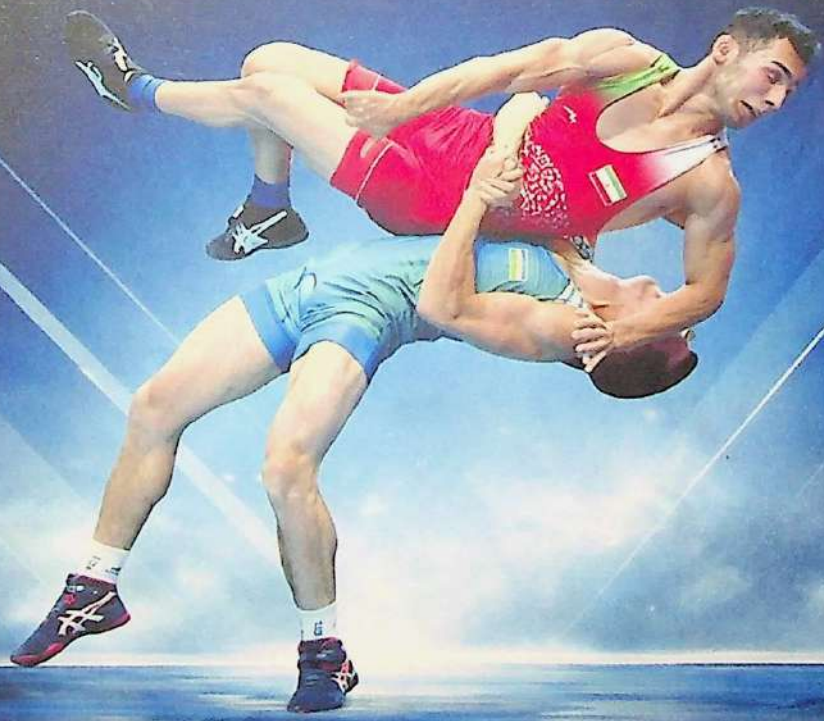
ADILOV SARVAR QAKHRAMONOVICH

ORGANIZATION OF TRAINING SESSIONS

AT THE INITIAL PREPARATION STAGE

(Greco-Roman Wrestling)



TEACHING MANUAL

796.82(075.8)
A21

MINISTRY OF HIGHER EDUCATION, SCIENCE AND INNOVATION OF THE REPUBLIC OF UZBEKISTAN

MINISTRY OF SPORTS OF THE REPUBLIC OF UZBEKISTAN

UZBEK STATE UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS

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Field of Study: 61010300- Sports Activity (by Types of Activity)

O'ZBEKISTON DAVLAT JISMONIY TARBIYA VA SPORT UNIVERSITETI AXBOROT RESURS MARKAZI
№ 5/4 : 3085/28

TASHKENT
«EVRIKA NASHRIYOT-MATBAA UYI» MCHJ -2026

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S.Q. Adilov. **"Organization of training sessions at the initial preparation stage (Greco-Roman Wrestling)"** Teaching manual / T - **«EVRIKA NASHRIYOT-MATBAA UYI» MCHJ** 2026 - 272 p.

This educational manual explores the processes of formation and historical development of the Greco-Roman wrestling discipline, as well as the modern stages of its improvement. Special attention is given to methodological approaches aimed at enhancing athletes' physical fitness and the analysis of the practical aspects of these methods. The manual is presented in a scientifically grounded, accessible, and comprehensible manner, and is recommended as a practical resource for instructors and coaches at the University of Physical Culture and Sports of Uzbekistan, Olympic and Paralympic training centers, as well as for coaches and athletes of the Uzbekistan national Greco-Roman wrestling team.

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Mazkur o'quv qo'llanmada yunon-rim kurashi sport turining shakllanish jarayoni, uning tarixiy taraqqiyoti hamda zamonaviy rivojlanish bosqichlari yoritilgan. Shuningdek, sportchilarning jismoniy tayyorgarlik darajasini oshirishga qaratilgan metodik yondashuvlar va ularning amaliy jihatlari izchil tahlil etilgan. Qo'llanma ilmiy-nazariy asoslangan, sodda va tushunarli tilda bayon etilgan bo'lib, O'zbekiston davlat jismoniy tarbiya va sport universiteti, Olimpiya va paralimpiya sport turlariga ixtisoslashtirilgan tayyorlov markazlarining murabbiy-o'qituvchilari, shuningdek, yunon-rim kurashi bo'yicha O'zbekiston terma jamoasi a'zolari – murabbiylar hamda sportchilar uchun amaliy ahamiyatga ega manba sifatida tavsiya etiladi.

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В данном учебном пособии рассмотрены процессы формирования и исторического развития спортивной дисциплины греко-римская борьба, а также современные этапы её совершенствования. Особое внимание уделено методическим подходам к повышению уровня физической подготовки спортсменов и анализу практических аспектов этих методик. Пособие изложено в научно обоснованной, доступной и понятной форме, и рекомендуется в качестве практического ресурса для преподавателей-тренеров Университета физической культуры и спорта Узбекистана, центров подготовки по олимпийским и паралимпийским видам спорта, а также для тренеров и спортсменов национальной сборной Узбекистана по греко-римской борьбе.

PREFACE

The role of physical education and sports is steadily increasing in the modern stage of societal development, as they contribute to the comprehensive cultivation of human potential, the development of physical qualities, the strengthening of health, the enhancement of work capacity, and the formation of a favorable psychological environment in society. In particular, various types of combat sports hold an important place in the system of physical education as an effective means for raising physically strong and courageous individuals.

The main content of the discipline "Organizing training sessions at the initial preparation stage" consists of studying the general patterns that ensure the effective organization of sports training in various types of wrestling. This discipline analyzes sports training as a complex and multifactorial system that includes improving athletes' preparedness, thorough preparation for competitions, participation in them, and scientifically–methodically managing the training process.

The primary goal of the course "Organizing training sessions at the initial preparation stage" is to form the theoretical knowledge, practical skills, and professional competencies necessary for students to work effectively in pedagogical practice. The main tasks of the course include the history of combat sports, teaching methodology, methods of technical, tactical, physical, and psychological preparation of athletes, as well as the management of training and competition processes. This discipline introduces students to the specific features of athletes' preparation and competitive activity, the challenges of regulating competitive loads, the criteria of technical and tactical mastery, and the factors that determine them.

Theoretical and practical knowledge in this field serves as a basis for forming the professional competencies required for future coaches to effectively organize the process of preparing athletes for qualification standards. At the same time, acquiring a clear understanding of the

system of general pedagogical and specialized methods used to ensure athletes' preparation holds great importance.

Since the independence of our country, special attention has been paid to the development and improvement of physical education and sports. The President of the Republic of Uzbekistan has consistently demonstrated systemic support not only for the progress of culture and enlightenment but also for the effectiveness of youth physical education and the sports movement. In particular, since his election as President, Shavkat Miromonovich Mirziyoyev has signed a number of important decrees and resolutions aimed at advancing the field of physical education and sports.

These include: — The Presidential Decree No. PD-4956 of February 15, 2017, "On measures to further improve the management system in the field of culture and sports"; — The Resolution No. PD-2779 of February 15, 2017, "On the organization of the activities of the State Committee of the Republic of Uzbekistan for Physical Culture and Sports."

To ensure the implementation of the Resolution of the President of the Republic of Uzbekistan No. PD-2821 of March 9, 2017, "On preparing athletes of Uzbekistan for the XXXII Summer Olympic Games and the XVI Paralympic Games to be held in 2020 in Tokyo (Japan)" and to introduce additional measures for the preparation of Uzbek athletes for the Olympic and Paralympic Games.

The Resolution No. PD-2909 of April 20, 2017, "On measures to further develop the system of higher education"; The Resolution No. PD-3031 of June 3, 2017, "On measures to further develop physical education and mass sports"; The Resolution No. PD-3197 of August 10, 2017, "On measures to further improve the activities of the Uzbekistan State Institute of Physical Culture"; and several other regulatory documents can be mentioned.

The Resolution of the President of the Republic of Uzbekistan No. PD-5279 of November 5, 2021, "On measures to radically improve the

sports education system and further enhance the quality of forming a reserve of athletes in Olympic and Paralympic sports"; The Resolution No. PD-5280 of November 5, 2021, "On the program for the development of sports-education institutions until 2025"; and the Resolution No. PD-5281 of November 5, 2021.

In accordance with the Resolution of the President of the Republic of Uzbekistan No. PD-336 of July 29, 2022, "On measures to further develop the Olympic types of combat sports"; and the Resolution No. PD-414 of November 3, 2022, "On measures to further improve the system of training personnel and conducting scientific research in the field of physical education and sports," it is considered necessary to study and eliminate the issues identified in these regulatory documents and to develop appropriate proposals and recommendations.

The curriculum of this subject provides for the study of the moral-volitional, technical, tactical, and physical training tools and methods of a wrestler. This program includes all the elements necessary for developing the athlete's personal qualities, forming their wrestling skills, and achieving maximum effectiveness.

CHAPTER I. THE ORIGINS AND DEVELOPMENT HISTORY OF GRECO-ROMAN WRESTLING

1.1. The Ancient Roots of Greco-Roman Wrestling

Greco-Roman wrestling is recognized as one of the oldest and most developed sports in human history. Although its earliest forms appeared in the ancient civilizations of the East—particularly in Mesopotamia, Egypt, India, and China—the true origins of modern Greco-Roman wrestling date back to ancient Greece and the Roman Empire. During these periods, wrestling served not only as a sporting activity but also as an essential component of military preparation, a means of physical education, and even an element of religious and ceremonial practices. In the pre-Christian era, wrestling was regarded as a tool for enhancing combat skills, strengthening willpower, and expressing national pride.

In the classical period of ancient Greece, wrestling was known as Pale and was considered one of the major events of the Olympic Games. Over time, wrestling acquired a competitive nature, and a structured system of techniques, rules, and sporting principles began to emerge. Thus, wrestling evolved from being part of ancient cultural practices into a unique sport that has reached international sporting arenas today.

Wrestling is one of the oldest and most widespread sports in human history. Its formation dates back to ancient times. Even in the primitive era, humans used elements of hand-to-hand combat to survive, protect themselves, or prepare for physical confrontations during hunting. Through such encounters, people gradually developed specific wrestling skills, strategies, and techniques based on deception, tactics, and efficient use of physical strength. Humans continuously sought approaches that minimized danger, conserved energy, and increased their chances of victory. As a result, alongside everyday labor activities, wrestling methods formed and were transmitted orally from generation to generation.

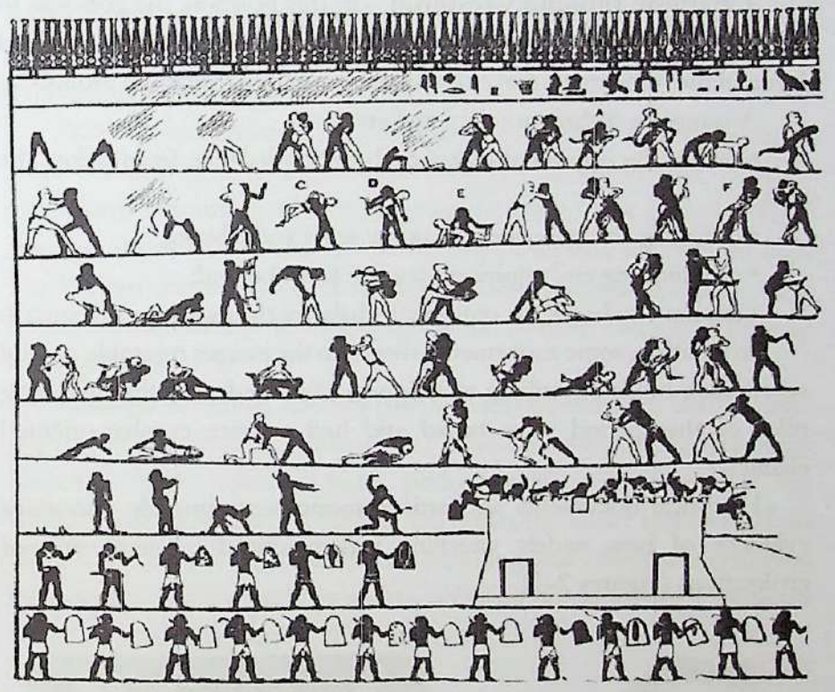
Techniques discovered by chance or created through conscious experimentation gradually spread among the people and became collective cultural property. On this basis, the earliest forms of folk wrestling emerged and became an integral part of communal traditions.

Throughout history, the destinies of many nations were determined through wars and conflicts, the outcomes of which often depended on the hand-to-hand combat skills of warriors. For this reason, our ancestors understood that wrestling was not merely a sport, but also a powerful educational tool for raising brave, physically strong defenders of the homeland.

By its nature, wrestling is a highly spectacular and emotionally charged activity. In the wrestling arena, a person demonstrates superiority through courage, physical strength, agility, bravery, and intellectual sharpness. Therefore, such competitions naturally emerged and spread widely in any environment where youth gathered.

One of the most compelling pieces of evidence confirming the popularity of wrestling in ancient times is the presence of artistic monuments. The poets and painters of that era could not remain indifferent to this highly respected sport, and they immortalized scenes of wrestling with great inspiration in their works.

One of the most remarkable discoveries in this regard is the ancient tomb located in the village of Beni Hasan in Egypt. The walls of this tomb are decorated with various scenes of wrestling combats. Although this unique cultural monument is more than 4,000 years old, many of the techniques depicted on its walls are still used by athletes today.



(Figure 1.1)

An analysis of the images on the tomb walls shows that in ancient Egypt wrestling was practiced both in a standing position and on the ground (parterre). The main objective was to throw the opponent to the ground and make his back touch the surface. Based on the depictions, it can be concluded that the Egyptians allowed striking techniques as well as painful (submission) holds in wrestling.

The movements of ancient Egyptian wrestlers are depicted in the wall paintings in two main positions:

1. Wrestling in a standing position – in this position, wrestlers used techniques such as pulling, throwing, and shaking. Their style shows the use of body weight and center of gravity for gaining advantage.

2. Parterre (ground wrestling) – in this position, the goal was to pin the opponent to the ground by using holds, pressing, twisting, and forceful movements to make the opponent's back touch the ground.

Among the techniques depicted are:

- taking the opponent down by breaking balance from below the waist;
- defeating the opponent using the arms and elbows;
- arm twisting and applying pressure from behind;
- attempts to break the opponent's balance through leg movements.

In addition, some movements shown in the images resemble painful submission holds or striking techniques, which indicates that wrestling rules of that period were broad and had a more combat-oriented character.

Historical documents and artistic monuments provide important evidence of how widely wrestling was practiced in many ancient civilizations (Figures 2–3).



Figure-2

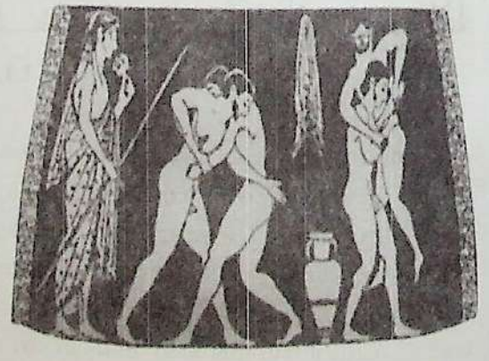


Figure-3

In ancient Sparta, a special system for the physical preparation of the younger generation existed, in which wrestling held a distinguished place. This sport was regarded not only as a means of physical conditioning but also as an essential element of military training. The

appointment of instructors to schools specializing in this area was directly under state authority, which demonstrates the significance of wrestling at the state level.

Physical preparation in ancient Spartan society was one of the main pillars of state policy. Boys were sent to state-controlled military-educational schools starting from the age of seven. This system, known as agoge, included wrestling as one of its primary training components. For Spartan citizens, physical strength, endurance, and discipline were of utmost importance. Wrestling served as the main tool for cultivating these qualities.

Through wrestling, not only physical development but also courage, determination, strategic thinking, and rapid decision-making skills were fostered. State schools were pedagogically militarized — the appointment of teachers (coaches) fell under the direct authority of the state. This indicates that in Sparta, wrestling and physical preparation were regarded not merely as sports activities but as strategic elements linked to national security (Table 1).

