

UKRAINIAN WRESTLING: ACHIEVEMENTS, CONTRADICTIONS, PROBLEMS, PERSPECTIVES

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ABSTRACT

The Ukrainian school of wrestling – is one of the strongest in the world. Ukrainian Greco-Roman, Freestyle, Female, Judo and Sambo wrestlers have won World and Olympic titles in different times and almost in all weight categories. These results were achieved, due to the structured competitive activity combined with a proper preparation system. Nowadays, level and performance of sports results have been slightly decreased. This can be explained by existence of several contradictions and problems, which inhibit implementation of main features of competitive activity at major tournaments, which underlines the relevance of selected topic for the current research.

Key words: wrestlers, types of competitive activities, technical and tactical characteristics.

INTRODUCTION

Competitive activity was and will be one of the mains topics of research in different sports, especially in cyclic types of sports (Platonov, 2013). From the 80-90s' of last century and until today, it has caused the interest of experts and researchers in martial arts, including Olympic styles of wrestling (Platonov, 2013; Korobeynikov, Latyshev, Latyshev, Goraschenko, & Korobeynikova, 2016; Tünnemann, 2016; Latishev et al., 2018; Radchenko, Korobeinikov, Korobeynikova, Shatskikh, & Vorontsov, 2018).

Based on the observation results on formation of competitive activity of Ukrainian athletes in different types of wrestling styles within several decades, and based on the experts' assessments, it can be concluded that that major achievements of Ukrainian athletes in the 50-60s' and modern performance arose as a result of certain contradictions. These contradictions are related with competition of various sports schools in Ukraine. Especially, world achievements of Ukrainian wrestlers – Bogdan I., Gurevich B., Shahov M., Sayadov G., Salimulin, Kolchinskiy O., Novikov S., Niberidze and many others, were the result of creative work of famous coaches: Yaltiryan A., Rybalko V., Voloshuk Y., Komov, M., Burakov G., Vilenskiy, Maslennikov and others. Due to the high coaches' professionalism, a strong foundation of Ukrainian wrestling was created, which prepared the achievements on the world level.

Due to personal experience, coaches were forming methods and structures for wrestlers' preparedness with consideration of individual characteristics and competitive activities requirements. There are more than enough cases, which can confirm this methodological approach in the process of sports training. Synyavskiy V. and Shahov M. demonstrated effective competitive activity both in standing position and in parterre. Particularly high-quality skills were demonstrated in parterre while blocking defending opponents' by using special technical and tactical skills, which require specific strength actions.

One of the striking competitive features of Olympic champion Pinigin P. was special endurance, which created opportunities for an effective combinational manner of wrestling. The strong foundation for his victories was created by the famous coach Burakov Y.

Speed and strength qualities ensured excellent conditions for implementation of technical and tactical actions for S. Novikov at the highest competition level, including the Olympic Games in Montreal. By the way, Japanese judo World champion, was defeated by him by using a throw over the chest, which was assessed as a typical technical action in Greco-Roman wrestling.

It is appropriate to mention the multifold champions of the USSR A. Dzhangobekov and M. Kozitskiy, who were unreachable at competitions. They differed significantly from each other as wrestlers during competitive activities. Dzhangobekov used special strengths qualities, flexibility and endurance, while Kozitskiy used coordination and speed. Their coaches Voloshuk Y. and Shkolnikov D. effectively considered characteristics of wrestlers in accordance with the implementation of individual training loads.

It should be noted, if Dzhangobekov A. would attempt to increase his level of reaction and speed qualities in general, instead of special strength capabilities, while Kozatskiy M. would pay attention on strength enhancement, instead of special explosiveness, this would lead to a decrease in their competition activity effectiveness. This can be applied to many others famous athletes. Due to the tremendous experience and professionalism, their prominent coaches, almost without mistakes, took into consideration improvement of individual qualities and characteristics of competitive activity for each athlete. This strategy ensured victories at Olympic Games, European and World Championships.

