

Modern Approaches to Technical Mastery Formation Among Wrestlers of Throw Type by the Example of Greco-Roman Wrestling

Vasilev G.F.

Federal scientific center of physical culture and sport
Moscow, Russia
krokygena@mail.ru

Tiunova O.V.

Federal scientific center of physical culture and sport
Moscow, Russia
olgatiunova@yandex.ru

Filchenkov D.A.

Penza State Technological University
Penza, Russia
da-filchenkov2009@yandex.ru

Abstract—The article is about modern tendencies in scientific-methodical support development in training athletes-combatants. Main attention is paid to technical-tactical planning and the training process development. There appears the necessity to use a system approach in training athletes-combatants, competitive statistics thorough analysis and new evaluation criteria for the training process creation. The article presents distorting factors systematization in competitive activity. Methodical peculiarities of training throw type wrestlers are considered. The whole range of methodical theses of this article can be used in other kinds of sports single combats.

Modern approaches analysis to technical mastery formation among throw type wrestlers by the example of Greco-Roman wrestling is the reason to reconsider methodical complex analysis of modern training system aspects among athletes-combatants.

The article has not only methodical, but also survey character. It has the references to the main scientific-methodical articles of the authors according to this topic.

Keywords—*techniques; tactics; strategy; highly-qualified wrestlers; single combats.*

I. INTRODUCTION

For system of scientific methodical base contemporary state analysis of different single combats kinds it is necessary to take into account great amount of these kinds of sport (more than 150) and inevitable appearance of specific questions. They accompany dynamic development of each kind. It should be noted that single combats are the most medal capacious kind of sport and it stimulates constant search for new methodical decisions of training for important starts.

The base of modern combatants system analysis can be three types of combats organization: throw, striking and

striking-throw. Such kind of the approach demands corresponding estimation of accumulated earlier scientific-methodical and practical experience of physical, technical, tactical and psychological training and also the strategy of this process management.

Estimating modern characteristics of scientific research, a high level of metrological work supply should be noted. It helps to reveal and formalize great amount of criteria for training individualization.

Technical readiness conditions high level of sports achievements, as it always was the main advantage of Russian wrestlers at the level of national teams [1], [2], [3].

II. LITERATURE REVIEW

Scientific and scientific-research literature analysis concerning sports single combats showed that “Everything old is new again”, high level of novelty concerns the works, dedicated to strategic directions of training (planning, management, correction, control and etc.). In many research works the emphases is laid on the search for correlational connections between the components of training and the effectiveness of athletes-combatants. It in some cases prevents from individual “profiles” of success creation.

Great amount of authors define high level of wrestlers’ technical readiness as the most important base. It forms competitive result. At the same time they consider technical training as the set of three components – knowledge, abilities and skills. It helps to improve athlete’s technical actions within a great range. The research works, carried out by famous Soviet physiologist N.A. Bernshtein, helped to broaden the variants of technical training with three steps more. These steps are the following: automation, systematization and stabilization. It is true that motor technical action improvement in wrestling at the level of the

gained skill automation helps wrestlers to form “the best” techniques, which provide their individual effectiveness.

Some authors think that wrestling demands less physiological value of the load [2], [4], [5]. The questionnaire survey, held by other authors [6], [7], helped to prove legitimacy of defining three types of combats organization on the basis of the leading motor abilities.

It is important to underline that technical actions orientation, depending on appearing during the combat situations, is characterized by high degree of differences (the amount of the attacking, defensive actions, the main and intermediary techniques training) [8], [9], [10]. However, most authors, who analyze the statistics of technical actions in terms of international competitions, mention that they haven’t made such analysis yet. It shows the difficulties of attack-grip fulfillment because of high level of wrestlers’ readiness and great competitiveness of the held combats [11].

In general technical readiness is estimated by the authors as some integral index of the training work, the use of which can be applied in a big range. The received experimental material helped the authors to define the leading element of wrestlers’ competitive activity by means of mathematical analysis [6]. It helped the authors to define 3 stages of further sports improvement: searching stage, stabilizing stage and adaptive stage [1], [2], [6]. The aim of the searching stage, first of all, defines the reserves of the individual development and reveals individual technical-physical and technical-psychological parameters. Stabilizing stage solves the problems of the mastered structures steadiness and rhythmic characteristics improvement. It correspond with the predicted sports results [1]. Stabilizing stage of training is the final and resulting during mastering difficult technical actions.

