

## ANALYSIS OF TECHNICAL TACTICAL TRAINING OF HIGHLY SKILLED FIGHTERS OF GRECO-ROMAN WRESTLING

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**Annotation.** An analysis is conducted 55 fights of fighters - winners of final part of competitions. 15 basic technical actions which are most more frequent utilized sportsmen on international competitions are selected. It is certain that technical actions are conducted sportsmen to the bar (49 actions), in an orchestra (58 actions). Three gravimetric groups are exposed: small (55 kg, 60 kg); middle (66 kg, 74 kg, 84 kg); heavy (96 kg, 120 kg). It is set that the most informing at the estimation of economic tactical feasibilities of sportsmen is carried in itself by final part of competitions. It is determined effectiveness, efficiency, amount of attacking actions, technical arsenal. It is certain that fighters must conduct a fight in a high rate. Sportsmen must utilize moving, captures, jerks, shoves. A sportsman must during every period of fight execute 1-2 real attempts of leadthrough of receptions.

**Keywords:** technical, tactical, training, competition, fighters, gravimetric, group.

### Introduction.

Besides general amplification of competitiveness factor in sports, modern trend of wrestling training process intensification is connected with the bent of International Federation of Wrestling for raining of fights' show character. For this purpose, duration of fights and tournaments was shortened and referees' practice was oriented to stimulation of wrestlers' activity and increasing of techniques quantity [3, 4, 6]. A sportsman's success in fight is determined by his level of technique & tactic actions (TTA) [1, 8, 10]. Scientific-methodological provision of qualified wrestlers' training requires, first of all, choosing of the most efficient TTA with their further perfection. This is conditioned by the fact that composition and structure of TTA is quickly changing in sports practice. That is why for training of highly qualified sportsmen it is important to inform wrestlers and coaches about perspective directions of wrestling development in good time. With this, analysis of present-time leading wrestlers' competition activity is an urgent one [2, 3, 6, 9, 11-13].

The present work has been fulfilled as per plan of scientific and research works of Kharkov state academy of physical culture.

### Purpose, tasks of the work, materials and methods.

*The purpose of the work:* determination of technique & tactic level of highly qualified Graeco-Roman style wrestlers.

*The tasks of the work:*

- to carry out analysis of highly qualified wrestlers' competition activity;
- to determine technique & tactic level of highly qualified wrestlers;
- to find out the difference between highly qualified wrestlers of different weight groups;

### Results of researches.

For determination of the most effective and frequently used techniques we conducted pedagogic observations of highly qualified wrestlers' competition activity. The following competitions in Graeco-Roman wrestling: Championship of Europe (ChE) 0 2012, Olympic Games (OG) 2012, and "World Cup" (WC) 2012 were the objects of observations. We have analyzed 55 fights of final wrestlers-winners (struggle for the first and third places).

Analysis of technical arsenal of highly qualified wrestlers modern competition activity permitted to specify 15 main, and the most frequently used, techniques: rolling overturn – 24 times (21.6%), reverse waist overturn – (4), coup coast – 24 times (21,6 %), flip reverse belt – 4 (3,6 %), throw rear belt – 11 (9,9%), throw reverse belt – 3 (2,7%), coup seizure on "key" – 1 (0,9%), counter attack in low position – 11 (9,9%), retention hold – 4 (3.6%), spurt and plunging transfer – 5 (4.5%), twisting throws – 6 (5.4%), throws by arching – 2 (1.8%), throws by sub turn – (2.7%), knocking down by body – 10 (9%), pushing out of mat – 18 (16.2%), counter techniques in standing posture – 4 (3.6%), "touch" – 4 times (3.6%), (see table 1). The obtained results permit to affirm that the above mentioned techniques are the most frequently used techniques of Graeco-Roman wrestling.

Analysis of technique & tactic actions at ChE-2012 permitted to reveal the most effective techniques, which were fulfilled by the wrestlers-winners: rolling overturn – 11 times, counter techniques in low position – 6, pushing out of mat – 6 times, knocking down by body – 5 times. At OG – 2012: rolling overturns – 8, back waist throws – 4, pushing out of mat – 5, knocking down by body – 4. At WC-2012: rolling overturn – 5, counter techniques in low position – 3, pushing out of mat – 7, twisting throws – 4 times.

