

# **FILA COACHES CLINIC**

December 2013

Tokyo

## **Analysis of the World Championships 2013 in Female Wrestling**

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## **1. Introduction**

The World Championships in Budapest in 2013 were marked by some outstanding features.

- The extraordinary efforts of the FILA for the resumption of our sport in the program of the Olympic Games in 2024 by the decision of the General Assembly of the IOC in Buenos Aires were crowned with success
- Against this background, the Hungarian Wrestling Federation has this perfect World championship organized perfectly and set new trends in the Presentation of World Championships.
- The rule changes were new challenges for coaches, athletes and officials, and they led to overall increases in activity of the athletes and interesting and dynamic bouts.
- At the beginning of the new Olympic Cycle the coaches are looking for the new Olympic hopes and they send mixed teams with experienced and new talents.
- From a technological point of view the Presentation of the bouts online (live streaming) has been broken new ground.

## **2. Analysis of the Female World Championships in Budapest under the aspect of the new rules**

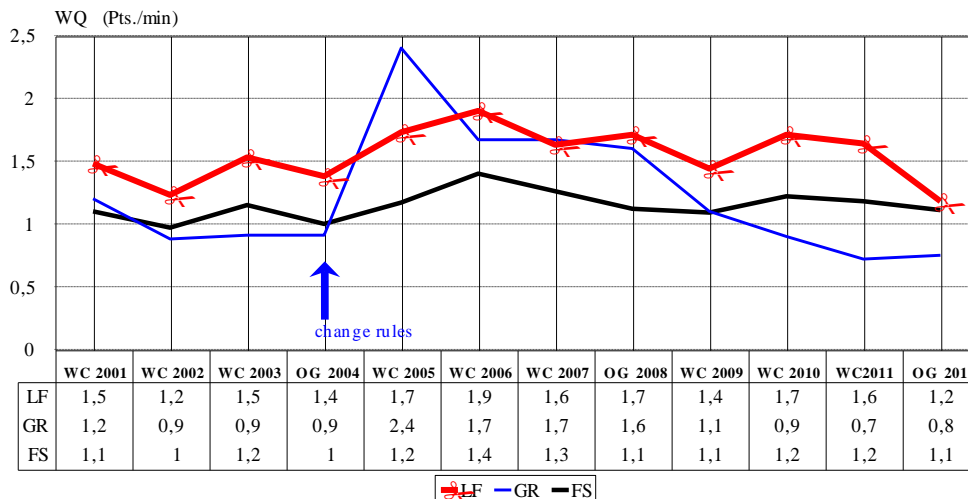
The complex influence of competition rules to the individual technical and tactical competition behavior is obvious and therefore also constantly the subject of discussions and debates. Rule changes have been the subject of several studies in the past. In 1994 the impact of rule changes on the training and competition design of the seventies, eighties and nineties were shown in a scientific paper. Rule changes and their influence on the competition strategy were also studied in the annual Coaches Clinics of FILA.

The negative peak in terms of attractiveness wrestling we have seen at the Olympic Games in London in 2012, when we have had an average of 1.2 technical points per minute of the Olympic champions. Not to mention the catastrophic values in Greco-Roman wrestling.

The Figure 1 shows the negative development of the quality in all three styles.

## World top performance 2001 - 2012

### Winner in Freestyle Women, Men and Greco-Roman World Championships and Olympic Games



FILA-Competence Centre

Figure 1 Development of the three wrestling disciplines since 2001 as far as attractiveness concerned

Given this situation, in 2013 extensive rule changes were made in May, accompanied in the aftermath of other adjustments and suggestions for improvement (Sjdziedzic, Cicioglu and others).

Competition rules with the complex effect on competition and training strategies require more extensive and in-depth analysis in order to generate long-term positive effects.

Scale assessing the effectiveness of the new rules is the objective to make the bouts with attractive technical- tactical actions dynamically. It is necessary to enforce a combat attack - oriented behavior and simplify the rules for a better understanding for the spectators. It is also necessary to prepare the using of new media (apps, tablets and mobile phones) to present specially for the young generation wrestling heroes with attractive and spectacular techniques.

The new rules had been introduced for the first time at the Asian Junior Championships followed by the Universiade in Kazan and the Junior World Championships in Sofia 2013. We analyzed these competitions to show the effect of the rule changes and we found a success in principle. We have compared for this purpose the first competitions of Phuket, Kazan and Sofia, which were carried out under the new rules with the Junior World Championships in 2011. We are aware of the fact that it is possible to compare these competitions due to their differences in performance is limited. Therefore, a comprehensive comparative analysis of the World Championships 2013 in Budapest with the World Championships 2011 is necessary.

As already seen during the Junior World Championships in Sofia also in Budapest the new rules lead in Freestyle Wrestling to a significant increase of victories with technical superiority (ST, SP) at the expense of point victories.

We had 90% victory of points in 2011 with the old rules and 2013 only 40%.

The new rules lead in Female Wrestling to a significant increase of victories with technical superiority (ST, SP) at the expense of point victories.

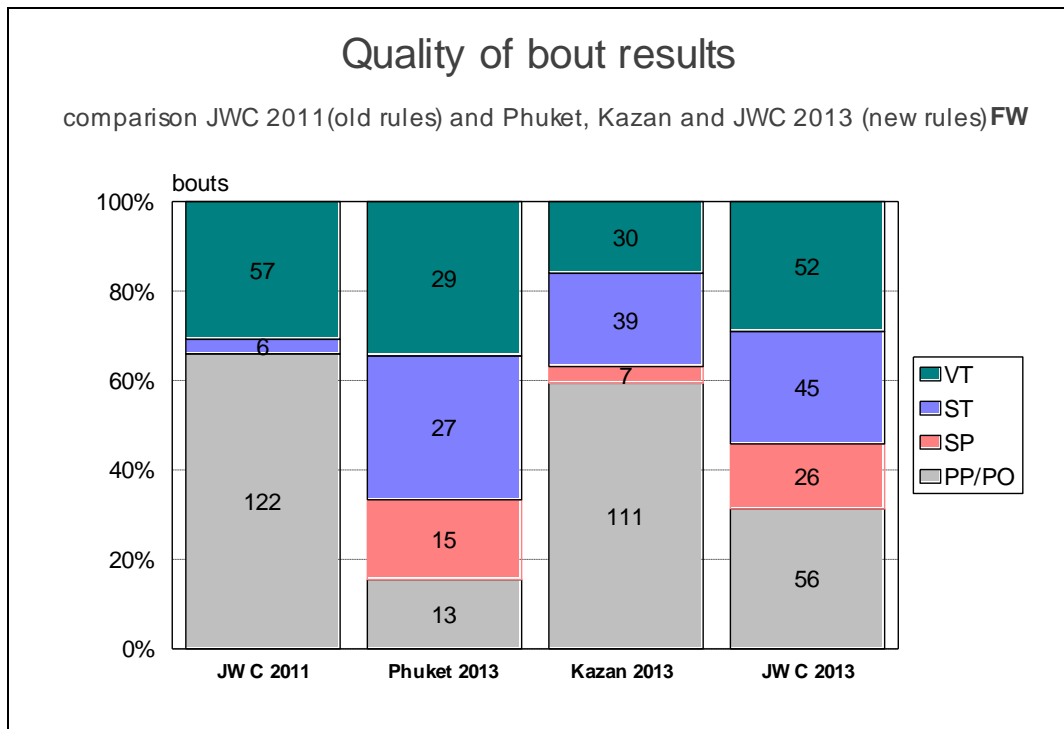


Figure 2 Bout results in Female Wrestling

The comparison of the Junior World Championships 2011 (old rules) with the Junior World Championships 2013 (new rules) underlines this statement. The level of the female wrestlers in Kasan had been lower than during the other championships. Therefore the difference is not so big.

An interesting development trend in connection with the rule changes is reflected in the analysis of the quality of technical points (Fig. 3).

The evaluation of the all technical points from all occupied bouts shows the decline in 1-point votes in favor of the increase of 2-point ratings, due to the formal upgrading of 1-point techniques with 2 points. Given the fact that the rule changes have to lead to not any increase in the attractive 3 - point and 5-point techniques (a very significant increase in the attractiveness of wrestling) gives rise to further considerations to rule changes by the senior world championships.

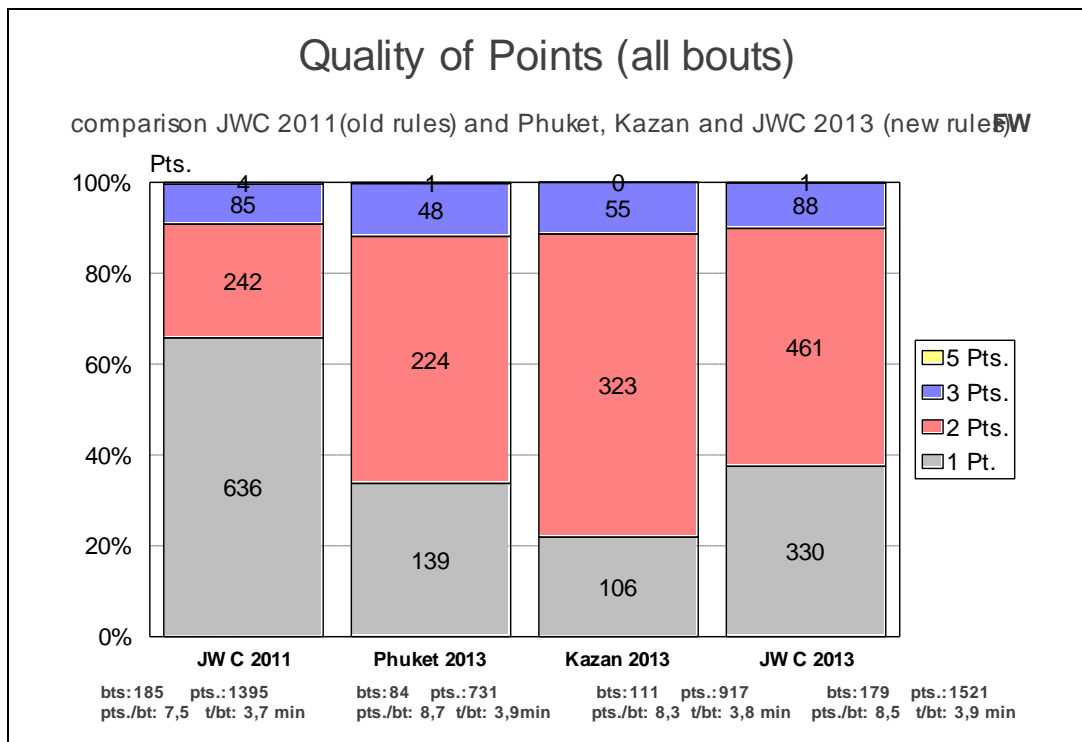


Figure 3 Quality of points in Female wrestling

Under this background we can start to the analysis of the Senior World Championships 2013 in Budapest. The positive tendency of the Rule changes becomes clear right now if we have a look at the world top performance in Women's Wrestling since 2001 on the basis of the realized points per minute.

