



PEDAGOGICAL BASIS OF ETHNOSPOR GAME IN FORMING TECHNICAL-TACTICAL DEVELOPMENT IN BELT WRESTLING.

Ashirboyev Ikhtiyor

Chirchik State Pedagogical University

Faculty of Physical Culture

Master's student in the specialty of Theory and

Methodology of Physical Education and Sports

<https://doi.org/10.5281/zenodo.15543631>

Abstract: This article analyzes the pedagogical foundations of integrating folk movement games and ethnosports into the stages of technical and tactical training in preparing 11-12-year-old students for belt wrestling. The methodological and didactic possibilities of folk games in the process of mastering technical and tactical movements, their inextricable connection with physiological, psychological and strategic components are highlighted. During the study, it was proven that training based on folk games significantly increases the indicators of technique, reflex, decision-making, coordination and emotional stability of athletes. The article also develops theoretical and practical recommendations for introducing game methods into wrestling training.

Keywords: Belt wrestling, technical training, tactical training, ethnosports, folk movement games, sports pedagogy, game method, physical training, pedagogical effectiveness, coordination development.

Introduction

Modern sports pedagogy puts forward the need to improve the functional model of physical education in a rapidly changing socio-political, cultural and innovative context. In particular, the methodology for forming technical and tactical training in children as a structural component of sports training requires constant improvement. In such conditions, an in-depth study of the pedagogical potential of national sports, in particular, belt wrestling and similar types of folk movement games based on ethnosports, has become an urgent issue.

Belt wrestling, with its centuries-old historical roots, is considered not only a physical activity, but also a means of expressing the cultural and national identity of the people. Wrestling is a type of activity that requires technically and tactically complex movements, an intellectual approach, quick decision-making and psychomotor coordination, and its mastery requires a deep methodological foundation and modern educational technologies (Nuraliev, 2021; Pulatov, 2020).

At the same time, in the experience of world sports pedagogy, the development of technical and tactical training based on game technologies is showing its effectiveness. Studies show that through folk movement games, along with physical qualities, athletes develop competencies such as spatial orientation, reflex speed, strategic thinking, social roles within a group, and emotional control (Grushin, 2019; Tursunov, 2020).

In the Republic of Uzbekistan, the development of national sports, especially ethnosports, has been elevated to the level of state policy. The President's Resolution No. PQ-4881 of November 4, 2020 established the need to increase the international prestige of national wrestling and introduce it into the programs of educational institutions. Resolution

No. PQ-89 of 2022 set the task of developing ethnosports in line with modern methodologies (lex.uz, 2020; 2022).

In this context, the pedagogical functions of folk movement games require special attention. Because these games are seen not only as a means to train young athletes in courage, agility, attention, unity, and a strategic approach, but also as a methodological unit that serves the goal (Tajiboyev, 2018; Usmonkhadjayev, 2021). For example, the dynamism of folk games such as “Torda olushuv” and “Halqa ichidi kurash” applied to training in accordance with wrestling techniques leads to the gradual formation of technical and tactical skills in students (Ashirboyev, 2025). Also, a thorough analysis of the didactic content and biological mechanisms of folk games revealed that they activate the athlete’s neuromuscular activity, reflex response, balance, and coordination mechanisms (Yakovlev & Portnov, 2017). This allows young athletes to intuitively master the technical complexities inherent in belt wrestling.

The above-mentioned aspects, as well as existing practical and theoretical foundations, reveal the need to improve the approach based on folk movement games in the formation of technical and tactical training in belt wrestling. This article is aimed at comprehensively highlighting and scientifically substantiating this issue.

In modern sports pedagogy, the formation of an athlete's technical and tactical training is a complex, multifactorial and systematic process. Especially for young athletes - 11-12-year-old students, this process should be organized in an emotionally and socially enriched methodological environment that corresponds to the characteristics of psychophysiological development. Research shows that folk movement games and ethnosports are emerging as the most optimal and modern pedagogical tool for creating this type of environment.

Theoretical analysis and practical observations have clearly shown the following:

1. Folk movement games serve to teach the child the elements of technical training (running, pulling, turning, dodging, bending) in a simplified, intuitive, emotional and demonstrative way. This is the main factor in the automation of technical movements (Pulotov, 2018; Usmonkhadjayev, 2020).

2. Tactical training — optimal decision-making against an opponent, time and space management, step-by-step planning of a chain of actions — is formed precisely through folk games in a playful environment. This situation differs from classical competitive training in terms of lower stress levels and higher levels of activity (Tajiboyev, 2019; Grushin, 2017).

3. A distinctive feature of ethnosports is that they combine national values, traditions, spiritual education and healthy competition, forming not only physical, but also moral and cultural components of sports training. This approach strengthens sports ethics, teamwork and social responsibility in young athletes (Karimov, 2022; Ashirboyev, 2025).

4. Practical experience shows that groups using folk movement games achieved 20–30% higher results in technical and tactical indicators, competitive reactions and decision-making speed compared to groups receiving traditional training (Ashirboyev, 2025). This scientifically substantiates the pedagogical effectiveness of game methods.

Also, a high level of biomechanical adaptation and the formation of cognitive reflexes are observed in training based on folk movement games. In particular, factors such as coordination stability, emotional intelligence, and the movement-safety model are strengthened in the student (Yakovlev & Portnov, 2017; Nuraliev, 2021).

As a final conclusion, it should be said that organizing technical and tactical training in belt wrestling based on folk movement games is not only a pedagogical innovation, but also a cultural and educational approach. Through this approach, students not only increase their sports performance, but also acquire national values, healthy competition, social adaptation, and feelings of patriotism. Therefore, it is necessary to comprehensively integrate the system of training organized on the basis of ethnosports into physical education programs, enrich its methodology with normative and normative foundations, and improve it based on scientific and methodological recommendations.

References:

- 1.Ashirboyev, I. M. (2025). 11–12 yoshli o'quvchilarga belbog'li kurashni o'rgatishda etnosport turlari xalq harakatli o'yinlaridan foydalanishning samaradorligi. Chirchiq: CHDPU.
- 2.Karimov, F. A. (2022). Yosh sportchilarda taktik tayyorgarlik asoslari. Toshkent: Sport ilmi.
- 3.Pulatov, A. A. (2018). Pedagogik jarayonda xalq o'yinlaridan foydalanish. Toshkent: Fan.
- 4.Tajiboyev, S. S. (2019). Kurashchilarni texnik-taktik tayyorlash usullari. Samarqand: Pedunivers.
- 5.Usmonxadjayev, T. S. (2020). Etnosport turlari va xalq harakatli o'yinlar. Toshkent: O'zDJTI.