Table-1

Main Stage	Definitionf	Its Role in Wrestling
The Agoge System	A compulsory military-educational system for boys aged 7 to 20	Wrestling served as the main training activity and was used to develop military skills and physical strength.
Wrestling Technique	Techniques for throwing, pinning, restraining, and neutralizing an opponent	Preparation for Practical Combat Situations
Group Control	Preparation for Practical Combat Situations	Teaching wrestling under strict supervision and using it as a politically significant tool
International Influence	The Spartan model later influenced the military and sports systems of Rome and Europe.	The recognition of wrestling as a strategic and national educational tool

It is evident how highly developed and popular wrestling was in ancient Greece, considering that it became the second sport included in

the program of the ancient Olympic Games—earning this honor only after running events.

Starting from 708 BC, pentathlon competitions began to be organized in ancient Greece, consisting of five disciplines: running the length of the stadium (192.27 meters), long jump, discus throw, javelin throw, and wrestling. From that period onward, wrestling was officially included in the Olympic Games as an independent sport.

For the ancient Greeks, wrestling was not only a test of physical strength and agility but also a tool of moral education. They valued courage, willpower, endurance, and the aesthetic expression of movements in athletes. In the city-states of Greece—especially Athens, Sparta, and Delphi—wrestling was recognized as a key element of youth training. Wrestlers underwent special preparation, which included physical exercises as well as philosophical knowledge, etiquette, and sports ethics.

The Pale competition was held on a circular mat or sandy field. Matches were conducted under established rules, and victory was achieved by making the opponent's shoulders or back touch the ground. Wrestling with the hands and upper body was allowed, while kicking or biting was strictly prohibited. The widespread nature of sports competitions in ancient Greece was not only due to their entertainment value but also linked to the ruling classes' desire to strengthen their political power by cultivating physically strong and agile warriors.

Artists and sculptors of the ancient world immortalized the most famous and successful athletes of the Olympic Games, expressing their deep respect and admiration in their works.

Throughout its historical development, Greek wrestling underwent several changes. Over time, techniques and rules improved, and gradually, alongside standing wrestling, ground wrestling (parterre) was also permitted.

As time passed, Greece began to lose its influence. In the 1st century BC, it was conquered by the Roman Empire. From that point,

the Olympic Games lost their original political and spiritual significance and gradually turned into ordinary sporting contests rather than national celebrations. At the same time, many previously honored athletes, including wrestlers, slowly transformed into professional performers.

During the Roman Empire, wrestling became widely popular as a professional sport. Wrestlers trained in specialized schools and participated in various competitions to earn their livelihood. Many of them gained widespread fame and became true folk heroes.

By the 16th century, the first written sources on wrestling began to appear. One of the most notable works was F. Auerwald's *"The Art of Wrestling,"* published in 1539. In 1793, the famous German educator Johann Guts Muths published *"Gymnastics for Youth,"* which was one of the first works to pay serious attention to methodological issues in sports wrestling.

Archaeological discoveries and written sources indicate that humanity practiced the art of wrestling as early as 3,000 years ago. Initially, wrestling emerged as a form of military preparation, but over time it evolved into an ancient method of physical conditioning and a means of achieving an ideal physique. Consequently, it also became a tool for demonstrating strength, endurance, and willpower within society.

Works of art created in Babylon (Babylonia) during the third millennium BC depict wrestlers in action, showing them engaged in combat while connected by belts. Similar examples of such artwork are found in ancient Egypt, India, Japan, China, and parts of Europe. These findings date from the 3rd millennium BC to the 1st century BC.

There are also literary sources related to wrestling. For instance, the *Epic of Gilgamesh*, carved on stone pillars in ancient Mesopotamia around 2000 BC, provides significant information on wrestling contests. In this epic, dramatic and powerful wrestling encounters between Gilgamesh—the king of ancient Mesopotamia—and his opponents are vividly described.

We also encounter wrestling-related episodes in the Torah. For example, Jacob, the grandson of Abraham, wrestles with an angel. According to the narratives, the angel, in an attempt to defeat him, uses divine power and dislocates Jacob's hip joint, yet due to Jacob's firm grip, the angel is ultimately overcome. This story illustrates that wrestling was valued not only as a physical activity but also as a symbol of spiritual strength.

Thousands of years later, great interest in wrestling emerged among the ancient Greeks as well. In 708 BC, wrestling was officially included in the program of the ancient Olympic Games. Wrestling schools called palestras were opened in Greek cities, where young men received specialized training.

Early Greek wrestling developed in two main directions:

- **Orthia Pale** – In this discipline, wrestlers competed only in a standing position. Victory was awarded to the wrestler who managed to throw the opponent to the ground at least two out of three times.
- **Kato Pale** – This discipline resembled elements of modern wrestling and even boxing, including ground techniques, holds, and tactical maneuvers.

To acknowledge defeat, wrestlers waited for the opponent to raise the index finger of his right hand. Competitions were held on a special fighting area called keroma, and all participants competed naked. Their bodies were covered with olive oil, which made gripping more difficult and protected the skin.

1.2. The Emergence of Greco-Roman Wrestling

Beginning from the late 18th century, particularly in France, interest in wrestling began to revive throughout Europe. Among the wider population, the tendency to view wrestling as a form of entertainment grew stronger. As a result, the number of professional wrestlers

increased; they traveled across the country, demonstrating their skills through paid exhibition performances.

French professional wrestlers toured the country and actively promoted wrestling among the public, especially ordinary citizens. Their performances boosted interest in the sport and contributed to its popularization.

The most widely admired wrestling style was one in which holds below the waist were prohibited, and the main goal was to pin the opponent's shoulders to the mat. This style favored wrestlers with superior physical strength.

In 1843, the first athletic arenas intended for professional wrestlers were opened. These venues soon became centers where wrestling enthusiasts gathered.

The French style of wrestling gradually spread to other European countries as well. Professional wrestling competitions were organized there following the French model. This led to the emergence of a completely new social status—the profession of the "professional wrestler."

As wrestling expanded geographically and became increasingly popular, it also grew richer in technical terms. Fights based solely on overpowering the opponent gradually began to lose spectator interest. Instead, refined technique, agility, and aesthetic movements became more highly valued.

Professional wrestling, shaped in France, became one of the most beloved sports in Europe. Its popularity reached such a level that no other sport was able to generate such broad excitement and admiration. During this period, wrestling also began to develop among amateurs, and special competitions were organized.

Wrestling revived in France was conducted according to the following rules:

- only upper-body holds were permitted;

• leg attacks or techniques involving leg movements were prohibited;

• joint locks or painful techniques were strictly forbidden;

• the main objective of the match was to pin the opponent's shoulders to the mat.

In amateur wrestling, a momentary touch of the opponent's shoulders to the mat was considered a defeat. However, in professional wrestling, the opponent had to be held on the mat with both shoulders for a specific duration.

The French significantly developed and perfected wrestling techniques. They worked extensively on back-arching throws, standing throws, and the movement known as the "bridge," which later came to be called suples and is today known as the back-arching throw. Finnish athletes created the "half-suples" (a turning throw executed from a bridge) and introduced numerous parterre rotation techniques based on under-shoulder grips. These became widely known as the "Finnish key."

Almost every country introduced its own technical innovations as wrestling spread into new regions. Many techniques were derived from local styles of folk wrestling. For example, in the 1930s, Turkish wrestlers began applying rotational parterre techniques from behind the opponent's torso. Today, the style developed by the French is known internationally as "Greco-Roman wrestling," while in our country it is traditionally called "classical wrestling."

The first European Championship was held in 1898 in Vienna, and the title was won by our compatriot Georg Hackenschmidt, who trained under Dr. V. F. Kraevskiy at the "Athletic Enthusiasts' Club."

The first World Championship was held in 1904, again in Vienna. The competition was organized in two weight categories. The lightweight champion was the Danish wrestler S. Algvist, and the heavyweight champion was the Austrian B. Arnold.

1.3. The International Federation of Associated Wrestling Styles — FILA

Thus, by the end of the 19th century and the beginning of the 20th century, wrestling had become extremely widespread. In countries where the sport was actively developing, numerous clubs and athletic societies promoting wrestling were established. Although amateur athletes reached a high level of skill, they could demonstrate their abilities mainly in domestic competitions or in matches against professional wrestlers.

As one of the ancient Olympic sports, wrestling regained its historical status and was officially included in the program of the first modern Olympic Games held in 1896.

At the 1896 Olympic Games, wrestling competitions were held without dividing athletes into today's customary weight categories. Consequently, wrestlers with significantly different physical attributes had to compete against one another.

History has preserved the names of the three athletes who won the first Olympic wrestling competitions: Carl Schumann (Germany), Tsitas Georgios, and Christopoulos Stefanos (both from Greece). These athletes are remembered as the first Olympic gold medalists in modern wrestling history.

Although classical wrestling was officially recognized as an Olympic sport in 1896, and freestyle wrestling was added in 1904, there was still no unified international body governing these disciplines. To fill this gap, the International Federation of Amateur Wrestling (FILA) was established in 1912. The organization still exists today and has operated under the name United World Wrestling (UWW) since 2014.

Beginning in 1924, FILA launched the organization of European Championships in classical wrestling. The federation also reviewed freestyle wrestling rules and brought them closer to the standards of classical wrestling.

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At the FILA Congress held in 1966 in Toledo, USA, SAMBO was officially recognized as the third international wrestling sport. At that time, sambo was rapidly gaining popularity worldwide.

The main mission of FILA (now UWW) is to promote and develop wrestling globally. The organization strictly monitors adherence to FILA regulations during competitions. If a FILA representative is not present at an international event, it is not recognized as an official competition.

FILA represents the interests of amateur wrestling in the international Olympic community, reviews disputes at the international level, and makes the necessary decisions. The highest governing body of the organization is the Congress, held once every two years. Between congresses, FILA's operations are managed by a bureau that meets at least once a year.

One of FILA's principal areas of activity is combating racial discrimination. The organization aims to broadly promote wrestling, improve athletes' technical and tactical proficiency, and develop the sport. To achieve these goals, qualified specialists are sent to various countries to provide practical and methodological assistance, and seminars, conferences, and joint training camps are organized for coaches and referees.

FILA pays special attention to improving wrestling rules. These rules determine not only the content and dynamics of competitions but also shape the technical and tactical direction of the sport.

Today, the "United World Wrestling" organization — UWW — oversees all branches of wrestling, including Greco-Roman, freestyle, women's wrestling, beach wrestling, and other modern styles. The UWW comprises over 180 national federations and is recognized as the official representative of the sport of wrestling in the International Olympic Committee.

Table-2

"The Main Stages and Structure of UWW"

Stage	Year	Description
Establishment of FILA	1912	Established to govern Greco-Roman and freestyle wrestling at the international level.
Its Inclusion in the Olympic Movement	1920	FILA was officially recognized by the International Olympic Committee.
Expansion of Disciplines	1960–2000	Women's wrestling, beach wrestling, and other styles were brought under the federation's control.
Renaming to UWW	2014	Transitioned to a modern brand, adopted a new charter, and strengthened its global approach.

1.4. Evolution of Rules and Formation of Competition Procedures

In the course of its development, Greco-Roman wrestling underwent important stages not only in terms of technique but also in the evolution of its rules and regulatory system. In the early stages, wrestling competitions did not have strict or unified rules. Even when wrestlers remained inactive during a match, such behavior was not regulated through penalties. As a result, some bouts were marked by passivity, with athletes spending many minutes without performing any effective technical actions.

A modern approach to wrestling began to emerge gradually, especially from the early 20th century. For instance, at the 1912 Olympic Games held in Stockholm, Sweden, the historic bout between Russian wrestler Martin Klein and Finnish wrestler Alfred Asikainen lasted 10 hours and 15 minutes. Naturally, this situation created enormous physical and psychological pressure for spectators, athletes, and referees alike. Following this event, the introduction of strict time limits for wrestling matches became a necessity.

As wrestling grew more popular across Europe, various technical styles and wrestling schools began to appear in different countries and regions. Each school had its own approach, methodology, and even

criteria for evaluation. This diversity caused significant problems in organizing international competitions due to the absence of unified rules. Before each match, representatives of different schools were forced to negotiate the rules, which delayed the start of competitions and often led to disputes.

To address this issue, French wrestling specialists — Dubliez, Rigal, and Christol — took the initiative to develop a unified and universal set of rules. The regulations they proposed formed the foundation of the modern competition system and were later widely adopted on the international stage.

Based on these rules, the International Olympic Committee (IOC), established in 1896, decided to use them for organizing wrestling competitions at the first modern Olympic Games. From that point onward, duration, scoring systems, warnings, and penalty mechanisms in wrestling began to be administered through a clear and unified framework.

Even today, the existing rules continue to ensure active participation by athletes, enhance the dynamism of matches, and maintain fairness in competitions.

Table-3

The Main Stages in the Evolution of Wrestling Rulesc

Stage	Year	Description
Passivity Was Not Penalized	End of 19th-centries	Wrestlers often continued the match for many minutes without performing any active movements.
No Time Limit	1912	At the Stockholm Olympics, M. Klein and A. Asikainen wrestled for 10 hours and 15 minutes.
Differences in Rules	20th-centries	Different wrestling schools had their own distinct rules.
Unified Rules Were Developed	1890	Unified rules were proposed by French specialists Dubliez, Rigal, and Christol.
Olympic Approval	1896	The International Olympic Committee adopted these rules for wrestling.
Penalizing Passivity	Modern Era	Under current rules, passive wrestlers are disqualified from the match.

1. Increase in Weight Categories

In the earliest wrestling competitions, athletes competed without considering weight differences. This naturally gave a significant advantage to heavier wrestlers. The European Championships held between 1898 and 1905 were also conducted in this manner.

At the 1906 Championship in the city of Gaa, three weight categories were introduced; in 1909 in Malmö — four categories; in 1912 in Budapest — five categories; and in 1924 in Neunkirchen — seven categories. By 1948, the number increased to eight, in 1962 to nine, and by 1968 it reached ten weight categories.

Currently, the following ten weight categories are recognized:

- **Light-flyweight** — up to 48 kg
- **Flyweight** — up to 52 kg
- **Bantamweight** — up to 57 kg
- **Featherweight** — up to 62 kg
- **Light-welterweight I** — up to 68 kg
- **Light-welterweight II** — up to 74 kg
- **Middleweight I** — up to 82 kg
- **Middleweight II** — up to 90 kg
- **Light-heavyweight** — up to 100 kg
- **Heavyweight** — above 100 kg

This classification has created an opportunity for every athlete to compete against opponents of similar weight and physical capability.

2. Reduction of Bout Duration

In the early stages, wrestling matches were held without any time limits. Long, passive bouts lasting for hours were uninteresting for spectators. For this reason, starting from 1924, FILA established official match durations: 20 minutes for Greco-Roman wrestling and 15 minutes for freestyle wrestling.

In 1956, the duration for both styles was reduced to 12 minutes. From 1961 onward, ground wrestling positions began to be determined through a lot draw, and the bout lasted 10 minutes (5 + 1 + 4). Later,

this was reduced to 9 minutes, consisting of three periods of 3 minutes each.

All these reductions were implemented with the aim of making wrestling more dynamic and visually engaging.

3. Changes in the Shape of the Wrestling Mat

Originally, a square mat measuring 10 × 10 meters was used. Beginning in 1971, a 9-meter circular mat was introduced. In 1974, a 7-meter "wrestling (active) zone" surrounded by a 1-meter "passivity zone" (marked with a red boundary) was adopted.

Any technical action performed within the active zone — even if the wrestlers step outside the mat — is considered valid.

4. Refereeing Rules

Starting from 1965, open refereeing was introduced, and a unified system of signals was approved. In addition, a system was implemented in which draw results were no longer allowed in wrestling matches.

CHAPTER II. GENERAL AND SPECIAL PHYSICAL PREPARATION IN GRECO-ROMAN WRESTLING

2.1. The Theoretical and Practical Foundations of Physical Preparation in Greco-Roman Wrestlers

Achieving high athletic performance is closely tied to the level of an athlete's physical preparation. In particular, the development of fundamental physical qualities such as strength, speed, flexibility, endurance, and agility plays a crucial role. For this reason, in Greco-Roman wrestling, physical training is conducted as an integral and leading component of the coaching process, alongside the improvement of technical mastery.

Comprehensive physical preparation requires the coordinated adaptation of all major physiological functions within the athlete's body and ensures the harmonious development of the entire organism.

2.2. The Essence of Strength Quality and Its Key Components

Human strength is defined as the ability of muscles to overcome external resistance through muscular activity. Strength is generated as a result of muscle tension (contraction) and is typically measured in grams or kilograms. Muscular tension can manifest in two forms: (1) dynamic contraction, in which the muscle changes its length, and (2) static (isometric) contraction, in which the muscle length remains unchanged.

