

The specifics of technical and tactical training of elite level wrestlers

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Abstract

Objective of the study – is to identify the specific features of the technical and tactical readiness of elite-level wrestlers. For this purpose, an analysis of the universal principles that guide these athletes during competitive fights was carried out.

Methods and structure of the study. Within the framework of the research, an integrated approach was applied, including the study of specialized literature, pedagogical observation of the training and competitive process, video analysis of duels and systematization of best practices in the field of sports practice.

Results and conclusions. The competitive activity of freestyle wrestlers at the Olympic Games was studied, starting with the 1996 Atlanta Olympics and ending with the 2024 Paris Games. The information from scientific publications, the results of pedagogical observations and the experience of leading experts are summarized. This made it possible to establish general trends in the conduct of a duel and, consequently, to determine the characteristic features of the technical and tactical preparedness of wrestlers of the highest athletic skill.

Keywords: *technical and tactical readiness, elite-level wrestlers, analysis of universal principles, competitive fights, competitive process, Olympic Games, characteristic features of wrestler training.*

Introduction. It is known that in modern sports, only a gifted athlete can achieve high international results, and his giftedness, i.e. natural inclinations, abilities and features must adequately meet the requirements of modern competitive activity in his chosen sport [2, 5, 7].

At the same time, in martial arts, and especially in wrestling, the compensatory factor is essential, when some qualities can be compensated for by others within certain limits, and individual individual shortcomings can be leveled [6, 8]. In accordance with this, an individual style of confrontation and key technical and tactical actions (TTD) are formed. Each high-class wrestler conducts successful fights strictly in his own (individual) style of confrontation, which is the basis of his successful competitive activity in general. [2, 5, 6, 8].

Nevertheless, it is important to identify the general patterns of competitive wrestling that are common to

all high-class wrestlers, regardless of weight class and individual characteristics. In order to optimize training activities, the coach needs to clearly understand these general patterns, since the consequences of them determine the features of technical and tactical preparedness of wrestlers. These features, in turn, determine the entire long-term system of athletes' training. These circumstances determine the relevance of this work.

Objective of the study – is to identify the specific features of the technical and tactical readiness of elite-level wrestlers. For this purpose, an analysis of the universal principles that guide these athletes during competitive fights was carried out.

Methods and structure of the study. The following methods were used in the scientific work: analysis of scientific and methodological literature, pedagogical observation, generalization of best practices in sports practice, video analysis of competitive activities.



The study was conducted in two stages. At the first stage, modern scientific and methodological literature was studied, the best practices of coaches specializing in wrestling (the discipline is freestyle wrestling) were summarized, and a video analysis of competitive duels at the Olympics was conducted, starting with Atlanta (1996) and ending with Paris (2024). At the second stage, general patterns of competitive dueling by high-class wrestlers were identified, and the specifics of their technical and tactical preparedness have been determined.

Results and conclusions. We analyzed the competitive activities of wrestlers at the Olympic Games, starting from Atlanta in 1996 and ending in Paris in 2024, summarized the data of scientific and methodological literature, pedagogical observations and best practices of specialists in freestyle wrestling [1, 3, 4, 5, 8]. This made it possible to identify the general patterns of conducting a competitive duel and, as a result, the features of the technical and tactical readiness of a high-class wrestler, which we present below.

1. A highly qualified wrestler conducts fights in an adequate stance. Adequacy means that the stance corresponds to the changing conditions of the confrontation throughout the match with increasing fatigue, which implies a reliable body position for protection and convenient for attacking and counterattacking the wrestler. The adequacy of the wrestling stance is the initial condition for the effectiveness of the confrontation and the duel as a whole. This is achieved by keeping the opponent strictly in front of him, face to face, as well as evenly distributing the weight of the wrestler over the entire foot and the corresponding position of the legs, torso and arms, which is determined by the angle at the knee, hip and elbow joints. Coaches need to pay special attention to the formation of a wrestling stance in the early stages of athletic training.

