



Advanced Schools for Coaches in Greco-Roman Wrestling
Almada POR, 14-17 November 2013

The Role of Psychological Preparation to Young Athletes of Wrestling ... to be Winners at the Matches.

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The role of psychology in wrestling

It is documented that the performance in the sport of wrestling is influenced by several factors, including physical strength, flexibility, endurance, high technique and tactics. Moreover, it is scientifically proven that the psychological profile of the wrestler has a primary role in the good performance of the athlete.



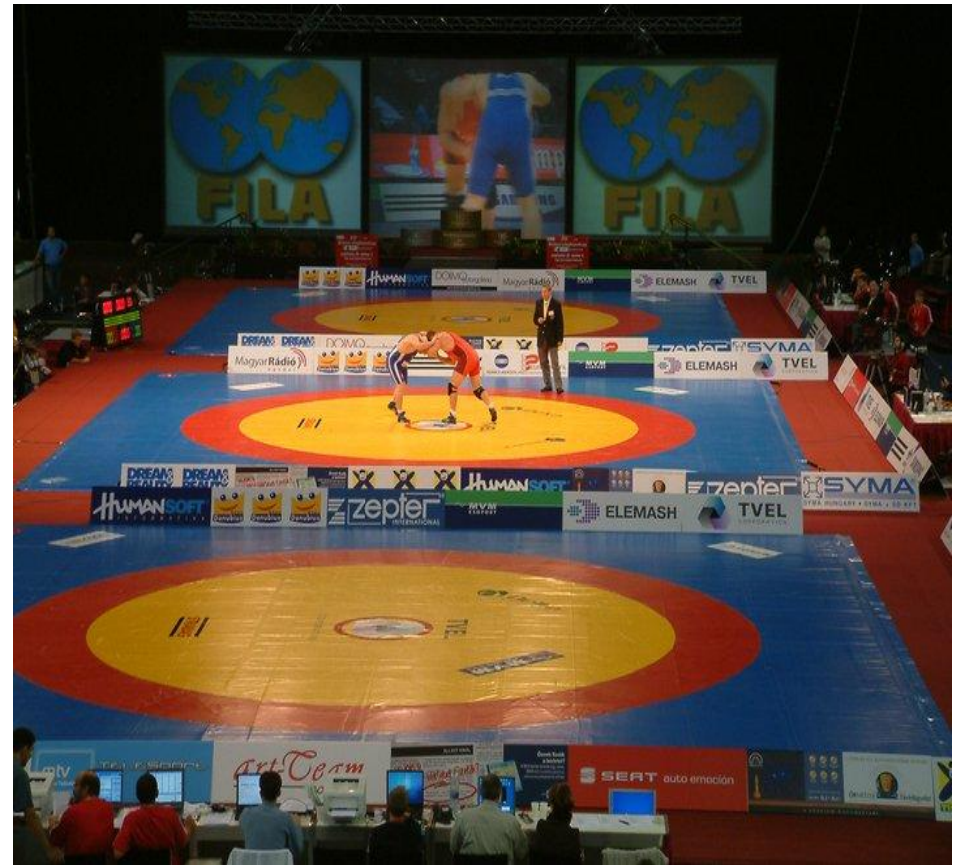
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The role of psychology in wrestling

The matches of wrestling requires full attention, strength of willpower, and concentration.

Situations during the game can change within a tenth of a second and often emotional states amended accordingly.





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The role of psychology in wrestling

It's hard to do offense and defense at the same time to hide your emotions when your nerves are stretched and receive simultaneously right decisions.

These can not be controlled without prior psychological preparation.





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The role of psychology in wrestling

The psychological preparation of an athlete's wrestling regards to prepare the mind and thought. The good psychological situation highlights the physical condition, technique, tactics and increasing the chances for maximum performance. Mind and soul is able to support a body preparation and in most cases can be pushed beyond the limits of.



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Psychological characteristics of a athlete of wrestling

Investigations have examined the psychological and cognitive parameters and their relationship to performance in elite wrestling athletes. *Gould, Eklund & Jackson*, found that successful wrestlers were more confident and too often focused on positive thoughts before their wrestling matches, *Highlen & Bennett*, also found that good wrestlers have less stress and anxiety and greater confidence. Moreover, *Barbas & Popov*, proof that mental toughness, control of emotions, positive attitude, mental clarity, motivation and significance of concentration are very important and have a key role in wrestling.