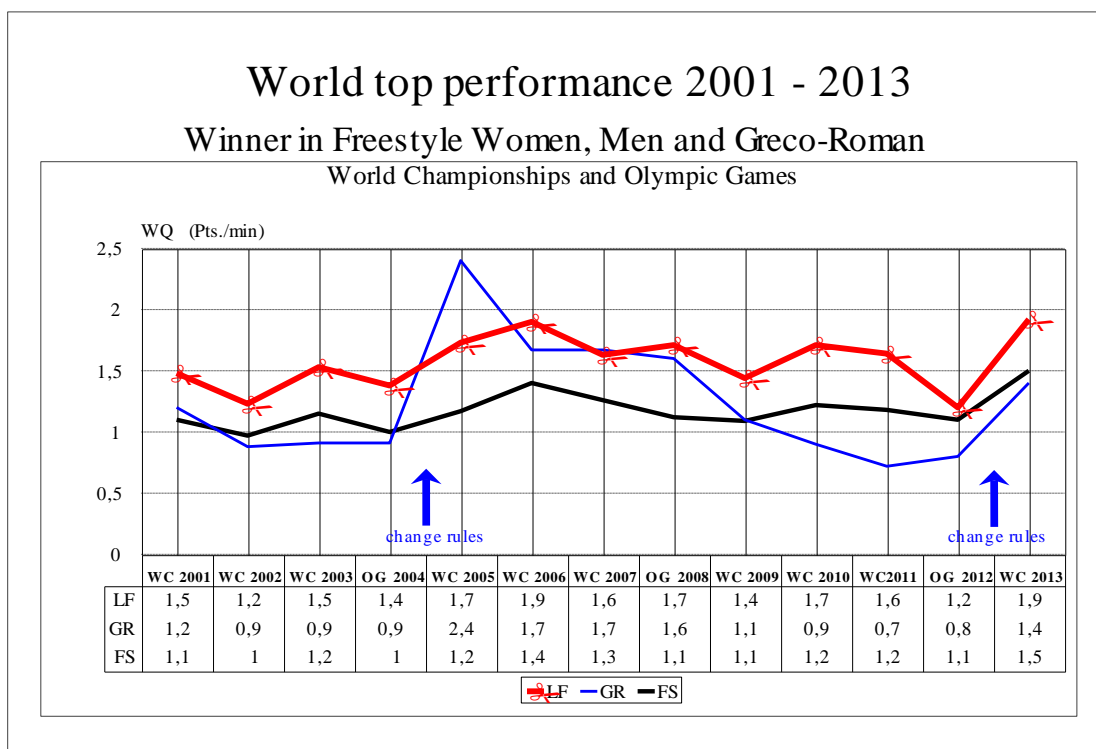


Figure 4 World top performance in Female wrestling since 2001

With a value from 1.9 we had the same best value from 2006 and the increase since the last year is very clear.

### 3. Country-specific aspects of performance in Budapest

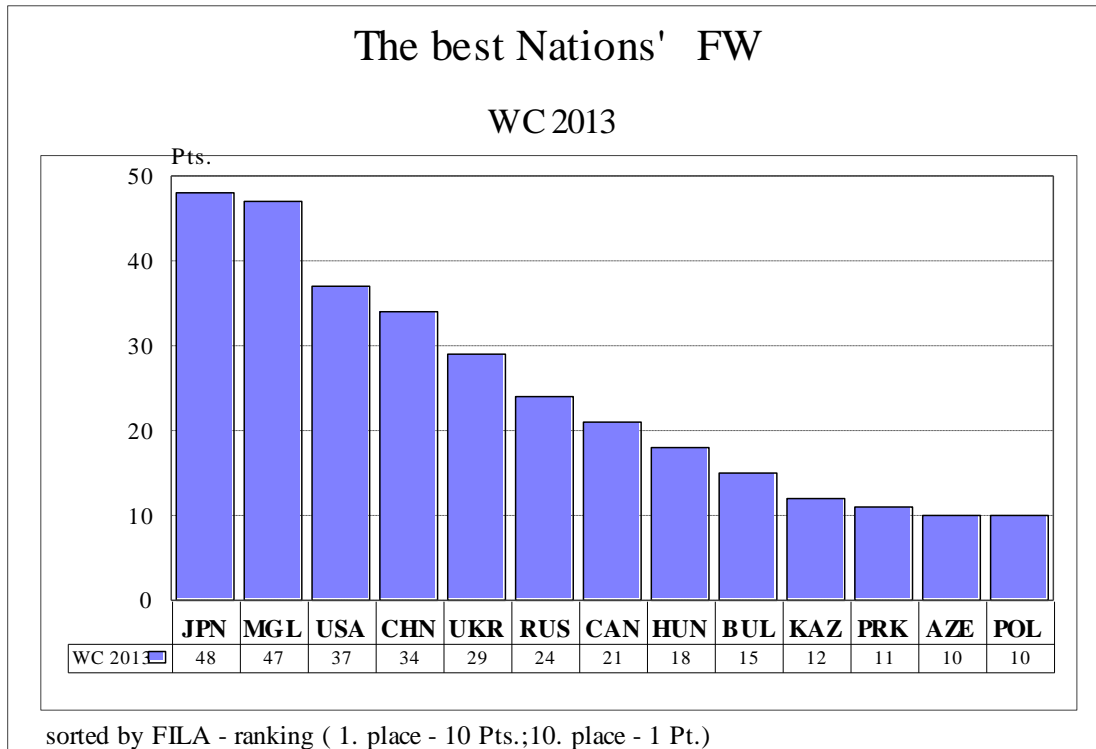


Fig. 5 Best nations of Budapest

Japan and Mongolia have been the most powerful countries in 2013 with distance followed by USA, China, Ukraine and Russia as the best six countries (Fig 5).

Remarkable is the increase of Mongolia because they made a big step forward on a high level of performance. Also USA, China, Hungary, Bulgaria and Poland could improve their performance in comparison to 2011. Azerbaijan, Canada and Russia had suffered losses (Fig. 6).