Purpose – improvement of sports preparation of wrestlers by considering individual characteristics of competitive activities.

Objectives:

1. To analyze the current issue by using information from relevant sources and sports practice.
2. To generalize and systematize the main contradictions and problems that impede successful competitive activities.
3. To propose methods for increasing the effectiveness of competitive activities of Ukrainian wrestlers.

Methods: analysis and synthesis of actual material.

Results

The results of the analysis of literary sources and preparation practice of different styles wrestlers (Greco-Roman, Freestyle, Judo, and Sambo), allowed to us to identify peculiarities related occurring nowadays in comparison to the previous era of total success, and to draw attention to modern problems. The elimination of such issues may create the foundation for the future prospects for the Ukrainian wrestling.

Major contradictions can be attributed to:

- Establishment of Ukrainian wrestling foundation and preparation of famous wrestlers were promoted by enormous practical experience of coaches based on their effective professionalism. However, there was a lack of informational, scientific and technical provisions to ensure an effective training process implementation in 1960-1980s'.
- Decline of scientific and technical potential that provoked a loss of leadership positions in Ukrainian wrestling from the beginning of 90's of the past century and at the first quarter of XXI century.

Retrospective development analysis of Ukrainian wrestling, and current training system, allows one to identify problems affecting its further progress; to diagnose specific and most common problems, which hinder wrestlers' opportunities to demonstrate effectively their individual qualities in the current competition conditions:

- Wrestlers' preparation structure formation without consideration of their individual competition activity characteristics;
- Loss of major technical and tactical elements, which can be considered as base of Ukrainian wrestling.

Ways to solve the issues.

It is known, that athletes who are in the stage of their maximum potential can be differentiated by the adaptableness level to various pedagogical influence factors (volume and intensity of loads). Therefore, the implementation of individual training program in large volumes can lead to the enhancement of functional systems of the body and sports performance enhancement. Three reasons can be highlighted, that can describe this phenomenon:

- Exhaustion of adaptation resources, which are conditioned genetically in the most cases (innate ability to high physical activity);
- The level of adaptation to the training factors was majorly executed during previous phases of training preparation (the result of the influence of prolonged loads on the athlete's body);
- Formation of wrestlers' preparation structure without consideration of individual competitive activity structure (taking into account the individual style and technical actions that an athlete performs in competition).

The results of the analysis of different preparation systems of Ukrainian athletes among different styles of wrestling, especially during the last 3 decades, allow to prove availability of narrowly focused training loads during structural segments of training process. Special and competition preparation without consideration of individual tactical types of wrestling, prevails during micro-, mesocycles, as well as in separate training phases. The effects on the body of narrowly focused training leads to unilateral level of preparedness, which limits further enhancement of athletic skills.

Success of competition activity in wrestling directly depends on correct identification of effective individual tactical models. The difference is mainly in prevalence of either technical-tactical skills, or physical and psychological readiness (Barbas, 2011).

Training process of wrestlers at the stage of maximum realization of their individual capabilities should form adaptive changes of the body, which ensure proper level of preparation in correlation with characteristics of competitive activity realization.

Analysis of literary sources and scientific research results (Latyshev, 2009) allowed us to identify the eight most informative technical and tactical characteristics of structure of competitive activity in Greco-Roman wrestling: coefficient of technical readiness; coefficient of defense effectiveness; activity coefficient; attack intervals; quality of technical actions coefficient; quantity of technical actions; activity indicator.

It is known, that the level of sports performance depends on all factors of competitive activity. However, each component affects result differently. Some components are interconnected (i.e. technical readiness coefficient and quality of technical actions, $r = .993$), because they are determined by related factors such as coordination qualities, others might be independent or in the stage of definite antagonism (i.e. technical readiness and defense effectiveness, $r = .459$), due to complete component differentiation (coordination and strength characteristics).