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Table 1 Significant introvert factors of mental health of wrestlers in Greco-Roman Wrestling

Nº	Variables	Factors				
		A'	B'	F'	Δ'	E'
1	Concentration	0,78	0,09	-0,05	-0,05	0,10
2	Determination	0,68	-0,08	0,33	0,31	-0,11
3	Willingness	0,68	-0,04	0,15	-0,13	-0,17
4	Will	0,64	-0,03	-0,35	0,01	0,18
5	Emotional Balance	0,63	0,32	-0,35	-0,01	0,18
6	Confidence	0,44	-0,01	0,34	0,02	-0,28
7	Intuition	-0,04	0,73	0,07	-0,18	-0,03
8	Observation	-0,01	0,71	-0,11	0,47	0,03
9	Psy. Resilience / Adaptability	0,24	0,66	0,23	0,10	0,25
10	Originality	-0,11	0,57	0,06	0,53	-0,17
11	Imagination	0,04	0,11	0,78	-0,13	-0,01
12	Energy Distribution	0,05	0,16	0,77	0,29	0,07
13	Courage	0,47	-0,23	0,48	0,02	0,31
14	Perfectionism	0,18	0,08	0,13	0,72	0,02
15	Initiative	-0,17	-0,03	-0,12	0,60	0,41
16	Incentive	-0,09	0,07	0,09	0,09	0,85

(Barbas 2001)



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Table 2 Significant factors for exercising the sport of Greco-Roman wrestling

Nº	Name of Factors	Factorial Weight	% Fluctuations (dispersion)	Total dispersion
1	Power will	3,45	21,7	21,7
2	Insight	2,50	15,7	37,4
3	Modernist fighting spirit	1,64	10,2	47,6
4	Severability actions	1,32	8,3	55,9
5	Charisma to create	1,24	7,7	63,6

(Barbas 2001)



Psychological characteristics of a athlete of wrestling

- "force of will"
- "foresight"
- "modernist fighting spirit"
- "independent action"
- "gift to creation"

The five factorial structures of personality offer an internal and specific psychological content, each with its own contents and importance inevitably included in table of eligibility criteria to athlete's of Greco-Roman wrestling.



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The psychological preparation and training

The training is the only way for an athlete to work and improve the weaknesses and fill in the gaps in technical training and tactics, the physical condition and mental state of mind, The training process is quite frustrating for athletes, As " difficult " is the training, the more positive gets the psychological characteristics of the mental preparation and mental habits acquired in training for a wrestler to take and fight with maximally efficient determination.

Knowing the phrase: ... *the hardest training is the best match* ...



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Psychological features and requirements in training

Distribution and Energy

To be a champion requires daily effort and a great mood from the athlete.

The positive mood and attitude is to train essential.

The better - stronger workouts makes the athlete to have more mood for wrestling.





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Psychological features and requirements in training

Concentration

The athlete must be concentrated with the body and soul in training, just like in the game. When an athlete has a low concentration in training, possibly in the game will be lower.





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Psychological features and requirements in training

Target

All training sessions should have aims, specific and measurable.





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Psychological features and requirements in training

Benefits of goal setting

- **The objectives improve performance**
 - **The objectives of improve the quality of training**
 - **The objectives illustrate the expectations**
 - **The objectives reinforce the self motivation for success**
 - **The objectives reinforce the pride and satisfaction " I "**
-



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Psychological features and requirements in training

Motivation

The athlete with motivation and willpower in training, yield the maximum and get used himself on high effort necessary for the performance in the game.



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Psychological features and requirements in training

Tolerance to stress

The training involves intense pressure, physical and psychological. As psychological pressure obtained the constant daily strenuous effort by the athlete.



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What are the benefits of psychological preparation in training?

Confidence – Readiness

The athlete feels strong and ready. It is important that confidence is based on the job through coaching , only then the athlete gains confidence in himself and his forces.

The coaches recognize that athletes need confidence to win, but also know that athletes need to win to gain confidence.



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What are the benefits of psychological preparation in training?

Steve Combos, Olympic champion says *that the source of self-confidence when he was wrestling, was not from the thought of what he was more technician and skilful than others but he was better prepared.*





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What are the benefits of psychological preparation in training?

Minimize the stress

It is generally recognized that stress and anxiety is internal opponents of athletes and in fact the most challenging

The improvement through training, reduces the doubt of the athlete and the insecurity for the fight. Shoot down his fears and overcomes the match anxiety.

What are the benefits of psychological preparation in training?

Concentration



The athlete in order to be concentrated in the match must be practiced in training.

The simulated game in training brings him close to the required concentration levels of the game.



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What are the benefits of psychological preparation in training?

In 1997 World Championship in Wroclaw of Poland *Aleksander Karelin* was asked what was the secret that made him such a great wrestler, he replied that: " *every time I wrestle, I only think the match, nothing before, nothing after* ".

Is not the only athlete who has emphasized the importance of concentration. A lot of athletes and coaches talk about lack of concentration and distraction that led to poor performance.



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The psychological preparation for the match



The good psychological preparation for the matches are proper preparation and good evaluation during the year.





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The psychological preparation for the match

Evaluation of sports psychologist Skills
(a scale skills of the Smith, Schuth, Smoll & Ptatek).

