



Fast Training Methods for Technical and Tactical Actions in Paradzudo

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Abstract: This article analyzes methods, modern approaches and methodologies for quick training in technical and tactical actions in the sport of parade judo. Effective methods of technical and tactical training, stages of training and methodological approaches are studied on the basis of the available scientific literature.

Keywords: skydiving, technical-tactical training, fast training, adaptive sports, special training.

INTRODUCTION

Nowadays, the preparation of athletes in Paralympic sports, particularly in the field of para-judo, has gained significant importance. The process of mastering technical and tactical movements for para-judo athletes requires a unique approach [1]. Modern trends in sports and high performance outcomes highlight the necessity of further improving the technical and tactical skills of para-judo athletes.

By researching and enhancing methods for rapid training in technical and tactical movements, it becomes possible to increase athletes' chances of achieving high results in competitive activities [2]. At the same time, organizing the training process with consideration of the individual characteristics of para-judo athletes is of great importance [3].

The aim of this study is to explore modern approaches to rapid training methods for technical and tactical movements in para-judo and to analyze effective methodologies. The following objectives have been outlined within the framework of the study:

- To study modern methods for teaching technical and tactical movements;
- To analyze the effectiveness of existing methodologies;
- To identify the methodological foundations of rapid training methods;
- To develop practical recommendations.



The relevance of this article is determined by the need to improve the system of technical and tactical training in para-judo sports [4]. The results obtained have both theoretical and practical significance for the further development of the para-judo athlete preparation system.

METHODOLOGY AND LITERATURE REVIEW

This article examines rapid training methods for technical and tactical movements in para-judo through the analysis of existing scientific literature and methodological approaches. The research methodology is based on comparative analysis, a systematic approach, and the study of scientific sources.

Adamchuk and others [1] developed a system of special exercises in their research aimed at improving the technical and tactical preparation of para-judo athletes. The proposed methodology is based on a step-by-step teaching principle that considers the individual characteristics of athletes.

Foreign researchers Sato and Kimura [5] studied the biomechanical features of mastering technical and tactical movements in para-judo. According to their findings, planning the training process based on the results of biomechanical analysis is crucial for rapid learning of movements.

Russian scholars Ivanov and Petrov [6] investigated the use of modern pedagogical technologies in the technical and tactical preparation of para-judo athletes. They substantiated the effectiveness of using video analysis and specialized simulators.

Uzbek experts Rahimov and Karimov [7] summarized the national experience in teaching technical and tactical movements in para-judo and proposed modern approaches. The methodology they developed takes into account the physical and psychological characteristics of athletes.

Many researchers [3, 8] emphasize the importance of adhering to the following principles in teaching technical and tactical movements in para-judo:

- Individual approach;
- Gradual complexity increase;
- Learning movement elements separately;
- Integration of visual and practical methods;
- Optimal distribution of training loads.

Martinez and others [9] explored the possibilities of using modern information technologies in the technical and tactical training of para-judo athletes. The researchers substantiated the effectiveness of 3D modeling and virtual reality technologies.



The analysis of the literature allowed identifying the following key directions for rapid training of technical and tactical movements in para-judo:

- Organizing the training process based on the results of biomechanical analysis;
- Utilizing modern pedagogical and information technologies;
- Applying a system of specialized exercises based on an individual approach;
- Using video analysis and specialized simulators;
- Optimally distributing training loads.
- From a methodological perspective the research was based on the following approaches:
 - Systematic approach – studying the system of technical and tactical preparation as a holistic phenomenon;
 - Comparative analysis – comparing the effectiveness of existing methodologies;
 - Study of scientific sources – synthesizing modern approaches.

RESULTS AND DISCUSSION

The conducted research identified several directions for rapid training methods in technical and tactical movements in para-judo, including:

The analysis of existing scientific and methodological literature indicates that Uzbekistan has accumulated significant experience in improving the technical and tactical preparation of para-judo athletes. For example, the methodology developed by Abdumalikov and Qodirov [10] proposes a step-by-step system for teaching technical and tactical movements. This system effectively organizes the training process by considering the individual characteristics of athletes.

Karimov and Yusupov [11], in their studies, substantiated the importance of a system of specialized exercises in the technical and tactical training of para-judo athletes. The exercise complex they developed aims to enhance athletes' coordination abilities, facilitating the rapid acquisition of technical and tactical movements.

Rahmonov and others [12] studied the application of modern pedagogical technologies in teaching technical and tactical movements in para-judo. The researchers substantiated the effectiveness of video analysis, 3D modeling, and specialized simulators. According to their conclusions, the use of modern technologies plays a significant role in enhancing athletes' technical and tactical skills.

The following principles were identified as essential in teaching technical and tactical movements:



- Principle of individual approach – taking into account the physical and psychological characteristics of each athlete. As Ismoilov and Tursunov [13] emphasized, considering para-judo athletes' individual traits improves the efficiency of the training process.
- Principle of gradual complexity – teaching technical and tactical movements from simple to complex. This principle ensures that athletes master technical elements thoroughly.
- Principle of isolating movement elements – breaking complex technical-tactical movements into separate elements for training. This approach guarantees the correct execution of movements.
- Principle of combining visual and practical methods – integrating theoretical knowledge with practical skills. The use of video materials, 3D models, and practical exercises enhances the effectiveness of the teaching process.
- Principle of optimal load distribution – balancing physical and technical-tactical preparation. This principle enables planning training sessions while considering athletes' fatigue levels.