As it is known, the wrestlers of "conventionally" light, medium and heavy weight categories use approximately the same techniques [1, 6]. That is why, to make analysis more convenient, the wrestlers were divided into three weight groups: light (55 kg, 60 kg); medium (66 kg, 74 kg, 84 kg); heavy (96 kg, 120 kg).

The fulfilled analysis shows that the wrestlers of medium weight groups the most frequently and effectively apply: back waist throws – 7 times, rolling turnover – 12, knocking down by body – 6, pushing out of mat – 7 times. Heavy weight wrestlers apply counter techniques in low position – 5 times, rolling turnover – 8 times, spurt transfers – 3

times, pushing out of mat – 9 times. Light weight wrestlers use fewer techniques than the wrestlers of medium and heavy groups, but they apply more often techniques of complicated coordination character: back waist throws 2 times, counter techniques in standing posture – 3 times. It should be noted that heavy weight wrestlers have the greatest quantity of won ahead of time fights – two, while light and medium weight groups have only one such fight, each.

Table 1

*Analysis of techniques', applied by wrestlers-winners at international competitions, effectiveness*

Competition Weight groups Techniques	ChE-2012			OG-2012			WC-2012			Σ	%
	light	medium	heavy	light	medium	heavy	light	medium	heavy		
Low position											
1. Rolling overturns	1	6	4	3	2	3		4	1	24	21.6
2. Back waist turnovers	2		1						1	4	3.6
3. Back waist throws	2	2	1		4		1	1		11	9.9
4. Reverse waist throws	2								1	3	2.7
5. Throw with seizure to "key"			1							1	0.9
6. Counter techniques	2	1	3	1		1		2	1	11	9.9
7. Retention holds		2				1			1	4	3.6
Position:											
8. Spurt transfers		1	2	1					1	5	4.5
9. Twisting throws				1	1		2		2	6	5.4
10. Arch throws	1	1								2	1.8
11. Sub turn throws	1		1					1		3	2.7
12. Knocking down		4	1	2	2		1			10	9
13. Pushing out of mat	1	2	3	1		4		5	2	18	16.2
14. Counter techniques				1	1		2		1	5	4.5
15. "Touch"		1	1	1					1	4	3.6
Q-ty of techniques	12	20	18	11	10	9	6	13	12	111	100

Effectiveness and efficiency of the applied technique are very important indicators of competition activity [7, 8, 9]. The results of these indicators for the wrestlers-winners (finalists and those who contend for the third places) of OG-2012, ChE-2012, WC-2012 are given in table 2. These data permitted to establish the following: the highest effectiveness indicator was observed at ChE-2012; it was 5.6 points per one person with efficiency of 61%; at OG – 2012, effectiveness was 3.2 points per one person and efficiency – 56%; at WC-2012, effectiveness was 3 points per a person and efficiency- 59%.

Table 2

*Effectiveness and efficiency of wrestlers-winners' attacks in final fights (for the 1<sup>st</sup> and 3<sup>rd</sup> places)*

International competitions		OG-2012		ChE-2012		WC-2012		X av. By weight groups	
Weight categories		Efficiency. (%)	Effective-ness (points)	Efficiency. (%)	Effective-ness (points)	Efficiency. (%)	Effective-ness (points)	Efficiency. (%)	Effective-ness (points)
Light weight group	55 kg	47 %	3.33	89%	6	67%	1.5	57%	4
	60 kg	78 %	8.33	36%	3.33	50%	1.5		
Medium weight group	66 кг	86 %	3	47 %	6	40 %	3	53 %	3.4
	74 kg	60 %	2	55 %	3.67	67 %	3.5		
	84 lg	31 %	1.33	57 %	6.67	75 %	1.5		
Heavy weight group	96 кг	63 %	2.67	100 %	5.33	57 %	6.33	71 %	4.6
	120 kg	57 %	1.67	67 %	8	75 %	3.5		
X av.		56 %	3.3	61 %	5.6	60 %	3	59 %	4