III. RESEARCH METHODOLOGY

During 20 years of work according to scientific-methodical supply of training athletes-combatants we used the following methods: system analysis of special scientific-methodical native and foreign literature, documents of Greco-Roman wrestling, freestyle wrestling, female wrestling International federation, training loads indices, individual characteristics of different qualification and age athletes, competitive statistics analysis and others. Pedagogical observations, psychological-pedagogical observations, survey, a talk, video shooting, video analysis were realized. Practical experience of training highly-qualified athletes for the International competitions was studied and summarized.

Pedagogical observations also proved the fact, that in wrestling practice most athletes don’t use their whole arsenal, which opens them created during the combat positions. That is why in wrestling literature we don’t find necessary recommendations concerning technical actions use, depending on the initial positions of the athletes [11]. Held questionnaire survey showed that highly-qualified wrestlers place the possibility to realize technical-tactical actions depending on mutual position and the initial position

[8]. The received statistical material went through mathematical handling and it helped to reveal statistically valid or close to valid connections between the analyzed indices [10].

IV. RESULTS

The results of the held research works prove that full-rate analysis of combatants’ readiness structure provides specific propensity formation for combats organization. It considerable increases the effectiveness of competitive activity itself.

Wrestlers’ technical-tactical mastery indices analysis helped to reveal high level of correlation in the arsenals of the attacking and defensive actions depending on the initial positions of combatants. At the same time, attacks- grips index is the most informative factor, which defines technical-tactical readiness of throw type wrestlers – at the level of the highest sports mastery great number of attacks-grips is successful.

The number of attacks-grips correlates with the number of successful attacks, with the intervals of attacks-grips and with the intervals of successful attacks. In this case the process of creating a great arsenal of technical actions is the main aim of training combatants and provides high result even in case of competition rules change [1], [6].

We created new methodical approaches to estimating sports mastery, technical and physical readiness, highly-qualified combatants’ functional state control.

As a result of the research works for the first time by the example of some kinds of single combats we tested methodical approaches to three-level system of management model creation and technology realization in the practice of training athletes. We substantiated integral index of highly-qualified athletes’ mastery on the basis of competitive activity and sportsmanship estimation.

For the first time we defined the demands placed on the system of technical-tactical readiness control among athletes, taking into account the leading indices in highly-qualified athletes’ technical-tactical potential realization. The peculiarities of highly-qualified combatants’ extreme and reserve capacities were systematized.

The results of the held scientific-research and methodical work helped to substantiate methodical approaches to difficult questions solution, connected with the technology creation of three-level management system realization in practice of training athletes.

The article considers the possibilities and potential of competitive characteristics statistical analysis use in sports single-combats by sports psychologists and coaches. We created the forms of protocols for technical-tactical actions registration and formulae for activity coefficient calculation, technical actions effectiveness and variability.

Held by us scientific-methodical literature analysis and a long-term scientific-methodical support of combatants training show that system-structural approach, which is based on three-level system of training: competitive activity, sportsmanship, systems of organism and psyche [11], are used by practitioners not fully.

The base of wrestlers' sports activity is technical-tactical mastery, where different directions of training are combined – physical, technical and psychological [9], [10].

In competitive conditions successful techniques realization prevent different endogenic and exogenous “distorting factors”. They are classified by the specialists-practitioners according to the system of influence on the techniques fulfillment, the set tactical picture of a combat preservation and on an athlete's psychological state. First of all, we speak about the role, behavior and actions of an opponent. It should be noted that the pedagogical (training) decision is a variable program of technical-tactical training. It is created by a teaching staff and should be based mastered by the athletes of the definite age category.

Physical tiredness also influences stability of the combat technique and this factor is very important in planning training load of wrestlers-combatants.

All these factors should be taken into account both during the training process organization and during competitive activity modeling.

Technical-tactical mastery development of athletes-combatants is in the arsenal of their actions broadening and in stability of skills and abilities formation, irrespective of the combat changing conditions and its possible brevity.

V. CONCLUSION

In accordance with mentioned above results, the main directions of wrestling include the following elements of training:

- stability of techniques improvement against distorting factors,
- variability development of penetration into the technique,
- connection development of one technique with another one,
- holding on the bridge and “pressing” the opponent,

- situational-variable use of “the favorite”, individually convenient for an athlete actions and techniques.

It is obvious that the process of technical mastery improvement among highly-qualified athletes should be continuous and should have cyclic character. It also should be noted that the effectiveness of training depends on its variability, it means that in a weekly cycle several skills training should alternate.

The basic criterion during training process effectiveness estimation in groups of juniors and boys should be the level of technical readiness, not only final sports result.

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