

## **TECHNOLOGY OF INCREASE IN EFFICIENCY OF DEVELOPMENT OF COORDINATION ABILITIES AND TECHNICAL AND TACTICAL ACTIONS OF ATHLETES IN FREE-STYLE WRESTLING**

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### **ABSTRACT**

In work the technology of increase in efficiency of development of coordination abilities and technical and tactical actions of athletes in free-style wrestling with use of the tool technique is developed and experimentally proved.

**Keywords:** Technical and tactical actions, competitive activity, efficiency of development of coordination abilities, wrestling, free-style wrestling.