Table 3

*Attack and successful attack intervals of wrestlers-winners at international competitions*

Competitions	Weight groups	First period Attack interval/ Successful attack interval	Second period Attack interval/ Successful attack interval	Third period Attack interval/ Successful attack interval
ChE-2012	Light	80 / 120	103 / 120	48 / 96
OG-2012		66 / 102	80 / 120	60 / 120
WC-2012		120 / 120	96 / 120	90 / 120
X av.by periods		89 / 114	93 / 120	66 / 112
ChE-2012	Medium	57 / 108	83 / 98	60 / 72
OG-2012		60 / 107	120 / 120	40 / 60
WC-2012		72 / 103	90 / 103	60 / 120
X av.by periods		63 / 106	98 / 107	53 / 84
ChE-2012	Heavy	80 / 90	45 / 65	---
OG-2012		80 / 120	120 / 120	90 / 120
WC-2012		90 / 95	53 / 80	120 / 120
X av.by periods		83 / 101	73 / 88	105 / 120

Analysis of wrestlers' competition techniques by weight groups showed the following; heavy weight wrestlers manifested the most effective attacks – 4.6 points, with efficiency of 71%; light weight groups: effectiveness – 4 points per a person and efficiency 57%. Effectiveness of medium weight group wrestlers was 3.4 points, with efficiency of 53%.

By means of analysis of competition techniques it was established that in total sum of competition techniques attacks dominate; fight are carried out at permanent rapid rate, techniques are fulfilled after preliminary preparation and only, is a sportsman is sure that the technique will be executed.

From table 3 it is seen that attack intervals of light and medium weight wrestlers-winners shorten in the third period, i.e. the quantity of technique attempts increases; the time of successful attack also reduces and the quantity of successful technique attempts increases. For heavy weight wrestlers intervals of attack and successful attack shorten in the second period, but increases in the third period again. This is explained by the fact that heavy weight wrestlers try to gain advantage (win) during two periods, but if they have to fight in the third period, the quantity of attacks reduces as well as the rate of the fight. So, at ChE there was no fight of heavy weight wrestlers for the 1<sup>st</sup> and 3<sup>rd</sup> places with duration of three periods.

Wrestlers of high qualification have high effectiveness of techniques' execution during the whole fight (during three periods): at ChE-2012 high effectiveness of techniques execution was observed in the second and third periods. At OG-2012 they were in the first and third periods, while at WC-2012 – in the first and second periods.

**Summary.**

It has been determined that final part of competition, which is characterized by effectiveness, efficiency, quantity of attacks and successful attacks, technical arsenal, is the most informative for evaluation of highly qualified wrestlers' technique & tactic capabilities.

The study of techniques at international competitions permitted to determine technical action, which are used efficiently by highly qualified Graeco-Roman style wrestlers: rolling turnovers; back waist and reverse waist throws; creeping turnovers; retention holds; counter techniques in standing and low positions; transfers; twisting, sub turn and arch throws; knocking downs; pushing out of mat.

On the base of analysis of highly qualified Graeco-Roman style wrestlers' competition activity it was determined that techniques are executed both in standing position – 49 techniques (46%) and in low position – 58 techniques (54%). It is also necessary to note that at ChE-2012 wrestlers-winners executed techniques more often (50 times) than at OG-2012 (30 times) and WC-2012 (31 times).

Analysis of attacks dynamic showed light and medium weight wrestlers carry out greater quantity of attacks and successful attacks by the end of fight and heavy weight wrestlers carry out the fewer number of them.

It has been found out that the wrestlers' physical preparedness level shall permit to conduct fight at a rapid rate, using feints, holds, spurts, shvungs and during every fight period make 1-2 real attempts to carry out techniques.

The study of Graeco-Roman style wrestlers' participations in Olympic Games 2012, Championship of Europe 2012 and "World Cup" 2012 permits to come to conclusion that no matter what level of technical preparedness could be, how effective technique could be at a wrestler's disposal, its execution is impossible without appropriate tactic preparedness.

The further researches will be oriented to determination of correlative interconnection of technique & tactic preparedness and special physical capabilities of Graeco-Roman style wrestlers.

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