

## FEATURES OF COMPETITIVE ACTIVITY OF HIGHLY QUALIFIED GRECO-ROMAN STYLE WRESTLER OF DIFFERENT MANNER OF CONDUCTING A DUEL

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**Annotation.** *Purpose:* to analyze the technical and tactical training of Greco-Roman style wrestlers. *Material:* an analysis of 75 fights fighters winners (25 fight each style). *Results:* identified 10 main technical activities that are most commonly used in today's competitive activity of highly skilled fighters. It was found that for all the groups most fighters is received on the ground is a coup coasting. In the front - takedowns. Determined that in order to achieve victory GAME WRESTLERS use high-impact technical actions. POWER AND TEMPO - simple techniques. It was found that high-class fighters may lead the fight in different styles of confrontation. It depends on the personality of the opponent, subjective judging period, cramping, accounts for the fight and the level of competition. *Conclusions:* It was found that the most informative in assessing the technical and tactical capabilities fighters carries the final part of the competition. It is determined by the efficiency, effectiveness, technical arsenal.

**Keywords:** fight, training, productivity, individualization, styles match.

### Introduction

Level of sportsman's technical-tactic actions (TTA) determines mainly his success in duel [4, 7, 10, 17-20]. Scientific methodic provision of qualified wrestlers' training requires more effective TTA and their further improvement. It is conditioned by the fact that content and structure of efficient TTA quickly change in sport practice. That is why for training of highly qualified sportsmen it is important to inform wrestlers and coaches about promising directions of wrestling's development in due time. With it analysis of competition functioning of modern advanced wrestlers is rather urgent [1, 5, 8, 13]. Besides, problem of individualization of training has always been remaining important as a direction of researches [6, 11, 12, 15]. In Greco Roman wrestling problem of individualization is especially important. High sport result can be achieved by different wrestling styles. Specialists in sport wrestling specify three main styles of wrestling: game wrestling, power and tempo [2, 3, 9].

Wrestler's style is formed as firm and reliable, if in process of its formation requirements of competition functioning and general trends of Greco Roman wrestling's development as a kind of sports, are considered. For example it is necessary appearing of new effective methodic of motion skills' training, new technical and tactic actions [6, 8, 14, 16]. That is why it is purposeful to regard practical usage of techniques at competitions of the highest rank.

### Purpose, tasks of the work, material and methods

*The purpose of the research:* determination of competition functioning of highly qualified Greco Rome wrestlers with different styles of wrestling.

*The tasks of the work:*

- to analyze competition functioning of highly qualified wrestlers;
- to determine level of technical tactic fitness of highly qualified wrestlers;
- to find out contradictions in technical tactic fitness of highly qualified wrestlers with different wrestling styles;
- to carry out pedagogic observations over competition functioning of highly qualified wrestlers.

The objects of the observations were competitions on Greco Rome wrestling: European championship (EC) 2014; World championship (WC) 2014; Final Golden Grand Prix (GP) 2014 and large international tournaments in 2014. In total we analyzed 75 duels of wrestlers (25 duels of every style).

### Results of the researches

Analysis of technical arsenal of highly qualified wrestlers' modern competition functioning permitted to specify 10 main technical actions, which are most often used: turnovers – 67 times (32.5 %), back throws – 28 (13.6 %), turnovers and back throws – 2 (1 %), counter actions in ground work – 6 (2.9 %), change over – 20 (9.7 %), throws by arching – 11 (5.3 %), throws by sub turn – 19 (9.3 %), knocking down – 18 (8.7 %), pushing out of mat – 28 times (13.6 %), counter actions in stance – 7 times (3.4 %). In total there were fulfilled 206 TTA: 103 actions in stance and 103 actions in groundwork (see table 1).

Then we determined TTA, fulfilled by sportsmen of certain style. We found that for both groups of wrestlers the most frequently used as groundwork are turnovers. The most successfully they were realized by "power" wrestlers - 35 times (41.7 %), then- by "tempo" wrestlers - 17 times (32 %) and "game" wrestlers - 15 times (21.7 %).

Analysis of TTA in stance showed that percentage of change over differs insignificantly for all styles and is: for "power" wrestlers – 10.7 %, for "tempo" wrestlers – 9.5 % and for "game" wrestlers – 8.7 %. Such indicators for different styles are explained by the fact that change over techniques are initially wide spread and are improved by all styles' wrestlers.

Table 1

*Analysis of technical tactic fitness of highly qualified Greco Rome wrestlers with different wrestling styles*

Wrestling styles/ Technical actions	“game” wrestlers		“tempo” wrestlers		“power wrestlers		Σ	%
	Σ	%	Σ	%	Σ	%		
<b>Groundwork:</b>	15	21.7	17	32	35	41.7	67	32.5
1. Turnovers								
2. Back throws	15	21.7	9	17	4	4.7	28	13.6
3. Turnovers and back throws	-	-	2	3.8	-	-	2	1
4. Counter- actions	4	5.8	1	1.9	1	1.2	6	2.9
<b>Total in groundwork</b>	34	49.2	29	54.7	40	47.6	103	50
Stance:								
5. Change over to groundwork	6	8.7	5	9.5	9	10.7	20	9.7
6. Throws by arching	7	10.2	2	3.8	2	2.4	11	5.3
7. Throws by sub-turn	12	17.3	4	7.5	3	3.6	19	9.3
8. knocking down	7	10.2	4	7.5	7	8.3	18	8.7
9. Pushing out of mat	-	-	7	13.2	21	25	28	13.6
10. counter actions	3	4.4	2	3.8	2	2.4	7	3.4
<b>Total in stance:</b>	35	50.8	24	45.3	44	52.4	103	50
<b>Total in stance and in ground work</b>	69	100	53	100	84	100	206	100
Anticipated victories	17	68	11	44	12	48	40	53

Also we determined that for achieving victory “game” wrestlers mainly use efficient (3 points and 5 points) TTA: back throws, throws by sub turn, throws by arching and knocking down. High percentage of these techniques’ application is explained by the fact that “game” style wrestlers have high coordination. This advantage of “game” wrestlers permitted to fulfill more counter techniques in stance and in groundwork. “Power” and “tempo” wrestlers usually fulfill simple (1 point and 2 point) TTA: Pushing behind mat, change over and turnovers.

