



Theoretical substantiation of the methodology of technical and tactical training of qualified freestyle wrestlers

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Abstract

Objective of the study is to theoretically substantiate the methodology of technical and tactical training of qualified freestyle wrestlers.

Methods and structure of the study. To substantiate the methodology of technical and tactical training, a pedagogical experiment was conducted with the participation of freestyle wrestlers, the level of sports qualification - KMS, I category, light weight category. The pedagogical experiment was conducted on the basis of the Urmarskaya Secondary School named after A. F. Fedorov in the Urmarsky district of the Chuvash Republic.

Results and conclusions. The technique was developed for wrestlers of the game style, combined fighting in order to increase the variability of the use of technical and tactical actions when exposed to disruptive factors in competitive activities. In this regard, the most important aspect of an athlete's technical fitness is the ability to combine various techniques into a rational chain of motor actions (technical and tactical complex), depending on the situation specific to a particular moment of competitive activity. A rationally constructed technical and tactical set of actions makes it possible to optimally link together consistently applied local offensive and defensive actions, which ensures the achievement of a given final result, taking into account the opponent's behavior. One of the indicators of the quality of technical and tactical training (hereinafter referred to as TTP) is their ability to master a combination style of fighting, successfully perform complex technical and tactical actions (hereinafter referred to as TTD) that require a certain amount of time for their tactical training, and are associated with the danger of losing in the opponent's retaliatory actions. Reducing the time an athlete spends on TTD preparation significantly affects the reliability of the bout result.

Keywords: *methodology, technical and tactical training, technical and tactical actions, fighting style, individualization, freestyle wrestlers.*

Introduction. The steadily increasing level of achievements in wrestling and intense competition on the world stage raise the issue of improving the quality of training of qualified athletes.

In recent years, there have been significant changes in the content of competitive wrestling, the rules of competition, and ideas about the training methods of highly qualified athletes. At the same time, a very extensive set of changes and additions to the competition rules introduced in the UWW in 2013 had a mostly positive effect, significantly increasing the activity and entertainment of wrestling matches and creating con-

ditions for wrestlers with superior technical and tactical training to demonstrate their capabilities [3, 6].

In modern wrestling, the time of the bout has been shortened, the wrestling process has become faster and more active, continuous attacking actions are encouraged, which requires wrestlers to solve tactical and technical problems as quickly as possible, using attacking combination actions. However, it is noted that the existing methodology of technical and tactical training does not sufficiently take into account the requirements of modern wrestling [2]. Timely receipt of objective and comprehensive information in the



process of competitive activity makes it possible to assess current trends and directions of technical and tactical training, taking into account regular changes in the rules of competition [1, 4, 5].

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Results of the study and discussion. To substantiate the upcoming experimental studies, an analysis of competitive activity in modern freestyle wrestling has been carried out. The latest rules have been studied, which came into force in 2019 with changes in 2022, which were approved by the United World of Wrestling (UWW). Since the share of points won when an opponent is transferred to the stalls doubles, it is concluded that the increasing role and need for further improvement of the teaching methodology for variable technical and tactical actions in the stand is increasing.

When the judge determines a passive wrestler, he is given a 30-second time interval to attack. If a passive wrestler performs a technical action, he is awarded points for this action. If an active wrestler performs a technical action, he is awarded points for this techni-

cal action, plus one point for activity. In the absence of technical actions, an active wrestler gets a point.

If a wrestler's "escape" is detected during a bout, the escaping wrestler will receive a warning, and his opponent will be awarded points for a technical action, plus one more point for the opponent's escape.

Most wrestling experts identify the 3 most pronounced styles: game, tempo, and power. In practice, wrestlers of the "game style" are more "technical" and mostly prefer combination wrestling, thereby creating a large margin of winning points. Wrestlers of the "tempo style" are usually extremely hardy and use "high tempo" in their tactics, thereby "exhausting" their opponent. Athletes of the "power style" mostly attack with "defensive" techniques, most often they finish fights ahead of schedule "on the carcass", but they are less resilient.

For wrestlers of the "game style" (relatively short and medium height), we have proposed a tactical plan model that includes attacking actions from a medium distance, leg grapples, various knocks with the hooks of the opponent's legs, hooking and tripping. In the educational and training activities of wrestlers, when improving the "combination (game) style" of fighting, it is recommended to simulate the competitive situation of wrestling matches in the following sequence:

- improve the ability to impose your own manner (style) of fighting;
- persistently implement your tactical plan;
- recognize the opponent's manner (style) of fighting, his strengths and weaknesses;
- to counter the opponent with your tactical plan aimed at neutralizing his strengths and exploiting his weaknesses.

Table 1 - Means of technical and tactical training of qualified freestyle wrestlers

1. Exercises to improve the model of the tactical plan "Gamer" (TTK1, TTK2, TTK 3, TTK 4)		
Technical element	Technical and tactical actions	
	Technical action	Tactical operation
The main provisions of the wrestler Distances Ways of movement and directions of maneuvering Captures Auxiliary elements of foot fighting	Receptions Protective actions Counter-receptions	Disclosing Bringing out of balance Threat Suddenness Re-attack Challenge Distraction Constrainment
	COMBINATIONS (VARIATIONS)	
Special game complexes		
Fights (3X3, 4x3, 6x3)		



We have developed a technique for technical and tactical training of qualified freestyle wrestlers. The technique was developed for wrestlers of the game style with a primary focus on combinational fighting.

The purpose of the methodology is to increase the variability of the application of technical and tactical actions when exposed to disruptive factors in competitive activities.

