

Technical and tactical readiness model characteristics in wrestling

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Purpose: to develop model characteristics of technical and tactical preparedness of highly qualified wrestlers.

Material & Methods: analysis of scientific and methodological information, generalization of best practical experience, pedagogical observation, analysis of video materials of competitive activities of wrestlers, modeling, methods of mathematical statistics. The results of 75 collisions of highly skilled Greco-Roman wrestlers were analyzed and summarized.

Results: identified the 10 main technical actions that are most often used by wrestlers. Based on the analysis of competitive activity developed model characteristics of technical and tactical training of highly skilled wrestlers.

Conclusion: analysis and models presented were the basis for the development of evaluation criteria and predicting the level of technical and tactical preparedness.

Keywords: model characteristics, technical and tactical preparedness, wrestling.

Introduction

The main direction of the development of modern wrestling is the improvement of technical and tactical skills of athletes. Even the possession of a high level of physical readiness, as the basis of the competitive activity of the wrestlers, will not allow achieving success and the planned result [2; 6; 13; 17].

Ability to conduct a large number of complex technical and tactical actions, calculations in situations that are constantly changing, to take bold and instant decisions at a certain risk in extreme situations, solving and anticipating the complex designs of an opponent – all this characterizes the level of technical and tactical skill of the athlete, is a prerequisite for success and further improvement of the wrestlers [1; 3; 5; 8; 12].

The purpose of the research

To develop model characteristics of technical and tactical preparedness of highly qualified wrestlers.

Objectives of the study:

- to analyze the competitive activity of highly skilled Greco-Roman wrestlers;
- to determine the indicators of technical and tactical preparedness of highly qualified wrestlers;
- to make model characteristics of technical and tactical readiness of highly skilled Greco-Roman wrestlers.

Material and Methods of the research

Methods of research: analysis of scientific and methodological information, generalization of best practical experience,

pedagogical observation, analysis of video materials of competitive activities of wrestlers, modeling, methods of mathematical statistics.

Pedagogical observations were made of the competitive activity of highly qualified wrestlers. The object of observation was the Greco-Roman wrestling competition: the European Championship in 2016, the 2015 World Cup, the Golden Grand Prix 2016 finals and major international tournaments in 2016. 75 wrestling champions were analyzed.

Results of the research and their discussion

Successful training of athletes of any level is impossible without careful consideration of the main trends in the development of wrestling, which can be established with sufficient accuracy in analyzing the structural components of the competitive activity of high class wrestlers – participants of the Olympic Games, world championships and major international competitions [7; 9; 14; 15].

It is this analysis that reveals the real picture of the technical, tactical, physical and psychological preparedness of the highest class wrestlers, who for a certain period of time are the benchmark for other athletes [4; 10; 11; 16].

Analysis of the technical arsenal of modern competitive activities of highly skilled wrestlers made it possible to identify 10 main technical actions that are most often used: fall over – 67 times (32,5%), body slam – 28 (13,6%), overthrow – 2 (1%), counterhold – 6 (2,9%), takedown – 20 (9,7%), suplex – 11 (5,3%), flung – 19 (9,3%), throwing down – 18 (8,7%), forcing out – 28 times (13,6%), counterhold – 7 times (3,4%). A total of 206 TTA were completed: 103 reception in the rack and 103 receptions in the ground fighting (Table 1).

It is established that for all groups of wrestlers the most ex-

Table 1
Analysis of the competitive activity of highly skilled wrestlers (n=15) Greco-Roman style (75 bout)

No.	Technical actions, quantity	Σ	%
Ground fighting:			
1.	Fall over	67	32,5
2.	Body slam	28	13,6
3.	Overthrow	2	1,0
4.	Counterhold	6	2,9
All in ground fighting:		103	50,0
Posture:			
5.	Takedown	20	9,7
6.	Suplex	11	5,3
7.	Flung	19	9,3
8.	Throwing down	18	8,7
9.	Forcing out	28	13,6
10.	Counterhold	7	3,4
All in posture:		103	50,0
All in posture and ground fighting:		206	100
Prematurely won contractions		40	53

ecuted TTA in the ground fighting are fall over (32,5%), and in the posture – forcing out (13,6%) and suplex (9,7%). Such a percentage of these technical actions are due to the fact that these techniques are the most common and their attention is paid to all wrestlers.

Analysis of Table 2 revealed that the attack efficiency in the posture was 60,33%, and in the ground fighting – 62,33%; effectiveness of the protection in the posture – 82,67%, and in the ground fighting – 73,33%; effectiveness in the posture – 3,39 points, on the ground fighting – 3,89 points. It should be noted that the attack interval and the interval of successful attack in the first period is higher than in the second period, this is explained by the onset of the athlete's fatigue and the decrease in the attacking actions in the second period of the bout. The average score is higher in the ground fighting (2,71 points) than in the posture (2,32 points). The average time of the bout was 264 seconds (almost complete two periods). Such a distribution of time indicates that the number of prematurely won bout is small.