Regardless of the external manifestation of muscular activity, several modes of muscle contraction are distinguished. One of these is the translational mode, characterized by muscle contractions that change the spatial position of the body or its individual segments. In this case, external environmental factors—particularly external loads—play an important role in influencing muscle tension and function. Movements are performed at a certain speed, and the muscles perform

external work. This mode is referred to as the miometric contraction regime.

A specific form of the translational mode is the tension generated by muscles under an external load performed at a constant speed. Such exercises are carried out using special technical devices, and this type of contraction is known as the isokinetic regime. If the external load exceeds the internal tension capacity of the muscle, the muscle fibers elongate, joint movement slows down, and the muscles act to reduce the external load (for example, slowly lowering into a squat with weight). This phenomenon is known as eccentric contraction.

Conversely, if the external load is equal to the muscle tension or if the conditions do not allow movement in the joint, a static form of contraction occurs. In this case, tension develops while the muscle length remains unchanged. This mode is called isometric (holding) contraction.

2.3. Main Characteristics of Different Forms and Modes of Muscle Contraction

Strength measurements are carried out using specialized instruments and dynamometers. The most widely used and convenient device is the clock-type indicator dynamometer developed by V.M. Abalakov.

The strength of individual muscle groups is determined through specific methods. In sports practice, B.M. Ribalko's method is widely applied. The advantage of this approach lies in the efficiency of measurement instruments and its suitability for large-scale assessments. Based on the data obtained, the strength of all major muscle groups can be evaluated — including the muscles of the upper and lower limbs, trunk muscles, and the muscles on both the left and right sides of the body.

Dynamometry allows the measurement of absolute strength, which reflects the maximal muscular force produced regardless of time or movement volume. It also provides valuable information about relative strength.

As an athlete's body mass increases, their absolute strength typically increases as well; however, relative strength may decrease. In certain sports (such as combat sports or throwing disciplines), absolute strength is of primary importance, whereas in others (such as gymnastics or acrobatics), performance is more dependent on body movement efficiency, making relative strength the key factor.

2.4. Main Directions and Methods for Developing Strength Abilities

Strength exercises are classified into two groups depending on the type of resistance. The first group includes exercises based on external resistance, such as weights, the opponent's counteraction, resistance from solid objects, environmental factors, and various technical devices. The second group consists of exercises performed using the athlete's own body weight.

In current sports practice, strength training includes both static and isometric exercises. In static exercises, the isometric mode of muscle contraction plays a significant role. Performing each exercise at approximately two-thirds of maximal effort contributes effectively to strength development. It should also be noted that increases in strength depend on the joint angle at which the exercise is performed. For example, when developing arm strength, if the elbow angle is 90°, strength increases only at that specific angle; at other angles (e.g., 35° or 135°), strength gains do not occur. Thus, in static exercises, muscular strength is developed only in highly specific positions.

Dynamic exercises are divided into three categories based on the nature of external resistance: constant resistance, progressive

(increasing) resistance, and adaptive (isokinetic) resistance. Constant-resistance dynamic exercises are among the most widely used tools for developing strength. Their classical model was developed by Delorme and Watkins in the last century. Their methodology is based on a gradual increase in resistance, with ten repetitions at each stage. In this method, the athlete's 10RM (the maximal weight that can be lifted ten times) is first determined. In the first stage, the athlete performs ten repetitions at half of their 10RM; in the second stage, at 75% of their 10RM; and in the third stage, at the full 10RM load. This approach ensures progressive and effective strength development.

Many researchers have attempted to improve constant-resistance exercises by developing more efficient methods. Studies have shown that increases in muscular strength are proportional to the amount of power expended. However, with constant maximal loads, athletes cannot lift the same weight repeatedly with equal efficiency, which necessitates reducing the load during subsequent repetitions.

When exercises are performed without fixed maximum loads, athletes may not initially feel the maximum resistance. This leads to progressively increased effort and higher workloads in subsequent repetitions. In an experiment, athletes were divided into two groups and instructed to perform ten repetitions at each stage. The first group used a constant weight for all repetitions, while the second group began each set with maximal resistance and gradually increased the load. Results showed that strength gains were significantly greater in the second group.

Adjusting resistance across stages presents certain challenges. Thus, in practical strength training, the athlete's workload depends more on the number of repetitions rather than on increasing resistance. Dynamic exercises with constant resistance effectively improve strength abilities. Such training leads to increased muscle mass and, in some cases, a reduction in body fat.

One of the primary factors in strength development is the magnitude of muscular tension. Achieving maximal muscle tension can be done through different methods. The first method involves overcoming unlimited resistance with limited repetitions. This approach enhances muscle plasticity and contributes to the development of strength indicators. The second method involves using limited or approximately limited loads. This enhances neuromuscular coordination and significantly increases general strength potential without affecting metabolic balance within the muscles.

Dynamic exercises with progressive (increasing) resistance ensure a gradual increase in load. Such exercises are commonly performed using elastic bands or spring-based resistance devices. Research indicates that strength training based on progressive resistance provides a powerful stimulus for muscle strength development. However, the direct impact of this type of training on sport-specific performance remains insufficiently studied and requires further investigation.

Dynamic exercises with accommodating resistance, also known as isokinetic exercises, are based on maintaining constant movement velocity and minimizing acceleration throughout the full range of motion with the help of specialized technical equipment. The isokinetic mode aims to ensure maximum muscle tension during all phases of movement.

In static exercises, maximal muscular tension is developed, but no movement occurs. In contrast, although movement is present in conventional dynamic exercises, the level of maximal tension cannot be fully maintained. According to specialists, accommodating-resistance exercises combine the advantages of both dynamic and isometric modes while reducing their limitations.

The effectiveness of accommodating-resistance exercises has been confirmed in various experiments. In an eight-week study, athletes were divided into three groups, each performing different strength-training methods:

• The first group performed static exercises,

• The second group performed dynamic exercises with constant resistance,

• The third group performed isokinetic exercises.

The observed strength gains were 9.2%, 27.5%, and 35.4%, respectively. Additionally, during the experiment, ten highly skilled wrestlers showed substantial improvements in strength preparedness through isokinetic training: discus throw performance improved by 9.5 meters, javelin throw by 7 meters, and shot put by 2 meters. Furthermore, isokinetic training led to a 2–4% increase in muscle mass and a 19–20% reduction in body fat.

Based on specialized experiments and practical results, many experts have concluded that isokinetic exercises may become a primary component of athletes' strength-training programs.

It should also be considered that the natural growth of absolute strength typically occurs at ages 16–17 in boys, and in two stages for girls — at ages 10–11 and 16–17. High-intensity strength training is recommended specifically during these developmental periods.

2.5. Fundamentals of Nutrition During Strength Training

The effectiveness of strength training largely depends on the athlete's dietary regimen and nutrient composition. Research shows that to ensure muscle hypertrophy (growth), an athlete should consume at least 1 gram of protein per kilogram of body weight per day. However, an athlete's diet should not be limited to protein alone. In a properly balanced diet, proteins, fats, and carbohydrates must be distributed in specific proportions.

It is recommended that animal-based proteins (meat, fish, dairy products, and eggs) constitute at least 50% of the total daily protein intake. In addition, consuming food at least five times a day provides

optimal conditions for delivering essential nutrients consistently, thereby supporting muscle mass development.

Muscular strength is influenced not only by macronutrients but also by the body's mineral balance. In particular, adequate levels of potassium ions are crucial, as they play a key role in the transmission of nerve impulses and neuromuscular excitability. Likewise, sodium ions play an important role in muscle relaxation. Maintaining optimal levels of these minerals is essential for improving overall strength performance and accelerating recovery processes.

The fundamental principle of nutrition during strength training is that food intake should not be excessively increased, but it must remain rich in vitamins and minerals. Vitamins play an important role in stimulating muscle growth and accelerating recovery processes. Especially during periods of intensive strength training, qualification phases, and competition preparation, the consumption of foods with high biological value becomes particularly important. Such foods help meet the body's energy requirements, support muscle fiber repair, and maintain overall work capacity.

Practical Nutrition Guidelines During Strength Training

1. Protein Intake:

• It is recommended to consume 1.6–2.0 grams of protein per kilogram of body weight per day.

• Sources of protein include: beef, chicken, fish, eggs, dairy products, cottage cheese, and legumes (beans, peas, soy).

• Animal-based proteins should make up at least 50% of the total daily protein intake.

2. Maintaining the Balance of Fats and Carbohydrates:

- 20–30% of daily energy intake should come from fats, and 50–60% from carbohydrates.

- Complex carbohydrates (whole grains, vegetables, fruits) should be prioritized.

- Quality fat sources include: olive oil, nuts, and avocado.

3. Meal Frequency and Timing:

- It is recommended to eat **5–6 small meals** throughout the day.

- Consuming a combination of protein and carbohydrates every 3–4 hours supports muscle recovery.

- A special pre- and post-training nutrition protocol should be followed: — 1.5–2 hours before training, — and within 30–60 minutes after the session.

4. Hydration Balance:

- Adequate hydration is essential before, during, and after training.

- During training, it is advisable to drink 150–250 ml of water every 15–20 minutes.

- In hot weather, fluid intake should be increased.

5. Importance of Mineral Substances:

- Potassium: Should be consumed through foods such as bananas, potatoes, spinach, dried fruits, and ice cream. Potassium plays a key role in muscle contraction and nerve impulse transmission.

- Sodium: Obtained through salted water, mineral water, or salty foods. Sodium is important for muscle relaxation and fluid balance.

- Magnesium and Calcium: Found in dairy products, leafy green vegetables, and nuts; they support proper muscle function.

6. Additional Recommendations:

- Before training: A light meal containing complex carbohydrates and a small amount of protein (e.g., cottage cheese with sour cream or yogurt with fruit).

- After training: A combination of protein and fast-digesting carbohydrates (e.g., a protein shake + banana) helps accelerate muscle recovery.

- Before sleep: A slow-digesting protein (e.g., cottage cheese) supports overnight muscle repair and recovery.

2.6. Methods of Body Weight Control

Body weight consists of three main components — muscle, bone, and adipose (fat) tissues, and their ratio largely depends on the level of physical activity and dietary habits (Table 4).

Analysis of athletes' body composition shows that as training experience and preparedness increase, the proportion of fat decreases while the relative amount of muscle mass grows. These changes play an

important role in enhancing an athlete's functional capabilities and competitive performance.

During the sports training process, it becomes necessary to regularly monitor body weight and its main components. The primary tools for regulating body weight are the system of physical exercises and the nutrition regimen. Properly organized training increases energy expenditure, activates muscle function, and contributes to the reduction of body fat. At the same time, adjusting nutritional intake is essential for maintaining energy balance and ensuring optimal proportions of the body's main structural components.

Through the harmony of physical exercise and diet, an athlete can maintain full control over their body mass and achieve maximum improvements in competition performance.

Table-4

Body Weight Composition (%)

The Main Components of Body Weight		
Component	**Percentage in Composition (%)**	**Primary Function**
Muscle mass	40–50%	Movement, force production, and support for energy metabolism
Fat tissue	10–20%	Energy storage, thermoregulation, and protection of the body
Bone mass	12–15%	Supporting body structure and stabilizing movements
Fluid (body water)	50–60%	Metabolic processes, temperature regulation, and nutrient transport
Other tissues and organs	5–7%	Functioning of internal organs, transmission of nerve impulses, and connective functions

The analysis of overall body weight reduction shows that this process occurs alongside a decrease in fat tissue; however, in many cases, excess body weight may still remain or be redistributed. As a result, adipose tissue develops unevenly throughout the body and tends to

accumulate locally. The rate of adipose tissue development is highest during childhood, particularly up to the age of 13. By approximately the age of 20, the number of fat cells stabilizes, and in subsequent years, changes in body fat composition occur mainly due to variations in the size of these cells. Another noteworthy factor is that the breakdown of already formed adipose tissue is a rather complex process. Even when calorie intake is sharply reduced or food consumption decreases significantly, resulting in noticeable weight loss, the number of fat cells in the body remains virtually unchanged; only their size decreases. This indicates the need for a comprehensive approach to effectively and long-term management of body composition.

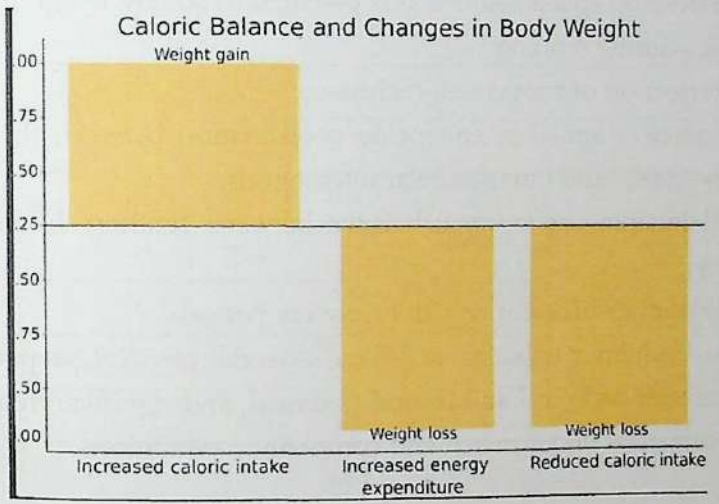
If caloric intake exceeds the body's energy needs, an increase in adipose tissue leads to obesity. Consequently, the most effective methods for preventing or eliminating obesity are reducing calorie intake or increasing energy expenditure through physical activity.

Moderately restricting food intake under controlled conditions leads to a reduction in fat mass. Research shows that through a properly structured nutritional regimen, fat tissue reduction can contribute to up to a 45% decrease in overall body weight. This, in turn, improves metabolic processes in the body, helps maintain muscle mass, and enhances overall health indicators.

Caloric Balance and Changes in Body Weight

The following diagram illustrates how caloric balance affects changes in body weight. When caloric intake exceeds the body's energy requirements, weight gain and accumulation of fat mass occur. Conversely, a reduction in caloric intake or an increase in energy expenditure leads to a decrease in body weight.

Picture-1



2.7. Development of Speed Abilities

Speed abilities represent an athlete's capacity to initiate and perform movements in the shortest possible time. These abilities are formed as a result of high-level coordination between the central nervous system and muscular activity, and in many sports they serve as a leading factor determining competitive performance.

Speed abilities are complex and multifaceted qualities, with their main forms including:

• **Speed of performing simple and complex movement tasks:**

An athlete must be able to minimize the time required to initiate and complete movements in simple conditions (without reactions) and in complex situations (requiring reaction).

• **Speed of individual movements without external resistance:**

Movements performed without external load (e.g., initial sprint movements, jumping actions) must be executed at maximal speed.

• **Movement pace (movement frequency):** The ability to maintain speed and intensity throughout the movement, which directly influences the athlete's capacity to sustain pace and perform efficiently.

To develop speed abilities, it is essential to adhere to the following principles during training:

- Perfection of movement technique;
- Exercises aimed at enhancing coordination between the central nervous system and intermuscular interactions;
- Maintaining an optimal balance between training duration and intensity;
- Ensuring sufficient rest and recovery periods.

Speed abilities enhance an athlete's overall physical preparedness, broaden their technical and tactical potential, and significantly increase competitiveness under match and competition conditions.

2.8. Method for Developing Movement Speed

The speed of simple movement actions is expressed by the athlete's response time to an external stimulus. If the reaction is performed to a signal that appears unexpectedly but is known in advance and requires a predetermined movement, it is called a simple reaction. During a simple reaction, the athlete performs a standard movement in the shortest possible time in response to an external signal (for example, sound, light, or a visual cue). The effectiveness of such a reaction depends on the functioning of the athlete's central nervous system and muscle response mechanisms.

The nature of the situation significantly affects the speed of simple movement reactions. The characteristics, clarity, and predictability of an external signal determine the effectiveness of the reaction. The clearer and more predictable the signal, the shorter the reaction time will be. Uncertainty, on the other hand, leads to an increase in latent (delay) time.