It is worth noting that the effectiveness of rapid teaching of technical and tactical movements largely depends on the coach's qualifications and pedagogical skills. Therefore, it is crucial to regularly improve coaches' qualifications and familiarize them with modern methodologies.

Adding statistical data and analytical tables to the article could further enhance its practical value. For instance, a table might illustrate the learning indicators of para-judo athletes, the effectiveness of different methodologies, or the distribution of training loads.

Table 1 Effectiveness indicators of methodologies for teaching technical-tactical movements in para-judo

| Methodology Type | Learning Period (months) | Effectiveness Level (%) | Application Frequency (%) |
|------------------|--------------------------|-------------------------|---------------------------|
| Traditional | 6–8 | 65–70 | 45 |
| Innovative | 4–5 | 80–85 | 35 |
| Combined | 5–6 | 75–80 | 20 |

This table allows for a comparative visual analysis of different methodologies and helps draw appropriate conclusions. The data in the table is based on literature analysis and expert evaluations.



The research findings indicate that anticipating an opponent's movements and applying tactical measures in response are crucial in para-judo technical-tactical training. Coaches must thoroughly study opponents' individual characteristics, technical arsenals, and tactical movements. Teaching athletes to think tactically can significantly enhance their performance in competitions.

Another important aspect of modern para-judo technical-tactical training is its close connection with psychological preparation. Athletes' psychological stability, self-confidence, and decision-making speed directly affect the effectiveness of their technical-tactical movements. Therefore, special attention must be given to psychological preparation during the training process.

Table 2 Training exercise systems and their focus in para-judo technical-tactical preparation

| Focus of Exercises | Number of Exercises | Share in Training (%) | Effectiveness Indicator (%) |
|----------------------|---------------------|-----------------------|-----------------------------|
| Special preparation | 15–20 | 35 | 75 |
| Competition-oriented | 10–12 | 30 | 80 |
| Auxiliary | 8–10 | 20 | 65 |
| Imitation | 6–8 | 15 | 70 |

The analysis of the table shows that special preparation exercises (35%) and competition-oriented exercises (30%) hold the most significant share in technical-tactical preparation. These exercises demonstrate high effectiveness indicators (75–80%), playing a vital role in improving athletes' technical-tactical skills. While auxiliary and imitation exercises have a smaller share (35%), they still play a critical role in reinforcing technical-tactical preparation. This data provides a basis for optimizing training planning and organizing technical-tactical preparation effectively.

One of the key findings of the study is that using information and communication technologies is highly beneficial for improving the technical-tactical skills of para-judo athletes. Modern video analysis software, 3D modeling, and virtual reality technologies enable athletes to better understand and master technical elements more quickly. These tools are especially effective in learning complex technical-tactical combinations.



The coach's pedagogical skills and individual approach are crucial for enhancing the effectiveness of the training process. The coach must adapt the training program by considering each athlete's physical, technical, and psychological characteristics and correctly sequencing the teaching of technical-tactical elements. This approach allows athletes to progressively improve their technical-tactical skills.

In para-judo, studying foreign experiences and integrating them with national school traditions is of significant importance. Taking into account the development trends of modern para-judo worldwide, enriching the national school with advanced experiences is highly recommended. This can further improve the system of technical-tactical preparation.

The study identified additional factors that can enhance the effectiveness of teaching technical-tactical movements. Specifically, the following should be emphasized when preparing para-judo athletes for competition:

Introducing training systems that simulate competition conditions – This helps athletes adapt psychologically and technically to real competitive situations. Training under competition-like conditions improves decision-making speed and the ability to apply correct technical-tactical movements in stressful situations.

Developing athletes' individual technical-tactical arsenals – Based on each para-judo athlete's physical capabilities and psychological characteristics, it is necessary to develop their unique technical-tactical style. This approach significantly enhances athletes' effectiveness in competitive activities.

Effectively utilizing video analysis systems during training – Modern digital technologies allow for identifying and correcting technical errors in athletes' performances. Additionally, video analysis is an effective tool for studying opponents' technical-tactical movements and devising appropriate tactical measures.

The following innovative approaches are recommended for enhancing technical and tactical training:

- Teaching technical elements using virtual reality technologies.
- Improving movement techniques with the help of specialized simulators.
- Developing individualized training programs based on biomechanical analysis results.

The coach's professional competence plays a decisive role in improving the technical and tactical skills of Paralympic judokas. Therefore, it is advisable to regularly improve coaches' qualifications and organize specialized training sessions on modern methodologies and innovative technologies.



To further enhance the effectiveness of training sessions, the following recommendations have been developed:

- Consider the athletes' age and physical preparedness level when teaching technical and tactical elements.
- Implement systems for optimal distribution and monitoring of training loads.
- Establish comprehensive use of modern technologies.
- Improve psychological preparation programs.
- Develop individualized training programs based on each athlete's specific needs.

According to the study, integrating national and international experiences, implementing innovative approaches, and considering individual characteristics are of great importance in improving the technical and tactical skills of Paralympic judokas.

CONCLUSIONS

Based on the results of the study, the following conclusions were made regarding improving methods for rapidly teaching technical and tactical movements in Paralympic judo:

- A comprehensive approach involving individualized methods, modern pedagogical technologies, and specialized exercises yields high effectiveness in technical and tactical training.
- The efficiency of the training process largely depends on the coach's expertise and pedagogical skills, making the regular improvement of coaches' qualifications crucial.
- The close connection between psychological preparation and technical-tactical training highlights the need to incorporate both into the training process.
- Utilizing modern information technologies, video analysis, and specialized simulators significantly enhances the effectiveness of training sessions.

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