

## **IMPROVEMENT OF METHODOLOGY OF DEVELOPMENT OF TECHNICAL AND TACTICAL METHODS WITH RAPID POWER OF BELBOG WRESTLERS**

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### **ABSTRACT**

The article describes ways to optimize the teaching of technical techniques in belt wrestling. Wrestling techniques are used to improve the teaching of technical skills. A study was conducted among belt wrestlers on the effective use of techniques to improve the technical and tactical training of the training process.

**Keywords:** Physical training, techniques, training, training process, optimization.