One of the first researchers of the variability of technical and tactical actions in wrestling, who substantiated the “funnel principle”, is A.A. Novikov. According to this principle, the wrestler must master a wide range of skills for entering the reception and relatively stable execution of the reception itself. The “funnel principle” makes it possible to understand the expediency of consistently complicating exercises in the preparation process: from a model version with a “convenient” partner in a favorable situation to the gradual introduction of one, two or more confusing factors with the formation of an individual performance option. When exposed to a certain confounding factor, according to the degree of deviation of skill parameters from the individual structure, it is possible to determine ways to increase the reliability of execution. Great variability is allowed in the preliminary actions (methods of tactical preparation of the reception), and the final reception should be carried out with the greatest possible accuracy.

That is, the wider the first part of the “funnel”, the more effective, reliable and stable the basic skill is. The lower the athlete’s fitness and skill, the less the variability of the approach and the less clearly the basic skill is manifested. At the same time, high-class athletes have the ability to maintain the stability of the leading parameters of technical action due to the variability of non-essential ones (Table 1). In this regard, the most important aspect of an athlete’s technical fitness is the ability to combine various techniques into a rational chain of motor actions (technical and tactical complex), depending on the situation specific to a particular moment of competitive activity. A rationally constructed technical and tactical set of actions makes it possible to optimally link together consistently applied local offensive and defensive actions, which ensures the achievement of a given final result, taking into account the opponent’s behavior.

The improvement of technical and tactical training was planned in the preparatory and competitive periods for the main part of the training session. At the same time, in the first half of the main part, individual

fragments of attacking and counterattacking actions were improved (respectively, TTK 1-4), in the second half, three-minute fights were used according to the 3x3, 4x3 or 6x3 scheme.

In the first six weeks of the pedagogical experiment, the workload was increased, and in the following weeks, the intensity was increased while the volume remained unchanged.

When improving the performance of technical and tactical actions, the kinetic energy of the attacker’s body weight was used; repeated spurt attacks with an interval of 15-25 seconds; improvement of the lever mechanism when creating a pair of forces that overturn an opponent; creation of favorable situations for launching an attack by restraining, unbalancing, false attacks and maneuvering; expansion of the variability of preliminary technical actions and stabilization of equipment performing a crown technique (a technique that has been perfected to perfection).

Here are the options for combining the “mill” technique:

1. The attacker performs a pass to the legs with his head in or out. The opponent responds with a defense by grabbing his hand by the wrist. The attacker uses this hold to continue his attack and performs a wind-mill throw.

2. The attacker attempts to make a catch throw. The opponent, defending himself, straightens up, leaning back as much as possible, and opens up. At this point, the attacker throws a mill.

3. The attacker performs a dive under the arm, trying to grab the near (opposite) thigh. The opponent defends himself by putting the attacked leg back, leaning back and leaning forward strongly, resting on his feet or knees and turning to the attacker with the other side. The attacker, using this position of the opponent, seizing the far (opposite) hip, makes a throw with a mill.

4. The attacker makes an attempt to make a mill throw. The opponent, defending himself, leans back so that it is impossible to grab his legs. The attacker moves to capture the torso from the side and performs a mill throw or transfers the opponent to the stalls.

The specialized game complexes include the following games: 1) touching a pre-determined part (point) of the partner’s body; 2) blocking grips (one of the partners, having completed a certain grip, must hold it, the other must free himself from this grip); 3) attacking grips (it is necessary to carry out one of the pre-determined grips, hold it or perform an action);



4) crowding (push out of a certain area); 5) openings (start a duel while in various poses and positions); 6) tug-of-war (in the grip of hands, objects); 7) getting ahead of yourself and fighting for an advantageous position (lying on your back, on your side, with your feet or head towards each other, kneeling, on a signal to go behind your back or put on your shoulder blades); 8) maintaining balance (in various positions to unbalance your partner); 9) lifting your opponent off the mat in various positions seizures.

Games of crowding. The basic rules of the competition are held on playgrounds (carpets) outlined in a circle with a diameter of 6, 4, 3 and in squares of 4x4, 2x2, 2x2 m, 2) everyone participates in the competition, the number of game attempts (duels) – 3, 5, 7, 3) defeat for kicking outside the square, touching the foot (hand) the features limiting the area of martial arts

The complication is to start a duel by being in different poses and positions in relation to each other.

Unusual positions: a) back to back, 6) left side to left, c) right side to right, d) left side to right, e) right side to left, f) rivals separated – met, g) one partner on his knees, the other – standing, h) both rivals on i) the opponents are lying on their backs (left side to right and vice versa), k) the opponents are standing on the bridge (left side to right and vice versa). The directions of complication of the starting positions are a) the arms are straight at the top, 6) the arms are connected in a “hook” above the head, c) the arms are straightened along the body, d) the arms are connected in a “hook” behind the back.

The options for starting fights are that the opponents touch each other, do not touch each other (a distance of up to half a meter is acceptable). The winner is the one who forced the opponent to step outside the circle (step on the line), touch a pre-specified part of the body, was behind his back, knocked to his knees.

The ways to complicate the conditions for performing techniques and actions are: 1) expanding the options for initial intermediate and final positions, preparatory actions; 2) limiting or expanding the spatial boundaries of techniques and actions; 3) limiting the time intervals of actions; 4) complicating the conditions for orientation in space and time; 5) performing techniques and actions in unusual conditions (site coverage, shape, mass and details sports equipment, time of day, climatic conditions); 6) options for resistance of a conditional opponent; 7) inadequate responses from partners.

Conclusions. Thus, the technique of technical and tactical training developed by us is intended for wrestlers of the game style, the combinational nature of the duel. The technique included technical and tactical complexes – the ability to combine various techniques into a rational chain of motor actions, depending on the situation specific to a particular moment of competitive activity and ways of complicating TTD.

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