Dynamics of indicators of competitive activity in the Greco-Roman wrestling at the Olympic Games

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ABSTRACT
PURPOSE: To carry out a study and comparative analysis of the competitive activity indicators of the Greco-Roman style wrestlers of a high level of skill at the Olympic Games to identify trends in the dynamics of technical actions and technical and tactical preparedness. METHODS: Analysis of protocols and videotapes of the final fights of Greco-Roman wrestlers at the Olympic Games (1996, 2000, 2004, 2008, 2012, 2016 years). In total, 117 final matches of high-qualified athletes were analyzed, the following indicators were recorded: duration of bouts; number of technical actions; efficiency of standing and parterre techniques; effectiveness of defense in standing and parterre; productivity of standing and parterre techniques. RESULTS: Analysis of technical arsenal of wrestlers at the Olympic Games made it possible to identify 12 main technical actions that are most often used: turnovers (32.7% of all technical actions), reverse turnovers (4.9%), back belt throws (15.1%), reverse belt throws (5.3%), counter hold in parterre (8.5%), pins (4.1%), takedowns (5.7%), twisting throws (2.0%), back arch throws (2.5%), knocking over (10.2%), pushing out of mat (5.7%), counter hold in standing position (3.3%). Analysis of the competitive activity of wrestlers at the Olympic Games showed: the composition of effective technical and tactical actions was significantly reduced and the tactics of conducting the bout became simpler; offensive actions prevail in the composition of competitive technology, the pace of fight is constantly high; holds are carried out after the previous preparation and in that case if the athlete is sure that hold will be performed; high-class wrestlers conduct more technical and tactical actions in parterre than in standing position, all this significantly reduces the entertainment of the modern Greco-Roman wrestling. CONCLUSIONS: It has been established that for now there are significant problems for Greco-Roman wrestlers in the need to modernize competition rules in order to increase the effectiveness and spectacularity of wrestling bouts.

Key words: elite wrestlers, comparative analysis, technical actions, technical and tactical preparedness.

Conflicts of interest: the authors declare that there is no conflict of interests.