

# Pre-Competition Preparation Stages Of 16-17-Year-Old Greco-Roman Wrestlers.

Abdullayev Ilham Khushnudovich  
Oriental University  
[abdullayevilhom45@gmail.com](mailto:abdullayevilhom45@gmail.com)

**Abstract:** In this investigation a proposal is made for the organization of the tactical preparation in Greco-Roman wrestling for youth. It has three phases; diagnosis, organization and evaluation of the process. Also, this article describes how to prepare before participating in Greco-Roman wrestling and what are the stages at each age limit.

**Key words:** Greco-Roman wrestling, sport, development, control group, experimental group.

## INTRODUCTION

Greco-Roman wrestling was practiced by ancient Greek athletes as part of the Olympic Games. The Romans further developed it and used it as a means of military training and physical education. In the XIX th century, it was revived in Europe and recognized as an international sport.

At present, for different reasons, diverse criteria are observed on how a sports training macrocycle should be organized and planned, however, practice shows that from the methodological, organizational and dosage point of view, there is not a single way to achieve the victory in competitive sport (Rosemary, 2019). The author himself defines the planning system as the set of elements that are organized in logical order for the structuring and programming of the contents that reflect the scientific knowledge provided by the pedagogical, psychological, biological sciences, among others, which allow the distribution and interrelation of the loads, methodologically, with the aim of obtaining the maximum sports form of the athletes at the desired and precise moment for the competition. The preparation in the youth category is made up of five components: physical, technical, tactical, psychological and theoretical preparation. In this regard, Morales (2008) states that tactics has been one of the least treated components given, among other aspects, because its treatment is more complex. In this sense Fernández et al., (2022) state that one of the weaknesses of the Cuban fighters in the Tokyo 2020 Olympic Games, was the tactical application, which shows that this component continues to present deficiencies in its treatment. In Olympic Wrestling, tactical preparation has been addressed by authors such as Mazur (1972), Petrov (1976), González (2017), Ibañez & Navelo (2019) and González & Cañedo (2020). They offer a group of elements that guide the athlete's tactical actions. but are limited to giving tactical recommendations. In addition to being proposals in which their teaching method is directive, which according to Jiménez (2010) is characterized by a focus on the technical-tactical.

## METHODS

For this study, we worked with the 16 Greco-Roman style Olympic Wrestling coaches of the country who participated in the National Youth Olympiad in the 2018-2019 Course to which a survey is applied and the 13 Olympic Wrestling coaches of the province of Villa Clara selected to carry out the methodological workshops. The team where the proposal is applied has a total of 13 fighters. Their ages are between 15 and 18 years old and the sports age is between 5 and 10 years old. The study is part of the scientific-technical project of technological innovation Teaching and improvement of the way of fighting in combat sports of the Faculty of Physical Culture, of the Central University Marta Abreu de Las Villas in which its results have allowed to contribute with the work of the coaches of this sport in the province of Villa Clara. Taking into account the objectives that must be answered, the research is based on the use of theoretical, empirical and statistical-mathematical methods: Systemic approach: It allowed the establishment of relationships and interdependencies between the component elements of the proposal. Modeling: It allowed an approximate mental representation of the object of study, to analyze its particularities, study new relationships and qualities of said object and experiment with them. Document analysis: It was used with the objective of analyzing normative and methodological documents of the process, related to

the subject under study. Pedagogical or training experiment: It was used to assess the implementation and results of the designed proposal. Survey: It was used with the objective of obtaining information about how the tactical preparation treatment is carried out and to verify the cognitive and practical needs that the coaches have about the object of study. Observation: It allowed verifying in practice the characteristics of the treatment of the tactical preparation, in the different moments of the preparation and competition. Measurement: It made it possible to measure test results and observations, associated with tactical preparation, from the assumed theoretical position. Interview: It allowed the coaches who apply the designed proposal to collect information about the progress of the process. Expert consultation: Used to assess the viability of the proposed methodology based on their criteria.

