

**SELECTION OF TALENTED WRESTLERS AND EDUCATION OF
PHYSICAL PERFECTION IN THE PROCESS OF WRESTLING
ACTIVITIES IN SPORTS SCHOOLS**

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DOI: 10.5958/2249-7315.2022.00175.7

ABSTRACT

This article analyzes the manifestation of human qualities in wrestling, their views on the selection of talented students. During the wrestling a lesson, information was provided on the methods of identifying talented wrestlers among students. There was a discussion about the physical fitness of wrestling and its role in the educational process.

KEYWORDS: *Wrestling, Training, Sports, Student, Talent, Education, Physical Fitness.*

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