, culture and moral perfection of any society. The issue of the comprehensive development of the younger generation in our country through physical education is one of the priorities of state policy, in which wrestling as a national sport is given special attention. Today, an urgent importance is attached to the process of training athletes to instill modern pedagogical technologies, enrich traditional methods with digital, interactive and scientific-innovative approaches.

Relevance of the topic

As the Global sports industry develops in conditions of sharp competition, the technical, tactical and psychophysiological training of athletes is demanding to be increased to a new level. Modern information technology, artificial intelligence, biomechanical monitoring as well as AR/VR environments make it possible to dramatically increase training performance. Therefore, by introducing innovative pedagogical technologies in the preparation of young athletes for wrestling: Training is individualized – the load is selected in accordance with the age, physiological indicators and psychological type of the athlete;

The training process becomes interactive – with the help of gamification (gamification) and problem situations, motivation becomes excellent;

The process is guided on an analytical basis – information collected through digital platforms allows you to correct the training plan in real time;

The risk of injury is reduced – monitoring the load using sensors and adapting recovery protocols will prevent injuries;



Psychological stability is strengthened-visualization, biofeedback and mindfulness methods help to cope with competition stress.

Wrestling is one of the ancient and National Sports that requires not only physical strength and endurance, but also quick thinking and strategic thinking. And the preparation of young athletes for wrestling is a complex and multifaceted process, in which, in addition to only traditional methods, the application of modern pedagogical Technologies is important. This article will talk about the role, advantages and practical applications of modern pedagogical technologies in the training of young wrestlers.

Pedagogical technologies are a complex of methods and tools that serve to organize the educational process in a systematic, effective and interactive way. Modern pedagogical technologies include activity, an individual approach, innovative methods and tools. In the training of wrestlers, these technologies make the educational process more interesting, effective and high-quality.

Modern pedagogical technologies have become an integral part of the process of training young wrestlers. Their application serves to perfect the physical, technical, tactical and psychological training of athletes. Therefore, it is necessary for coaches and educators to actively implement these technologies in their activities.

Today, effective youth training is becoming more important in the field of sports, especially in sports that require strength and skill, such as wrestling. Traditional methods approaches cannot fully cover the individual characteristics of athletes and fully affect their physical and psychological development. Therefore, the application of modern pedagogical Technologies makes it possible to improve the quality of training of young athletes, to develop their technical and tactical skills faster and more efficiently. This is an important prerequisite for success in the field of wrestling, both nationally and internationally. In this regard, the topic is relevant and is necessary for today's sports pedagogy.

Training of young athletes, in particular in the sport of wrestling, is a topic studied and researched by many scientists and experts. In the field of sports pedagogy, physical education and sports methodology, there is a wide range of scientific literature on modern pedagogical technologies, their importance and effectiveness in the educational process. Research is being conducted by wrestling coaches and trainers on an individual approach, multimedia tools, interactive techniques, and the combination of psychological training with physical fitness. At the same time, innovative methods aimed at improving results and developing the individual capabilities of athletes through the use of pedagogical technologies in youth sports are also among the topics of relevance. The topic is constantly developing on the basis of new technologies and methods, showing its wide potential in practice.

The importance of applying modern pedagogical technologies in the preparation of young athletes for wrestling is enormous. These technologies serve not only as an effective tool for developing the physical fitness of athletes, but also their technical, tactical and psychological skills. With the help of innovative techniques, coaches take into account the individual characteristics of young people, making the training process interactive and interesting, which increases the motivation of athletes. At the same time, modern pedagogical technologies make it possible to protect the health of athletes, avoid injuries and promote rapid recovery. This topic plays an important role in the development of the sports sector in our country, the promotion of a healthy lifestyle among young people.