Table 2
Indicators of technical and tactical preparedness of Greco-Roman wrestlers (n=15)

Indicators	Values
Effectiveness of the attack in the posture, %	60,33
Effectiveness of the attack in the ground fighting, %	62,33
Effectiveness of the defense in the posture, %	82,67
Effectiveness of the defense in the ground fighting, %	73,33
Performance in the posture, points	3,39
Performance in the ground fighting, points	3,89
Interval of attack in the I period, s	56,33
Interval of attack in the II period, s	60,00
Interval of successful attack in the I period, s	91,00
Interval of successful attack in the II period, s	99,33
Average score in the ground fighting, points	2,71
Average score in the posture, points	2,32
Average time of the bout, s	264,00

Based on the results obtained, model characteristics of the technical and tactical preparedness of highly skilled Greco-Roman wrestlers are developed (Table 3).

Table 3
Model characteristics of the technical and tactical preparedness of highly skilled Greco-Roman wrestlers

No	Indicators	Values
1	Interval of attack, s	40–70
2	Number of attacks per bout, times	4–9
3	Optimum reception time, s	80–110
4	Effectiveness of technical and tactical actions in the posture, %	60
5	Effectiveness of technical and tactical actions in the ground fighting, %	62
6	Effectiveness of the defense in the posture, %	83
7	Effectiveness of the defense in the ground fighting, %	73
8	Effective technical and tactical actions in the posture	fall over, body slam, overthrow, counterhold
9	Effective technical and tactical actions in the ground fighting	takedown, suplex, flung, throwing down, forcing out, counterhold
10	Early victory in the bouts, %	53

The analysis and presented models were the basis for developing assessment criteria and predicting the level of technical and tactical preparedness. They allow differentiating the evaluation and management of the training process of qualified Greco-Roman wrestlers.

It is established that for the planning of training loads, it is necessary to increase the level of special working capacity of athletes, taking into account the requirements of competitive activity and the improvement of technical and tactical actions characteristic of the modern Greco-Roman struggle. This is also confirmed by the results of research presented in scientific papers (A. A. Novikov, 2012; B. V. Dagbaev, 2013; S. Latyshev, G. Korobeynikov, L. Korobeynikova, 2014).

The data (V. A. Kashevko, 2008, A. S. Kuznetsov, Y. Y. Krikukha, 2012; V. A. Andrejtsev, 2016) on the criteria for success, methods of control of technical preparedness and basic indicators of the competitive activity of highly skilled wrestlers.

Conclusions

1. The analysis of scientific and methodological literature and the generalization of best practical experience made it possible to reveal that competitive activity is closely related to the sport result. This makes it necessary to carefully study the content of competitive activities, identify the factors that determine the achievement of high sports results.
2. Analysis of the technical arsenal of competitive activities of highly skilled wrestlers made it possible to identify 10 main technical actions that are most often used: fall over, body slam, overthrow, counterhold in ground fighting, takedown, suplex, flung, throwing down, forcing out, counterhold in posture.
3. It has been established that the key characteristics of

the preparedness of highly qualified wrestlers with an equal volume of tactical and technical actions were their speed-strength capabilities, special endurance and the ability to overcome the growing difficulty of combining a high tempo of the bout and preserving the effectiveness of technical actions.

4. It was revealed that the effectiveness of the attack in the posture was 60,33%, and in the ground fighting – 62,33%; effectiveness of the protection in the posture – 82,67%, and in the ground fighting – 73,33%; effectiveness in the posture – 3,39 points, on the ground fighting – 3,89 points; attack interval and the interval of successful attack in the first period are higher than in the second; average score is higher in the posture (2,71 points) than in the ground fighting (2,32 points); average time of the bout was 264 seconds (almost complete two periods). Such a distribution of time shows that the number of prematurely won bout is small.

5. The application of methods of pedagogical observation

and mathematical statistics allowed us to reflect the structure of modern competitive activity of highly skilled Greco-Roman wrestlers to develop model characteristics of technical and tactical preparedness that can be used in planning and managing the training process.

The study of the content of competitive activities allows the trainer-teacher to more effectively organize the training process (the choice of means and methods of training, the parameters of training loads, the account of the training factors), timely identify shortcomings in the athlete's preparedness and make certain adjustments to the training plan; to carefully choose tactical options for the upcoming bout, taking into account the capabilities of the opponent, etc.

Further research will be aimed at developing training tasks for improving the technical and tactical actions of qualified Greco-Roman wrestlers.

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