

Increasing the Reliability of the Competitive Activity of Highly Qualified Wrestlers

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ABSTRACT

The paper deals with the issues of improving the reliability of the competitive activity of highly qualified wrestlers. Various methods for improving the technical and tactical actions of wrestlers used in competitive fights are proposed. The article is intended for coaches working with highly qualified athletes in various types of wrestling.

Keywords:

Competition, wrestlers, technique, tactics, reliability of competitive activity

Introduction. Management of competitive activities includes the development of a plan for upcoming competitive fights and control over their implementation. When developing a plan for an upcoming fight, the coach must have information about the opponent in order to determine the most effective tactical actions of the student to achieve victory over the opponent. Control and subsequent analysis of competitive activity allow to identify strengths and weaknesses in the preparation of a particular athlete. This information is necessary to make adjustments to the training process. Methods for studying sports technique include a variety of ways to register the characteristics of movements of a kinematic and dynamic nature, making it possible to analytically highlight the elements of movements (phases, joint movements). In order to convey the external picture of the athlete's movements and to determine the level of preparedness of wrestlers with the help of SD indicators, the method of shorthand wrestling matches using special symbols is used.

Research methods. All indicators of wrestlers' technical and tactical readiness are developed

taking into account the current classification (1, 2) and determine the following criteria: a) the effectiveness of attacking and defensive actions; b) the activity of defensive and attacking actions; c) volume of attacking and defensive actions; d) variety of attacking and defensive actions.

In the event that the goal of training an athlete is to successfully participate in major competitions, such as the world and Asian championships, then the TTP indicators should be determined by analyzing the protocols of the fights of these competitions, focusing on fights with highly qualified wrestlers. Thus, we note that the target tasks of the sports training program determine the nature and level of the estimated indicators. Recently, the term "technical-tactical mastery" has been widely used in the practice of wrestling and in the literature. Under the technique of wrestling in the narrow sense of the word, they understand the most rational ways of performing the actions of a wrestler that bring victory. At the same time, the basis of the technique is made up of movements based on biomechanical and physiological patterns inherent in all wrestlers, regardless of their individual characteristics.

Tactics in sports is understood as a set of forms and methods for achieving a high sports result and defeating an opponent. Tactics consists of a complex of factors: the use of the strengths of one's preparedness and the shortcomings of the enemy, the individual characteristics of possession of equipment, misleading the enemy with distracting actions, the use of effective methods at favorable moments of the fight, the ability to spend energy economically, clearly implement possibilities determined by the rules, the area of the carpet, their morphological and physiological data, etc. (3, 4, 6, 7,8).

Results. In the types of martial arts, especially in wrestling, technique and tactics are in such an inseparable connection that some experts, when considering a wrestler's movements in a differentiated way, disagree on which actions are considered technical and which are tactical. In reality, they constitute a dialectical unity (5, 6).

At the beginning of the development of wrestling, depending on the technique used by the wrestlers, rules were created that determined the technical and tactical actions. Thus, different types of struggle arose. In the future, the rules have already changed for each type of wrestling. With their help, they sought to limit some actions and encourage others. Depending on the quantity and quality of the applied technical and tactical actions, they tried to change the rules in such a way as to influence the type of wrestling, improve its sporting and spectacular character.

High-class wrestlers can always optimally use technical and tactical actions, depending on the changing rules. It can be assumed what effect the new rules will have on the skill of the leading wrestlers: they will increase their ability to apply predominantly attacking actions, effective techniques, real defensive and counterattacking actions.

The system of sports training of high-class masters requires strict compliance of the technical and tactical actions performed with the individual characteristics of the wrestler. The structure of technical and tactical actions must exactly correspond to its morphological

features, physical development, functional features, psychological readiness.

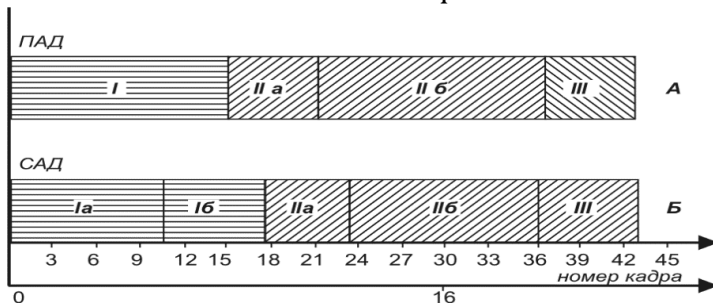
Scientific research in the field of sports morphology has established that wrestlers with certain total dimensions and body proportions are more successful in using certain techniques (6). For example, the longer the forearm, the less the relative strength of the flexor and extensor muscles. The longer the hip and leg, the greater the absolute strength of the hip flexor and extensor muscles and the less the relative strength.

In this regard, lifts are probably easier for wrestlers with shorter limbs, since the effect of work in this case depends on the magnitude of the relative strength. It is more convenient for wrestlers with long limbs to apply techniques related to actions without taking the opponent off the mat, using the conditions of unstable equilibrium (favorable dynamic situation). In addition, long limbs provide a gain in path and speed. At the same time, technical and technical capabilities are also associated with the individual characteristics of strength training. Thus, wrestlers with well-developed back extensor muscles and relatively high stature can perform technical actions with the opponent breaking away from the mat.

