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## Ways to improve the technical and tactical skills wrestlers Greco-Roman style of different manners of conducting a duel

**Abstract. Purpose:** develop and validate complex training tasks to improve the technical and tactical skills wrestlers Greco-Roman style of different manners of conducting fight. **Material and Methods:** identified current problems of the individualization of training in wrestling based on the analysis of scientific and methodological literature, modern competitive activity and synthesis of best practices. **Results:** the analysis of 75 highly skilled labor Greco-Roman style. The features of the technical and tactical skill of wrestlers of different manners of conducting fight and develop a set of tasks for each typical style confrontation. **Conclusions:** it found that in the preparation of the wrestlers need to take into account the style of fight each athlete.

**Keywords:** competitive activity, technical and tactical skills, job training, style of fight, Greco-Roman wrestling.

**Introduction.** The current trend of an intensification of the training process in wrestling, except the general increase in the competition in sport, is connected with an aspiration of the international federation of fight to increase staginess of wrestling dual meets. The duration of competitive fights and the duration of tournaments are reduced for this purpose, and the practician of refereeing is oriented on stimulation of the activity of fighters together with the increase in quantity of techniques [1; 8; 13; 16]. The level of technical and tactical actions (TTA) of a sportsman mainly defines his success in a dual meet [4; 7; 9]. The scientific and methodical ensuring of training of the qualified fighters demands first of all a choice of the most effective TTA and their further improvement. It is caused by that the composition and structure of productive TTA quickly changes in sports practice. Therefore it is important to inform in due time fighters and coaches on the perspective directions of the development of a fight for training of high-class sportsmen. Thus the analysis of competitive actions of the leading fighters of the present is actual [7; 8; 15; 19]. Besides, the problem of individualization of preparation always remained the actual direction of researches [2; 3; 5]. In Greco-Roman wrestling the problem of an individualization has a special value, the high sports result can be reached in various ways of maintaining a dual meet.

**Communication of the research with scientific programs, plans, subjects.** The work is performed according to the plan of the RW of Kharkov state academy of physical culture.

**The objective of the research:** to develop and to prove complexes of training tasks for the improvement of technical and tactical skill of fighters of the Greek-Roman style of various manners of maintaining a dual meet.

*The tasks of the research:*

- to define a current state of a problem of preparation in wrestling on the basis of the analysis of scientific and methodical literature, modern competitive activity and synthesis of the best practical practices;
- to establish features of technical and tactical skill of fighters of various manners of maintaining a fight and to develop complexes of tasks for each standard style of an antagonism.

**Material and methods of the research:** analysis of scientific and methodical literature, pedagogical supervision, analysis of video records of competitive activity of fighters, timekeeping.

**Results of the research and their discussion.** Experts of wrestling mark out three main styles of maintaining a dual meet: game, power and tempo [3; 6; 10].

The style of a fighter is formed resistant and reliable if not only requirements of competitive activity, and and the general tendencies of development of Greco-Roman wrestling as sport were considered in the course of his formation. So, it is necessary to consider the emergence of new effective techniques of preparation and the development of motive qualities, new technical and tactical actions [11; 12; 14; 18].

We made pedagogical observations over the competitive activity of sportsmen- fighters of high qualification. Greco-Roman wrestling competitions were an object of supervision: The European Championship (EC) 2014, the World Cup (WC) 2014, the Final of Golden Grand Prix (GP) 2014 and large international tournaments 2014. 75 fights of fighters 2015 (on 25 dual meet of each style) were analysed.

The analysis of a technical arsenal of the modern competitive activity of highly skilled fighters allowed to allocate 10 main technical actions which are most often used: fall overs by a backfin, throws by a back belt, fall overs and throws by a return belt, counterreceptions on the pit, transfers, throws by a spaning, dumping, pushing out of a mat, counterreceptions in a stand.

It is established that fall overs by a backfin, and in a stand – transfers are the most carried out by TTA on the pit for all groups of fighters.

Also it was defined that a “game wrestler” generally uses productive (3-points and 5- points) TTA for the achievement of a victory: throws by a back belt, throws by a spaning, and dumping by knocking down. The high percent of a performance of these receptions is explained by that coordination abilities are well developed at fighters of this style. This advantage at a “game wrestler” allowed to carry out more counterreceptions in a stand and on the pit, than “powers” and “tempos”. “Powers” and “tempos” generally carry out simple (1-points and 2-points) TTA for the achievement of a victory: pushing out of a mat, transfers and fall overs by a backfin.

“Game wrestlers” have most of all ahead of schedule won fights – 17 (68%), then at “powers” – 12 (48%) and “tempos” – 11 (44%).