The latent period of a movement reaction — the delay from the moment the external stimulus is perceived until the movement begins — is determined by the sequential and rapid execution of the following physiological processes:

- Generation of excitation in receptors: The external signal (such as sound or light) is received by sensory receptors.
- Transmission of excitation to the central nervous system: The received signal is transmitted to the central nervous system through nerve fibers.
- Processing of excitation in the central nervous system and formation of an effector command: Analyzer centers in the brain process the signal and generate a command for the response movement.
- Transmission of the effector command to the muscles: The signal formed in the central nervous system is transmitted to the muscles through peripheral nerve pathways.
- Excitation of muscles and the onset of mechanical activity: Muscle fibers receive the signal, begin to contract, and as a result the movement starts.

Each of these physiological stages affects the total latent time of the reaction. Therefore, to increase the speed of simple movement reactions, the athlete's level of sensitivity, the efficiency of the central nervous system, and the speed of muscle response must be developed through systematic training.

Athletes with well-developed simple reaction abilities have a significant advantage in mastering complex movement situations and tasks. Their ability to respond quickly and accurately to external stimuli improves the acquisition of sport-specific techniques and increases their chances of success in competitive conditions.

The development and reinforcement of reaction abilities are achieved through systematic performance of special exercises. In the initial stage of reinforcement, it is especially important to train athletes to respond quickly and effectively to signals that appear unexpectedly.

The following methods are considered particularly effective in developing reaction speed:

• **Competition method:** Athletes train together, and the one who reacts last is eliminated from the competition. This method creates a competitive environment, increasing the athletes' attention and reaction speed.

• **Game method:** Training in the form of games that require mental concentration helps develop athletes' ability to focus and move quickly.

Experimental data show that applying these training methods regularly for 4–6 weeks leads to a significant improvement in athletes' reaction speed. However, after the initial results are achieved, further development and maintaining stability of reaction speed becomes a more complex task. Therefore, the complexity of the load and stimuli should be gradually increased during training.

In the second stage of reaction development and reinforcement, the use of technical devices plays an important role in further improving the athlete's reaction abilities. At this stage, electronic stopwatches and various contact platforms are recommended. These tools help determine and enhance the athlete's movement reaction speed and time-perception ability.

Training is organized as follows:

• First, the athlete learns to respond as quickly as possible when a starting signal (e.g., sound or light) is given.

• In the next part of the exercise, the athlete is required to subjectively assess their own reaction time. The athlete estimates their response time, after which the coach announces the athlete's actual (objective) reaction time.

• If the subjective estimate is close to the objective value, the athlete continues the exercise based on the predetermined reaction speed.

This methodology helps the athlete not only respond quickly to a signal but also develop the ability to control and regulate their own reaction speed. As a result, the athlete learns to consciously adjust movement reactions, becoming better prepared for achieving high performance in competitive situations.

In the third stage of developing movement reactions, the athlete's reaction speed is reinforced through mental regulation and ideomotor (imagery) training. At this stage, athletes develop the ability to control movements not only automatically but also consciously.

Complex movement reaction is a form of reaction in which the athlete must respond in uncertain situations with actions that cannot be predetermined. Such reactions are widely exhibited in team sports, combat sports, and other complex athletic activities. In complex situations, the athlete must:

• Observe the moving object (e.g., the opponent's hand or leg);

• Accurately assess its direction and speed of movement;

• Choose an appropriate action plan;

• Execute the selected movement as quickly and accurately as possible.

For example, in individual combat, when the opponent initiates an attack, the athlete must develop a defensive strategy, make a quick decision, and immediately execute it.

The reaction to a suddenly appearing moving object usually lasts from 0.25 to 1 second. The major part of this time is spent identifying and visually tracking the object. Therefore, special exercises aimed at developing eye coordination and visual sensitivity are necessary for tracking rapidly moving objects.

The following types of exercises are recommended for this purpose:

• Exercises for observing unexpectedly appearing objects and responding to them;

• Increasing exercise intensity by gradually raising the speed of movement;

• Developing visual accuracy by reducing the size of the object (e.g., ball size);

• Improving visual adaptability by changing the distance and viewing angle;

• Practicing rapid and precise reactions using special technical devices and simulators.

These exercises enable the athlete to develop visual speed, decision-making speed, and the ability to perform precise movements, which, in turn, significantly increases competitive performance.

In complex movement reactions, the athlete faces the need to select the correct response from several existing options according to the opponent's movement or various situations in the game process. This selection process is one of the main difficulties in forming complex reaction abilities in athletes.

In individual combat sports, for example, the opponent may have several attack options. To respond effectively to each type of attack, the athlete must make quick and accurate decisions. An increase in the number of attack options leads to uncertainty for the defending athlete, which slows down the overall reaction time.

To effectively develop complex movement reactions, the following methodological approach is used during training:

- At first, the athlete is taught to react by choosing one of two options;
- Later, three, four, and more attack options are introduced, making the decision-making process more complex;
- The training is gradually brought closer to real competition conditions.

The advantage of this method is that the athlete simultaneously develops not only technical and physical abilities but also coordination (balance) skills and tactical thinking.

In addition, to effectively reinforce complex reaction exercises, the use of simulator equipment is recommended. With the help of simulators, it is possible to systematically develop athletes' attention, movement accuracy, and decision-making speed.

Furthermore, individual movement quickness and movement frequency (the ability to perform fast, precise movements sequentially) are also important forms of speed and have a direct impact on the efficiency of complex movement reactions.

2.9. Methods for Developing the Speed of Individual Movements and Movement Frequency

The speed of individual movements refers to the athlete's ability to perform a single movement in the shortest possible time under conditions without external resistance.

Movement frequency, on the other hand, denotes the rapid succession of movements — that is, the number of actions performed within a unit of time. These indicators are key factors that determine an athlete's overall speed capabilities and the effectiveness of physical preparedness.

When selecting exercises aimed at developing movement speed, the athlete's level of mastery of the movements must be taken into account. If an athlete begins performing exercises that have not yet been fully mastered or technically refined, they will be forced to focus not on executing the movement at maximum speed but on performing it correctly. This reduces the effectiveness of the exercise for developing speed abilities. Therefore, exercises intended to enhance speed should only be introduced after the athlete has thoroughly and correctly mastered the technical execution of the movement. At this stage, precise technique and automated movement patterns create the conditions necessary for effective speed training.

Furthermore, during the process of increasing movement speed, the contraction speed of muscles and the increased tone of antagonist muscles (muscles that perform opposing actions) play a significant physiological role. The excessive activation of antagonist muscles leads to a braking reaction that slows the movement. This may reduce both the speed and precision of the athlete's performance.

Reducing reflex inhibition and ensuring optimal muscular coordination require long-term and systematic training. Only through proper and consistent practice can the excessive activation of antagonist muscles be controlled, allowing the athlete to reach a high level of movement frequency and speed.

Principles for organizing training aimed at developing movement speed and frequency:

When conducting training for improving movement speed, the duration and intensity of exercises must be precisely planned. During performance, the athlete must maintain maximum speed throughout the exercise. Recovery intervals between repetitions must provide full or sufficient restoration.

If high-intensity exercises are repeated with inadequate rest, this may lead to physicochemical disruptions in the body and a decline in performance capacity. As the training volume increases, the session should be divided into segments, and rest intervals should be proportionally extended.

The main methods for developing movement speed and movement frequency include:

- **Repetition method:** Movements are repeated many times, which forms a dynamic stereotype and helps maintain a stable level of movement speed.
- **Competitive method:** Athletes perform exercises in a competitive environment, stimulating them to increase movement speed.
- **Game method:** Play-based exercises are used to develop quickness and adaptability of movements.

To prevent the monotony of the dynamic stereotype, it is necessary to diversify the types of exercises. For this purpose, the following methods are applied:

1. Facilitating external conditions and using forces that enhance speed:

2. (For example, exercises with lighter equipment, running with the wind direction, downhill running, use of training machines.)

3. Varying loads and using accelerating forces: (For example, throwing a heavy shot and then a lighter shot.)

4. Pacing and stimulating sensory activity: (Overtaking a partner running ahead, performing exercises based on sound or light signals.)

5. Incorporating speed phases into exercises: (For example, developing maximal speed in the initial acceleration phase of running or in preparatory movements before throwing.)

6. Shortening time and space constraints: (Reducing game duration, decreasing field size, shortening competition distance.)

The training of speed abilities also greatly depends on preparing the neuromuscular system and activating the athlete's psychological state. The main part of the training session must meet the following requirements:

- The exercises provided must be sufficiently mastered by the athletes.
- High intensity must be maintained during movement execution.
- The intensity of speed-type exercises should be at least around 88% of the maximum level.
- Rest intervals must be planned so that physiological and biochemical shifts between exercises are neutralized, and the sensitivity of the nervous system remains high.

When significant fatigue appears, low-intensity active recovery exercises must be applied.

In the final part of the training session, a set of low-intensity exercises aimed at restoring breathing and relaxing the muscles must be performed.

2.10. The Essence of Speed-Strength Abilities and Their Manifestation

Speed-strength abilities express an athlete's capacity to produce maximal force within a short period of time. This ability is characterized by the muscles' capability to contract at high speed while generating considerable force. Speed-strength actions require high intensity and optimal coordination from the athlete; therefore, this quality is one of the key factors determining the effectiveness of sports techniques.

In Greco-Roman wrestling, speed-strength qualities play a decisive role in effectively demonstrating the athlete's technical and tactical capabilities. The wrestler's capacity to generate maximal force within a short time interval provides superiority over the opponent and increases the efficiency of offensive and defensive actions.

The main content of speed-strength abilities includes:

• Rapid mobilization of muscular force: At the initial phase of movement, the muscles must generate maximal force in the shortest possible time.

• Harmony of movement amplitude and intensity: Speed-strength requires not only producing force but also expressing it correctly and efficiently within the movement.

• Coordination between the central nervous system and intermuscular interaction: High speed-strength indicators require the CNS to activate large groups of muscle fibers simultaneously and effectively.

Speed-strength abilities manifest in sports activities in the following situations:

• Jumping and throwing movements: e.g., high jump, long jump, shot put.

• Conditions requiring force application combined with speed: e.g., sprint start, pushing or stopping an opponent.

• Speed-strength actions in combat and team sports: e.g., quick and forceful attacks or defensive moves against an opponent.

To develop speed-strength abilities, training should be based on:

• Short and intensive exercises aimed at rapid mobilization of maximal force;

• Explosive strength exercises (plyometrics, jumping drills);

• Short intensive exercises with weights (for example, fast squats or throws with light loads).

"Explosive strength" is the ability of the neuromuscular system to produce maximal tension within a short time interval and to display it in

movement. This ability is closely related to the muscles' maximal force-producing capacity, the potential for rapid increase in muscular power, and the nervous system's ability to quickly mobilize movements.

Explosive strength is determined by the following key factors:

• The activation level of the neuromuscular system: the ability to activate and mobilize muscle fibers maximally within a short time.

• The absolute strength potential of the muscles: the muscles' ability to generate maximal force, i.e., the reserve of maximal strength.

• The muscles' capacity for short-term intensive activity: the rate of force production and the characteristics of rapid muscular tension.

Explosive strength plays an important role in dynamic movements such as jumping, throwing, and the starting phase of sprinting. This ability is a major factor in improving the athlete's general physical preparedness, enhancing the effectiveness of technical actions, and achieving better competitive results.

Speed-strength qualities are most commonly expressed in exercises such as jumping and throwing. The athletic results achieved in these exercises largely depend on the athlete's level of speed-strength preparedness. However, different sports impose different demands on specific components: in some sports, performance depends more on strength components, while in others, speed indicators are of primary importance.

For example:

• In javelin throw, approximately 20% of the result is determined by strength qualities, while 80–90% depends on speed qualities. In this sport, movement velocity and explosive power dominate.

• In Greco-Roman wrestling, 80–90% of actions consist of fast and explosive strength. This enables the athlete to perform quick movements against the opponent and gain advantage through technical superiority.

• In weightlifting, 80% of the performance depends on strength indicators and approximately 30% on speed components, as the lifted weight requires maximal mobilization of muscular strength.

Based on these examples, it can be stated that there is a directly proportional relationship between movement speed and load magnitude: as the weight lifted increases, the speed of muscular contraction decreases. Therefore, for every sport, training must consider the optimal ratio between strength and speed components.

Speed-strength training must be structured in accordance with the specific characteristics of each sport. Planning training based on the proper balance between strength and speed ensures that the athlete achieves maximal results.

To assess the development of speed-strength qualities, various control exercises and tests are used. These tests help determine the harmony between muscular strength and movement speed.

Test procedures are generally organized as follows:

- The athlete is given three attempts to perform each exercise.
- Results are recorded after each attempt.
- The best indicator is selected and accepted as the final performance score.

To assess speed-strength preparedness, universal tests developed based on the M.V.Abalakov system are widely used. These include:

- Vertical jump from standing position: for evaluating explosive strength
- Standing long jump: for assessing horizontal explosive strength and movement speed.
- 20–30 m sprint run: for determining maximal sprint speed over a short distance.

Shot put:

- Overhead throw: to evaluate upward-directed explosive strength.
- Backward throw: to assess strength of the back, shoulders, and arms.
- Forward (two-handed) chest throw: for assessing general explosive strength and coordination.

These tests enable accurate evaluation of the athlete's level of speed-strength preparedness and serve to monitor the dynamics of improvement during the training process.

2.11. Basic requirements for the methodology of developing speed-strength qualities

As noted above, there is an intrinsic physiological relationship between load weight and the speed of muscle contraction. The force produced by the muscles and the rate of movement are closely interconnected, and an increase in external load leads to a decrease in muscle contraction speed.

In the process of developing and strengthening speed-strength qualities, one of the key tasks for the athlete is to select the optimal load weight for training. If the load is excessively light or too heavy, the muscles cannot fully demonstrate their ability to work at maximal speed and force. This negatively affects the effectiveness of speed-strength training.

When selecting load weight, the following factors must be considered:

- The optimal load must correspond to the athlete's physical preparedness and allow the preservation of maximum muscle contraction speed.
- The developmental stage of speed-strength preparedness directly depends on the balance between load and movement speed used during training. Proper load selection enhances the athlete's explosive strength capabilities and improves the effectiveness of technical movements.

In high-intensity sports such as Greco-Roman wrestling, maintaining the optimal ratio between load and speed is a decisive factor in developing the athlete's ability to respond to the opponent quickly and powerfully.

Scientific studies indicate that the load weight used during special exercises significantly affects the development of an athlete's physical qualities. Correctly determining the load level allows targeted development of speed and strength qualities. According to established data:

1. Exercises performed with loads equal to 30–50% of the maximal weight help increase speed qualities by approximately 18%. Such loads are aimed at developing movement speed and reaction capacity.

2. Exercises performed with loads equal to 70–90% of the maximal weight can increase strength qualities by up to 19%. These loads contribute to the development of maximal muscular strength potential.

3. Working within the 50–70% range of maximal weight ensures proportional development of speed, strength, and speed-strength qualities. This range is considered the most optimal for comprehensive improvement of general physical preparedness.

Practical experience shows that combining the means of speed and strength preparation within the same training session leads to high effectiveness. This approach develops muscle fibers, the neuromuscular system, and the central nervous system simultaneously.

The manifestation and development of speed-strength qualities depend directly on the specific characteristics of each sport. Training methods and tools must be selected according to the dynamic demands of the particular sport, which is a key factor determining the effectiveness of training.

To ensure effective development of speed-strength preparedness, training exercises must correspond as closely as possible to the dynamic principles of competitive activity — the physiological and biomechanical bases of movement. For this purpose, the following movement characteristics are considered:

• Amplitude and direction: Movements must be performed with full amplitude and in directions characteristic of competitive activity.

• Maximal dynamic movement: Producing maximal force in a short period and performing movements with high intensity.

• Movement volume and time: The duration and total volume of movements must correspond to real competitive actions.

• Rate of development: The mobilization of muscular force and the speed of movement initiation.

• Muscle work regime: Exercises must be performed in muscle action modes specific to competition (eccentric, concentric, or isometric).

Thus, neuromotor specialization of movements — meaning the adaptation of the nervous and muscular systems to the specifics of the sport — is considered a necessary condition for effective speed-strength preparation.

Training based on neuromotor specialization develops the sequence of muscular involvement, the speed of movement initiation, and coordinated muscular activity, providing Greco-Roman wrestlers with technical and physical superiority.

2.12. Development of Endurance

Endurance - is the athlete's ability to overcome fatigue that arises during a certain activity and to continue performing that activity. The level of endurance determines the athlete's ability to perform effectively for a long period, maintain working capacity, and demonstrate stable results in competitions. Physiologically, fatigue appears as a protective mechanism of the body. It temporarily reduces working ability in order to prevent complete exhaustion of the functioning organs. The occurrence of fatigue is associated with the depletion of energy reserves in the athlete's body, fatigue of the neuromuscular apparatus, and a decrease in the activity of the central nervous system. Therefore, the development of endurance is one of the main directions of the athlete's general physical preparation, necessary for expanding functional capabilities and stabilizing competitive performance.