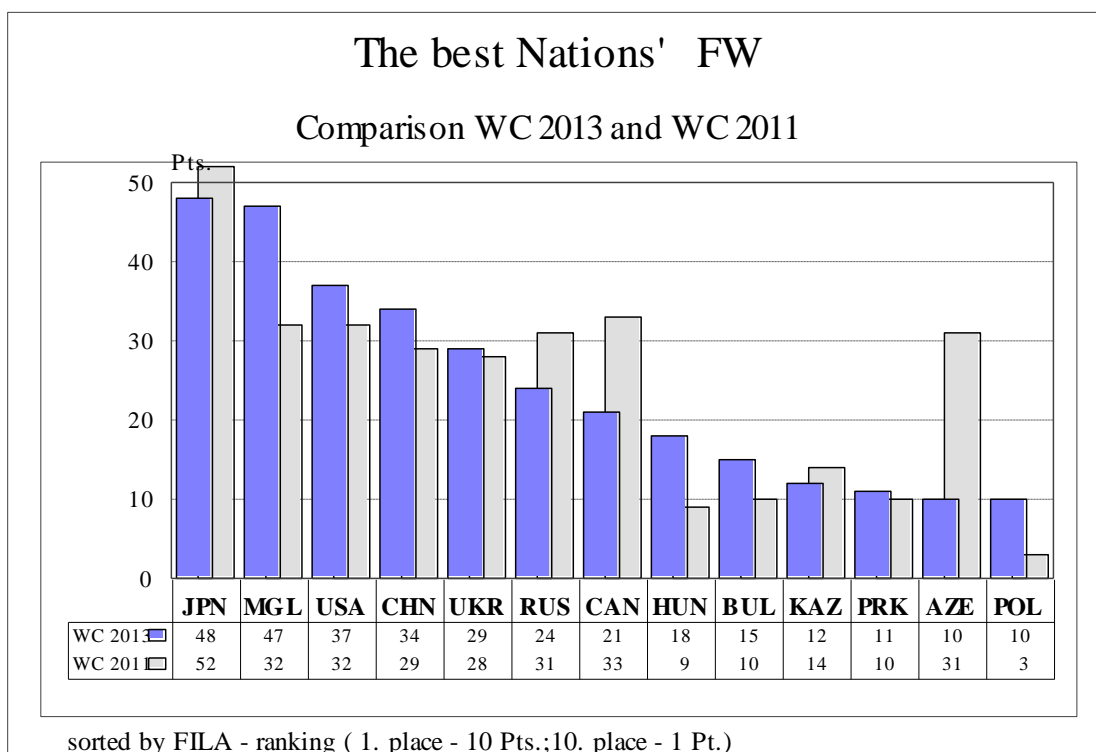


Fig. 6 Best nations of Budapest 2013 in comparison to Istanbul 2011

#### 4. Qualitative analysis of combat behaviour

##### 4.1 Bout results of all participants

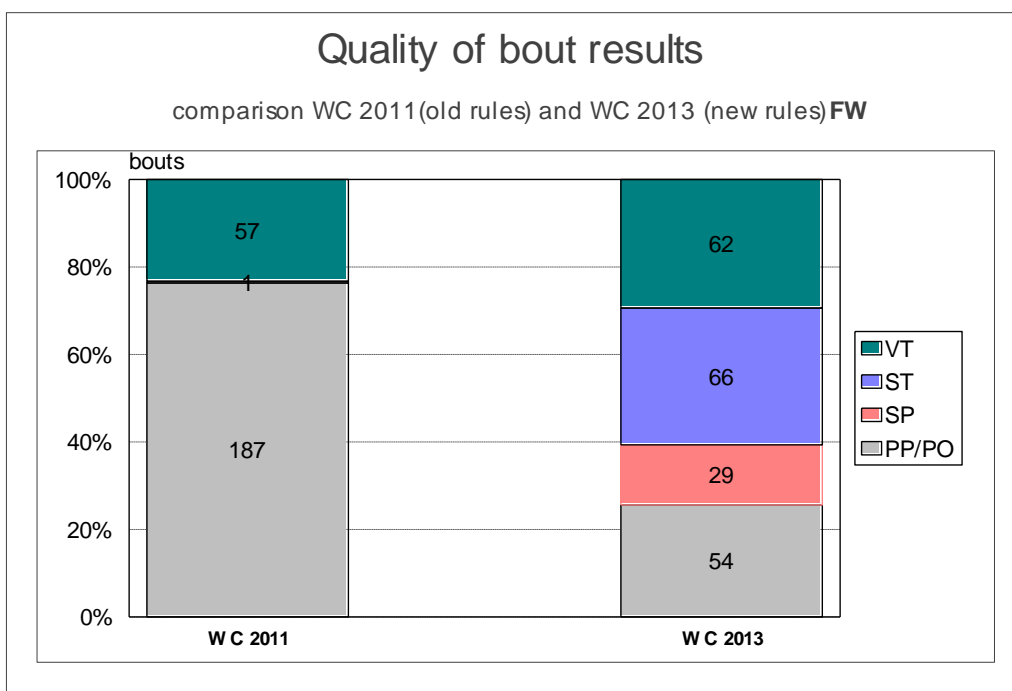


Figure 7 Bout results of all participants in Female wrestling

As already seen during the Junior World Championships in Sofia also in Budapest the new rules lead in Female Wrestling to a significant increase of victories with technical superiority (ST, SP) at the expense of point victories. We had 76% victory of points in 2011 with the old rules and 2013 only 26%. But we have to take into consideration that we had have also 2011 a lot of victories with technical superiority if we count together the results of two or three periods together. In this case we had a lot of results with for instance 13:2 or 7:0. Therefore it is necessary to look at the quality of points (fig. 8).

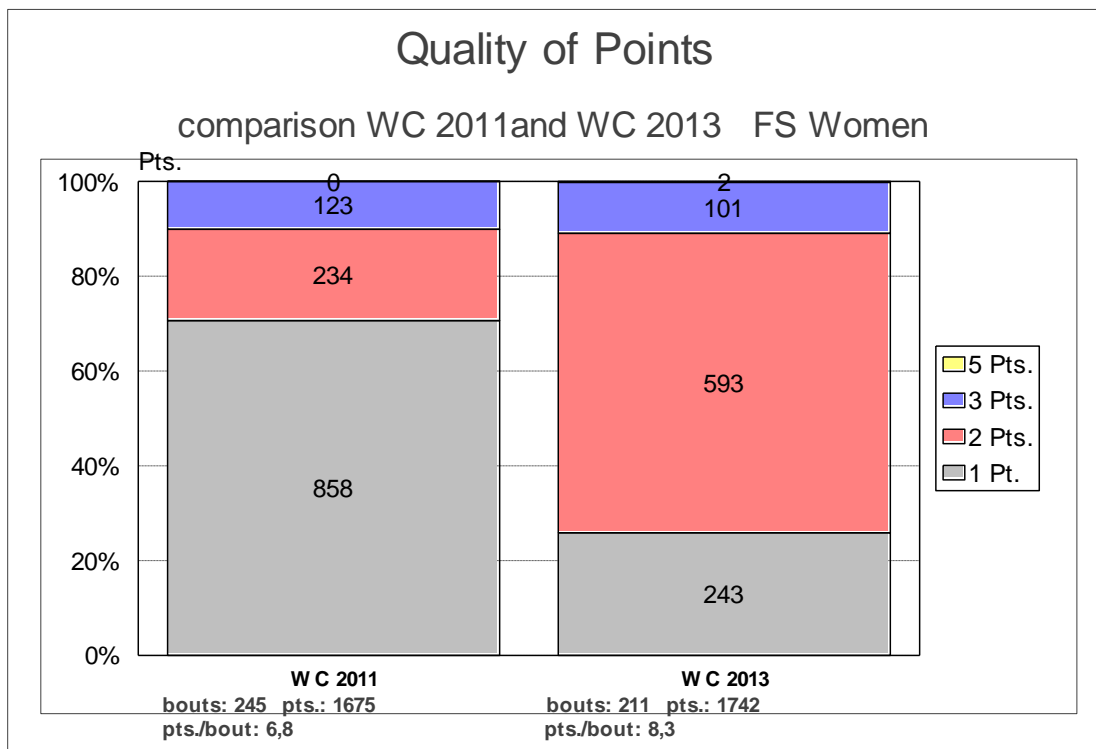


Figure 8 Quality of points (all bouts in Female wrestling)

In principle we have 2013 an improvement of the technical points per bout (2011 / 6.8 points per bout and 2013 / 8.3 per bout).

The evaluation of the all technical points from all occupied bouts shows as already seen during the Junior Worlds 2013 the decline in 1-point votes in favor of the increase of 2-point ratings, due to the formal upgrading of 1-point techniques with 2 points. An increase of 3-point and 5-point techniques did not take place.

The new rules did not lead to a time reduction of the bouts. Only in Female wrestling we had a small time reduction from 4 minutes per bout to 3.8 (fig. 9).



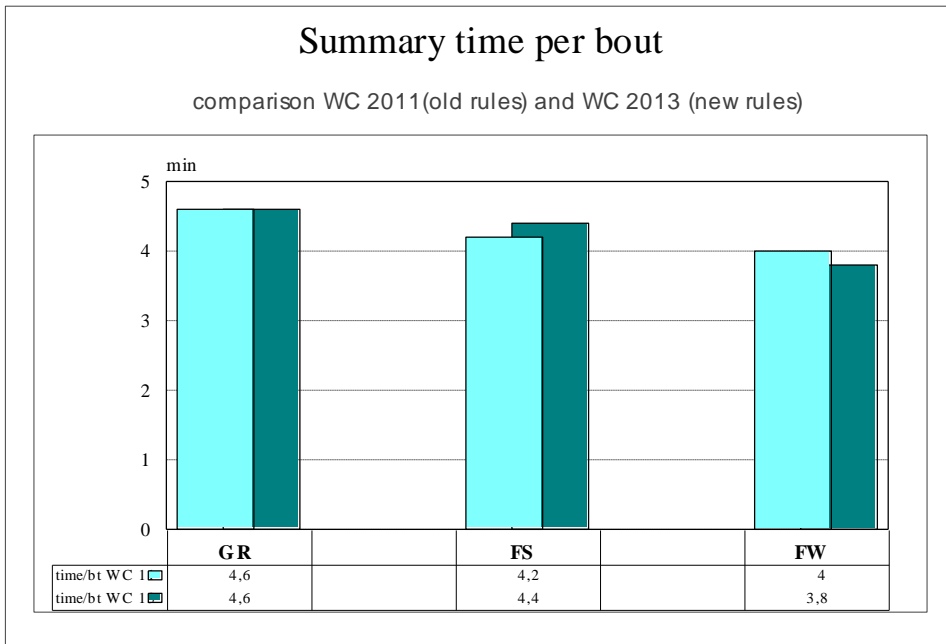


Figure 9 Time per bout (old and new rules in all three styles)

#### 4.2 Combat behaviour of the nations

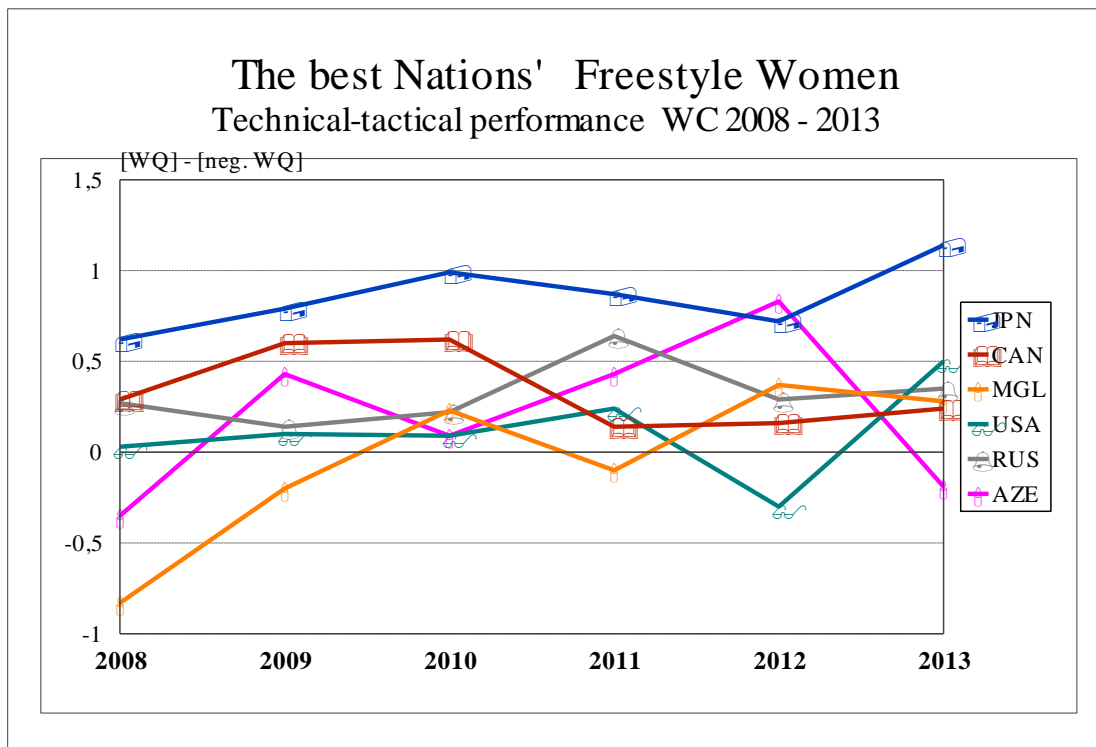


Figure 10 Wrestling performance of the six best nations since 2008

The power of nations is also reflected in the quality of their combat behavior. A very important criterion for assessing the performance and the quality of wrestling are the performance index and the quotient of effect (realized number of points per minute) as a measure of the attack strategy. These factors we have put together for Female wrestling since 2008, and we never find such positive values so far (fig. 10).