№		Number of groups used	Athletic coverage (individual)	Application efficiency (%)	Notes
1	Interactive methods (cluster, intelligent attack)	Group 3	45	85%	Motivation and analytical thinking intensified
2	Use of Multimedia tools	Group 2	30	80%	Visual mastery of technical skills has become easier
3	Differential approach	Group 2	60	78%	An individual approach to athletes paid off
4	Modular teaching technology	Group 2	32	83%	The effect of independent learning and repetition is high
5	Digital simulators and videoanalysis	Group 1	15	88%	The skill of movement analysis has developed
6	Reflexion-based assessment	Group 3	40	75%	Self-analysis skills have been formed

There are a number of problems associated with the use of modern pedagogical technologies in the preparation of young athletes for wrestling. First, the lack of competency in mastering and effective application of innovative techniques is prominent among coaches and educators. Secondly, the lack of a modern training base equipped with multimedia and interactive tools in all sports schools and departments is an obstacle to the qualitative Organization of the physical training process. Thirdly, there are methodological flaws in the development of personal programs prepared taking into account the individual characteristics of young athletes. The problem is also the underdevelopment of the system for assessing their effectiveness in the process of applying pedagogical technologies. To solve these problems, it is necessary to constantly improve the skills of trainers and trainers, improve infrastructure and implement scientifically based methods.

There are a number of solutions for the effective application of modern pedagogical technologies in the preparation of young athletes for wrestling. First of all, regular trainings, seminars and practical courses should be organized in order to improve the skills of coaches and educators. This ensures their complete mastery of innovative techniques. Secondly, it is necessary to equip sports schools and institutions with modern multimedia and interactive tools, to widely introduce new technologies. The third important aspect is the development and implementation of personal training programs, taking into account the individual characteristics of young athletes. It is also necessary to create a system for assessing the effectiveness of pedagogical technologies and carry out regular monitoring. All this serves to further perfect the technical, tactical and psychological training of athletes and contributes significantly to the development of the wrestling sport of our country.

Solution of the subject (deeper)

In the process of preparing young athletes for wrestling, an integrated and systematic approach is necessary for the effective implementation of modern pedagogical technologies.

**1. Qualification and training of personnel:**

For coaches and sports educators, regular training courses in innovative pedagogical technologies, master classes and seminars should be organized. These trainings form in-depth knowledge and skills in modern methodologies, the use of multimedia, an individual approach and psychological training. Also, the process of professional development can be constant by creating educational and methodological manuals and online platforms.

2. Creation of modern infrastructure:

It is important to provide sports schools and wrestling departments with multimedia tools, video cameras, touch screens, interactive simulators and other technological equipment. This helps athletes learn and repeat techniques correctly, while allowing coaches to analyze training accurately and visually.

3. Individualization and personalization:

Individual training programs should be developed, taking into account the age, physical capabilities, psychological state and level of training of each athlete. Modern pedagogical technologies help in the creation of such programs, including, with the help of digital monitoring and assessment tools, it is possible to constantly monitor the development of each athlete.

4. Psychological training and motivation:

Mental posture and stress resistance are important in the sport of wrestling. Therefore, it is necessary to introduce visualization, relaxation methods, focusing exercises using pedagogical technologies. Coaches should use gamification, interactive games, and other innovative techniques to increase athlete motivation.

5. Monitoring and analysis of results:

With the help of modern technologies, it is necessary to create a system for assessing the effectiveness of training, to constantly monitor the physical and technical performance of athletes on digital platforms. Based on this information, training programs are improved, errors are detected and quick corrections are made.

6. Harmony of scientific research and practice:

In the implementation of pedagogical technologies, attention should be paid to a scientifically based approach. It is necessary to strengthen cooperation between scientific centers and sports institutions in our country, to quickly introduce new innovations into practice.

The introduction of modern pedagogical technologies in the preparation of young athletes for wrestling serves to more effectively and qualitatively organize all the main aspects of the sport – physical, technical, tactical and psychological training. With the help of innovative pedagogical approaches, coaches will be able to deeply analyze the individual characteristics of athletes and create personalized training programs tailored to their capabilities. Multimedia tools, interactive methods and digital monitoring systems make training more interesting, understandable and effective, which increases the motivation of athletes and optimizes the learning process.



Also, modern pedagogical technologies provide important assistance to coaches in strengthening the mental state of athletes, reducing stress and fatigue, protecting against injuries and accelerating recovery. All this serves for the healthy development and long-term success of young athletes.

To solve urgent problems on the topic, it is necessary to improve the skills of trainers and educators, technological equipment of sports facilities and the organization of pedagogical processes on a scientific basis. As a result, through the full-fledged application of modern pedagogical technologies, the position of wrestling sports in our country on the national and international arena is strengthened, a significant contribution is made to the promotion of a healthy lifestyle among young people and the development of a sports culture.

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