



Achieving the best results at the games of the olympiad by elite judokas

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PhD V.D. **Timofeev**¹

V.V. Makarov¹

A.A. Brainin¹

¹Federal Training Sports Center of the Representative Teams of Russia, Moscow

Corresponding author: kng-judo@mail.ru

Abstract

Objective of the study was to conduct a comparative analysis of the achievement of the best results by judo athletes of the leading national teams at the Olympiad Games and the main competitions in the training cycle that preceded these Games, as well as to identify the information content of other indicators of the realization of the potential of national judo teams.

Methods and structure of the study. In the course of the desk analysis, professional biographies of 121 judoka athletes were studied: 63 men and 58 women, who represented the four leading national teams of Japan, Russia, Georgia and France at the 2012, 2016 and 2020 Games. The results of the performances of athletes and teams at the Games of the Olympiad were compared with the results at the main starts of the seasons in the previous training cycles: world championships, previous Games of the Olympiad, world series tournaments.

Results and conclusions. The most conservative characteristics of both men's and women's national teams that won the first team place in the Olympic tournaments are the presence of winners of the World Series tournaments (all participants), winners of the World Championships or the previous Olympiad (6-7 Olympians), world champions or Olympic champions of the previous Olympiad (2-6 Olympians). Along with this, the range of fluctuations in indicators characterizing the realization of the potential of athletes in the world's leading judo teams is assessed as high. The foregoing indicates that coaching staffs are looking for programs that allow athletes to reach their full potential at the main start of the four years.

Keywords: *achievement of the best results, Olympic Games, elite sportsmen, judo.*

Introduction. Research by L.P. Matveev [1] the statistics of achievement by highly qualified athletes of their best results in the main competitions during the year led to the creation of a classical system of periodization of sports training. After this famous work, such concepts as "training cycles", "sports uniform", "narrowing" and a number of other definitions firmly entered the sports community. The international sports environment in judo is characterized by very high competition.

Olympic champions, by definition, perform at their best in the Games of the Olympiad. Re-winning a prize at the Olympiad Games is available to a very limited circle of judo athletes [3]. As it was established earlier, the winners of the world championships have more chances for Olympic medals [2]. However, a significant number of elite judokas have reached the Olympic and

World Championship podiums on a limited number of occasions. In this regard, it is very important that the peak of their preparedness and the achievement of sports form fall on the Olympic season.

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pared with the results at the main competitions of the seasons in the previous training cycles. As you know, the main starts for national teams are the World Championships, as well as the previous Games of the Olympiad. It is also important to take into account the results of performances in World Series tournaments.

Results of the study and their discussion.

Based on the performance results at the 2012, 2014 and 2016 Olympiad Games, the *judokas of the Japanese men's national team* had the highest sports results in the main competitions (World Championships and previous Olympic Games) in the Olympic cycle compared to competitors. In the Olympic compositions of the Japanese team, 4-5 world champions (more than half of the composition) and 6-7 medalists (1-3 places) of the World Championship were declared. However, at the 2012 Olympiad Games, a problem was discovered with the realization of the highest potential of the Japanese men's national team. This was especially evident in the lost gold medals. Already at the next Games of the Olympiad, which took place in Rio de Janeiro, the Japanese team regained the first team place. Experts and spectators were especially impressed that all seven members of the Japanese national team won Olympic medals. However, not all world champions on the Japanese team were able to convert world championship gold into Olympic gold. In this regard, the number of athletes who showed their best results at the Games of the Olympiad was only 43%. At the home Olympics, the Japanese won a record four gold medals. At the same time, 71% of athletes demonstrated their best results. This performance is an absolute record. In

terms of the number of gold medals, Japan beat all other countries.

The men's judo team of Georgia at the Olympic Games in London did not include any champions, or even prize-winners of the world championships. At the next Olympiad, the composition of the Georgian team was much stronger: its participants even surpassed the Russian team, which won more gold medals at this Olympiad. However, only 14% of athletes were able to show their best results. The potential of the team was not fully realized. At the Games of the Olympiad in Tokyo, the Georgian team not only had the strongest line-up compared to other Olympiads, but was also able to increase the number of athletes who showed their best results and / or were among the winners at the Games of the Olympiad 2020. The result is positive - 2nd place in the team standings.

The Russian men's national team had the strongest line-up at the 2012 Olympiad Games compared to the line-ups at other Olympiads. At the same Games of the Olympiad, the team realized its potential in the best possible way: a significant number of athletes showed their best achievements (43% of the team), most athletes became Olympic medalists (71% of the team), many World Cup winners - team leaders became Olympic medalists (71% of the winners of the world championships). At the subsequent Games of the Olympiad, the composition of the Russian team was not as strong as at the Olympics in London. However, the Russians were inferior to the Georgian team only in terms of the number of world champions. However, in terms of the number of athletes who showed their best results and the number of medalists at the 2020 Olym-

Table 1. Comparison of data obtained by different authors

Author, publication year	Characteristics of the subjects	Indicators	Values, unit of measure
L.P. Matveev, 1964	450 highly qualified track and field athletes, weightlifters, swimmers	Achieving the best result at the main start of the season	15-25% of the total number of subjects
V.N. Platonov, 2015	Athletes of the USSR national team - participants of the 1988 Olympiad Games (all sports)	Achieving the best result at the 1988 Olympiad Games	70% of the total number of subjects
Own data (see table 3)	Judoka men from Russia (n=7) and Japan (n=14), members of the winning teams of the Olympiad Games	Achieving the best result at the Games of the Olympiad 2012-2020	43-71% of total team members
		Number of winners of the Games of the Olympiad	71-100% of total team members
Own data (see table 4)	Female judokas of Japan (n=14) and France (n=7), members of the winning teams of the Olympiad Games	Achieving the best result at the Games of the Olympiad 2012-2020	29-57% of total team members
		Number of winners of the Games of the Olympiad	43-86% of total team members



piad Games, the Russian team was inferior both to the performance of its rivals and to its own performance. In parallel with this, a deterioration in the team result was recorded from 1st place at the 2012 Olympiad Games to 8th place at the 2020 Olympiad Games.