Very clear is the improvement of the wrestling performance of Japan and USA since 2012 and the decrease of Azerbaijan. The answer can only give the nations by themselves (maybe the changes of generation, a little break after the Olympic Games or changing of the training and competition strategies).

Concerning the performance index, the measurement of the quality of wrestling, we can see the best values for the wrestler of Japan, They had been the best. China, USA and PRK are following with a distance. Very interesting is the high wrestling quality of the wrestlers from PRK. In this connection the teams of Azerbaijan, Kazakhstan and Bulgaria are far behind (Fig. 11).

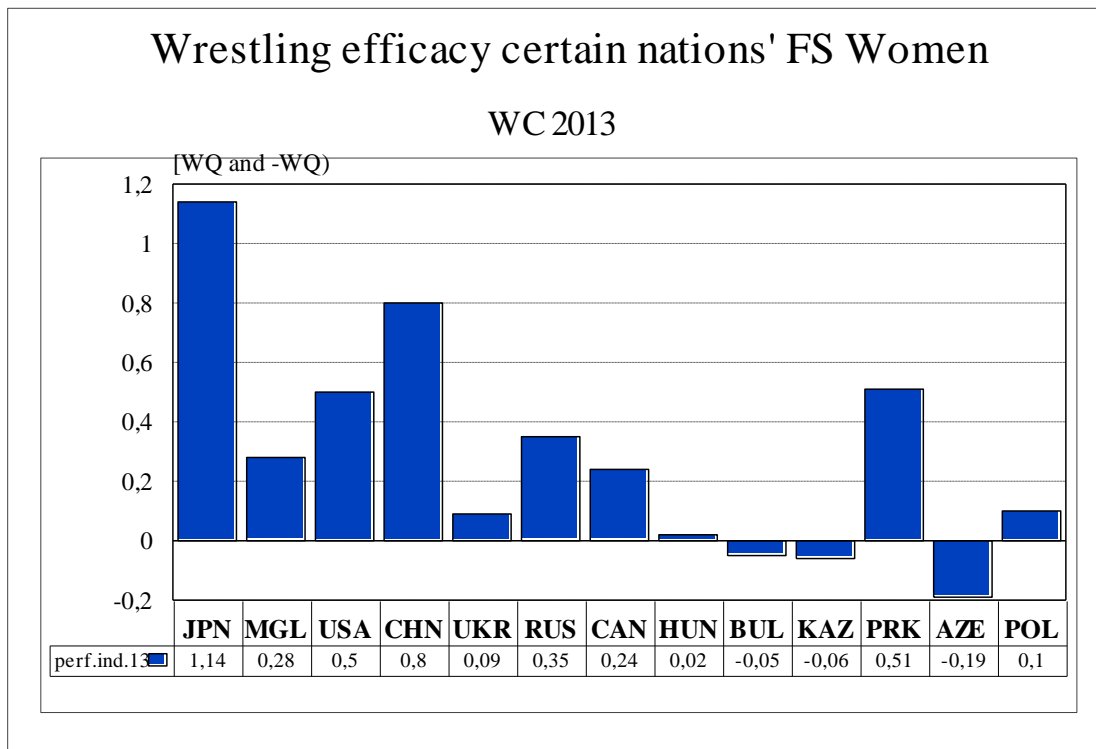


Figure 11 Performance index Female wrestling in Budapest

Some video clips can underline the good quality of the best nations (clip 1-4).

Even though the teams from Columbia, Brasilia or Venezuela were not among the best countries, they still had some successful athletes demonstrating excellent techniques (clip 5-7).

A comparison of quality values, such as the performance index, is to consider the automatic growth by increasing the technical evaluation of the past 1 point to 2 points. Even taking into account this fact, the improvement is remarkable of the teams from Japan, China, USA, PRK and Mongolia. Very clear is the drastic decrease of quality of the teams from Azerbaijan, Bulgaria, Hungary, Ukraine and Russia (Fig. 12).

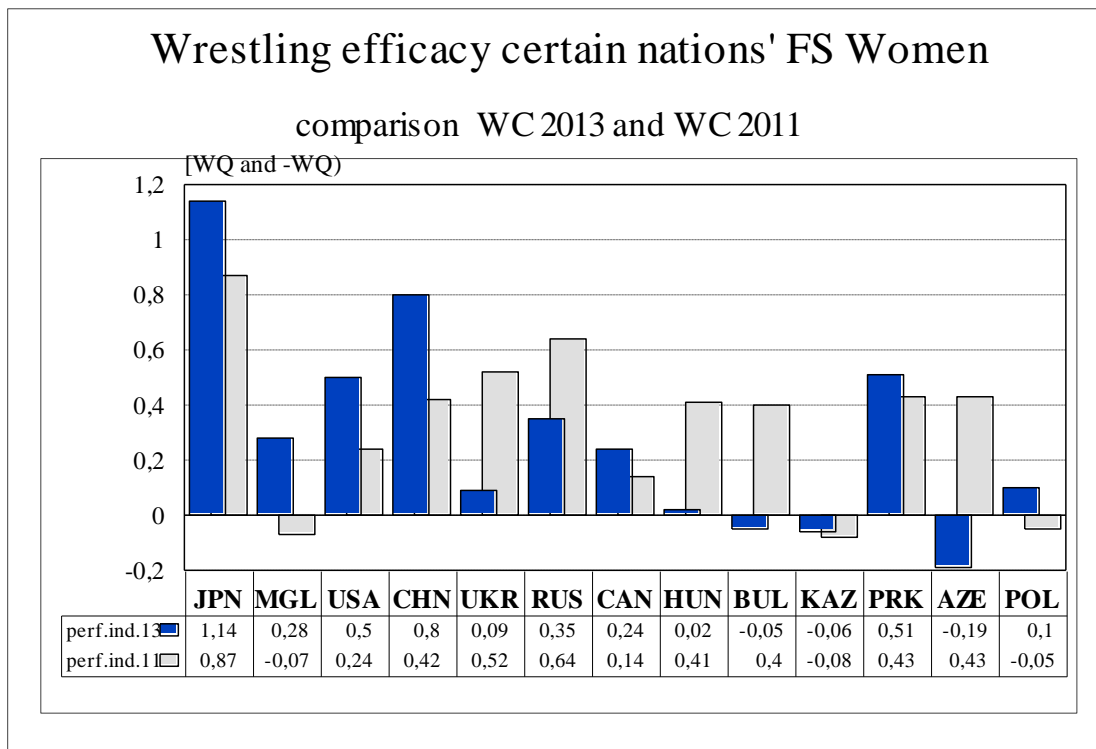


Figure 12 Performance index 2013 (new rules) in comparison to 2011(old rules) Female wrestling

The attractiveness of wrestling lives from the attacking strategy. Therefore the attack efficacy is also a measurement of the quality of wrestling and the quality of training concepts.

It is not a surprise that the teams of PRK, Japan, China and USA are in front in this connection as the best four (Fig. 13). But also Azerbaijan, Bulgaria, Canada, Mongolia and Kazakhstan are better than the average.

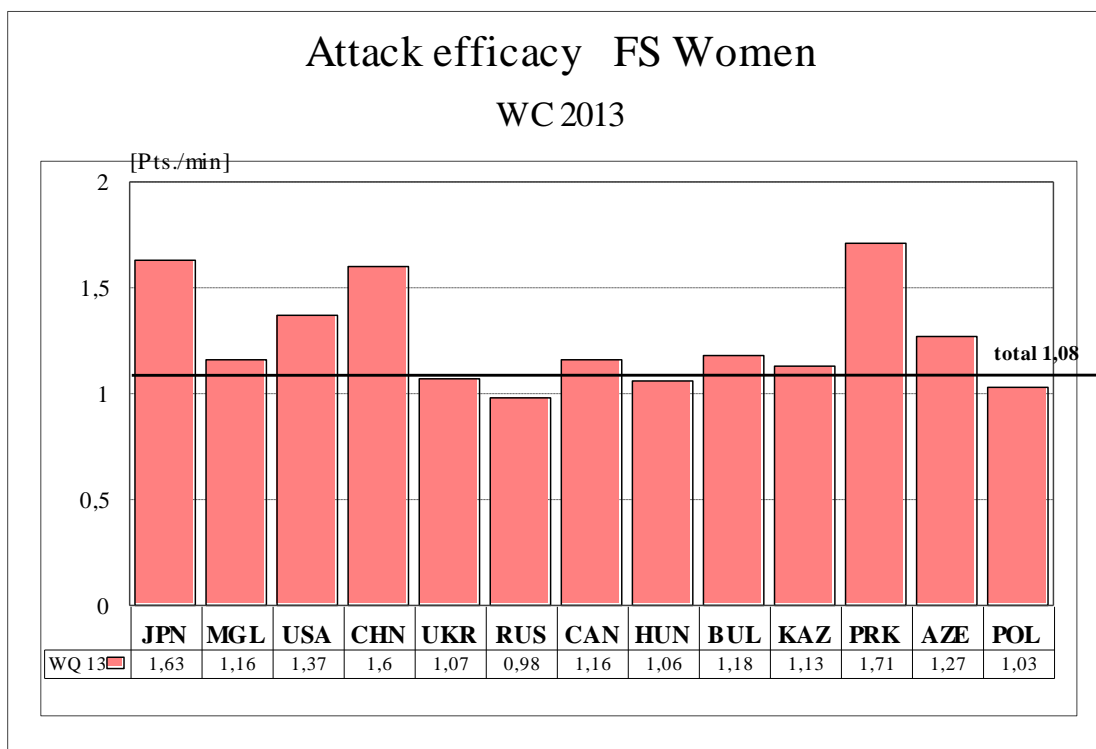


Figure 13 Attack efficacies of the best teams 2013 Female wrestling

In comparison to 2011 we consider an improvement concerning the attack efficacy for the teams of PRK, Japan, China, Mongolia, Canada and Kazakhstan. The decrease of Hungary and Russia is obviously.

