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THE ROLE OF TECHNOLOGY IN THE DEVELOPMENT OF THE PROCESS OF GAMES AND TECHNIQUES IN WOMEN'S FREESTYLE WRESTLING

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Primbetov Azamat Auyesbayevich

Doctor Of Philosophy (Phd) Teacher Of The Nukus Branch Of The Uzbek State University Of Physical Education And Sports, Nukus, Uzbekistan

Muratov Janibek Rashid Uli

Student Of The Nukus Branch Of The Uzbek State University Of Physical Education And Sports, Nukus, Uzbekistan

ABSTRACT

technology women's pursuit of excellence in the free struggle has become an innocent ally. This article plays the advanced role of technology in obtaining information in the development of games and techniques for female wrestlers. We learn to review video analysis, virtual realism, knock-on construction, and data-driven performance to improve vision, optimize reading programs, and have competitors. Using the power of technology, freestyle wrestling women can accelerate their progress, make decisions about training, and unlock their full potential on the carpet.

KEYWORDS

Sports technologies, development of training, development of techniques, video analysis, virtual reality, viewing based on data, performance optimization, competitiveness.

INTRODUCTION

The world of women's freestyle wrestling technology is in experiencing changes based on innovation. Independence in this dynamic and exercise sport is currently closely linked to the integration of advanced technologies, the establishment of the methodology

of training plants, the development of techniques and the optimization of performance. In this article, women will play the decisive role of technology in preparing for freestyle wrestling and improving techniques. In a sport where strength, technique,

agility and tactics require a house of friendship, wrestlers like male wrestlers also have a desire to reach their highest heights. Historically, their success was in many ways a link to serious physical fitness and coaching engagement. However, the cost of the technique is to accelerate their development, improve the means that allow you to make data-based decisions and have a competitive priority, a new dimension has been added to their journey.

In this digital age, technology plays a multifaceted role in women's freestyle wrestling, which involves the facets of the sport, from tightening training to developing technology. This is a paradigm shift similar to the interpretation of technology change in other sports. In the case of using innovations such as videotape, virtual realism, knock-down structures and data-based performance indicators, a wrestling woman can accurately adjust her skills, optimize her workout plan and fully open her capabilities on the carpet.

This article examines specific technologies that are reshaping women's freestyle wrestling. He recommends that video information be given about how an athlete looks, giving them the opportunity to identify areas they should like and improve their technique. It also explores how virtual reality games acquire wrestlers into real-world scenarios, raising tactical awareness, and the ability to make decisions. The technique of riding a tie is used to control the physical condition and recovery of athletes, while indicators based on data are made possible to obtain information about fertility.

We strive at an amazing intersection of technology and sports, it is very important to understand how these achievements give a definition to women's freestyle wrestling. The opportunity to understand and use the

tools in the hands of female wrestlers is ready to increase the limits of their Sports Health and set new standards of importance in sports.

The use of the communication video analysis program covered the ways in which freestyle wrestling women perfected their techniques. Those who have a clear idea of the movements, location and time of athletes between recording and analyzing games and games. These in-depth feedback provides opportunities for targeted structures and improvements.

Analysis of the video increased the correct awareness. Female wrestlers can review their opponents' strategies and tactics, develop events against them, and adapt their plans. This tactical advantage is invaluable in the world of freestyle wrestling competition. Virtual reality technology is more used to engage female wrestlers in real-world preparedness scenarios. VR platforms provide athletes with the opportunity to train under pressure improve and analyze decision-making by analyzing playing conditions.

The ability to practice making specific decisions in a safe virtual environment contributes significantly to the fact that the wrestler's game reacts quickly and efficiently. This technology is an innovative way for women to gain a competitive advantage in freestyle wrestling.

Clothing technology, sentence, fitness trackers and mind clocks have become the main choices for wrestling women. This construction controls aspects of the type of performance, such as heart rate, activity level, and sleep plan. They provide athletes with real-time plan information to assess their fitness and recovery status.

Wearing technology, as well as informing athletes about signs of overtraining or the risk of injury by which is the front of recent injuries, helps to grow. This early warning system is a long-term hello and it is very important to keep the case.

Based on the data, the indicator set educates female wrestlers about their work. These guidelines include areas such as strength, agility, and endurance. Analyzing this information gives athletes opportunities to identify and improve their weaknesses, providing a competitive advantage.

Coaches and athletes can communicate coaching strategies, optimize coaching procedures, and use pointers-based indicators to make them relevant to the athlete's own interest. This informative approach can significantly increase efficiency.

Women's freestyle wrestling the integration of techniques ushered in a new era of games, technique development and skill enhancement. This article explores the transformative role of technology in the implementation of sports, in collaboration with innovative tools that enable wrestling girls to create new levels of excellence.

It does not differ in the observation of athletes, which gives female wrestlers the opportunity to ensure the safety of their physical condition, sleep mode and habits in real time. The proactive approach that he gave the opportunity is invaluable in maintaining long-term greeting and maintaining the highest efficiency.

CONCLUSION

In summary, Dynamic mutual education in technology and women's freestyle wrestling has revised the sport, offering a way to make decisions based on accuracy,

realism, and data. Early Champions retirement, when taking their trades, women are also in the process of buying technology-educated tools to take their place in the free struggle.

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