

## COMPARATIVE ANALYSIS OF TECHNICAL AND TACTICAL PREPAREDNESS GRECO-ROMAN STYLE WRESTLER AT THE OLYMPIC GAMES-2008 AND THE OLYMPIC GAMES-2012

Tropin Y.M.

Kharkov state academy of physical culture

**Annotation.** The aim is to test preparedness of Greco-Roman style wrestlers. It is analysed battles of 41 wrestlers conqueror of the finals of the competition. Found that competition on the world stage in the Greco-Roman wrestling is high, the leader is constantly changing. It was determined that the effectiveness of the use of technology at the Olympic Games in 2008 is significantly higher (26%) than in the Olympic Games in 2012 revealed three weight groups: small (55 kg, 60 kg), medium (66 kg, 74 kg, 84 kg), heavy (96 kg, 120 kg). Found that in the Greco-Roman tendency to simplify the technology, increase the intensity of the match. It was revealed that at the Olympics in 2008 the performance indicator is higher than at the Olympic Games in 2012 in all weight groups. Found that the most informative for evaluating the technical and tactical capabilities fighters carries the final part of the competition, which is determined by the efficiency, effectiveness, technical arsenal.

**Keywords:** Olympics, technical and tactical preparedness, comparative analysis, effectiveness, efficiency, weight groups.

### Introduction

The policy of International Olympic Committee, which is oriented on increase of show character of competitions, is realized, concerning sports wrestling, by appropriate changes of competition rules [3, 5]. In spite of presence of large quantity of wrestling's kinds the special importance of Graeco-Roman wrestling for Olympic movement is stressed.

With every passing year the competition for prize places is becoming more acute at international competitions on Graeco-Roman wrestling. It is connected with constantly growing competitiveness on the base of science and technical achievements' introduction into training process and with perfection of sportsmen's training methodics [7-12].

Analyzing the trend of wrestling development for the last years, most specialists agree in the fact that for the development of sports wrestling, as an element of Olympic Games inclusive, it is necessary to make an effort for increasing of efficiency of wrestling duels with maintaining of wrestling high intensity during the whole period of fight [2, 4].

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

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

*The purpose of the research:* to carry out comparative analysis of technical and tactic level of Graeco-Roman style sportsmen's preparedness at Olympic Games 2008 and 2012;

*The tasks of the work:*

- to carry out analysis of competition activity of wrestlers at Olympic Games 2008 and 2012;
- to determine the wrestlers' technical and tactic level preparedness at Olympic Games 2008 and 2012;
- to reveal the differences in different weight categories wrestlers' technical and tactic level preparedness at wrestlers' technical and tactic level preparedness

*The results of the researches.* We carried out pedagogical observations of competition activity of highly qualified sportsmen. The objects of the observations were competitions in Graeco-Roman wrestling: Olympic Games (OG) 2008 and Olympic Games 2012; 41 fights of wrestlers- competitions' finalists were analyzed (struggle for the first and third places).

Table 1

*Countries that won medals at Olympic Games (OG)-2008 and OG-2012*

Countries	The quantity of won medals at OG					
	OG - 2008 r.			OG – 2012 r.		
	Gold	Silver	Bronze	Gold	Silver	Bronze
Russia	3	1		2	1	2
Iran				3		
Cuba	1			1		
France	1		1			1
Georgia	1				1	1
S. Korea			1	1		
Italy	1					
Azerbaijan		2			1	
Kyrgyzstan		1	1			
Hungary		1			1	1

Armenia			2		1	1
China		1				
Germany		1				
Egypt					1	
Estonia					1	
Kazakhstan			2			1
Sweden			1			2
Lithuania			1			1
Turkey			1			1
Ukraine			1			
USA			1			
Byelorussia			1			
Bulgaria			1			
Japan						1
Poland						1

The data, presented in table 1 show that international competitiveness in Graeco-Roman wrestling is rather high, leader is changed by leader both concerning sportsmen and the countries-participants. So, at OG-2008 Combined team of Iran had no gold, but at OG-2012 – it received 3 gold medals and the team took first place in unofficial medal rating.

