

IMPROVING THE TRAINING MODEL OF ATTACKING ACTIONS IN 12–14-YEAR-OLD JUDO ATHLETES USING TACTICAL COMPLEXES

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Abstract. *This article examines the issue of improving the training process of attacking actions in judo athletes aged 12–14. The author scientifically substantiates the importance of using tactical complexes in enhancing the technical and tactical preparedness of young athletes.*

Traditional approaches in judo training are analyzed, and factors that hinder the effective development of attacking actions are identified.

Key words: *judo, 12–14 years, attacking actions, tactical complexes, technical-tactical training, training model, tactical thinking, athlete development.*

INTRODUCTION. In modern judo, achieving high performance is directly related not only to athletes' technical preparation but also to their level of tactical training. In particular, the age period of 12–14 years is considered a crucial stage in which fundamental skills and abilities are formed. Therefore, the effective organization and development of attacking actions in judo athletes of this age group is an important and relevant issue.

Practical experience shows that in many training sessions, attacking actions are taught as separate technical elements; however, their integration with tactical situations is not sufficiently developed. As a result, athletes often face difficulties in making quick decisions during competitive conditions. Therefore, there is a need to develop and improve a training model based on the use of tactical complexes.

The aim of the study is to develop a training model for improving attacking actions of 12–14-year-old judo athletes based on tactical complexes and to determine its effectiveness.

Judo is a dynamic combat sport in which success is determined by a combination of technical mastery, tactical thinking, and the ability to make quick decisions under changing competitive conditions. In this context, the training of young athletes aged 12–14 plays a key role, as this period is considered a sensitive stage for the formation of fundamental motor skills and the development of basic tactical awareness.

At present, training systems in judo are mainly focused on the isolated development of technical elements such as throws, grips, and defensive actions. However, in real competitive situations, the effectiveness of an athlete depends not on individual techniques alone, but on their ability to combine these techniques within a tactical structure and apply them appropriately depending on the situation. This indicates a gap between technical training and its practical application in competition.

MAIN PART. The training process of judo athletes aged 12–14 is complex and multifaceted, requiring the integrated development of physical, technical, and tactical abilities.

This age period is considered the most favorable stage for forming basic motor skills, mastering complex technical actions, and developing tactical thinking. Therefore, organizing the training process on a scientific basis, especially in terms of effectively developing attacking actions, is of great importance.

In the traditional training system, judo athletes are mostly taught individual technical techniques such as throws, holds, and counter-attacks. However, in this approach, insufficient attention is often paid to applying technical actions in real combat situations. As a result, although athletes may be technically prepared, they experience difficulties during competitions in selecting the correct situation, making quick decisions, and performing combined attacks.

From this perspective, the use of tactical complexes is considered an effective tool for improving the training of judo athletes. A tactical complex is a set of interconnected technical actions that are performed sequentially and logically in a specific combat situation. Such an approach teaches athletes not only individual techniques but also how to apply them in various situations.

Fourthly, bringing training sessions closer to competition conditions. For this purpose, sparring sessions, time-limited situational tasks, and evaluation systems were introduced. As a result, athletes gradually adapted to real combat environments.

Based on this model, training sessions were organized in a step-by-step manner. At the initial stage, simple combinations were taught, while at later stages more complex tactical complexes were introduced. At each stage, athletes' individual characteristics, physical preparedness, and level of mastery were taken into account.

The results of the experimental work showed that training based on the use of tactical complexes significantly improved the attacking actions of the athletes. In particular, the accuracy, speed, and effectiveness of attacks increased. Athletes developed the ability to make independent decisions in various situations, and their level of tactical thinking improved.

In addition, this approach had a positive impact on the psychological preparedness of the athletes. They began to approach their actions with greater confidence, and their ability to make correct decisions even under stress conditions improved. This directly contributed to better competition results.

In general, the training model based on tactical complexes elevates the preparation of 12–14-year-old judo athletes to a new qualitative level. This approach develops athletes' technical and tactical skills in an integrated manner and enhances their overall sporting mastery.

In judo training, taking into account the individual characteristics of athletes is of great importance for the effective development of attacking actions. Since each athlete differs in physical fitness level, movement speed, coordination, and psychological stability, a uniform training approach does not always produce high results. Therefore, the application of a differentiated approach based on tactical complexes is considered appropriate.

The study showed that the use of both repetitive and variable exercises is effective in developing attacking actions. Variable exercises increase athletes' adaptability and enable them to respond quickly to different opponent actions. This, in turn, contributes to improving attacking efficiency in competitive conditions.

In addition, psychological preparation is also an important factor in the formation of attacking actions. When athletes demonstrate a high level of confidence, determination, and stress resistance, they are able to act effectively even in complex combat situations. For this purpose, elements of psychological training were introduced into the training process, such as performing exercises under stress conditions and making decisions under time pressure.

Furthermore, it is important to carry out technical and tactical training in an integrated manner. That is, technical techniques should not be taught separately but should be linked to specific tactical situations. For example, elements such as changing the direction of attack based on the opponent's actions, using feints, and performing combination attacks were included in the training process.

During the study, the principle of gradually increasing the training load was also applied.

Initially, simple and moderately complex exercises were performed, while in later stages, high-speed and complex combination-based exercises were introduced. This approach ensured effective development without excessive fatigue among athletes.

CONCLUSION. The results of the conducted research showed that organizing the training process of attacking actions in 12–14-year-old judo athletes based on tactical complexes significantly increases its effectiveness. The developed model contributed to forming athletes' ability to correctly select and sequentially apply attacking actions in various combat situations.

It was also found that during the experimental process, athletes' rapid decision-making ability, tactical thinking, and adaptability to competition conditions improved. This, in turn, enhanced the quality and effectiveness of their attacking actions.

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