

## ADAPTED KURASH TRAINING FOR YOUNG PEOPLE WITH DISABILITIES: METHODOLOGIES AND TECHNIQUES

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**Annotation:** This article explores contemporary methodologies and techniques for organizing kurash training for young people with disabilities. The pedagogical principles of adapting training, taking into account the physical and psychological characteristics of young people with various disabilities, are examined in the article. Practical recommendations aimed at ensuring safety, increasing motivation, and creating an inclusive environment are also provided.

**Keywords:** Young people with disabilities, adapted kurash, methodologies, techniques, inclusion, physical development, psychological development, safety, motivation.

### Introduction

In recent years, there has been a significant increase in interest and attention towards the active participation of people with disabilities in all spheres of society, including sports. Sport plays an important role not only in strengthening physical health but also in social integration, increasing self-confidence, and ensuring psychological stability. Kurash, with its dynamism and demand for physical and mental exertion, is emerging as an interesting and beneficial sport for young people with disabilities as well.

However, organizing kurash training with young people with disabilities requires a specific approach and methodologies. Standard training programs may not fully take into account their individual needs and capabilities. Therefore, this article is dedicated to exploring contemporary methodologies and techniques for organizing adapted kurash training for young people with disabilities. The aim of the article is to analyze the pedagogical principles of adapting training, considering the physical and psychological characteristics of young people with various disabilities, and to develop practical recommendations for ensuring safety, increasing motivation, and creating an inclusive environment.

## Main Part

### 1. Taking into Account the Characteristics of Young People with Disabilities

The main condition for the successful organization of kurash training with young people with disabilities is a deep understanding and consideration of their individual characteristics. The types of disabilities (disorders of the musculoskeletal system, vision, hearing, intellectual development, etc.) directly affect the training process. Therefore, the coach needs to assess each participant's physical capabilities, cognitive abilities, emotional state, and motivational level.

**1.1. Physical Characteristics:** Different disabilities can have varying effects on physical qualities such as range of motion, muscle strength, balance, coordination, and endurance. Training should be structured based on the principle of gradually increasing the load, adapted to individual capabilities. Special equipment, assistive devices, and simplified versions of exercises can be used.

**1.2. Cognitive Characteristics:** For young people with intellectual disabilities, it is important to explain exercises with clear and concise instructions, use visual materials, increase the number of repetitions, and provide encouragement.

**1.3. Emotional and Motivational Characteristics:** Young people with disabilities often face emotional difficulties such as lack of self-confidence, social isolation, or frustration. The coach should create a friendly and supportive environment, celebrate each participant's success, and encourage them to believe in their abilities.

## **2. Adapted Methodologies and Techniques**

Directly applying standard methodologies in kurash training for young people with disabilities can often be ineffective and dangerous. Therefore, various methods and techniques for adapting the training process have been developed:

**2.1. Simplifying and Modifying Exercises:** Techniques such as breaking down complex movements into simpler elements, reducing the range of motion and speed, and changing support points help adapt exercises to different physical capabilities. For example, for participants with weak legs, more attention can be paid to exercises that develop the muscles of the arms and torso.

**2.2. Using Assistive Devices and Equipment:** Special mats, grips, stabilizers, and other assistive devices can facilitate the performance of movements and ensure safety. Adapted forms of kurash (e.g., "Wheelchair Wrestling") exist for participants who use wheelchairs.

**2.3. Using Visual and Tactile Instructions:** For participants with visual impairments, tactile contact and verbal instructions play an important role in explaining movements. For those with hearing impairments, visual materials, sign language, and written instructions can be effective.

**2.4. Individual Approach:** Developing training programs taking into account the individual needs and capabilities of each participant is one of the most important principles. The coach should work individually with each participant, monitor their progress, and regularly adapt the training.

**2.5. Using Game Elements:** Incorporating game elements into training increases participants' interest and makes the learning process engaging and motivational. Various relays, competition elements, and role-playing games can enhance the effectiveness of training.

### 3. Ensuring Safety

Ensuring safety requires special attention in kurash training with young people with disabilities. The coach must adhere to the following safety measures:

- Verify that each participant has undergone a medical examination and is allowed to train.
- Ensure the safety of the training area (soft mats, absence of obstacles, etc.).
- Correctly explain and supervise the technique of performing each exercise.
- Include special exercises to prevent falls and injuries.
- Be prepared to provide first aid if necessary.

### Conclusion

This article reviewed current methodologies and techniques for organizing kurash training for young people with disabilities. The research results show that for successful work with young people with various disabilities, it is necessary to deeply understand and consider their individual physical, cognitive, emotional, and motivational characteristics. Adapted methodologies and techniques such as simplifying and modifying the training process, using assistive devices, applying visual and tactile instructions, an individual approach, and the use of game elements play an important role in increasing the effectiveness of training and ensuring the interest of participants.

The article also paid special attention to the basic principles and measures for ensuring safety in kurash training with young people with disabilities. Compliance with

safety rules, teaching and supervising correct technique, and implementing measures to prevent injuries are important conditions for the successful and safe conduct of training.

In conclusion, organizing adapted kurash training for young people with disabilities is a complex process that requires pedagogical skills, patience, and an individual approach to each participant. The methodologies and techniques presented in this article will help coaches and specialists organize effective and inclusive training that promotes the physical and psychological development of young people with disabilities. Further research in this area, the introduction of innovative technologies, and the study of international experience will further increase the interest of young people with disabilities in sports and contribute to their integration into society.

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