Depending on the duration and intensity of physical load, various processes play a leading role in providing energy for muscle activity:

- Short-term and high-intensity activity relies on anaerobic energy production mechanisms.
- Long-term and medium-intensity activity is mainly supplied with energy through aerobic processes.
- During medium-duration intensive loads, a combination of aerobic and anaerobic mechanisms is observed.

Aerobic endurance is a physical quality based on the body's ability to produce energy in the presence of oxygen. Its physiological basis consists of the functioning of the systems responsible for receiving, transporting, and utilizing oxygen: the respiratory system, the cardiovascular system, and peripheral muscle tissues that efficiently absorb and use oxygen. It should be noted that aerobic endurance has a low degree of specificity. That is, it is not strictly tied to a specific exercise technique and can vary significantly depending on the type of sport. Therefore, aerobic endurance can be assessed as a highly variable quality. Based on these factors, many researchers classify aerobic endurance as general endurance, since it forms the basis of general physical resistance required in many sports and daily activities.

Anaerobic endurance (also known as speed endurance) represents the body's ability to continue physical activity under conditions of oxygen deficiency. This type of endurance ensures the adaptability of the body's energetic and functional systems during short-term, high-intensity movements.

Anaerobic endurance plays a major role in sports activities, providing energy efficiency during high-intensity actions performed in a short period. This type of endurance helps slow down the decrease in work capacity during movement, as a result of which the efficiency of the athlete becomes less dependent on the working condition.

To assess anaerobic endurance and determine its development level, various control and test methods are used. They can be conditionally divided into five main groups:

1. Performing continuous specific loads: Carrying out uninterrupted and sport-specific loads in laboratory or natural conditions using special equipment and devices.
2. Performing continuous exercises of different volumes: Exercises that differ from the main load but correspond to the characteristics of the sport. These tests are suitable for combat sports and sports games.
3. Repeated performance of special loads with strictly limited rest intervals: For example, performing the maximum number of strikes or movements within a given time to assess the athlete's endurance level.
4. Performing high-volume training and control tasks within a limited time: Determining the athlete's energy expenditure and work capacity in laboratory conditions or using ergometric devices.
5. Competition-style evaluation: Assessing endurance based on the athlete's performance under real competition conditions. This approach is the closest to actual activity conditions.

The level of endurance is determined through physiological indicators that appear during work performance and recovery processes. This assessment system is based on a comprehensive study of the athlete's physical condition and allows determining the level of physical fitness scientifically.

2.14. Methods for Improving Aerobic (General) Endurance

Aerobic endurance is strengthened and developed through one of the most widely used practical methods — standard continuous and interval loads based on strictly regulated exercises. In the development of aerobic (general) endurance, the method of standard and strictly regulated continuous-load training plays an important role. This method builds the foundation of the athlete's general physical preparedness and ensures successful adaptation to various training methods in subsequent stages.

Characteristics of strictly regulated exercises:

-The duration of the exercise usually ranges from 10 to 30 minutes.

-During the session, the heart rate reaches 150–157 beats per minute.

-This load regime helps strengthen the heart muscle and increase the volume of oxygen supply.

Excessively long continuous loads may lead to a decrease in the body's oxygen utilization capacity, which causes negative physiological effects. Therefore, the method of strictly regulated exercises is especially appropriate in the early stages of endurance development. It prepares the athlete for longer and more efficient work performance.

The method of strictly regulated interval-load training is one of the effective methodological approaches aimed at developing the functional capacity of the heart and increasing aerobic endurance. These exercises strengthen the adaptability of the cardiovascular system, improve the regulation of heart rate, and enhance the overall working capacity of the body.

Key characteristics:

-Work duration: Each activity period usually lasts 1–3 minutes.

-Work intensity: By the end of each interval, the heart rate should reach 170–180 beats per minute, ensuring intensive work of the heart and respiratory systems.

-Rest intervals: After each work period, 45–90 seconds of active or passive rest is recommended. These intervals allow partial recovery of heart function and prepare the athlete for the next load.

The effective results of interval-load strictly regulated training typically appear within 6–12 weeks. During this period, aerobic endurance indicators may increase by 10–30%, confirming the high effectiveness of such training.

In both methods (continuous and interval load), during low-intensity phases, the heart rate significantly decreases (from 170 during work to about 140 beats per minute by the end of the exercise). The dynamic alternation of intensities forms a stable and adaptable cardiac performance, which is a crucial factor for endurance development.

2.15. Development of Flexibility and Its Scientific Foundations

Flexibility is the ability of the human body to perform wide-amplitude movements during physical activity. In the theory and practice of physical education and sports, the term *"flexibility"* is widely used in the context of joint and muscle mobility. Therefore, when correctly interpreting the concept of flexibility, it is essential to consider the mobility level of an individual joint or a group of joints. The anatomical structure of each joint and the elastic characteristics of the muscles determine its movement amplitude.

Flexibility is defined as the ability of the human body to perform movements with maximal amplitude through the activity of muscles and joints. In sports and physical education practice, several forms of flexibility are distinguished, each possessing its own physiological and functional features.

Active flexibility – the athlete's ability to independently perform movements with large amplitude using their own muscle strength and neuromuscular control. Active flexibility is directly related to muscle strength, tone, and the activity of the central nervous system.

Passive flexibility – the movement amplitude achieved through external forces (a partner, sports equipment, or traction devices). Passive flexibility is often higher than active flexibility and reflects the natural elastic potential of the muscles.

Dynamic flexibility – the type of flexibility manifested during movement when muscles continuously contract and stretch. Dynamic flexibility is based on the coordinated interaction between movement coordination and muscle elasticity.

Static flexibility – the ability to maintain a specific movement amplitude and joint position for a certain period of time. Static flexibility

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Static flexibility – the ability to maintain a specific movement amplitude and joint position for a certain period of time. Static flexibility

reflects the degree of muscle stretch and the stability of musculoskeletal tissues.

General flexibility – the ability to perform large-amplitude movements across several major joints and in various directions. General flexibility serves as an indicator of the athlete's overall physical preparedness.

Specific flexibility – the ability to perform large-amplitude movements in joints and directions that correspond to the requirements of a particular sport specialization.

Specific flexibility plays an important role in optimizing an athlete's technical movements and protecting them from injuries. The ability to perform large-amplitude movements depends not only on the elasticity of the muscles and joints but also directly on several internal physiological factors. These factors play a key role in limiting or expanding the range of motion of a joint.

Joint braking elements – anatomical structures surrounding the joint (ligaments, capsules, and the shape of bones) determine the limits of movement.

Intermuscular resistance – one of the primary constraints of movement amplitude is the resistance created by antagonist muscles surrounding the joint. When the muscles performing the movement (agonists) contract, but the opposing muscles (antagonists) cannot relax adequately, the movement amplitude decreases.

Inhibitory mechanisms – inhibition occurs as a result of excessive muscle tension, stretching, and increased muscle tone. Excessively high tone makes muscle relaxation difficult, which significantly reduces movement amplitude.

The level of flexibility is determined not only by internal factors (physiological characteristics of joints and muscles) but also significantly changes under the influence of external factors. External factors directly affect the athlete's physical condition and training results — such as age, sex, body structure, time of day, fatigue, warm-up exercises, etc.

Scientific research and practical experience show that movement amplitude and flexibility indicators undergo certain changes with age. In particular, from the age of 15–20, a natural decrease in movement amplitude is observed. This is associated with the gradual reduction of joint and muscle elasticity.

Another important factor in the development of flexibility is the influence of circadian rhythms. Circadian biological cycles affect the general physical state of the body, including the level of flexibility. Maximum effective flexibility indicators are usually observed between 12:00 and 17:00 during the day. In younger individuals, circadian variability is significantly higher than in adults, which directly influences body mobility and elasticity.

Studies show that in a state of local muscle fatigue, significant changes occur in the indicators of active and passive flexibility. Fatigue directly affects the body's ability to move and the elastic properties of muscles. According to established findings:

Active flexibility decreases by 11.6% as a result of local fatigue. This decrease is caused by reduced muscle strength and diminished ability of muscles to achieve maximal movement amplitude.

To obtain accurate and reliable results, modern technical tools are also used:

-Filming and video recording to analyze movement dynamics;

-Cyclography to graphically display the movement trajectory;

-X-ray imaging to determine joint structure and movement amplitude;

-Ultrasonic localization to determine muscle and joint movement parameters in real time.

Methodological Requirements for Measuring Mobility (Range of Motion):

-Measurements must be performed in the morning hours. In the morning, the body is not fatigued, and the natural state of the muscles and joints is preserved.

-A light general warm-up is recommended before measurement. Such warm-up exercises ensure the natural opening of movement amplitude and help obtain accurate measurement results.

-Measurements should not be conducted in a state of fatigue. Fatigue is associated with a decreased ability of the muscles to maintain independent stability.

Passive flexibility, on the contrary, increases by 9.5%. The increase in passive flexibility is explained by the improvement of muscle stretchability and the relative enhancement of elastic properties.

The amplitude of movement in the joints (the degree of mobility) is assessed through precise measurements. These measurements are expressed in degrees and are usually performed using a goniometer or a ruler.

-Fatigue may increase joint tension and lead to an artificial reduction in mobility.

2.16. Developing Speed in Greco-Roman Wrestling

The speed quality of a Greco-Roman wrestler refers to the athlete's ability to perform movements in minimal time and with high precision. In evaluating this quality, the wrestler's ability to respond rapidly and effectively to the opponent's actions plays a particularly important role. As criteria of speed, the wrestler's short reaction time, the ability to instantly stop the opponent, apply the required technical action, as well as quickly execute defensive and counterattacking movements, are taken into consideration. Thus, an elite Greco-Roman wrestler stands out not only for physical preparedness, but also for quick thinking and the ability to assess situations effectively.

The importance of movement reaction speed in Greco-Roman wrestling is especially noteworthy, as it is a crucial factor in successful performance. This indicator includes the time interval between receiving an external signal—visual, auditory, or tactile—and initiating the

response movement. The duration of the motor reaction varies depending on influencing factors: in simple reactions it typically begins at about 0.15 seconds, while in complex reactions it may reach up to 0.5 seconds. A quick and efficient response reflects not only the athlete's physical conditioning but also the level of psychomotor coordination.

The functional significance of reaction speed in Greco-Roman wrestling is evident not only in defensive and counterattacking movements but also in the execution of active attacking strategies. During the match, the wrestler closely observes potentially threatening movements of the opponent. Such actions serve as specific signals, indicating that a favorable moment has arisen to initiate an attack or a counterattack. Therefore, reaction speed encompasses the athlete's ability not only to receive information rapidly through sensory systems but also to analyze it correctly and convert it into an effective motor response.

Many actions performed during Greco-Roman wrestling are essentially response movements based on motor reactions. Reaction speed manifests itself not only in offensive transitions but also in every technical action during defensive and counterattacking situations. Therefore, reaction speed is a constant structural component of the wrestler's movement strategy, ensuring accuracy, speed, and effectiveness in all tactical circumstances.

Why does an athlete sometimes respond quickly and sometimes slowly to a movement signal? Reaction speed depends on several factors, the most important being the wrestler's individual psychophysiological characteristics and current state of athletic form. In addition, the athlete's practical experience—acquired through competitions and training—also plays a significant role. For example, if the wrestler fails to properly interpret or recognize signs of threat in the opponent's movements, he may overlook an important signal and fail to respond in time. This, in turn, allows the opponent to seize initiative and use it effectively to launch an attack.

Reaction time is directly related to the complexity of the required motor response. In simple motor reactions, this time typically ranges from 0.15 to 0.25 seconds, while in more complex motor responses it may extend from 0.25 to 0.5 seconds. Factors influencing reaction time include the wrestler's individual psychophysiological characteristics, current physical readiness, practical experience, accuracy in evaluating movement, the opponent's position and motion, as well as the complexity of the required response movement. The degree of fatigue and the athlete's ability to perform the response with sufficient speed are also decisive.

In sport, the execution speed of technical movements varies depending on whether the movements are simple or complex. In general, complex movements require more time and coordination than simple ones. However, if a complex technical action has a simple, economical (energy-efficient), and optimal structure, it can also be performed at high speed. Thus, the effectiveness of a technical action largely depends on the rational structure of the movement and the wrestler's level of automatic mastery.

In other words, there is a common pattern between reaction speed and the speed of executing technical actions. Both directly depend on the technical complexity of the movement and the degree to which the wrestler has mastered it. In practice, the development of reaction speed is carried out in two directions: through special exercises and through the improvement of technical preparation. In both cases, the main focus is on enhancing the wrestler's ability to concentrate attention and on performing the starting phase of movements as quickly and accurately as possible. This contributes not only to a reduction in reaction time but also to an overall improvement in the effectiveness of technical actions.

2.17. Methods of Developing Speed in Greco-Roman Wrestling,

Recognizing the emergence of a favorable moment for active attack or counterattack is a complex process for an athlete and is closely linked to his practical experience. In Greco-Roman wrestling, three primary

types of movement reactions are typically observed: simple reaction, choice reaction, and tracking reaction.

A simple reaction occurs when the athlete perceives a specific stimulus related to an action, especially during the initiation of defensive or counteroffensive movements. This type of reaction is crucial because the wrestler receives the first information about the opponent's movement at this stage. For intermediate-level athletes, simple reaction time usually ranges from 220 to 260 milliseconds. To develop this reaction type, exercises in which the athlete responds to a predetermined signal are recommended. Importantly, the athlete should not know the exact moment the signal will be given, as this helps to enhance sensitivity and perceptual readiness.

A choice reaction, however, is required when the athlete must determine which of several possible signals corresponds to a pre-selected motor response. This reaction is more complex, typically lasting 280 to 320 milliseconds. The quality of the choice reaction directly depends on the athlete's ability to select the most appropriate technical or tactical response to the opponent's various movements.

Choice reaction is effectively developed during practice bouts. In such tasks, athletes are instructed to apply pressure using two types of holds or to execute bilateral technical maneuvers. In these conditions, the wrestler must quickly identify the most threatening or significant movement and execute the corresponding appropriate counteraction. These exercises significantly enhance analytical thinking, rapid situational assessment, and decision-making abilities.

A tracking reaction is based on the athlete's observation of changes in the opponent's movement state and initiating his own movement afterward. This reaction type typically occurs when the opponent transitions into a specific technical or tactical posture. If the athlete begins his movement at the correct moment, the tracking reaction is considered positive (effective). If the reaction is delayed, it becomes negative, causing a loss of initiative to the opponent. Partner-based

interactive drills are especially effective for developing tracking reactions, and they are widely used in the traditional martial arts practices of Uzbekistan. These exercises improve the wrestler's ability to observe, analyze, and respond quickly to the opponent's movements.

The ability to execute individual movements at high speed is one of the key indicators of a wrestler's overall speed potential. This skill is regarded as one of the mechanisms of speed formation. Performing a movement at high velocity and efficiency requires several essential factors. First, the athlete must use the movement technique rationally and economically. Second, the muscle groups involved in the movement must be sufficiently developed, and repeated practice of the movement must improve its neuromuscular coordination.

Moreover, sufficient muscle flexibility, joint mobility, and freedom of movement are physiological prerequisites for performing high-speed actions. The wrestler's ability to relax muscles at the appropriate moment is also essential. Persistent muscular tension reduces movement speed and negatively affects the manifestation of speed qualities. Therefore, the ability to alternate between optimal activation and relaxation of muscles is a decisive factor in achieving high-level speed performance.

One of the effective approaches to developing speed is the method of gradually complicating training conditions. This method prepares the athlete for real competition scenarios or even more demanding situations. For example, training with a highly skilled opponent or with a wrestler from a heavier weight category significantly enhances the athlete's ability to make rapid decisions and transition quickly into action. Within this approach, exercises aimed at developing the required muscle groups are performed at specific speeds and with increased load, while preserving the precise structure of the movement. By progressively complicating training conditions, the athlete's psychomotor reaction speed, gradual mastery of technical movements, and ability to act effectively in difficult situations considerably improve.

This contributes to faster decision-making during competition and enhances the efficiency of technical responses.