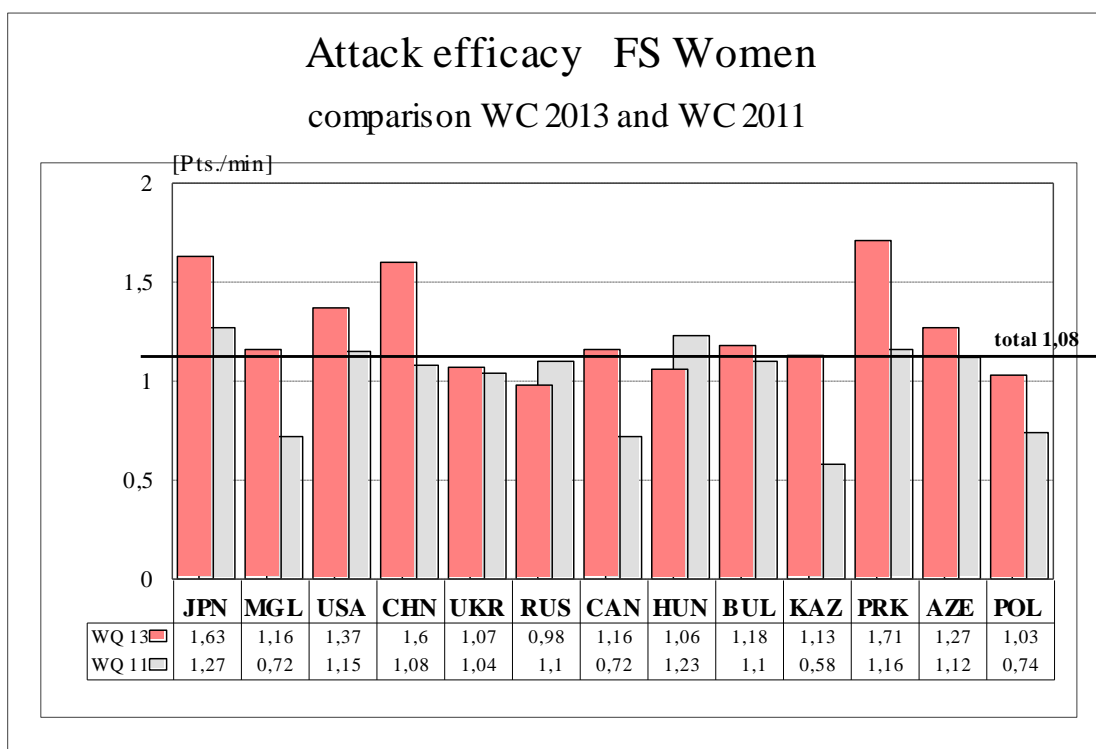


Figure 14 Comparison of the attack efficacy of the best teams 2013 and 2011

Very strong in the defense had been in Budapest the teams of Japan and Russia followed by China, USA and Mongolia.

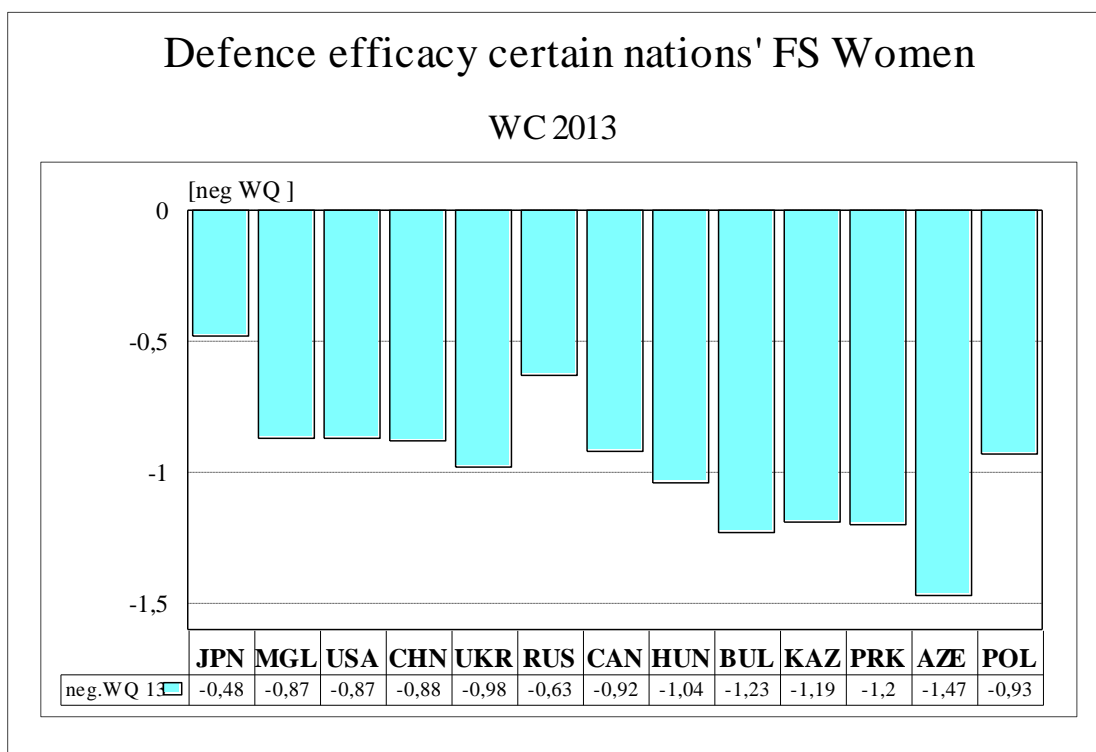


Figure 15 Defence efficacies of the best teams 2013

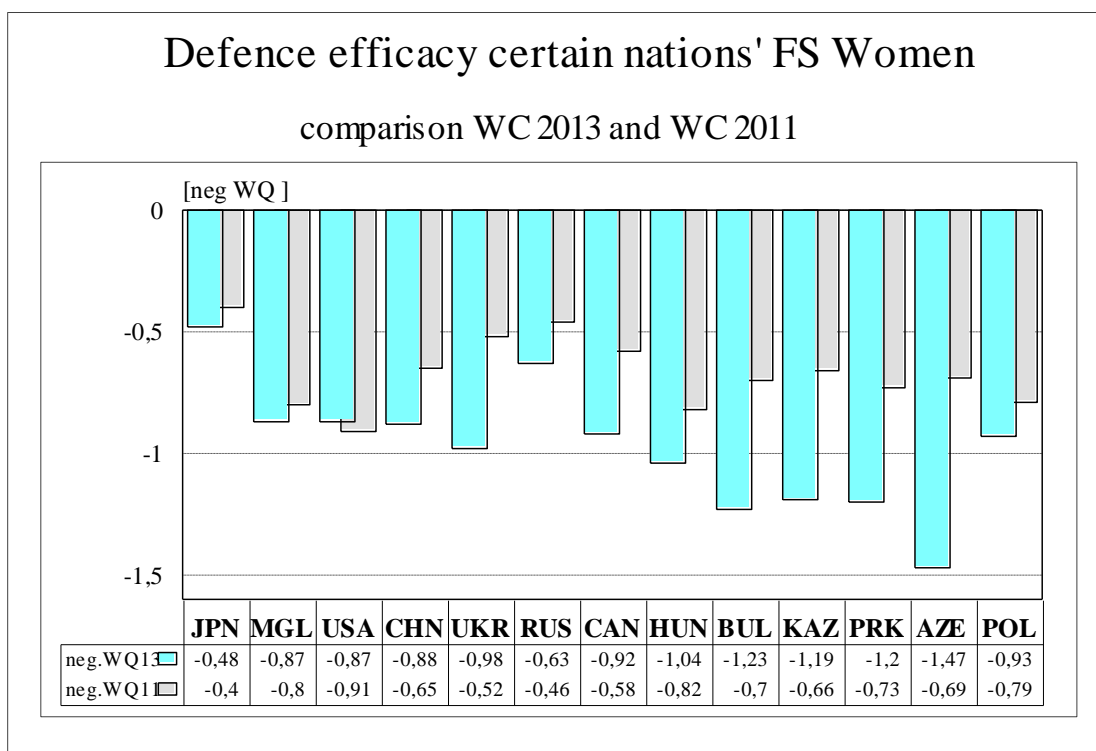


Figure 16 Comparison of defence efficacy of the best teams 2013 and 2011 Female wrestling

If we compare the defense efficacies of the teams 2013 to 2011 are the noticeable decrease of the values of Azerbaijan, PRK, Bulgaria, Kazakhstan and Ukraine 2013. Noticeable is also in this point the small improvement of the wrestlers from USA as the only country (Fig. 16).

In a summary we put together all three quality factors of Wrestling. In all three qualitative factors the girls of Japan are in front. That means they are the best attacker, the best defender and of course the best in overall wrestling performance of Budapest. The very good attacker from China, PRK, USA and Mongolia could be much better if they can stabilize their defence efficacy (fig. 17).

