

## SPECIFIC FEATURES OF TRAINING WRESTLING COACHES FOR YOUTH WITH DISABILITIES

*Turdiyev To'xtaboy Mamatmurod o'g'li*

*Termiz State Pedagogical Institute*

*Physical Culture and Sport*

**Annotation:** This thesis examines the specific aspects of training coaches to work with young people with disabilities in wrestling. It analyzes the knowledge, skills, and approaches necessary for coaches, considering the diverse needs and characteristics of athletes with disabilities. The thesis outlines the key competencies that should be included in coach training programs, such as adapted training methodologies, safety assurance, inclusive communication, and psychological support. It also discusses the potential of modern information and communication technologies to train coaches and support their professional development.

**Keywords:** coaches with disabilities, wrestling, training, specific features, adapted methodologies, inclusion, safety, psychological support, ICT.

### Introduction

In an era of increasing interest among young people with disabilities in sports, the need for qualified and specially trained coaches for them is also growing. Working with athletes with disabilities differs from standard coaching approaches and requires the coach to possess in-depth knowledge, specialized skills, and an empathetic attitude. This thesis aims to identify the specific features of the training process for wrestling coaches for youth with disabilities.

### Main Body

#### 1. Essential Competencies for Coaches

Wrestling coaches for youth with disabilities must possess the following essential competencies:

- **Knowledge of Disabilities:** In-depth understanding of various types of disabilities, their physical and psychological impact, medical contraindications, and safety precautions.

- **Adapted Training Methodologies:** Skills in developing and applying exercises, techniques, and tactics adapted to different abilities. The ability to modify standard exercises, use assistive devices, and create individual programs.

- **Inclusive Communication Skills:** Proficiency in using various communication methods (verbal, visual, tactile), establishing effective interaction with athletes, and understanding their needs.

- **Psychological Support Skills:** Ability to motivate athletes, build their self-confidence, manage stress, and create a positive psychological environment.

- **Safety Assurance Skills:** Competence in adhering to safety rules during training, taking measures to prevent injuries, and providing first aid.

- **Information and Communication Technology Skills:** Ability to effectively use ICT to plan training, create teaching materials, monitor athletes' progress, and communicate.

## **2. Specific Features of Coach Training Programs**

Training programs for wrestling coaches for youth with disabilities should have the following specific features:

- **Specialized Training Modules:** Inclusion of specialized training modules on various types of disabilities, adapted physical education and sport, inclusive education, sports psychology, and safety assurance.

- **Practical Training and Experience Exchange:** Opportunities for direct work with athletes with disabilities, internships with experienced coaches, and exchange of experiences.

- **Simulation and Role-Playing:** Modeling various situations and developing coaches' skills in responding adequately to them.

- **ICT Training:** Training coaches in the effective use of specialized software, mobile applications, and other ICT tools.

- **Collaboration and Networking:** Establishing cooperation with medical professionals, psychologists, educators, and sports organizations for people with disabilities.

## **3. The Role of ICT in Coach Training and Support**

ICT can play a significant role in training and supporting the professional development of wrestling coaches for youth with disabilities:

- **Distance Learning Platforms:** Providing coaches with the opportunity to enhance their knowledge anytime and anywhere.

- **Online Resources and Libraries:** Convenient access to specialized training materials, video tutorials, webinars, and other resources.

- **Virtual Communities and Forums:** Creating platforms for coaches to exchange experiences, ask questions, and seek advice.

- **Assessment and Monitoring Tools:** Enabling the assessment of coaches' knowledge and skills and monitoring their professional development.

## **Conclusion**

Training wrestling coaches for youth with disabilities is an important process that requires specific knowledge, skills, and approaches. By developing specialized training programs, conducting practical training, and effectively utilizing ICT, it is possible to prepare qualified and competent coaches. This, in turn, will contribute to the successful engagement of young people with disabilities in wrestling and their integration into society.