“Game” wrestlers have the highest quantity of anticipatory victories - 17 (68 %), then “power” wrestlers go - 12 (48 %) and “tempo” wrestlers - 11 (44 %).

Analysis of table 2 permitted to find that effectiveness of attack in stance and in groundwork is insignificantly different for all styles of wrestling: it varies from 45 % (“tempo” wrestlers) to 58% (“power” wrestlers). “Game” wrestlers have the most effective defense (in stance – 85 %, in groundwork – 86 %). Efficiency of “game” wrestlers is also the highest and is in stance– 3.83 points per one person and in groundwork– 3.95 points per one sportsman.

Table 2

*Technical tactic indicators of Greco-Rome wrestlers with different wrestling styles*

Wrestling styles/ Technical actions	“game” wrestlers	“tempo” wrestlers	“power wrestlers
Effectiveness of attack in stance	55 %	45 %	51 %
Effectiveness of groundwork attack	49 %	50 %	58 %
Effectiveness of defense in stance	85 %	79 %	84 %
Effectiveness of groundwork defense	86 %	71 %	63 %
Efficiency in stance (points)	3.83	1.92	2.8
Efficiency of groundwork (points)	3.95	2.96	3.16
Interval of attack in 1 <sup>st</sup> period (sec.)	32 sec.	94 sec.	43 sec.

Wrestling styles/ Technical actions	“game” wrestlers	“tempo” wrestlers	“power wrestlers
Interval of attack in 2nd period (sec.)	61 sec.	59 sec.	60 sec.
Interval of successful attack in 1 <sup>st</sup> period (sec.)	62 sec.	187 sec.	93 sec.
Interval of successful attack in 2 <sup>nd</sup> period (sec.)	118 sec.	127 sec.	84 sec.
Mean time of duel (sec.)	216 sec.	287 sec.	289 sec.

It should also be noted that interval of attack and interval of successful attack of “game” wrestlers and “power” wrestlers are higher in first period than in the second, “Tempo” wrestlers have better indicators in the second period.

Mean time of duel of “game” wrestlers was 216 sec. (a little more than one period); of “power” wrestlers - it was 289 sec. and “tempo” wrestlers – 287 sec. (nearly two full periods).

#### **Discussion**

We have proved the data of specialists in sport wrestling (G.S. Tumanian, B. Goranov, 2012) saying that sportsmen most often use three main styles of wrestling: game, power and tempo. Every style has its peculiarities (G.B. Bardamov, 2008; S.V. Layshev, 2013): “game” wrestlers have high efficiency of techniques, “power” wrestlers – highly effective attacks and “tempo” wrestlers increase quantity of attacks with every minute of duel. Alongside with it we specified modern trends and peculiarities of high efficiency’s achievement by sportsmen of different styles. We have determined that highly qualified wrestlers can conduct duel in different styles. It depends on personality of adversary, subjectivism of refereeing, period of duel, score during duel and level of competitions.

#### **Conclusions:**

1. We have determined that final part of competitions, which is conditioned by efficiency, effectiveness and technical arsenal, is the most informative for assessment of highly qualified wrestlers’ technical-tactic level.

2. Analysis of modern competition functioning of highly qualified wrestlers permitted to specify 10 main techniques, which are used the most often: turnovers, back throws, turnovers and back throws, counter actions in stance and in groundwork, change over, throws by arching and by sub turn, knocking down and pushing out of mat.

3. We also determined that wrestlers’ groups the most frequent techniques in groundwork are turnovers, but they are most successfully realized by “power” wrestlers - 35 times (41.7 %), then – by “tempo” wrestlers - 17 times (32 %) and “game” wrestlers - 15 times (21.7 %).

Analysis of techniques, used in stance showed that percentage of change over in total quantity of TTA differs insignificantly for all styles: for “power” wrestlers it is 10.7 %, for “tempo” wrestlers – 9.5 % and for “game” wrestlers – 8.7 %.

Besides, we found out that achievement of victory “game” wrestlers mainly use efficient (3 points and 6 points) actions: back throws, throws by sub turn, throws by arching and knocking down.

“Power” and “tempo” wrestlers mainly apply simple (1 point and 2 points) techniques:

“Game” wrestlers have the highest quantity of anticipatory victories - 17 (68 %), then “power” wrestlers 12 (48 %) go and “tempo” wrestlers 11 (44 %).

Effectiveness of attack in stance and in groundwork insignificantly different: it varies 45 % (“tempo” wrestlers) to 58 % (“power” wrestlers). “Game” wrestlers have the most effective defense (stance - 85 %, groundwork– 86 %). Efficiency of “game” wrestlers is also the highest and was in stance – 3.83 points per one sportsman and in groundwork – 3.95 points per a sportsman.

It should also be noted that in the first period interval of attack and interval of successful attack of “game” and “power” wrestlers is higher than in the second, while “tempo” wrestlers’ intervals of attacks are better in the second period than in the first.

Mean time of “game” wrestlers’ duel was 216 sec. (a little more than one period); “power” wrestlers – 289 sec. and “tempo” wrestlers - 287 sec. (nearly full two periods).

*Further researches* will be oriented on determination of physical fitness’s specific features of different styles’ wrestlers.

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