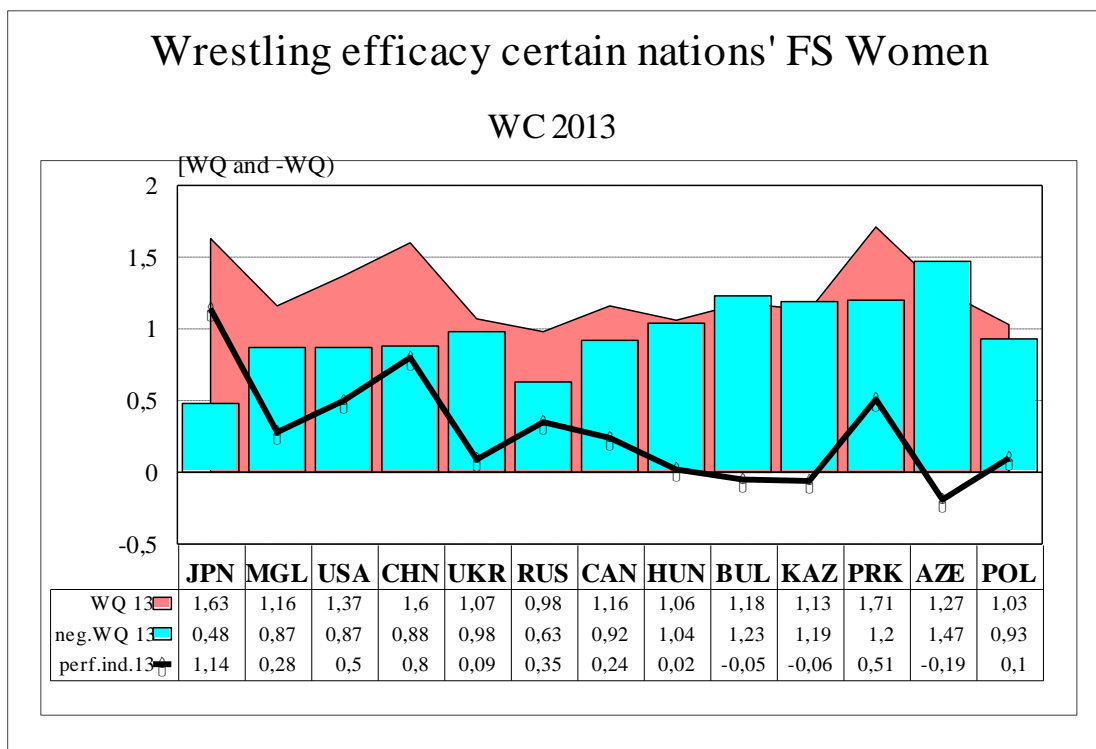


Figure 17 Wrestling efficacies of the successful teams 2013 Female wrestling

### 4.3 Combat behavior of the winner

A look at the champions shows the upgrade of the wrestling quality in all three styles in comparison to 2011 especially in Women's wrestling. That means we do have an improvement even if we are taking in to account the upgrade from 1-point techniques to 2- point values (Fig.18). The attack efficacy of the winner in Female wrestling with 1.92 point per minute is remarkable.

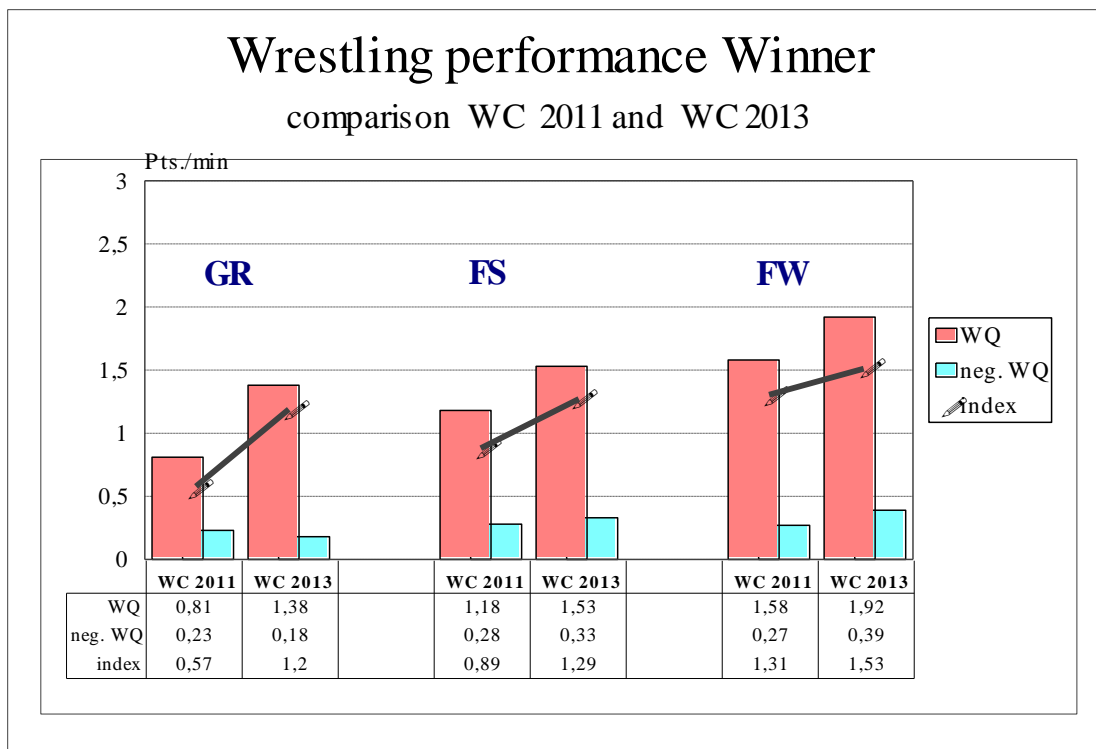


Figure 18 Wrestling performance of the champions in all three styles

We consider a different picture concerning the wrestling performance of the World Champions 2013 in Budapest (fig. 19).

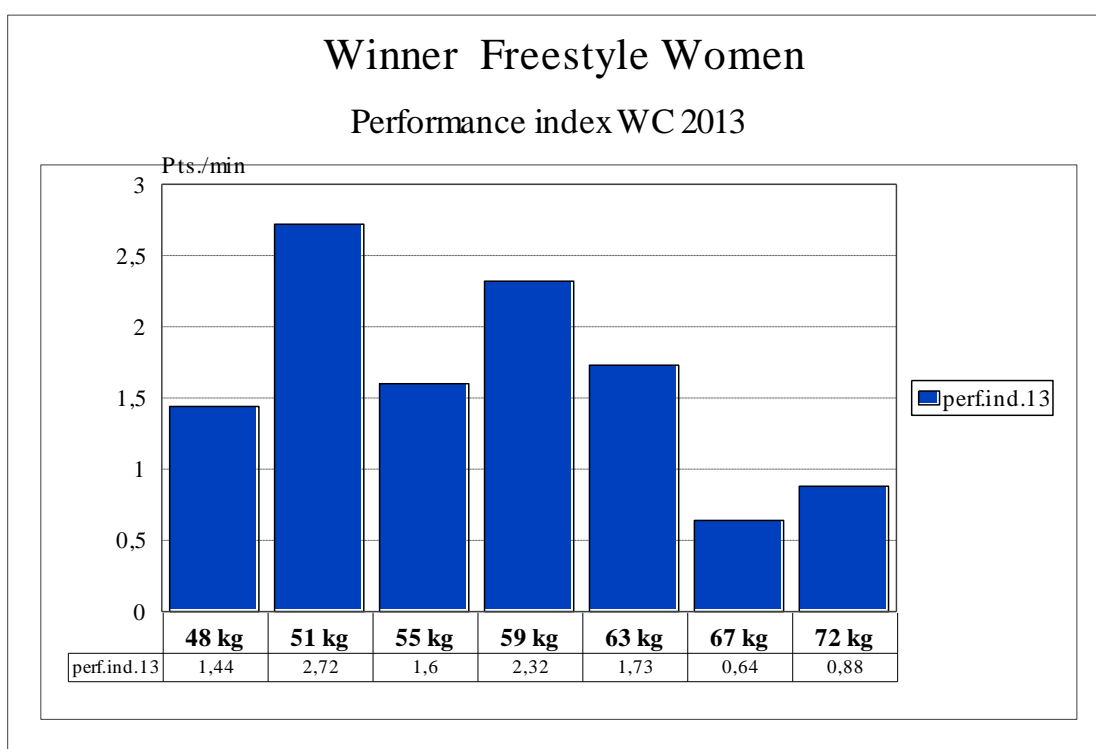


Figure 19 Wrestling performance of the champions in Budapest

Of course the World Champions are demonstrating the best quality of wrestling. With realizing 2.72 (performance index) was the best wrestler Yanan Sun CHN followed by Marianna Sustin HUN (2.32), Kaori Icho JPN (1.73) and Saori Yoshida JPN (1.6).

Remarkable also the performance of Eri Tosaka JPN (48kg) who realized in her 4 bouts two pins and two victories with technical superiority, one during the final match. Yanan Sun CHN realized 3 victories with technical superiority, one during the final and she had together with Marianna Sustin HUN the shortest time per bout (2.6 and 2.8 min. per bout). Saori Yoshida lead her opponents not only one technical point as usual and not to forget the spectacular pin of the Chinese heavy weight Fengliu Zhang over the Russian Olympic Champion Natalya Vorobieva leaving behind with 5 technical points (video clip 7-13).