Simplification Method and General/Special Exercises in Speed Development. Alongside complicating training conditions, the simplification method is also effectively used to develop speed. This approach is particularly important for beginner athletes, as it increases their adaptability to performing technical actions correctly and quickly. Practical examples of simplified training conditions include using lighter sports equipment, performing movement imitations, training with a non-resisting partner, or practicing with a lighter opponent.

Both general developmental exercises and specialized exercises play an important role in developing speed qualities.

General developmental exercises include:

-Short-distance sprints (performed relative to predetermined time norms);

-Long-jump and high-jump exercises.

It is advisable to include competitive elements in these exercises, as they also enhance the athlete's psychological readiness. Moreover, various sports games—such as football, basketball, and handball—play an essential role in developing quick movement execution, fast thinking, decision-making, and reaction speed. Through such games, the athlete's movement dynamics improve, coordination possibilities expand, and overall movement interaction becomes more harmonious.

Special Exercises for Enhancing Speed Qualities

The development of speed qualities is a crucial factor in improving an athlete's technical and tactical performance. For this purpose, utilizing a complex of specialized exercises is highly effective. These exercises are typically organized in the following directions:

1. **Approach exercises** performed independently or with a training dummy, aimed at mastering techniques executed from a standing position or from a hand-supported starting posture.

2. **Partner-based exercises**, including:

-Break-free (escape) drills;

-Quick execution of individual technical elements;

-Drills involving counterattacks and repeated attacks.

The athlete's psychological state—comprising volitional, cognitive, emotional, and sensory characteristics—represents the most variable and dynamic components of their psychological profile. For this reason, psychological diagnostics related to these qualities can be conducted within a relatively short time at all stages of athlete selection and screening. However, to ensure the reliability and validity of such diagnostic methods, it is essential to adapt them to the specific sport, standardize the procedures, and carry them out uniformly and under identical conditions for all athletes. It should be noted that accurate and meaningful information about an athlete's psychological state can be obtained only through dynamic observation and repeated assessment. This makes it possible not only to develop a comprehensive psychological portrait of the athlete, but also to predict their potential behavior in competitive conditions.

Mental states belong to the most dynamic aspects of an athlete's psychological condition. Accurate diagnosis of a young athlete's psychological state provides extensive information about their behavioral tendencies. This allows coaches to anticipate how the athlete may respond in stressful or extraordinary situations, thereby optimizing preparation for competitions. Diagnostic tools aimed at determining mental states help coaches and educators classify athletes based on their volitional and emotional qualities—such as motivation, level of nervousness, or emotional stability. These tools also serve as effective means for identifying combat readiness, pre-competition apathy, and other psychological conditions relevant to athletic performance.

The personality of a young athlete is shaped largely under the influence of a qualified coach who has a solid understanding of sport psychology. Therefore, comprehensive psychological development and strengthening the mental potential of young athletes is an essential part

of their overall training. The optimal solution to the challenge of psychological selection is to enrich the athlete's inner world, provide them with activities that evoke joy and psychological satisfaction, and develop their most positive traits—thus creating the foundation for achieving excellence both in sport and in life. Modern psychological diagnostic approaches recommended in sport serve as effective tools that help coaches achieve these objectives.

The results of psychological diagnostics enable educators to implement an individualized approach in training and educational processes, while coaches can use this information to personalize the design of training sessions and pedagogical strategies. Based on these insights, it becomes possible to determine how the athlete organizes and regulates key psychological functions such as memory, thinking, and attention. Consequently, appropriate techniques for cognitive development can be selected, and learning materials can be adapted to individual needs.

In the context of sports training, thoroughly studying each athlete's psychological and physiological characteristics is a critical factor for achieving high performance. Analytical data concerning the trainee's personal attributes serve as a guiding framework for choosing instructional strategies suited to the individual. Furthermore, identifying the relative dominance among an athlete's primary neural processes enables the coach to adopt a balanced and individualized approach. This prevents excessive psychological pressure, avoids overly harsh corrective measures, and protects the athlete from negative mental states that might inhibit performance. Otherwise, improper coaching methods can lead to a decline in mental functioning, weakening of psychological defense mechanisms, and a general deterioration in the athlete's psychological well-being.

2.18. Functional Preparedness in Greco-Roman Wrestling

Human activity in sports occurs under the influence of numerous factors, including intense neuropsychological stress and unfavorable

environmental conditions. In such situations, the athlete's physiological and psychological characteristics, along with their potential and stability, are subjected to high demands. Especially under heavy physical loads and competitive pressure, it is of great importance to determine the functional state of the athlete's body, evaluate the effectiveness of training, and monitor their working capacity.

In Greco-Roman wrestling, the functional state of an athlete refers to the complex of physiological functions that ensure the ability to perform physical loads efficiently, as well as the harmony of psychological and psychophysiological qualities. This state determines the athlete's endurance, strength, decision-making speed, resistance to stress, and ability to perform technical actions with precision during every training session and competition.

A high level of functional preparedness depends not only on muscle activity and the health of the cardiovascular system but also on the athlete's ability to consciously control their movements, their motivation, and their volitional stability. Therefore, in the training process, not only physical workload and technical exercises but also methods aimed at forming psychological stability must be considered an integral part of the functional preparation system.

Indicators of the wrestler's functional state indirectly reflect the development of their working capacity and degree of susceptibility to fatigue. These indicators are of great diagnostic value in evaluating the physiological and psychological processes occurring in the body in response to complex sports loads. However, it must be noted that strong emotional shocks or excessive anxiety may cause sharp functional shifts in the central nervous system, higher nervous activity, sensory analyzers, and overall mental processes. Such conditions adversely affect the athlete's ability to execute technical actions accurately and on time, leading to reduced concentration, slower reaction speed, and disrupted coordination balance.

The main indicators used to objectively assess the functional state of an athlete include the following:

– heart rate, arterial blood pressure, systolic and minute blood volume, peripheral blood pressure, electrocardiogram (ECG) and cardio neurography indicators;

– respiratory rate, vital lung capacity, minute respiratory volume, respiratory coefficient, breath-holding types, and maximal oxygen consumption (VO_2max);

– strength and endurance of individual muscle groups (static and dynamic);

– work capacity (in kilogram-meters — kg/m), energy expenditure (in kilocalories - kcal), power output (in watts — W);

– simple and complex reaction time, correction tests, and attention assessment tests;

– the time required to restore the initial functional values after workload;

– subjective feeling of fatigue at different stages of work (based on questionnaires and interviews), etc.

The methods selected for studying an athlete's functional state vary depending on the characteristics of the sport, the form of load, and the type of activity. The following primary methods are used:

a) **Sports with predominantly endurance manifestation** — research of external respiration, gas exchange, cardiovascular system, and internal physiological systems;

b) **Sports with speed-strength and technically complex activities** — research of the central nervous system (CNS), sensory analyzers, and neuromuscular apparatus;

c) **Intermediate-type sports** — research of external respiration, oxygen debt, cardiovascular system, internal systems, CNS, sensory analyzers, and neuromuscular system.

During the assessment of an athlete's functional state, several conditions must be fulfilled to ensure an objective evaluation of physiological indicators. First, the athlete must be in a calm, rested condition at the time of examination. It is advisable to conduct the tests

in standard laboratory conditions, in natural sport-specific environments, and during the performance of training and competitive loads.

The assessment of functional state during the training process is carried out using various research methods. In this case, the dynamics of the athlete's functional indicators are studied over different time periods:

– **daily variation rate** — within the micro cycle of training (i.e., during several days or a weekly training period);

– **annual training cycle** — evaluated by observing increases and decreases in functional indicators throughout a competitive season;

– **multi-year development rate** — analyzing the long-term trends in the athlete's functional capacity over several years of preparation.

This systematic approach makes it possible to determine the athlete's level of physical preparedness, adaptive capacity, and the functional resources required for achieving peak performance.

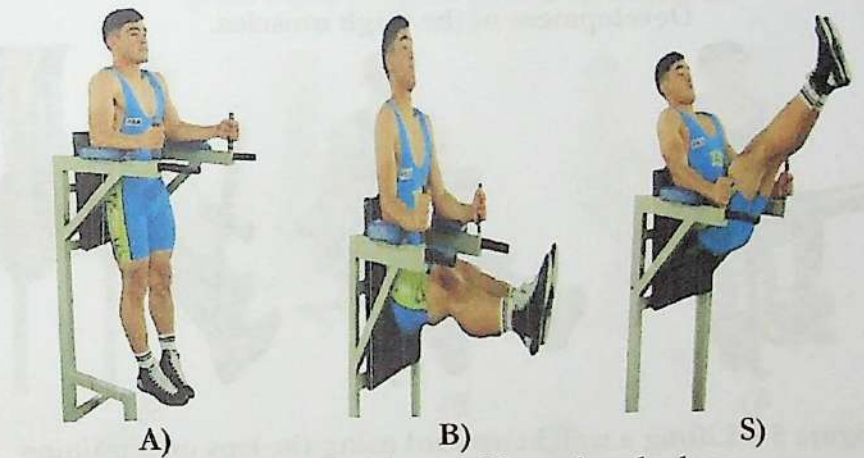
The rate of improvement in an athlete's functional state is closely related to the types of activities performed during the day — educational, occupational, and training loads. Each activity exerts its own specific influence on different functional systems of the body, which directly affects the development dynamics of functional indicators under daily, weekly, and annual training loads.

General Physical Training (GPT) serves to comprehensively expand the athlete's functional capabilities. GPT enables the athlete to withstand large training loads and assimilate them effectively. In addition, a high level of general physical preparedness enhances the athlete's resilience to complex and intensive sport-specific loads, accelerates recovery processes, and creates the physiological foundation necessary for achieving high sport performance.



A) B) S)

Figure 2 – Push-ups with hands supported on parallel bars. Development of arm muscles.



A) B) S)

Figure 3 – Raising and lowering the legs while supported on parallel bars.

Development of abdominal muscles.



A) B)

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A) B) S)

Figure 3 – Raising and lowering the legs while supported on parallel bars.

Development of abdominal muscles.



A) B)





S) D)

Figure 4 – Lifting a weight upward using the legs on a training machine.

Development of the thigh muscles.







A) B) S)

Figure 5 – Lifting a weight upward using the legs on a training machine. Development of the thigh muscles





A) B)





S) D)

Figure 6 – Lowering and lifting the weight to the chest using the arms while lying on a training machine.





A) B)





S) D)

Figure 7 – Pulling the weight toward the abdomen using the arms on a training machine. Development of the arm and latissimus (back) muscles



A)



B)



S)

Figure 7 – Pulling the weight toward the abdomen using a training machine. Development of the arm muscles and the latissimus dorsi (back) muscles.



A)



B)



S)



D)

Figure 9 – Squats with the barbell placed on the shoulders. Development of the lower-body strength and hip muscles



A)



B)

Figure 10 – Pulling the weight behind the head using the arms on a training machine. Development of the arm and latissimus (back) muscles

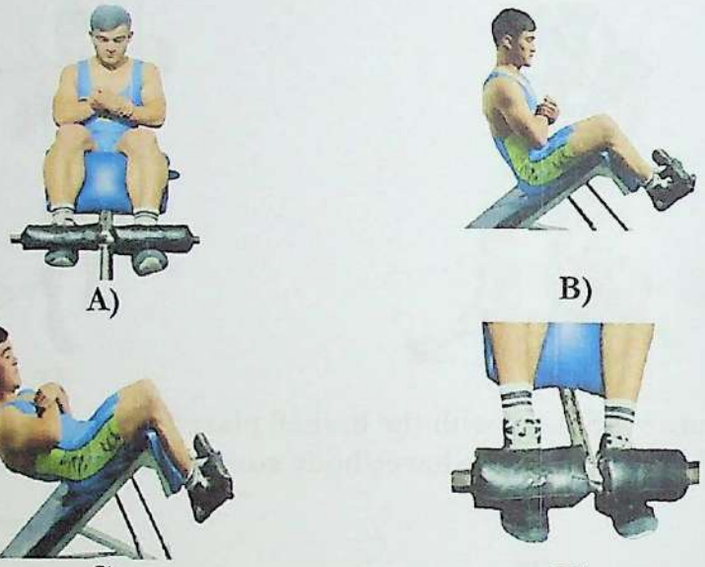


A)



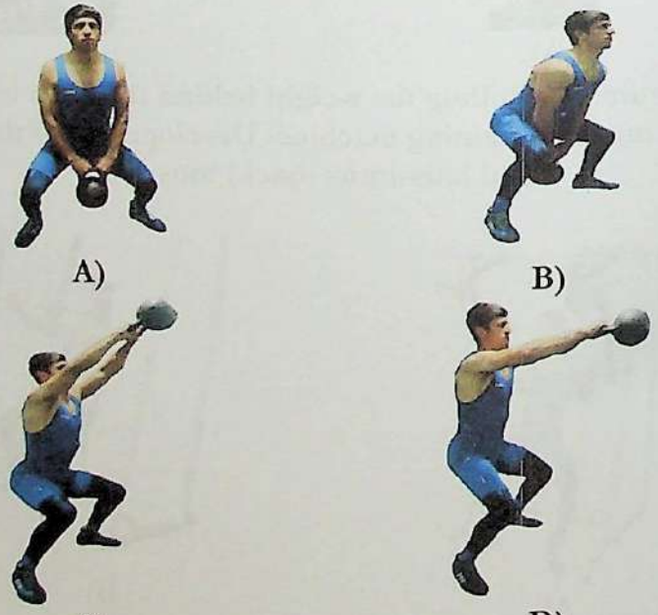
B)

Figure 11 – Pushing the arms forward and backward using a training machine. Development of the arm and shoulder muscles



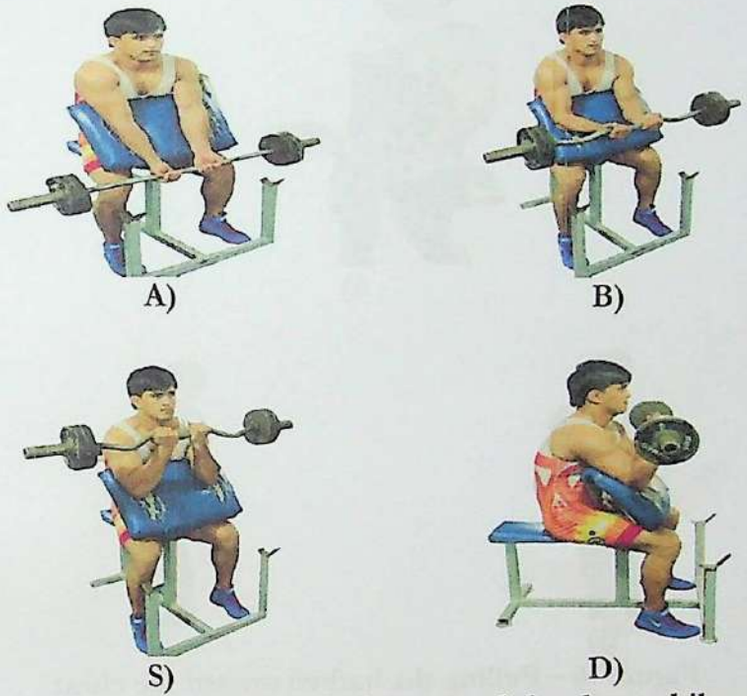
A) B) S) D)

Figure 11 – Pushing the arms forward and backward using a training machine. Development of the arm and shoulder muscles



A) B) S) D)

Figure 13 – Extending the kettlebell forward and downward while seated.



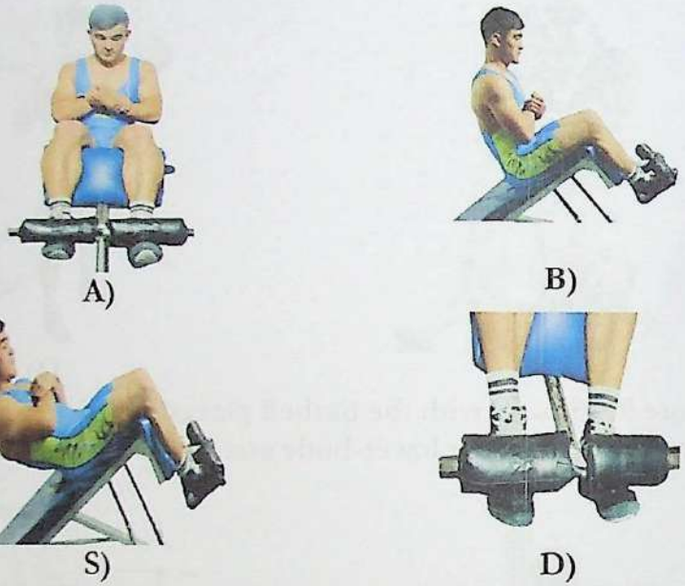
A) B) S) D)

Figure 14 – Pulling the bar toward the chest while seated on the training machine.