When constructing the model characteristics of tactical training, one should more clearly identify the optimal tactical and technical solutions that can be used in the most extreme situations of sports competitions. So, for example, in wrestling we carried out studies of the rhythmic-tempo structure of wrestling techniques. The following was revealed: rational technique is based on biomechanical patterns, namely the rhythmic characteristics of attacking actions. Rhythm-tempo analysis of special filming material of simple (PAD) and complex attacking actions (MAD) revealed their significant differences. PAD - a simple attacking action - is performed within the main structure of a technical action (reception), and SAD - a complex technical action (reception) - is performed with some kind of preparatory action or method of tactical preparation of an attack, which is a connecting element between the main parts of the movement.

The analysis of the technique of throwing a deflection by the method of PAD and SBP in the same athletes revealed significant differences in the rhythm-tempo structure of the techniques (Fig. 1).

Fig.1. Differences in the rhythmic-tempo structure of techniques.



The time phases when performing a throw with a deflection depend on the direction of the preparatory action. If the preparatory action is directed along the movement of the throw, then the time of the main phase is reduced. (Fig. 1) The preparatory action of the throw, which creates a «dead spot» of the opponent, forms a completely different rhythm of the throw with a deflection.

All this must be taken into account when developing the model characteristics of the technical and tactical training of an athlete.

Discussion. Until now, there is no consensus on the minimum of attacking technical and tactical actions that a highly qualified wrestler should have. There was a period when outstanding wrestlers mastered one “crown” technique and successfully applied it. However, such tactics continued to be improved and enriched with various tactical actions. The “crown” technique began to be carried out from different initial (starting) positions with different grips and after various methods of tactical preparation. Some wrestlers developed about 30 methods of tactical actions, always ending with one “crown” technique. At the same time, outstanding wrestlers began to appear, having mastered several options for successfully completing an attack. Such wrestlers in competitions were usually awarded prizes for the best technique. However, the growth of competition at major competitions contributed to the fact that high-

class wrestlers, while maintaining their “crown” technique among the technical and tactical actions, expanded their tactical capabilities. Some wrestlers mastered two, and sometimes three «crown» techniques.

Studies of modern wrestling techniques have shown that outstanding wrestlers use 16-20 variants of various attacking technical and tactical actions during one competition. In addition, the strongest wrestlers attack quite effectively and reliably. Only when the attack is well prepared tactically do they use maximum strength and speed. Applying tactical actions that do not require much effort, they save strength and remain operational until the end of the fight. More than 50% of attacking actions are evaluated by their judges as an advantage.

The most important tactical action is the threat of attack with the help of deceptive movements. The ratio of real attacking actions to deceptive attacking movements of 1:2 gives an attack probability with a coefficient of 0.5. Such a probability is more difficult for the enemy to recognize and it is difficult for him to defend himself against a real attack.

Sports practice has developed attacking, defensive and counterattacking structures of technical and tactical actions. About 400 variants of techniques are registered at the largest competitions. The modern level of development of wrestling requires that the wrestler master all types of technical and tactical actions, be able to apply them and combine them expediently. However, attacking technical and tactical actions are the main ones, as they are connected with the nature of sports wrestling.

Offensive tactics are a sure way to win, as they are more in line with modern rules and refereeing style in major competitions. The best fighters in the world are athletes of a pronounced offensive style.

Offensive tactics require high activity from a wrestler, however, this requires excellent functional and psychological readiness, the ability to apply various options for technical and tactical actions of a combination style, alternating continuous deceptive and attacking actions with episodic spurt attacks.

Wrestlers who have little command of technical and tactical actions usually perform disadvantageous, irrational techniques, designed mainly to overcome the resistance of their opponent. Such actions bring success only if the attacker has the advantage in strength.

An analysis of the structure of the attacking actions of the wrestlers showed the presence of a movement mechanism that causes a pair of forces to overturn the opponent with his back down in eight directions around various axes of his body at an angle from 90° to 270°. When attacking with a throw, a pair of forces should be created by two active movements directed in different directions and applied above and below the common center of gravity of the body, in connection with which the opponent's body turns around instantaneous centers of rotation. When attacking by stalling and overturning, a pair of forces is created by one active force, and the other passive, formed by the reaction of the support and the friction force, the body of the enemy overturns around the axes located at the points of contact of the enemy with the carpet.

Findings. Thus, the general tactical background of the competition, the tactics of a separate fight and the entire competition as a whole should be carried out taking into account the superior qualities of the wrestler, which should compensate for the insufficient development of other qualities of the wrestler. The highest sportsmanship requires continuous improvement of technical and tactical readiness. Practice has shown that many wrestlers successfully perform at major competitions no more than 1-2 times. This is usually due to the fact that the growth of their technical and tactical skills has stopped. Sportsmanship in wrestling must be continuously updated and improved. Usually, high-class wrestlers possess some hypertrophically developed qualities of preparedness, due to which they achieve victory. These individual features of the wrestlers should be taken into account and technical and tactical attacking actions should be built with the best possible use of them. Developing and improving the structure of the

attacking action, it is necessary to give these qualities a dominant role in the structure of the attack.

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