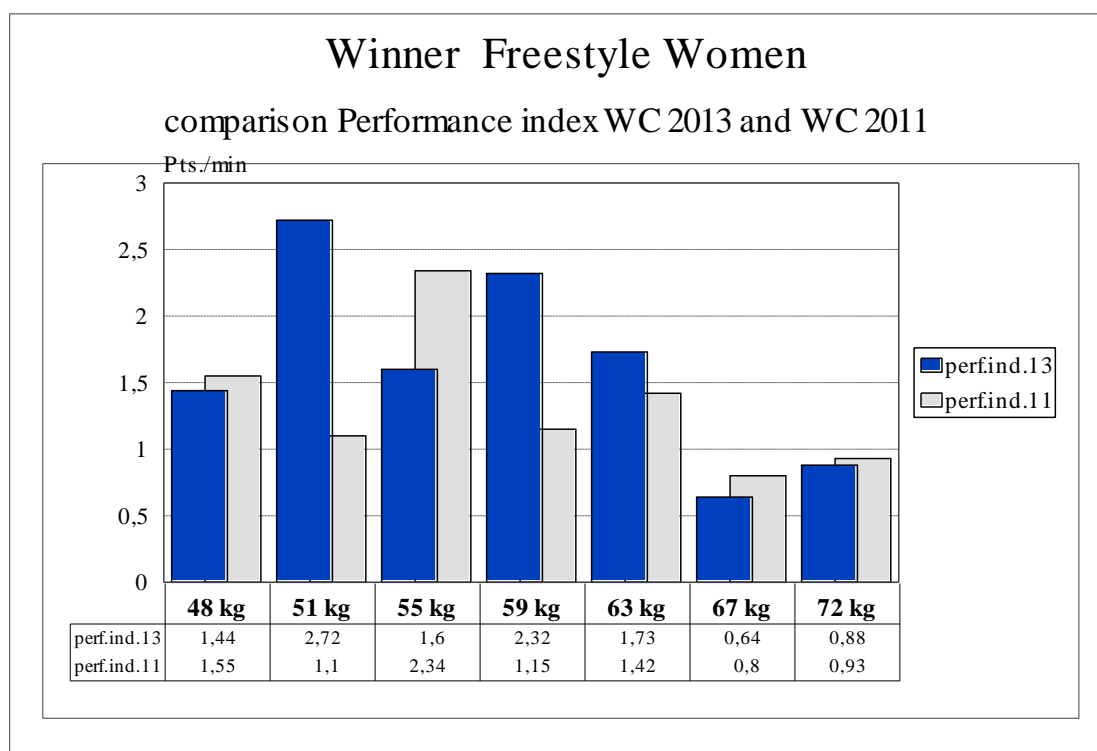


Figure 20 Wrestling performance of the champions in comparison 2011 and 2013

If we compare the performance values from 2013 to 2011 it is interesting the upgrade of the performance values within the 51 and 59kg weight classes (fig. 20). Kaori Icho could improve her performance index and Saori Yoshida take as a world champion “ a little rest”.



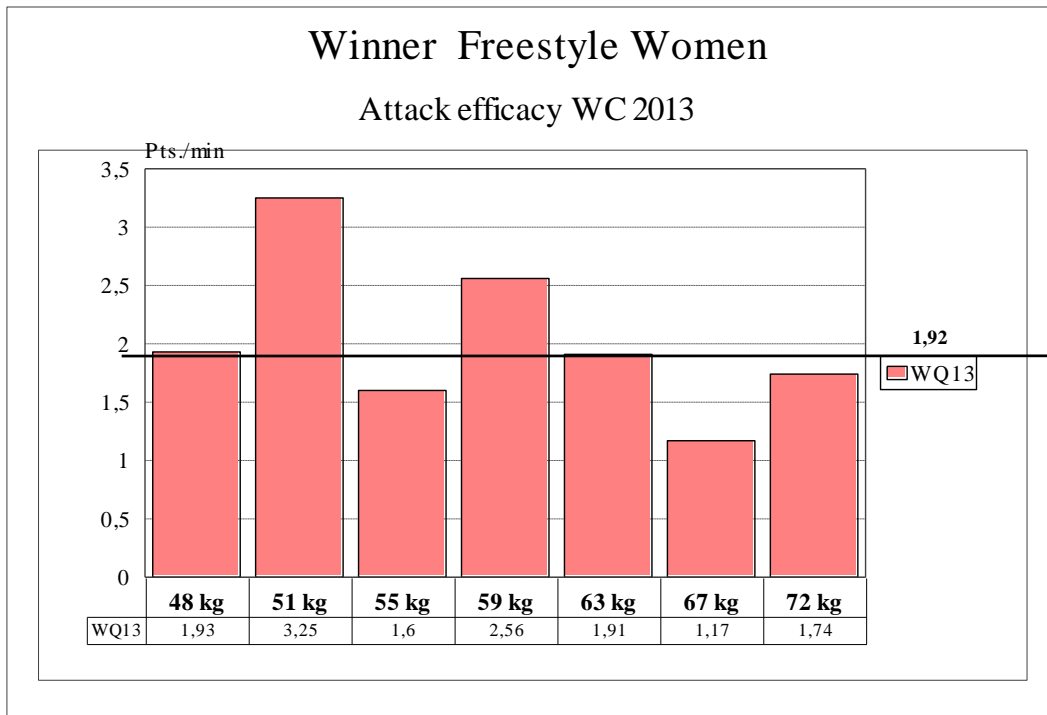


Figure 21 Attack efficacy of the champions in Budapest

The wrestling performance consists of the attack and of the defense abilities. In figure 21 we can see that the most powerful athletes are the best attacker. Yanan Sun CHN 3.25 technical points per minute and Marianna Sustien HUN (2.56) are the best attacker. The best defender had been in Budapest Saori Yoshida, Kaori Icho and Marianna Sustien. Remarkable are the worse defending abilities of the other four World Champions.

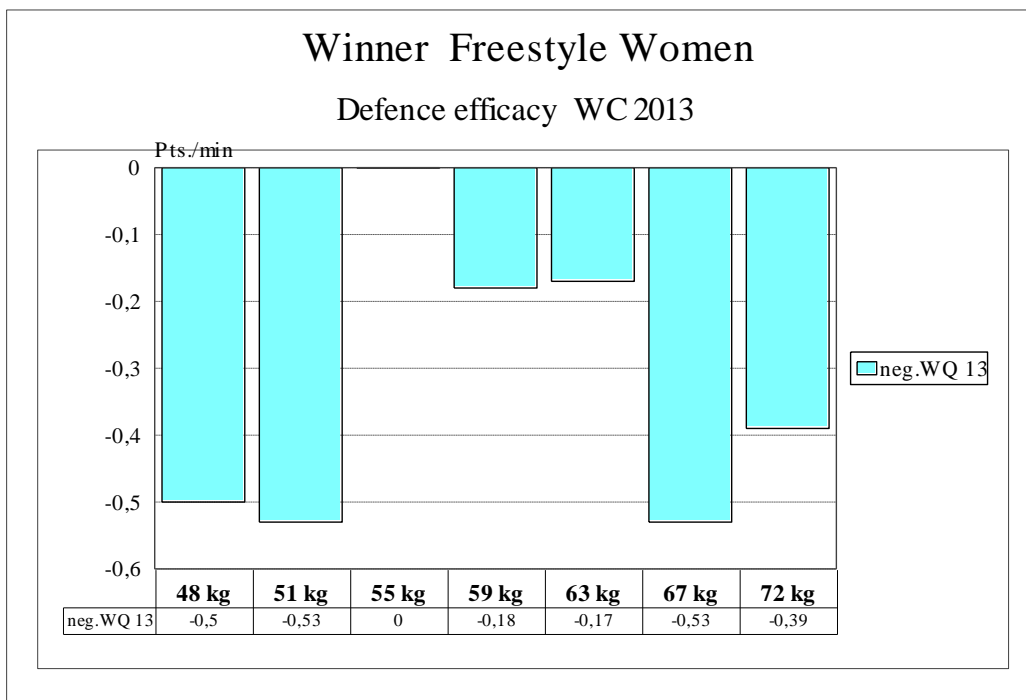


Figure 22 Defense efficacy of the champions in Budapest

In summary we see the outstanding performance of the four champions Yanan Sun CHN, Marianna Sustien HUN , Kaori Icho JPN and Saori Yoshida JPN (Fig. 23) who are an example for successful attack strategies.

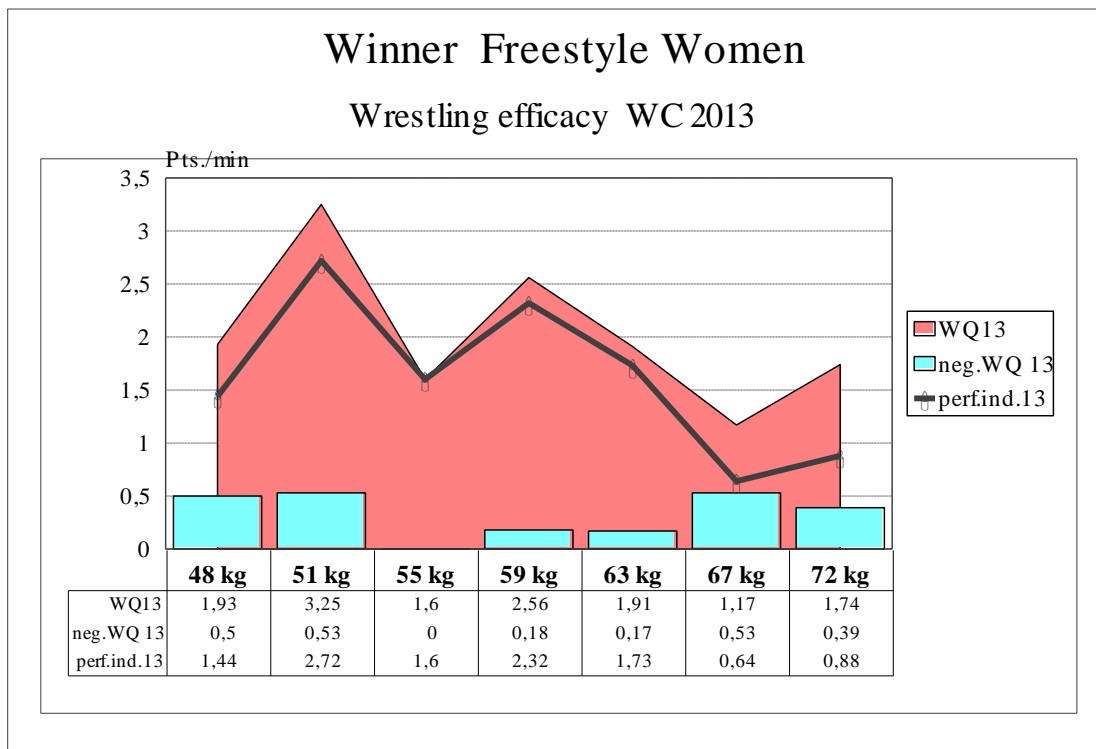


Figure 23 Wrestling efficacy of the champions in Budapest

## 5. Technical structure of the Champions

It is for the coaches very important to analyze the technical-tactical structure of the winner. It is important for the analysis of the technical capacity of their athletes to compare this with the top athletes of the weight class. It is also very important for the planning of the technical training process as well as for the training concepts of the promising young talents.

We see in Istanbul leg attacks, turn over and take downs as the dominate techniques (fig. 24). This tendency is obviously in the weight categories 48kg, 55kg and 63kg, where Saori Yoshida showed outstanding leg attacks. The dominating technique Take downs is mainly on account of Stanka Zlateva Hristova 72kg.