Analysis of technical arsenal of wrestlers' competition activity permits to mark out 12 main technical actions, which were used at OG-2008 the most often: splash turnovers – 11 times (22%), reverse belt turnovers – 6 (12%), back belt throws – 7 (14%), reverse belt throws – 5 (10%), run turnovers – 2(4%), counter-technique in low position – 7(14%), holding on “bridge” – 4(8%), spurt and plunge shifts – 1(2%), half-turn throws – 1 (2%), knock down by body – 1(2%), pushing out of mat – 2(4%), counter techniques in upright position – 3 (6%). Wrestlers-winners at OG-2012 used 9 technical actions: splash turnovers- 8 times (28%), back belt throws– 4(14%), counter-technique in low position – 2(7%), holding on “bridge” – 1 (3%), spurt and plunge shifts – 1 (3%), twisting throws – 2 (7%), knock down by body – 4 (14%), pushing out of mat – 5 (17%), counter techniques in upright position – 2 times (7%) (see table 2).

The obtained results permitted to state that at OG-2012 wrestlers did not use back belt throws and turnovers, turnovers with “key” hold. It is explained by some corrections which were introduced in the rules of competitions: when taking low position, at the end of the period, wrestler is not obliged to fulfilled hold on reverse belt; only one wrestler takes low position, while earlier the wrestlers took this position in turn in every period; when receiving points in upright position, the wrestler shall not be put in low position, but continue fight in upright posture. At OG-2012 wrestlers used oftener simple one-point techniques; pushing out of mat and knocking down by body.

On the base of analysis of competition activity of highly qualified Graeco-Roman wrestlers it was determined that at OG-2008 wrestlers-winners carried out more technical actions in low position – 42 techniques (84%), than in upright postures – 8 techniques (16%). While at OG-2012 the wrestlers fulfilled approximately the same quantity of technical actions: in upright posture – 14 techniques (48%) and in low position – 15 techniques (52%).

As it is known, the wrestler of “conventionally” light, middle 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: small (55 kg, 60 kg); middle (66 kg, 74 kg); heavy (96 kg, 120 kg).

The fulfilled analysis shows that at OG-2012 wrestlers-winners used approximately equal quantity of technical actions in all weight categories: in small weight category – 10 techniques (35%), in middle weight category – 10 techniques (35%) and in heavy category – 8 techniques (30%). At OG-2008 wrestlers-winners fulfilled different quantity of technical; actions in different weight categories: in small weight category – 18 techniques (36%), in middle weight category – 21 techniques (42%) and in heavy category – 11 techniques (22%) (see table 2). It should be noted that at OG-2012 there was one fight, won pre-term, while at OG-2008 there was no “clean sweeps”.

Table 2

*Analysis of techniques' efficiency at OG-2008 and OG-2012*

Competitions Techniques/ weight groups	OG- 2008 г.					OG– 2012 г.				
	small	middle	heavy	Σ	%	small	middle	heavy	Σ	%
Low position:	5	3	3	11	22	3	2	3	8	28
1.Splash overturn										
2.Back belt overturn	2	3	1	6	12					
3.Back belt throws	1	4	2	7	14		4		4	14
4.Reverse belt throws	1	4		5	10					
5.Run overturns	1		1	2	4					
6.Counter-techniques	2	2	3	7	14	1		1	2	7
7.Holds	3	1		4	8			1	1	3

Total in low position:	15	17	10	42	84	4	6	5	15	52
Upright posture:		1		1	2	1			1	3
8.Shifts						1	1		2	7
9.Twisting throws										
10.Half turn throws	1			1	2					
11.Knock down by pushing	1			1	2	2	2		4	14
12.Pushing out of mat		1	1	2	4	1		4	5	17
13.Counter-techniques	1	2		3	6	1	1		2	7
Total in posture:	3	4	1	8	16	6	4	4	14	48
Total in posture and in low position:	18	21	11	50	100	10	10	8	28	100
%	36	42	22	100		35	35	30	100	

Effectiveness and efficiency of the used techniques [7,8,9] are very important indicators. These indicators for wrestlers-winners (finalists and striving to third places) are presented in table 3.