A) B)

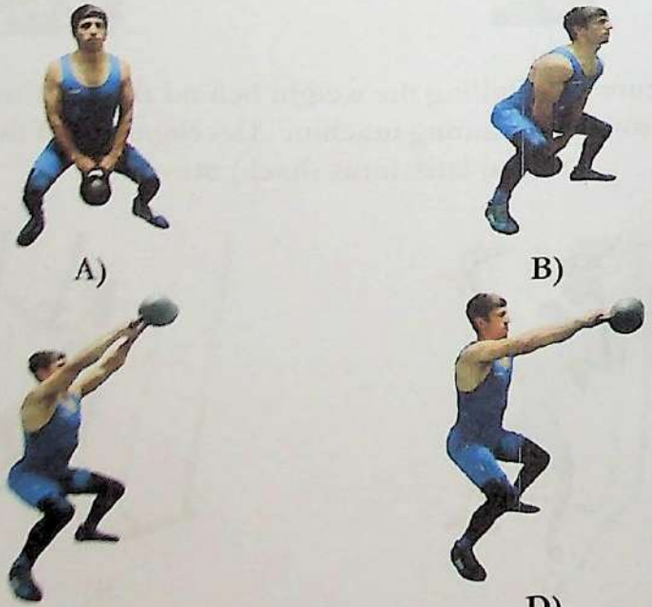
Figure 15 – Pulling the dumbbell toward the chest while seated.



A) B)

S) D)

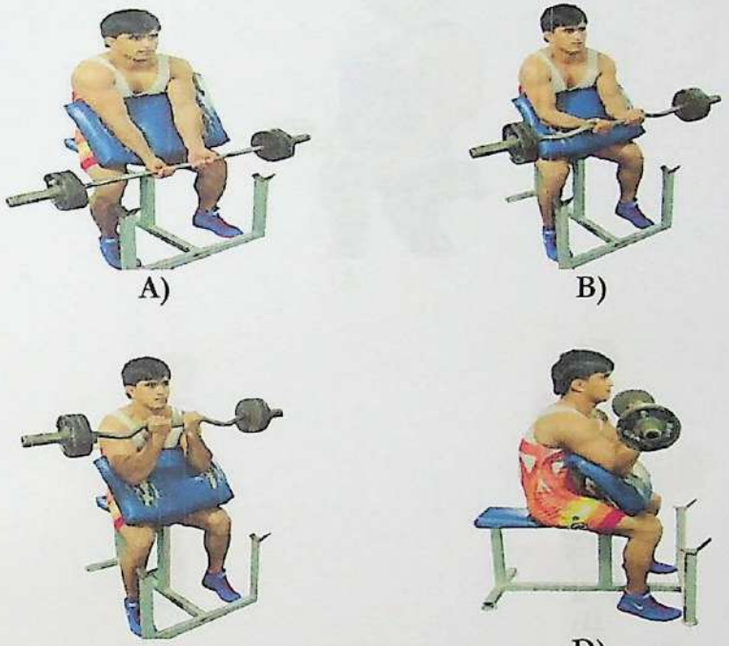
Figure 11 – Pushing the arms forward and backward using a training machine. Development of the arm and shoulder muscles



A) B)

S) D)

Figure 13 – Extending the kettlebell forward and downward while seated.



A) B)

S) D)

Figure 14 – Pulling the bar toward the chest while seated on the training machine.



A) B)

Figure 15 – Pulling the dumbbell toward the chest while seated.



A)



B)



S)

Figure 16 – Pulling the barbell toward the chest in a standing position.



A)



B)

Figure 17 – Bringing the arms together and returning them using a training machine. Development of the arm and shoulder muscles.



A)



B)

Figure 18 – Pull-ups on a horizontal bar. For the development of the arm and shoulder muscles and for spinal extension.



A)



B)



S)



D)

Figure 19 – Lifting the partner upward by locking the hands around their abdomen, using the core and leg muscles.



A)

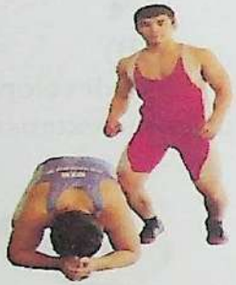


B)



S)

Figure 20 – Performing a bridge position (wrestling bridge).



A)



B)



S)

Figure 21 – Jumping over a crouching partner to the right and left. Development of the leg muscles



A)



B)



S)



D)

Figure 22 – Passing over the partner from head to feet in a bridge position.



A)



B)



S)



D)

Figure 23 – Sideward runs to the right in a bridge position.



A)



B)



S)



D)

Figure 24 – Sideward runs to the left in a bridge position.



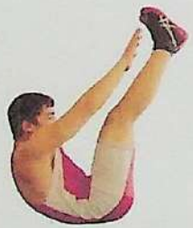
A) B)

S) D)

Figure 25 – Squatting with bent knees. Development of the leg muscles



A)



B)

Figure 26 – Bringing the arms and legs together while lying horizontally. Development of the abdominal muscles



A) B)

S) D)

Figure 27 – Pulling the torso toward the legs to develop the abdominal muscles.

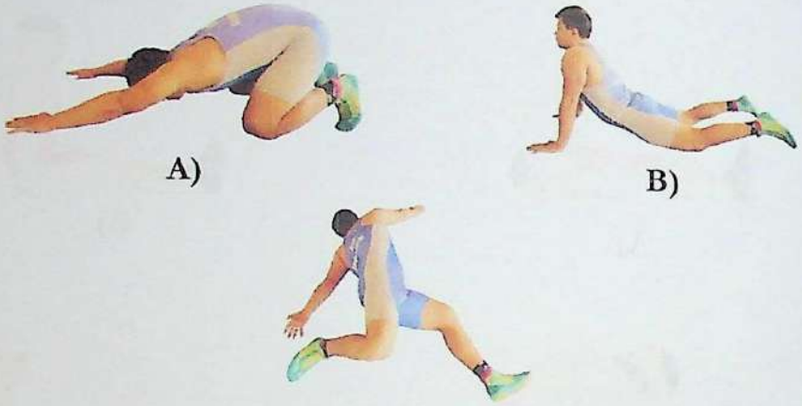


A) B)



S)

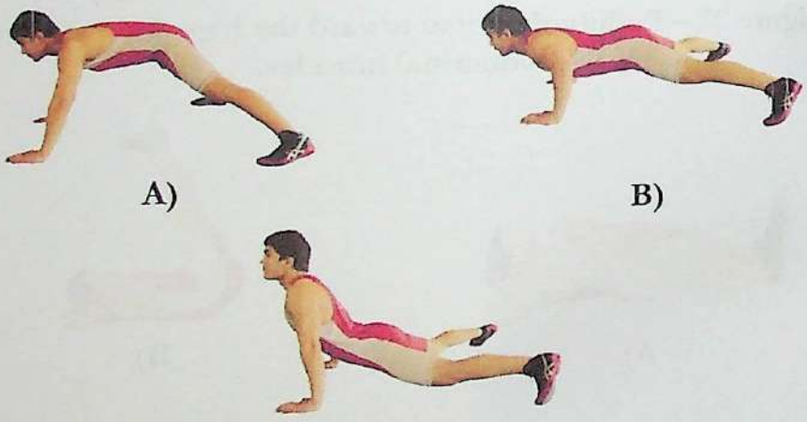
Figure 27 – Pulling the torso toward the legs. Development of the abdominal muscles



A) B)

S)

Figure 29 – Stretching exercises.



A) B)

S)

Figure 30 – Holding the body supported on bent (wave-shaped) arms.



A) B)

Figure 31 – Bending and extending the arms while supported on the hands.



A) B)

Figure 32 — Running while the partner holds the athlete by the waist and pulls backward.



S)

33 – Squats performed with a partner lying stomach-down across the shoulders.

2.19. Special Physical Preparedness (SPP)

The special physical training (SPT) of a Greco-Roman wrestler is a system aimed at developing the physical abilities required for performing actions that are specific to wrestling. Special physical training is an essential component of all stages of the training process as well as competitive activity. SPT exercises are directly related to mastering and improving wrestling techniques, as well as learning and developing various types of combat actions. Such exercises not only deepen the wrestler's technical and tactical preparedness but also strengthen their functional and psychomotor capacities.

SPT exercises are often performed using separate technical elements or in the form of complete technical actions. The wrestler performs these exercises independently, using a wrestling dummy

(mannequin), or together with a partner. The advantage of special exercises is that they develop the athlete's physical abilities while simultaneously ensuring the precise and effective acquisition of technical movements. As a result, the wrestler's technical skills and competitive performance become more solid and stable.

Physical training refers to activities aimed at developing the athlete's fundamental motor qualities — speed, strength, endurance, and coordination. It allows the wrestler to perform necessary movements with the required speed, power, and duration. At the same time, physical training contributes to the athlete's general physical development and strengthens overall health. In the training process, this principle is of great practical importance not only for achieving high sports results but also for labor activity, military readiness, and other real-life applications.

The advantage of Special Physical Training (SPT) lies in the fact that it improves both the wrestler's technical mastery and their physical abilities at the same time. In sports such as Greco-Roman wrestling, SPT exercises form a solid foundation for mastering wrestling techniques and applying them effectively in practice.

The structure of special preparation also includes acrobatic exercises. Acrobatics plays a significant role in improving the wrestler's coordination abilities, body control skills, and overall movement culture. Below are several recommended acrobatic exercises for Greco-Roman wrestlers.

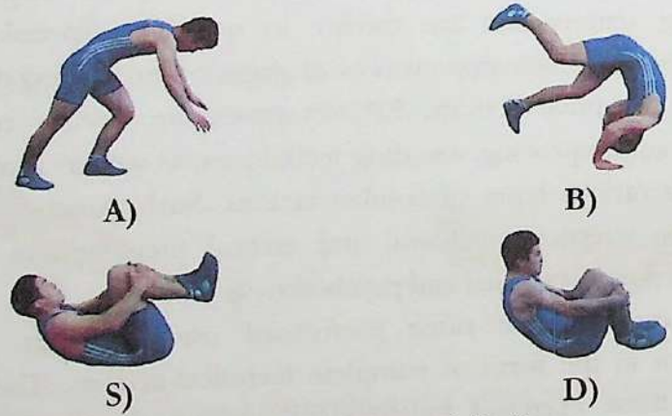


Figure 34 – Forward Roll

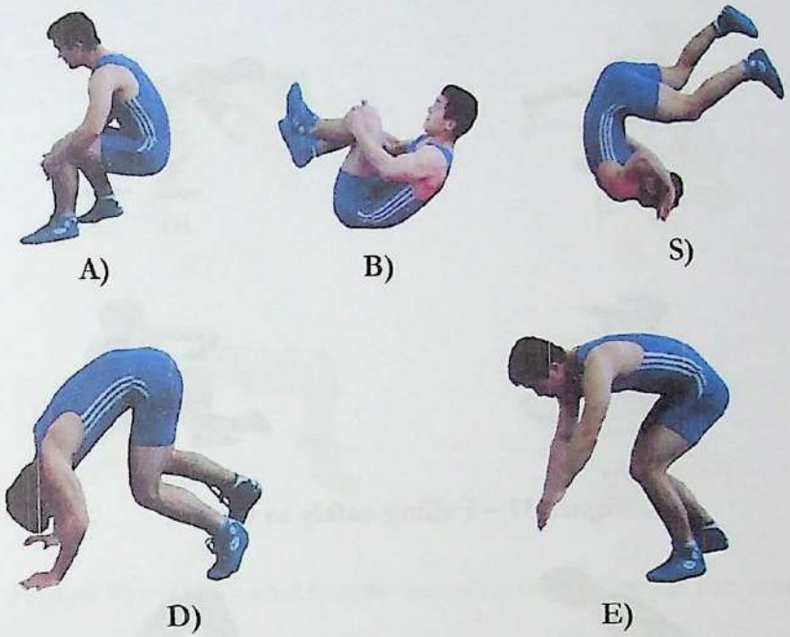


Figure 35 – Backward roll

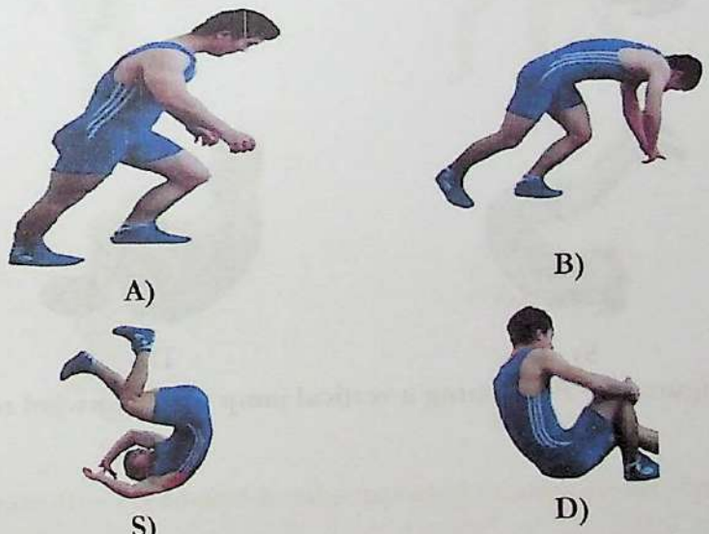
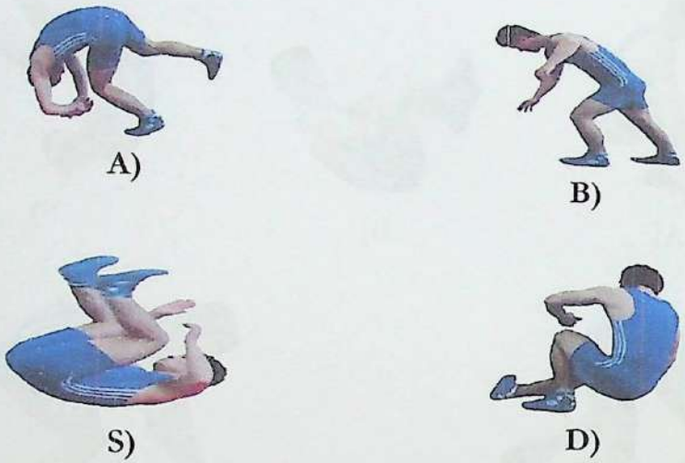


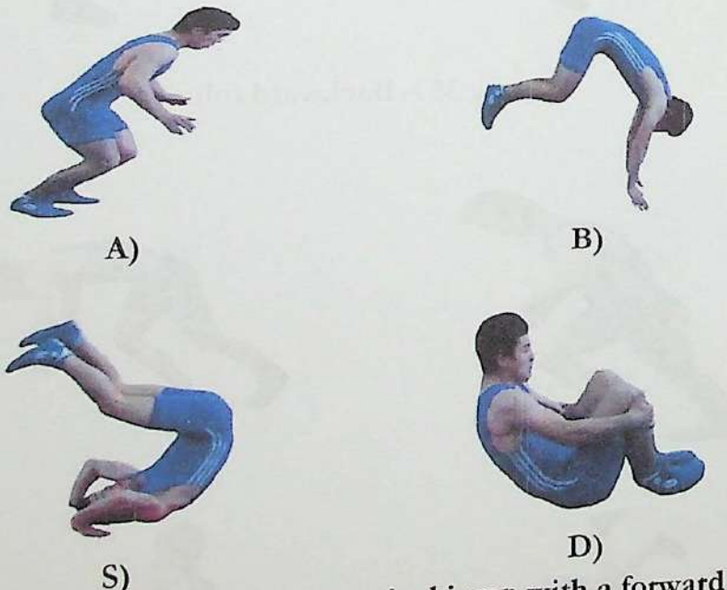
Figure 36 – Falling to the right with defensive technique



A) B)

S) D)

