

Physical Education Training for Disabled Wrestlers

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Abstract. *Wrestling is a sport that requires strength, skill and determination, and it is not limited to any particular group of individuals. Realizing the importance of creating opportunities for people with disabilities, the world of sports has made significant strides towards inclusion. Organizing physical training sessions for wrestlers with disabilities is an important step towards the development of an inclusive sports community. This article explores key considerations and strategies related to creating an environment that welcomes and supports wrestlers with disabilities.*

Keywords: *Disabled, wrestlers, sports, coaching staff, wrestling rules, friendship in a wrestling team, teamwork.*

At the current stage, the number of disabled people of working age is increasing every year, so the issue of "socialization" of disabled people is being tried as soon as possible, including by involving them in sports and physical education. In addition to the psychological component of involvement in sports, physical rehabilitation, that is, activation of all body systems, motor correction and helps to form a number of necessary motor compensations

Understanding Individual Needs: The first step in designing training sessions for wrestlers with disabilities is to understand the individual needs and abilities of each participant. Disabilities can vary greatly, so it's important to conduct an assessment to determine special needs for modifications or accommodations.

It is very important that the main control in involving people with disabilities in sports belongs to a doctor or a specialist, and that all actions are carried out according to his advice. In this case, the individual characteristics of each person and the form of limitation should be taken into account.

Qualified Coaching Staff: It is important to have a coaching staff that is knowledgeable and experienced in adapting teaching methods for individuals with disabilities. Coaches must be familiar with different training methods, flexible equipment, and have the patience and empathy needed to work with different athletes.

Accessible equipment and facilities: Ensure that training facilities are accessible to wrestlers with disabilities. This includes wheelchair ramps, accessible restrooms, and properly equipped exercise areas. Additionally, flexible equipment such as special wrestling mats or modified equipment may need to be used to accommodate different needs.

Customized Training Programs: Develop individualized training programs that address each wrestler's unique strengths and challenges. Adapting the exercises to different abilities ensures that everyone can fully participate and progress at their own pace.

Inclusive practices and rules: Adapt wrestling rules and practices to be more inclusive. This may include changing the rules to accommodate different abilities or creating separate units based on specific needs. The goal is to provide an environment where everyone can compete equally and

excel.

Emphasis on skill development: focus on skill and technique development, not just physical attributes. By perfecting their technique, strategy and mental toughness, wrestlers with disabilities can excel in many aspects of the sport.

Promote team cohesion: Develop a sense of camaraderie and teamwork within the wrestling team. To encourage open communication and mutual support among all athletes, regardless of ability. Teammates can learn from each other's experiences and celebrate each other's successes.

Awareness and Education: Raise awareness among coaches, athletes and the wider wrestling community about the capabilities and potential of wrestlers with disabilities. Education is key to dispelling myths, reducing stigma and creating an inclusive culture in sport.

Regular evaluation and adaptation: Continually assess the effectiveness of training programs and be prepared to adapt based on feedback and changing needs. Regularly consult with athletes and coaching staff to ensure that the training environment meets and supports the diverse needs of athletes with disabilities.

Celebrating Achievement: Acknowledging and celebrating the achievements of wrestlers with disabilities. Recognize their dedication, hard work and contribution to the sport. By highlighting success stories, you can inspire others and promote a positive and inclusive image of the disability struggle.

Conclusion: Organizing physical training for wrestlers with disabilities is an important step towards creating a more inclusive and diverse wrestling team. By understanding individual needs, providing competent coaching, ensuring accessibility and fostering a culture of inclusion, sport can be used by a wider range of athletes. Wrestling becomes a powerful platform for not only physical development, but also building endurance, self-confidence and a sense of belonging for all participants, regardless of ability.

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