Table 3

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

Competitions		OG- 2008 r.				OG- 2012 r.			
Weight categories		Effectiveness (%)	Efficiency (points)	X avr. Be weight categories (effectiveness/ efficiency)		Effectiveness (%)	Efficiency (points)	X avr. Be weight categories (effectiveness/ efficiency)	
Small weight group	55 кг	56%	5,67	57%	6,8	47%	3,33	58%	5,8
	60 кг	59%	8			78%	8,33		
Middle weight group	66 кг	84%	6	79%	5,8	86%	3	52%	2,1
	74 кг	71%	5,33			60%	2		
	84 кг	80%	6			31%	1,33		
Heavy weight group	96 кг	70%	6	58%	4,8	63%	2,67	60%	2,2
	120 кг	50%	3,33			57%	1,67		
X avr.		66%	5,8	66%	5,8	56%	3,4	56%	3,4

The data, given in table 3, permitted to establish that indicator of efficiency is higher at OG-2008, it was 5.8 points per one sportsman, with effectiveness 66%; at OG-2012 the efficiency was 3.4 points per one man and effectiveness – 56%.

Analysis of competition activity of wrestlers by weight categories showed the following: at OG-2008 the most efficient attacking actions were fulfilled by wrestlers of small weight category – 6.8 points per one man with effectiveness of 57%; then, in middle weight category the efficiency was 5.8 points per one man, effectiveness 79% and in heavy weight category efficiency was 4.8 points per one man with effectiveness of 58%. At OG-2012 the highest indicator was at small weight category, it was 5.8 points per one man and efficiency – 58%; in heavy weight category efficiency was 2.2 points per one man, with effectiveness of 60% and in middle weight category efficiency was 2.1 points per one man and the effectiveness – 52%.

### Summary

It has been determined that final part of competitions, which is determined by efficiency and effectiveness, by technical arsenal, is the most informative with evaluation of technical-tactic abilities of highly qualified wrestlers.

On the base of analysis of highly qualified Graeco-Roman wrestlers' competition activity it was determined that effectiveness of the used techniques at OG-2008 was much higher (by 26%) than at OG-2012.

It was found that at OG-2008 effectiveness indicator was higher than at OG-2012 in all weight groups. It witnesses that highly qualified wrestlers started using of simple technical actions: splash turnover, pushing out of mat, knocking down by pushing.

In competition fights at OG-2008 and OG-2012 the wrestlers manifested high efficiency and effectiveness of technical-tactic actions during all period of duel, achieving the highest results exactly in the most important periods of competitions, in spite of acute conflict situations, tiredness and other upsetting factors.

The review of Graeco-Roman wrestlers' performances at Olympic Games 2008 and Olympic Games 2012 permits to make conclusion that no matter how the level of technical preparedness is, how efficient technique is used by a wrestler, it is impossible to apply any technique without appropriate tactical preparedness.

*The further researches* will be oriented on analysis of Graeco-Roman wrestling combined team of Ukraine performance at Olympic Games 2012 in London.

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**Information about the author**

**Tropin Y. N.:** tropin.yurij.82@mail.ru; Kharkov State Academy of Physical Culture; Klochkovskaya str. 99, Kharkov, 61022, Ukraine

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**Cite this article as:** Tropin Y.M. Comparative analysis of technical and tactical preparedness Greco-Roman style wrestler at the Olympic Games-2008 and the Olympic Games-2012. *Physical education of students*, 2013, vol.4, pp. 92-96. doi:10.6084/m9.figshare.663629

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Received: 30.03.2013  
Published: 01.05.2013