### **ANALYSIS AND RESULTS**

Three phases are used for the organization of the tactical preparation process:

- Diagnosis
- Organization of the process

• Evaluation 1st Phase-Diagnosis Goals: Diagnose the current level of development of the wrestlers' tactical preparation, which allows determining the performance groups for the organization and individualization of said preparation.

a) Application of the tactical tests, the theoretical test to give a mental solution to the different tactical situations and a practical test to give a motor solution to said situations. b) Observation in training to determine the efficiency and tactical effectiveness of the wrestlers. c) Assessment of the current state of the wrestlers' tactical preparation. d) Determination of the performance groups for the individualization of the tactical preparation of the wrestlers. It begins with the application of testing in the first weeks of training, firstly the theoretical test is applied to provide a mental solution to the different tactical situations that the wrestlers' face, the test is structured in four moments, the first is dedicated to tactical situations of knowing how to do, the second to the tactical situations of deciding, the third to the tactical situations of applying and the fourth to the tactical situations of creating.

### **CONCLUSIONS AND SUGGESTIONS**

The diagnosis of the current state of the methodological conceptions used for the treatment of tactical preparation in youth wrestlers of the Greco-Roman style revealed, among other aspects, insufficiencies in the application of tactical methods, as well as their contents and a guiding role of the coach in said process, which limits the possibilities of the wrestlers in terms of their independence in decision-making. The determination of the tactical demands, tactical contents and tactical situations in the youth fighters, base the organization for the treatment of the tactical preparation.

### **REFERENCES:**

1. Fernández Pérez, L.A., Toledo Diéguez R., Placencia Carrillo R. (2011). Organization of tactical content in Greco-Roman wrestling youth category. Proceedings of the VI International Symposium "Challenges of Physical Culture in the 21st Century" Cienfuegos. Cuba.
2. Fernández Pérez, L.A and Others, (2022), The treatment of the tactical preparation of the fighter based on demand, content and tactical means. Podium Magazine Vol.17 No1. ISSN: 1996-2452. University of Pinar del Rio.
3. Guevara, (2014). Effectiveness in the technical movements of foot to four points in school wrestlers. Master's Thesis. ISCF "Manuel Fajardo". Clear Villa. González, S. A. (2017) Study and technical-tactical improvement of the sport fight. Physical Education and Sports Magazine, 22(230), 1-3.
4. Ilhom X. Abdullayev. Improvement of the special physical training model of greco-roman junior wrestlers / mental enlightenment scientific – methodological journal. ISSN: 2181-1547 (E) / 2181-6131 (P) Vol. 5 No. 08 (2024): Vol.05, Issue08, 2024

---

5. Ibañez, R. E. and Navelo, R. (2019). The control and evaluation of the technical- Tactics in Olympic Wrestling, school category. Physical Culture and Sports Magazine of Guantánamo.

6. Abdullayev Ilhom Xushnudovich. ANALYZING THE COMPETITIVE PERFORMANCE OF GRECO-ROMAN WRESTLING ATHLETES (<http://econferencezone.org/index.php/ecz/article/view/2387>) / International Conference on Developments in Education Hosted from Saint Petersburg, Russia <https://econferencezone.org> Aug 23rd 2023.

7. López, R. (2009) Methodological alternative for the tactical preparation of the youth wrestler of the Greco-Roman style of Villa Clara. Master's thesis in sports training methodology. Higher Institute of Physical Culture. <https://dspace.uclv.edu.cu/handle/123456789/7824>

8. Abdullaev Ilkhom Khushnudovich. DEVELOPMENT OF SPECIAL PHYSICAL TRAINING OF GRECO-ROMAN WRESTLERS WITH THE HELP OF SPECIAL SIMULATORS / 17th-TECH-FEST-2023 International Multidisciplinary Conference Hosted from Manchester, England <https://conferencea.org> 25th August 2023.