The analysis of tab. 1 allowed to reveal that insignificant distinctions for all styles of an antagonism have efficiency of attack in a stand and on the pit: it fluctuates from 55% at “tempos” to 68% at “powers”. The efficiency of defense is the highest at “game wrestlers” (a stand – 85%, pit – 86%). and it made The productivity is also the highest at “game wrestlers” in a stand – 4,33 points on a person, and on the pit – 4,5 points on a person.

It is also necessary to notice that the interval of attack and an interval of successful attack at “game wrestlers” and “powers” is higher in the first period, than in the second, and at “tempos” – in the second period is better, than in the first.

At “game wrestlers” the average time of a fight made 216 s (slightly more than one period), and at “powers” – 289 s and “tempos” – 287 s (almost full two periods).

Table 1

**Technical and tactical indicators of fighters of the Greek-Roman style of various manners of maintaining a dual meet**

Style of maintaining of a dual meet Indicators	“Game wrestlers”	“Tempos”	“Powers”
Efficiency of attack in a stand (%)	65	55	61
Efficiency of attack on the pit (%)	59	60	68
Efficiency of defense in a stand (%)	85	79	84
Efficiency of defense on the pit (%)	86	71	63
Productivity in a stand (point)	4,33	2,5	3,33
Productivity on the pit (point)	4,5	3,5	3,67
Attack interval in the I period (s)	32	94	43
Attack interval in the II period (sc)	61	59	60
Interval of successful attack in the I period (s)	62	127	84
Interval of successful attack in the II period (s)	108	97	93
Average time of a fight (s)	216	287	289

Most of specialists in the theory and practice of wrestling [6; 10; 17] is considered that it is necessary to observe an individual approach, considering a manner of maintaining a dual meet of each sportsman when training fighters. It allows to optimize the educational-training process and to reach the planned result with the use of strengths of martial artist. Therefore complexes of training tasks according to the main manner of maintaining a dual meet were offered for the improvement of technical and tactical skill of sportsmen on the basis of requirements of the modern competitive activity (tab. 2-4).

Table 2

**Training tasks for the improvement of technical and tactical skill of “game wrestlers”**

Nº	Training tasks
1	Conducting a fight against a suppression of the opponent by the technical superiority due to an active hold, good equipment, a wide arsenal of tactical training, a combination of holds, training and crown techniques
2	Use of various tactical training for the creation of dynamic situations for carrying out a technique
3	To be able to leave the inconvenient hold imposed by the rival with carrying out the attacking action; maneuvering for the creation of unstable situation at the rival; ability not to recede in a favourite hold
4	Complication or simplification of initial and intermediate mutually provisions of fighters; variation of resistance of the rival (increase or reduction); improvement of skills of optimum relaxation and tension of muscles
5	Development of figurative perception of a dual meet, situational thinking and ability to predict actions of the rival; use more qualified, but the easy partner
6	Deduction of advantage due to maneuvering, threats of sham attacks and demonstration of activity; maneuverings by versatile movement in alternation with an emphasis and sham attacks
7	To be able to use “failures” of the rival on the pit for the purpose of obtaining technical advantage; effectively to conduct a duel with the fighter who went to a deaf defense; ability to carry out techniques with the rival’s advancing; artificial masking of the attacking actions; performance of counterreceptions at attack of the opponent on the edge of a mat
8	After a successful attack (counterattack) with a prize of point (points) again to attack, then to be restored, holding advantage maneuvering then still to attack with transfer of the rival to dangerous situation, to pressurize him and to win a victory on hulk or on points.
9	Abilities to carry out productive throws with a high amplitude
10	To be able to finish ahead of schedule fight in connection with a clear advantage on points or on “hulk”
11	To have in the arsenal 10-12 options of attack from 6-7 groups of techniques, both in a stand, and on the pit, average productivity of technical actions for a fight not less than three points

Table 3

**Training tasks for the improvement of technical and tactical skill of “tempos”**

Nº	Training tasks
1	Conducting a fight against a suppression of the opponent strong-willed superiority due to pressure prosecution, an aggressive impact, functional pressure; constantly to pursue the opponent with work as hands from below
2	To be able to apply active defense (breakthroughs, shvung, pushes) to the subsequent attacking actions; to use the moment of the end of unsuccessful attack of the rival («failure» on the pit) for a fast counterattack; ability after carrying out attack from a stand at once to carry out fall overs by a backfin
3	Improvement of ways of removal from balance and active holds, rival's hassling; to carry out technical actions against exhaustion
4	To be able to create visibility of an active fight due to prosecution of the rival active actions in a zone of «passivity», repeated attacks at border of the working area of a mat; to create visibility of an active fight in a zone of «passivity», disconnecting hands from below
5	Effective maintaining a dual meet with the fighter who went to a deaf defense; exits from inconvenient holds by pushes, breakthroughs, shvung and emphasis
6	After successful attack (counterattack) with a prize of point (points) not to reduce activity, to put pressure; deduction of advantage at the expense of shvung, pushes
7	Improvement of skills actively to begin a fight from the first minute of a fight
8	To be able to finish ahead of schedule fight in connection with removal of the rival for a passive conducting fight
9	Use of more qualified and heavy partner; reduction of time of rest and increase in intensity of loading (change of partners)
10	To have in the arsenal of 8-10 options of attack from 6–7 groups of techniques, both in a stand, and on the pit, average productivity of technical actions for a fight not less than two points