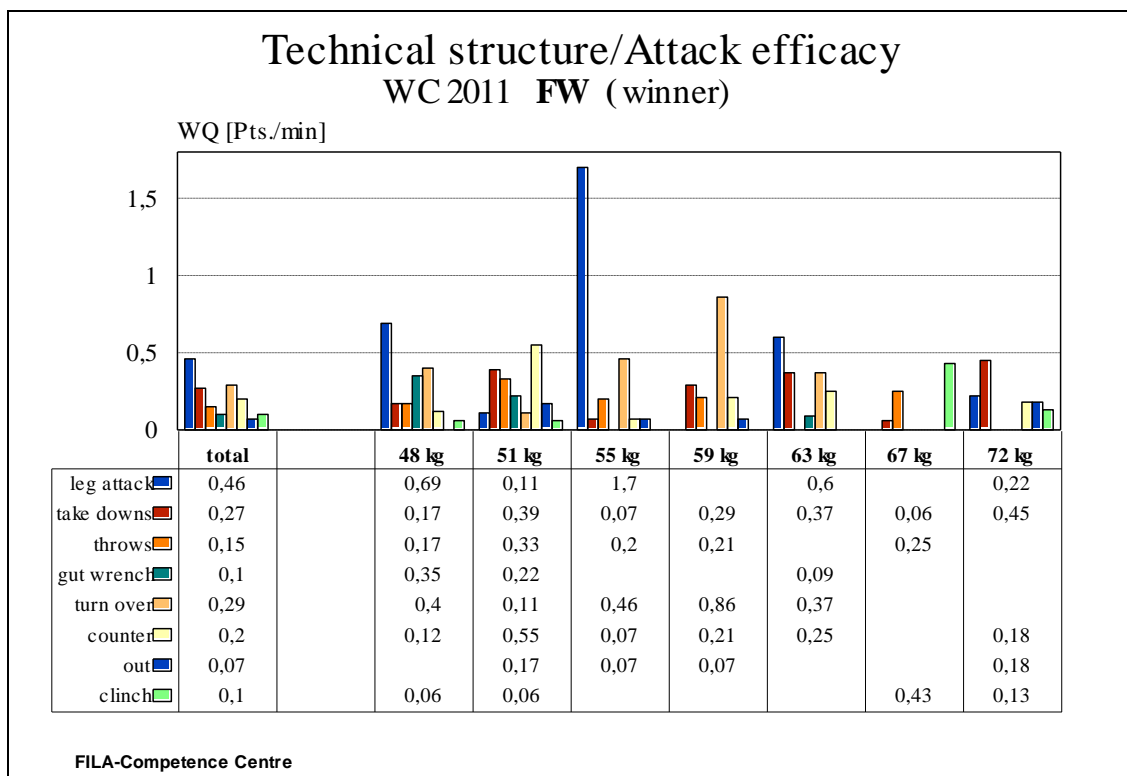


Fig. 24 Technical structure and efficacy of the World Champions 2011

It would be interesting to look at the technical structure after the rule changes 2013.

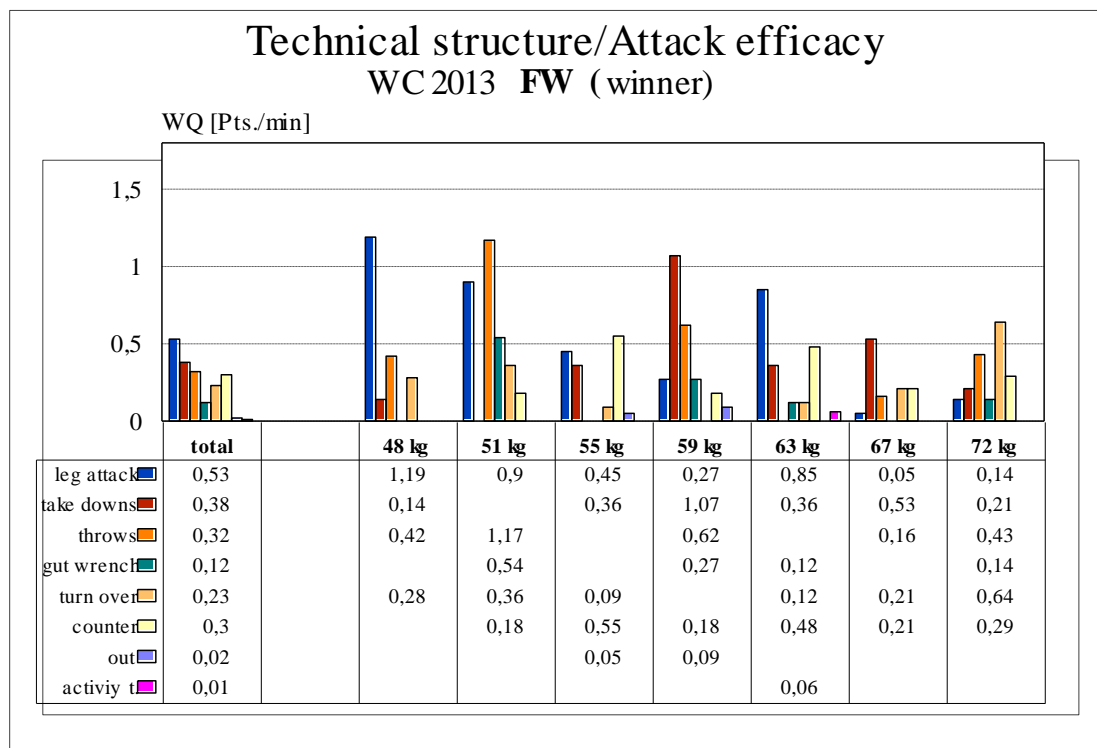


Figure 25 Technical structure and efficacy of the World Champions 2013 in Budapest

And indeed the picture shows different results. After the Rule changes we have a bigger technical variety as well in general and also in the weight classes. Still in front are the leg attacks followed by the take downs and throws. The technical structure is furthermore marked by counter and turn over. Activity time and “out” are insignificant. Interesting are the winning techniques of the various champions.

The two Japanese champions Eri Tosaka and Kaori Icho are preferring leg attacks, while the two Chinese champions are concentrating themselves on throws, leg attacks and turn over. Marianna Sustin and Alina Stadnik-Makhinia are preferring take downs and throws. It is acceptable that the two experienced three times Olympic champions Saori Yoshida and Kaori Icho are using especially counter techniques in their program. More information we can get if we compare the development of the technical structure of the world champions in Female wrestling since 2009.

If we compare the technical structure of 2009 to 2013 we can see some differences (fig. 26). We have 2013 a increase of the take downs, throws and counter techniques. Leg attacks are 2013 still the dominating techniques. Clinch, “out” and activity time disappeared respectively they are insignificant.

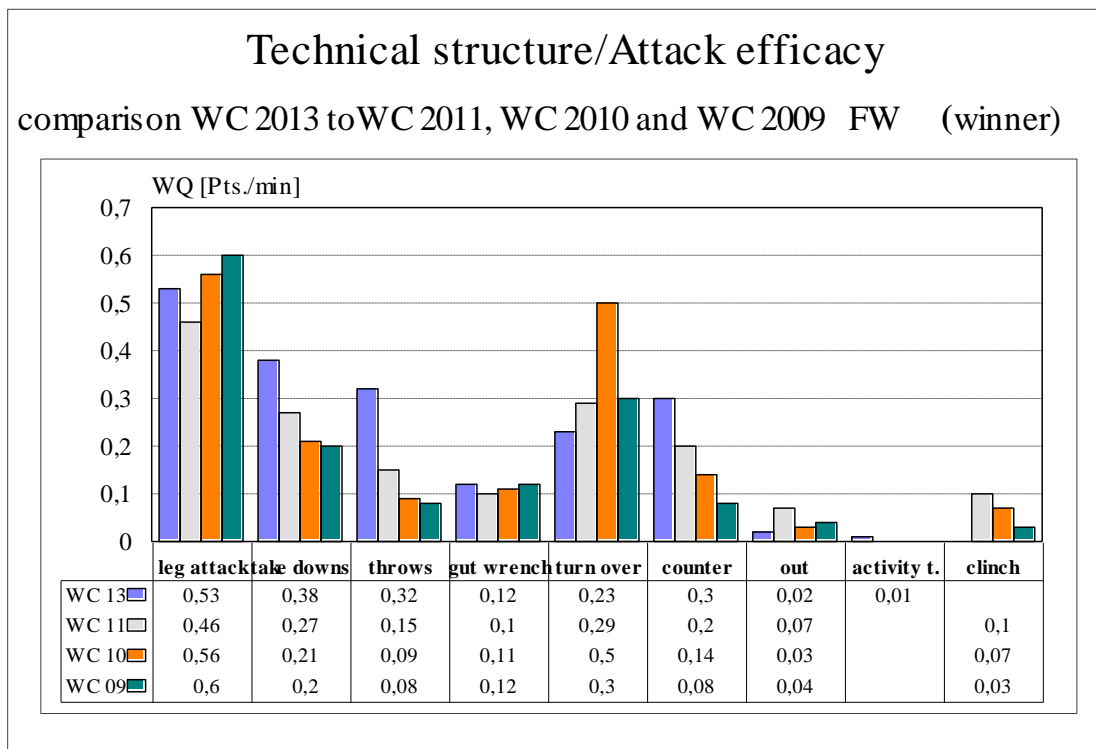


Fig. 26 Comparison of the technical structure in female wrestling 2009, 2010, 2011 and 2013

## **6. Summery**

Rule changes had been necessary after the decline of the attractiveness of Wrestling during the last years. The aims of the rule changes 2013 were to cancel unattractive elements of the rules, to encourage the athletes to more activities and offensive wrestling strategies and to more understanding of wrestling to the audience. After analysing four Championships 2013 carried out with new rules we found out a successful implementation of the new rules.

The subject remains on the agenda, because coaches and athletes relatively quickly adapt to rule changes.

## **7. Individual world top performances under technical-tactical aspects**

**(video show)**