- **Dealing with Difficulties**
 - **Peak performance under pressure**
 - **Setting Goals**
 - **Concentration & Confidence**
 - **Exemption of Concerns**
 - **Contact with the Coach**
-



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The psychological preparation for the match

**It is known that the preparation and participation in a match involves two elements:
... *the will and the plan.***

The will refers to the allocation of the athlete in order to try with the power of wiliness to fight and the plan mentioned in properly designed and planned training, which is the job of the coach.



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The psychological preparation for the match

The energy that is required to pull out the athlete in the match is the essential element to achieve his goal. The athlete who is active, passionate, with a strong effort and persistence, includes all the physical elements that have worked throughout the year and give it the ability to perform the maximum.

This is connected with the will and the right plan that has been developed in preparation.

Although in the first instance is considered as a result of physical work and the physiology of the athlete, however, the release of energy is highly associated with the psycho-spiritual condition.



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The psychological preparation for the match

The factors that determine the amount of energy that will "dispose" the athlete in the match, is the mood and attitude to wrestle.

The target has been set, to wrestle.

The well-prepared athlete has the ability to bend any doubts, feel confident and to "allow" himself to release the necessary energy in the match.



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The psychological preparation for the match

The development of skills and psychological characteristics may be part of a training plan and carry out the preparation period, taking into account the ideas, biological characteristics, social status, marital status, immediate environment, daily life and education.





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It is necessary to separate the general psychological preparation of the specific psychological preparation

The specific psychological preparation aims to create the psychological awareness for a particular game.

This is called pre-game mental preparation which has to do with a view to perform specific tasks such as setting up the matches thinking, confidence of the wrestler for his own power, and control of emotional states.



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It is necessary to separate the general psychological preparation of the specific psychological preparation

Adverse reactions before starting the wrestle the so-called " intensity of matches ", appear in wrestlers with the form of nervousness, drowsiness, frequent urination, stiffness, intense activity, chatter, distractibility, irritability, incomplete preheating etc.



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It is necessary to separate the general psychological preparation of the specific psychological preparation.

Through the 'preparation' matches, the athlete has the opportunity to check if he can concentrate in the match, if he can fight without being broken down from the surroundings, if he can control the opponents effect in his performance.

To identify the "problem" and to set targets, to overcome, to progressively find rhythm, and to correct his tactics, to automate the technique and to prepare himself psychologically and spiritually, has to be gained confidence and grew mental elements required for matches that are his goals.



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**It is necessary to separate the general psychological preparation of
the specific psychological preparation**

Psychological preparation after a match requires special attention forming the attitude of the athlete for the matches and sets out the objectives, control of emotions after a win or loss, confirming the efficiency and management experience is significant and responsibility of the coach for proper management to not disorientate the athlete.

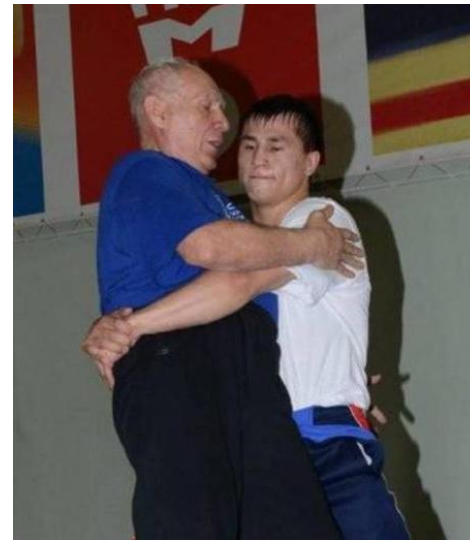


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What should the coach do !

What should be included in the training plan of the coaches in the psychological preparation of athletes.





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What should the coach do !

- **Orientation to the psychological preparation**
 - **Education, information, knowledge and experiences**
 - **Needs and characteristics of athletes (some wrestlers want to manage the stress, others want confidence ...)**
 - **Information about differences in philosophy of athletes, athlete relations with the manager, the views and parents education ...**
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What should the coach do !

- **Trust with athletes and pleasant environment**
- **Constant updating and training for relevant columnist in new tendencies**
- **Educational DVD**
- **Resolution video, games and athletes awareness and feedback**





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What should the coach do !

Principles of goal setting

- Set targets for performance and not for result
 - Set challenging goals and not easy
 - Set realistic goals
 - Set specific goals rather than general
 - Set short-term goals rather than long-term
-



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What should the coach do !

The starting psychological preparation includes topics such as:

- Matchday readiness of athletes
 - Setting realistic goals
 - Noetic execution of physical skills
 - Strategies to be used
 - Spiritual preparation for the psychological demands of the match
-



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What should the coach do !

General psychological preparation

- The goals should be clear
 - The athletes should be the best possible physical and psychological condition
 - You need the ideal energy zone
 - Your athletes should have high positive energy
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“Thank you very much for your attention”