2. From the very beginning of the bout, a high-class wrestler tries to occupy the center of the mat and constantly "push" the opponent with speed and force actions, false attacks and maneuvering, while maintaining an adequate stance. This pressure is caused by the following. Firstly, when moving backwards, it is almost impossible to perform an effective face-forward attack. Secondly, the judges, as a rule, punish the wrestler for moving backwards. Thirdly, if a wrestler forces an opponent to move backwards, he practically makes it impossible for him to carry out an attack. Finally, active movement and onslaught also set a general psychological attitude towards confidence in the success

of the fight and possession of initiative, which is especially important when fighting equal opponents.

3. From the first seconds of the bout, a qualified wrestler strives to perform (impose) a comfortable grip that corresponds to his stance and intentions. The capture can be attacking (as a rule), it can be blocking, but it is almost always his capture. An opponent caught in such a grip is deprived of the opportunity to perform an attack, he first needs to free himself from the grip, and then impose his own, which requires significant additional efforts. Moreover, the time to hold one's grip is proportional to the probability of executing a real attack and maintaining an advantage. For example, if an athlete spends 60% of the time in his grip, and 40% in the opponent's grip, then he has 1.5 times more opportunities to execute an attack and not miss the opponent's attack.

4. A high-class wrestler has at least 2-3 "crown" TTDS in his arsenal with several preparations for each of them for stand-up wrestling. Moreover, these TTDS are selected so that it is possible to attack the enemy both from the right and from the left. At the same time, the attack to the right is not a mirror copy of the attack to the left, which is a consequence of the asymmetry of the wrestler's physical fitness and stance. These conditions are mandatory when selecting attacking TTDS for subsequent improvement by young athletes.

In the stalls, the athlete has at least one crown technique, preferably two or three, which are combined into bundles. However, well-known high-class athletes (Olympic champions) who practically do not perform TTD on the ground floor, but this circumstance is rather an exception to the rule. A high-class wrestler should be able to use his signature techniques in a fight with any opponent of his weight category at least 1-2 times per duel.

5. A characteristic feature of high-class wrestlers is the psychophysiological ability to fight to the "end" (before evaluation). And as the SD analysis and accumulated experience show, even in almost losing positions, high-class wrestlers, as a rule, do not give points, and sometimes even win. This is explained by the fact that in the struggle for evaluation, athletes are in a state of maximum physical and psycho-emotional stress, they spend their strength very quickly, so the opponent in these conditions may simply not have enough strength to effectively complete the TTD, or he may make a mistake due to fatigue. In the stalls, the reliability of the protection of high-class wrestlers is ensured by almost 100%. The loss of score in the



stalls for these athletes is most often associated with random factors.

6. The next distinguishing feature of a high-class wrestler is a carefully crafted attack in response (counterattack) to an opponent's attack. This is achieved by reducing the reaction time to an opponent's attack and switching from defense to attacking actions. The proportion of such TTDS in some wrestlers (depending on the style of the confrontation and individual characteristics) may exceed 50% of the total number of evaluated actions.

7. The effectiveness of wrestling in "standard positions" is another feature of the technical and tactical skills of a high-class wrestler. In each bout, wrestlers fall into certain well-defined positions and, as a rule, several times – these typical positions are commonly referred to as "standard". Of all the standard positions, we will single out two that are most common, these are the capture of the opponent's leg or legs and the capture of the head and shoulder. In these positions, a highly qualified athlete fights quite effectively both as an attacker and as an attacker.

8. The skill of pausing (fused) transition to performing TTD in the stalls after performing the action in a stand is another feature of highly qualified wrestlers. The need to form this skill is due to the fact that it is much easier to perform a technique in the stalls if it is started even when the opponent is transferred to the stalls (without a pause), when he is not ready to defend.

Conclusions. Based on the analysis of competitive activity and generalization of data from scientific and methodological literature and best practices in sports practice in wrestling, the general patterns of conducting a competitive duel and, as a result, the features of technical and tactical preparedness of a high-class wrestler have been identified. In the future, these data should form the basis of practical recom-

mendations for coaches working with both the sports reserve and qualified athletes.

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