Table 4

**Training tasks for the improvement of technical and tactical skill of “powers”**

Nº	Training tasks
1	Conducting a fight against a suppression of the opponent physical superiority at the expense of the power pressure and high-speed pressure; to use power pressure at a reliable defense (in a «deaf» stand)
2	Variation of resistance of the rival (increase or reduction); use less qualified, but the heavy partner
3	To be able to use efforts of the rival in a zone of “passivity” to develop, pass through it with the subsequent attacking actions
4	Complication or simplification of initial and intermediate mutually provisions of fighters; use of various tactical training for the creation of dynamic situations
5	Improvement of accuracy of a performance of hold; improvement of skills of optimum relaxation and tension of muscles
6	To be able to use efforts and actions of the rival for carrying out counterreceptions and coverings; to carry out pressure in an active «deaf» stand by knitting of hands, forging, shvung, breakthroughs, pushes; ability ahead of schedule to finish a fight in connection with a clear advantage on points or on «hulk»
7	To be able to use efforts and movements of the rival at the region of the working square of a mat for carrying out the counterattacking actions for a mat; to carry out techniques with the rival's advancing
8	After successful attack (counterattack) with a prize of point (points) to hold advantage a reliable defense, forging
9	Improvement of skills of a fight in a dense hold in the conditions of the rigid power pressure and prosecution of the rival on all area of a mat
10	To have in the arsenal of 8-10 options of attack from 6–7 groups of techniques, both in a stand, and on the pit, average productivity of technical actions for a fight not less than three points

And also it is necessary for fighters of each style of an antagonism:

- to be able to make and realize the tactical plan for a fight with any rival;
- to achieve advantage at a biased judging.

– to carry out techniques for a short period (10–15 s) at the end of a dual meet, against an exhaustion at a loss in the account.

**Conclusions:**

1. The analysis of a technical arsenal of the modern competitive activity of highly skilled fighters allowed to allocate 10 main technical actions which are most often used: fall overs by a backfin, throws by a back belt, fall overs and throws by a return belt, counterreceptions in a stand and on the pit, transfers, throws by a spanning, dumping by knocking down, pushing out for a mat.

2. It is established that fall overs by a backfin, and in a stand – transfers are the most carried out by TTA on the pit for all groups of fighters.

Also it was defined that a “game wrestler” generally use productive (3-points and 5-points) TTA for the achievement of a victory: throws by a back belt, throws by a spanning throws by a spanning and dumping by knocking down.

“Powers” and “tempos” generally carry out simple (1- point and 2- points) TTA for the achievement of a victory: pushing out for a mat, transfers and fall overs by a backfin.

“Game wrestlers” have the most of all ahead of schedule won fights – 17 (68%), then at “powers” – 12 (48%) and

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It is revealed that insignificant distinctions for all styles of an antagonism have efficiency of attack in a stand and on the pit: it fluctuates from 55% at “tempos” to 68% at “powers”. The efficiency of defense is the highest at “game wrestlers” (a stand – 85%, pits – 86%). The productivity at “game wrestlers” is also the highest in a stand – 4,33 points on a person, and on the pit – 4,5 points on a person.

It is also necessary to notice that the interval of attack and the interval of successful attack at “game wrestlers” and “powers” are higher in the first period, than in the second, and at “tempos” – in the second period is better, than in the first.

At “game wrestlers” the average time of a fight made 216 s (slightly more than one period), and at “powers” – 289 s and “tempos” – 287 s (almost full two periods).

3. It is established that it is necessary to consider the style of maintaining a dual meet of each sportsman when training fighters. It allows to optimize the educational-training process and to reach the planned result with the use of strengths of the fighter. Complexes of training tasks according to the main manner of maintaining a dual meet were developed for this purpose.

**Further researches** will be directed on the detection of features of physical fitness and the development of a complex of training tasks for the development of physical qualities of fighters of the Greek-Roman style of various manners of maintaining a dual meet.

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