



Proposals for the edition of the federal standard of sports training for the sport «Wrestling»

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Abstract

Objective of the study was to present recommendations on the revision of the Federal Standard of Sports Training for the sport «Wrestling».

Methods and structure of the study. The work analyzed the content of the federal standard of sports training for the sport «wrestling» (order of the Ministry of Sports of the Russian Federation dated November 30, 2022 No. 1091).

Results and conclusions. The analysis showed that the Standard needs to be finalized in accordance with the requirements of the theory and practice of training athletes in the following areas: first - the unification of types of sports training in the structure of the educational and training process, their volume and dynamics at the stages of sports training, second - standards for monitoring the level of special physical preparedness.

Keywords: *federal standard, wrestling, types of training, physical fitness standards.*

Introduction. Federal standard of sports training by type of sport «wrestling» (order of the Ministry of Sports of the Russian Federation dated November 30, 2022 No. 1091) (hereinafter referred to as the Standard) defines: requirements for the structure and content of approximate additional educational programs for sports training, including their theoretical and practical sections in relation to to each stage of sports training; physical fitness standards and other sports standards taking into account age and gender; requirements for the participation of persons undergoing sports training and those carrying it out in sports competitions; requirements for the results of sports training in relation to the stages of sports training; features of sports training in individual sports disciplines of the sport «wrestling».

Familiarization with the Standard made it possible to identify fundamental contradictions and inconsistencies between its content and the system of training athletes [3, 4, 5], firstly, in the ratio and

combination of types of training at the stages of long-term training (Appendix No. 5); secondly, most tests for monitoring the level of special physical fitness of Appendix No. 6-9 of the federal standard are only partially suitable (physical qualities are tested selectively and do not reflect the specifics of competitive activity) for monitoring the level of general physical fitness.

From the above it follows that the Federal standard of sports training for the sport «wrestling» needs to be finalized in accordance with the requirements of the theory and practice of training athletes, as well as the specifics of the sport, which is an urgent task for children's and youth sports and elite sports [3, 4, 6].

Objective of the study was to present recommendations on the edition of the Federal Standard of Sports Training for the sport «Wrestling».

Methods and structure of the study. The study was carried out in two stages. At the first stage, the



works of the founders of sports science were studied and the best practices of coaches specializing in wrestling were summarized. At the second stage, an analysis of the Federal standard of sports training for the sport «wrestling» was carried out and recommendations for its correction were developed.

Results of the study and discussion. Having studied the contents of the Standard, we will focus on the three most important aspects that, in our opinion, require revision.

First of all. Combining types of sports training in the structure of the educational and training process at the stages of sports training. In the federal standard, types of training are identified and arranged into four groups as follows (Appendix No. 5): general physical training; special physical training; technical training; tactical, theoretical and psychological preparation, indicating the percentage of each group from the total volume of sports activities.

When planning and implementing the training of athletes, leading practitioners use the terms «technical-tactical skill», «technical-tactical training», «technical-tactical action», which indicates the close relationship between technology and tactics of the sport and implies the inextricable improvement of these two types of training.

The opinions of leading modern scientists also agree that in the system of sports training, tactical training should be considered with technical training as a single subsystem. So L.P. Matveev states that sports technique represents more or less perfect ways of performing competitive actions, and sports tactics is a form of combining the entire set of these actions in the process of achieving a competitive goal. This explains the close relationship between the technical and tactical training of an athlete, which can be separated only conditionally [3]. In the works of Yu.A. Shakhmuradov gives the following definition of a wrestler's tactics – «methods of implementing specific actions, methods of conducting a separate fight, methods of conducting the competition as a whole» [6]. Speaking about the tactics of a wrestler, we can highlight the main idea of O.G. Izhevskiy: tactics are closely intertwined and directly depend on the technical readiness of both the athlete himself and the capabilities of the opponent [1].

From the above it follows that technical actions (techniques) should be improved inextricably with the methods of their implementation, even at the

early stages of sports specialization, and then they are transformed into technical and tactical actions that the athlete will use in competition conditions.

V.N. Platonov also points out the deep relationship between technical and tactical training, noting that the level of tactical preparedness of athletes depends on their mastery of the means of sports tactics (techniques and methods of their implementation), its types (offensive, defensive, counterattacking) and forms (individual, group, team) [4]. The same idea is confirmed by the authors: Zh.K. Kholodov, V.S. Kuznetsov, stating that tactical preparedness is closely related to the use of various technical techniques, methods of their implementation, the choice of offensive, defensive, counterattack tactics and its forms (individual, group or team) [5].

Thus, the opinions of leading scientists and practitioners agree that when training athletes, it is not advisable to improve technique in isolation from tactics, therefore, in the federal standard it would be correct to combine these types of training into one.

Secondly. The volume and dynamics of types of training (special physical and technical) in the structure of the educational and training process at the stages of sports training.

In the federal standard (Appendix No. 5), only 6% of the time is allocated for technical training at the stage of initial training (the first four years of preparation), from 10% to 15% - at the stage of sports specialization (the next 3-4 years of preparation), 14% - at the stage of improving sportsmanship, from 12% to 14% - at the stage of higher sportsmanship. Scientific knowledge and experience in training athletes in sports with a large volume of techniques and actions (sports games, martial arts, complex coordination sports) shows that significantly more time is devoted to improving technical and tactical skills than is allocated by the standard.

From Appendix No. 5 of the standard it is clear that the volume of special physical training (20% in the first year of training) at the initial stage of training is greater than at the educational training stage (16% in the fifth year of training), and is equal to the volume at the stage of improving sportsmanship, which contradicts the system of training athletes.

Below we present the opinion of L.P. Matveev regarding the first two stages of preparation. At the initial training stage, classes are structured mainly according to the type of broad general physical training



with the integrated use of available means of comprehensive physical education and general «sports education». Best practice shows that one should not rush into a narrow focus on sporting interests at this stage. The main place in the content of training with the beginning of sports specialization continues to be occupied by broad general training; special training is also carried out using a wide range of special preparatory exercises, a large place among which is given to exercises aimed at systematically forming the fundamentals of the technique of the chosen sport [3].

Third. Standards for monitoring the level of special physical preparedness (SPP). Firstly, the standards from the Standard do not reflect the specifics of the sport; they are the same for freestyle and Greco-Roman wrestling. Secondly, these standards mainly evaluate only strength abilities and do not evaluate special speed, special flexibility, special agility and special endurance, which determine the success of competitive activity. Thirdly, it is not clear by what criterion the standards for monitoring general and special physical fitness are divided. So, for example, the standard «standing long jump with a push with two legs» refers to the standards for monitoring general physical fitness (GPP), and the standards «standing high jump» and «triple jump from standing» - to the standards for monitoring special physical fitness. Or the standard «flexion and extension of the arms in a prone position» is used as a standard for controlling general physical fitness, and the standard «flexion and extension of the arms in an emphasis position on the uneven bars» is used as a SPP. In our work [2], we developed tests for monitoring the special SFP of wrestlers, which take into

account the specifics of competitive activity in free-style wrestling and correlate with its success.

Conclusions. The federal standard of sports training for the sport «wrestling» requires modification in accordance with the requirements of the theory and practice of training athletes in the following areas: first - the unification of types of sports training in the structure of the educational and training process, their volume and dynamics at the stages of sports training, second - standards for monitoring the level of special physical fitness.

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