The performance results of the *women's national judo team of Japan* are in many respects in tune with the data and repeat the trends observed in the men's team of this country. Thus, the women's judo team of Japan had the strongest composition among the teams participating in the Olympiad Games. Despite the leading position at the 2012 and 2016 Olympiad Games, not many members of the Japanese team were able to achieve their best results at the Olympiad Games. However, at the home Olympics, the Japanese women's team successfully coped with this problem.

The French women's national team had the second-best line-up in all three Olympiad games and was second only to the Japanese team. The French compete successfully with the Japanese at the Olympic Games and the World Championships, both because of the good line-up and the fact that a significant number of athletes have achieved their best results at the Olympic Games.

The women's team of Russia at the analyzed Games of the Olympiad did not have such a strong composition as the teams of Japan and France. The Russians were even more significantly inferior to the competing teams in achieving the best results in the Olympic tournaments. Nevertheless, according to the results of the team's performance at the Olympiad Games, which are characterized by a place in the

team standings, progress was found at the Olympiad Games in Tokyo.

From the data provided by other authors (see Table 1), one can see the range of the percentage of achievement of the best result in the main competitions. Contemporaries of L.P. Matveev estimated the achievement of 25% of athletes of the best results at the main start of the season as insufficient [1]. Cited by V.N. Platonov, the data on the achievement of 70% of the athletes of the USSR national team of their best results at the Olympic Games in Seoul can be considered a model level.

It should be noted that for the national judo teams that took first places in the team event at three Olympiads, this indicator, in most cases, turned out to be slightly less than the value given by V.N. Platonov. First of all, this is due to the fact that the world's leading judo teams (especially the Japanese) pay great attention to achieving the highest possible results by future members of the Olympic team at the main starts in the Olympic training cycle. A high margin of competitive reliability allows these teams to achieve victory in the team event even in a situation where many team members do not show their best achievements. Along with this, the deterioration of results at the Games of the Olympiad, in most cases, is insignificant. For example, the world champion becomes the winner of the Olympiad Games.

In this regard, the use of winning a prize at the Olympic Games as a criterion for the best result without taking into account the level of achievements at the world championships and world series tournaments significantly increases the number of athletes

Table 2. Characteristics of the problems that hinder the achievement of the best sports results at the Games of the Olympiad

Localization	Period	Practical examples
Final preparation	1-2 months	1. Insufficiently effective construction of the final training cycle. 2. Lack of programs for the prevention of emotional stress and its emergency correction during the competition.
Preparation in large cycles		1. Insufficient attention to the development of basic physical qualities (abilities). 2. Lack of individual training programs or insufficient individualization of training.
- winners of the Olympiad Games and World Championships	1-5 annual cycles ¹	1.1. Underestimation of the opponents he defeated. 1.2. Unreasonable reduction in training load.
- not winners of the Olympic Games and World Championships	one year cycle	1. The level of preparedness is not sufficient for an abrupt increase in the level of results. 2. Athletes are not motivated to win, but to participate. 3. Lack of qualified sparring.

¹from the moment of winning a prize at the World Championships or previous Games of the Olympiad or until the start at the Games of the Olympiad.



that meet this criterion. This indicator is related to the overall team result and evaluates well the performance of national teams at the Olympic Games and other significant judo tournaments.

L.P. Matveev linked the achievement of the best sports results in the season with the development and implementation of programs by coaches aimed at achieving sports form. The probability of insufficient effectiveness of such programs exists even now. However, it is obvious that there are other problems that hinder the achievement of the best sports results at the Olympic Games (see Table 2).

Conclusions.

1. An analysis of the characteristics of the performances of the national teams that successfully performed in the last three Games of the Olympiad showed that these teams had very strong lineups: the winning teams in the men's tournaments and women's tournaments included from 2 to 6 world champions and from 6 to 7 world championship medalists or champions/winners of the previous Olympiad.

2. Despite the highest skill, not all athletes in the studied teams were able to show their best results at the Games of the Olympiad, which would be equal or superior to the results at the main tournaments: the Games of the Olympiad and the world championships in the previous cycle. In the winning teams in men's tournaments, the best results were achieved by 43 to 71% of team members. In the winning teams in women's tournaments - from 29 to 57% of the team members. These teams peaked at the 2020 Tokyo Olympics. This indicates a purposeful search for preparation programs for the main start of the four-year period.

3. The use of the *number of athletes who won prizes at the Games of the Olympiad* as a criterion for realizing the potential of a team is an informative indicator.

4. It is important to point out that the prize-winning place at the Games of the Olympiad was the first great success at the most important world judo tourna-

ments (world championships and the Games of the Olympiad) for 13% of the studied sample of both men and women. This indicates that not only recognized tatami masters have a chance for Olympic medals, but also athletes who do not have such a successful competitive history.

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