Results of the analysis of modern competition activity structure in wrestling, along with experts' assessment, allow us to identify the most common types of athletes' individual characteristics realization in competition matches are shown in Table 1.

Successful competitive activity interconnected with individual characteristics, which must be considered prior to important competitions. Therefore, it is necessary to consider not only the formation of general competitive structure, but also to determine individual inclination of each athlete to specific type of wrestling.

Table 1. Most common types of competition activity realization in wrestling.

№	Type of competition activity	Special physical characteristics, which ensure effectiveness
I	Explosiveness	Speed skills
II	High intensity	Endurance
III	Strength	Power endurance

Wrestlers of the first group demonstrate large and moderate intensity, which enhances cardiovascular, respiratory and other functional systems capabilities. Aerobic efficiency creates a foundation for overcoming massive training loads. In addition, similar training programs do not create conditions for implementation of effect if overcoming endurance for specific forms of motor actions, because sports performance of this group of wrestlers mainly depends on the speed levels.

Successful sports performance of Ukrainian wrestlers, such as Kazitsky N., Danko T., Boyko V., were achieved due to the effective training regimen usage, which can be considered as the first type. Excessive physical loads, aimed to increase aerobic capacity for other wrestlers with similar characteristics, often led to changes, which blocked high-speed abilities and sports performance accordingly.

The mechanism of this phenomena can be explained as a negative effect of training, which enhances endurance level, but has negative impact on technical and tactical actions effectiveness of wrestlers. While enhancing wrestlers' special endurance capabilities, it is worth to consider its complex multifactorial structure. Special endurance of wrestlers caused by following factors (Ebrahimi, Rahmani-Nia, Damirchi, Mirzaei, & Pur, 2013; Baić, Sertić, & Starosta, 2007) endurance during static training and energy endurance indicators during anaerobic exercises; intensity of recovery processes after specific workloads; abilities to demonstrate strength, speed, orientation during the fatigue phases. Pinigin P., Tedeev E., Stadnyk A. can be attributed to the second group of wrestlers.

It is obviously useless, to load wrestlers of the third group with work aimed to improve their speed capabilities. Some enhancement in speed will not compensate definite decrease in strength endurance, which is authoritative component for effective implementation of competitive activity structure for the third group of wrestlers.

The following athletes can be related to the third group, based on their preparation structure: Petrenko N., Charachura M., Danko G., Andreitsev V., Chotsyanovskiy A., Zantaraya G., and others.

CONCLUSIONS

It is necessary to highlight technical and tactical skills, which were immanent for Ukrainian wrestlers during the times of their best performance. The results of the analysis of famous wrestlers' practical experience and long

pedagogical observations of them during competitive activity, allowed to identify two key factors, which are considered as a foundation of Ukrainian school of wrestling:

- 1) Technical and tactical actions in parterre during which pressure mechanisms on opponents' body (or some parts) are being used to eliminate possible defensive actions and put opponent in a pinning situation (in Greco-Roman and Freestyle wrestling), or to gain victory by using submissive or choking technical actions in sambo and judo;
- 2) Throw over the chest (suplex) can be considered as an effective technical action, which is being frequently used for offense in Greco-Roman wrestling. In freestyle, sambo and judo this technical move is being used for counterattacks.

Considering above-mentioned facts, it is necessary to find solutions and overcome current problems and some contractional issues to reinvigorate and further develop wrestling in Ukraine:

- 1) Intuitive Heuristic tool, which was used in creation of preparedness structure of famous wrestlers during postwar period, nowadays must be complemented by informational and tactical means;
- 2) It is necessary to systematically perform the basic technical and tactical actions in standing and parterre position, which were used by prominent Greco-Roman wrestlers. This creates the foundation for all four styles of wrestling.
- 3) To build preparedness structures in current styles of wrestling, based on individual peculiarities of the implementation of the structure of the competitive activity of specific athletes.

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