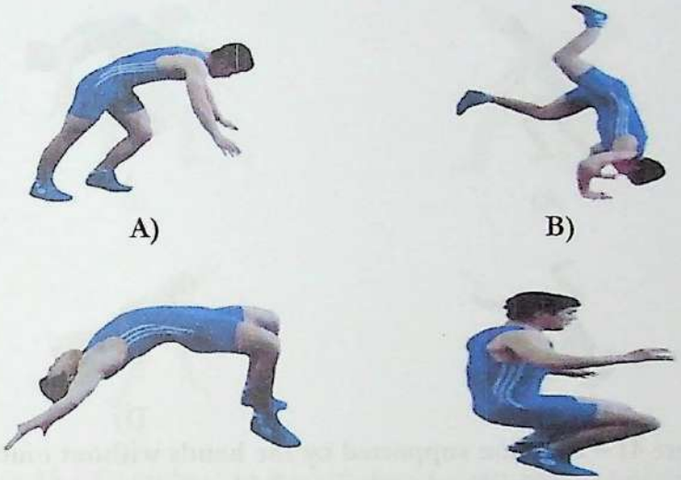
Figure 37 – Falling safely to the left



A) B)

S) D)

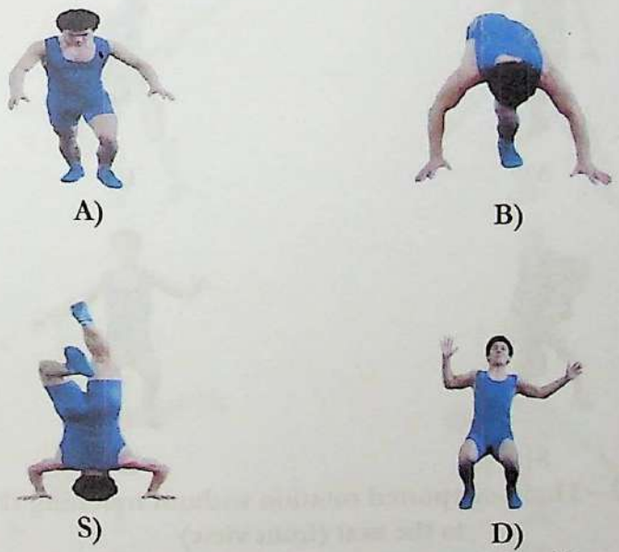
Figure 38 – Performing a vertical jump with a forward roll



A) B)

S) D)

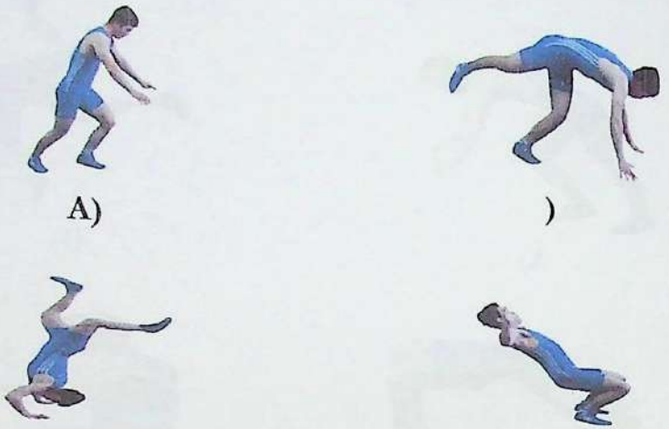
Figure 39 – Head and hands-supported rotation on the mat



A) B)

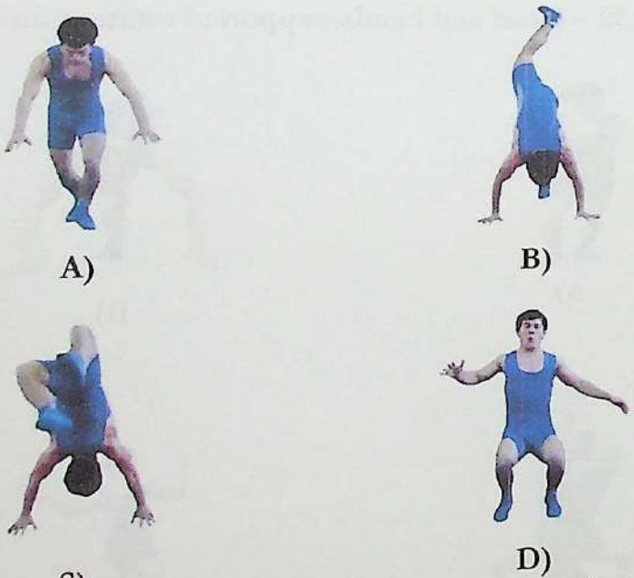
S) D)

Figure 40 – Head-and-hand supported rotation (front view).



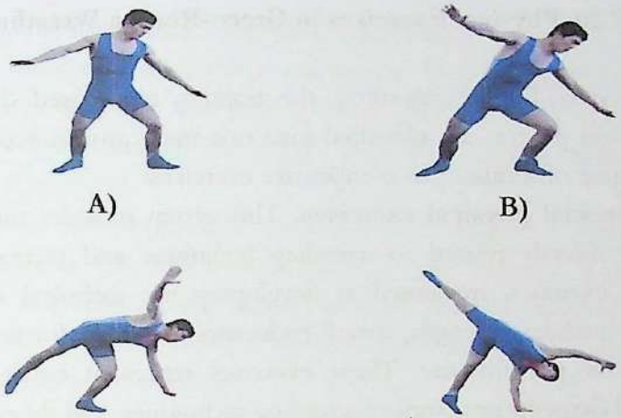
A)) S) D)

Figure 41 – Rotation supported by the hands without touching the head to the mat (side view)



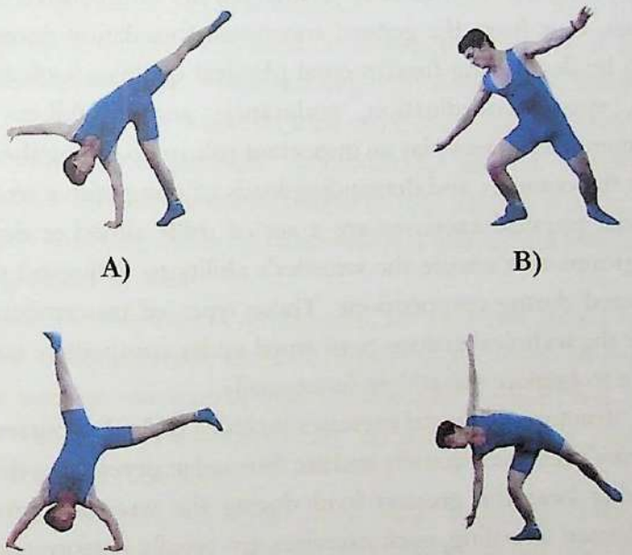
A) B) S) D)

Figure 42 – Hand-supported rotation without touching the head to the mat (front view)



A) B) S) D)

Figure 43 – Cartwheel to the left (hand-supported rotation with legs overhead).



A) B) S) D)

Figure 44 – Cartwheel to the right (hands on the mat, legs overhead)

2.20. Physical Exercises in Greco-Roman Wrestling

In Greco-Roman wrestling, the training tools used during the preparation process are classified into two main groups according to their degree of similarity to competitive exercises:

1. Special physical exercises. This group includes movements that are directly related to wrestling technique and tactics. Special physical exercises are aimed at developing the technical skills and physical qualities (strength, speed, endurance) required for an athlete's competitive performance. These exercises represent either separate technical elements or complete wrestling techniques, and they play a key role in strengthening the wrestler's special preparation.

2. General developmental exercises. This type of exercise is intended to ensure the wrestler's overall physical development. Although they are not directly connected to competitive wrestling techniques, they form the general functional foundation necessary for wrestling by developing fundamental physical qualities such as general strength, speed, coordination, endurance, and flexibility. General developmental exercises play an important role in preparing the athlete's body for the complex and demanding loads of competitive wrestling.

Special physical exercises are a set of drills aimed at developing muscle groups that ensure the wrestler's ability to withstand the loads encountered during competitions. These types of movements closely resemble the technical actions performed under competitive conditions and serve to prepare the athlete functionally.

The structure of special exercises includes drills that correspond to the wrestler's technical activity and are directed at developing the muscle groups that bear the greatest load during the wrestling process. In Greco-Roman wrestling, such exercises are usually performed through repeated execution of individual technical elements. This method is highly effective in developing muscular strength, endurance, and movement automatization.

The main advantage of special physical exercises is that they enhance muscular performance and general functional preparedness in accordance with the demands of competitive technique, thereby ensuring comprehensive development of the wrestler's technical and physical capabilities.

General developmental exercises are aimed at overall and comprehensive physical development of the athlete's body. These exercises help increase the general level of physical preparedness and develop the primary physical qualities such as strength, endurance, coordination, and flexibility.

In Greco-Roman wrestling—considered a complex and physically demanding sport—general developmental exercises play particularly important roles. For young athletes, they are essential for strengthening the musculoskeletal system, cardiovascular and respiratory systems, and for improving general physical health.

A standard system of general developmental training is applied to Greco-Roman wrestlers. These training sessions prepare athletes for the main technical actions, improve their movement culture, body control, and overall motor abilities. Additionally, general developmental exercises help prevent excessive fatigue during training sessions, expand functional capacities, and create a favorable physiological foundation for mastering technical skills.

General developmental movements are exercises aimed at the all-round and comprehensive physical development of the athlete. These exercises increase the overall level of physical preparedness and help develop essential qualities such as muscular strength, endurance, coordination, and flexibility.

In Greco-Roman wrestling — a sport requiring complex and intensive physical activity — general developmental movements play an especially important role. For young wrestlers, these exercises are crucial for strengthening the musculoskeletal system, cardiovascular and respiratory systems, and overall physical health.

A standardized system of general training exercises is used for wrestlers. These exercises prepare athletes for basic technical actions, enhance movement culture, body control, and general motor abilities. Additionally, general developmental exercises help prevent excessive fatigue during training, expand functional capacities, and provide a favorable physiological basis for mastering technical skills.

General Developmental Movements Used in Greco-Roman Wrestling Training:

1. Running uphill and downhill (to develop strength and endurance under uneven terrain conditions).
2. Sprint runs of 40, 60, and 100 meters (to develop speed and explosive power).
3. Long jump exercises (to develop explosive strength and coordination).
4. Alternate hopping on the right and left leg (to strengthen leg muscles and improve balance).
5. Walking in a squat position (to strengthen thigh and knee muscles).
6. High-knee running (to develop running speed and knee mobility).
7. Running with weights (to enhance strength and endurance).
8. Abdominal "press" exercises (to strengthen core stability and abdominal muscles).
9. Stretching and mobility exercises (to improve flexibility and joint mobility).
10. Walking on knees (to strengthen knee joints and thigh muscles).
11. Weighted exercises (to develop general strength and endurance).
12. Movements on a balance rope (to enhance coordination and body control).
13. Complex exercise sets (to develop multiple physical qualities simultaneously — strength, endurance, speed, coordination).

Self-Assessment Questions

1. What do you understand by the physical preparation of a Greco-Roman wrestler?
2. Which exercises meet the required criteria and are referred to as conditioning exercises?
3. Which exercises are recognized as special preparation exercises for a Greco-Roman wrestler?
4. What tasks does auxiliary physical preparation help to accomplish?
5. What is the primary focus of a Greco-Roman wrestler's special physical preparation?
6. What is meant by the term "strength"?
7. What does the concept of "speed-strength" imply?
8. What is the meaning of the speed quality in sports?
9. What is understood by the term "endurance," and what is its significance?
10. Which ability of an athlete is referred to as "agility"?
11. What role does the quality of "flexibility" play in an athlete's performance?

CHAPTER III. CONCEPT OF TECHNICAL TRAINING IN GRECO-ROMAN WRESTLING

3.1. Technical Training of Greco-Roman Wrestlers During the Training Process

Technical training in Greco-Roman wrestling is characterized by the degree to which an athlete fully and efficiently masters the set of movements required to achieve high results in competition. Technical preparation serves to develop the athlete's ability to perform technical actions precisely, effectively, and in harmony with tactical decisions during practical activity.

This preparation is divided into two main directions:

General technical preparation – aimed at developing general motor skills and abilities through auxiliary sports and various forms of physical activity. This type of preparation strengthens the athlete's movement culture, motor control, and general coordination abilities, thus creating a foundational base necessary for mastering wrestling techniques.

Special technical preparation – directed toward the deep acquisition and improvement of technical movements specific to Greco-Roman wrestling. Special preparation develops the athlete's technical proficiency and ability to perform technical actions quickly and accurately under competitive conditions.

General and special technical preparation are closely interconnected and serve to increase the wrestler's competitiveness, ensure high-quality movement coordination, and expand opportunities for achieving success in competitions.

In combat sports, technical preparation is aimed at solving a number of complex and multifaceted tasks. It seeks to achieve the following main objectives:

- Ensuring that the athlete uses their physical potential as efficiently as possible, performing technical movements with optimal energy-saving mechanisms.
- Reducing unnecessary energy expenditure, increasing the wrestler's endurance during prolonged training or competitive activity by performing movements rationally and economically.
- Enabling adaptation to various actions of the opponent, maintaining high levels of movement speed and accuracy, and providing quick and effective tactical and technical responses throughout the match.

In long-term training systems, Greco-Roman wrestlers constantly and systematically improve their sport-specific techniques. This process aims to elevate technical proficiency to a high level within the chosen wrestling style.

Technical mastery is understood as the athlete's ability to perfectly execute the most rational, energy-efficient, and effective technical actions during intense and constantly changing combat conditions.

The level of technical mastery is determined by the wrestler's ability to make correct decisions under competitive pressure, perform technical movements quickly and accurately, and adapt to the opponent's dynamic actions. Continuous development of technical preparation and mastery increases the wrestler's overall athletic potential and prepares them to achieve outstanding sports results.

Improving and perfecting the wrestler's technical mastery in Greco-Roman wrestling is a continuous and systematic process carried out through three main stages:

1. Exploratory Stage. At this stage, the athlete learns new technical movements and tries to understand their mechanisms. During the exploratory process, the athlete grasps the general form of the movement, its sequence, and the main characteristics of the technical elements. The movements are not yet fully automated, and errors or inaccuracies appearing at this stage are considered natural.

2. Stabilization Stage. At this stage, the accuracy, stability, and repeatability of technical movements increase. The athlete achieves automation of movements; technical elements are performed with fewer mistakes and in a stable rhythm. The coordination and efficiency of movements improve, enabling the athlete to successfully apply technical actions in various conditions.

3. Stage of Improving Adaptability. In the final stage, the athlete learns to apply the acquired technique successfully in real competition conditions, which are variable and often unpredictable. Technical mastery becomes integrated with adaptability and quick reaction, allowing the athlete to adjust and modify technical actions in accordance with the opponent's movements.

The step-by-step development described above creates a solid foundation for technical training and ensures the wrestler's technical superiority during competition.

Each stage of technical preparation has its own specific tasks aimed at gradually improving the athlete's technical mastery. The main tasks include:

1. Developing high stability and rational variability of motor skills that form the basis of wrestling technique.

2. Partially restructuring motor skills and adapting them to the demands of competitive activity.

To effectively solve each of these major tasks, specific methodological approaches are applied:

To solve the first task—that is, to form the basis of wrestling technique and develop the stability and variability of motor skills—the following methods are used:

- the method of complicating external conditions,
- the method of performing exercises under various functional states of the body. These methods help the athlete adapt to variable and unpredictable competition situations, ensuring stable and flexible execution of technical actions.

To solve the second task—that is, to refine certain parts of technical movements in accordance with competitive demands—the following methods are used:

- the method of facilitating technical movement conditions,
- the method of accompanied influence.

These methods enable the athlete to master technical elements more accurately and without excessive tension, thereby optimizing technical performance to the required standard.

During technical training, the method of complicating external conditions is applied to develop and stabilize motor skills. This method prepares the athlete to adapt to variable circumstances and perform technical actions effectively even under unfavorable conditions.

1. The method of conditional opponent resistance helps the wrestler improve the structure and rhythm of technical movements, reaching stability and efficiency more quickly.

2. The method of difficult initial positions and preparatory movements. For example, when improving a back throw, the grip position and the distance between wrestlers are deliberately changed.

3. The method of restricting space for execution complicates training conditions for skill improvement. In wrestling, mats with reduced dimensions may be used.

Performing exercises under various physiological states that complicate execution is also applied:

- The method of performing actions in a fatigued state. In this case, after a high-volume and high-intensity workload, the athlete performs exercises aimed at developing technique.
- The method of performing actions under emotional stress—for example, after instructional or control sparring sessions.
- The method of periodically limiting or prohibiting vision helps selectively influence the sensory-analyzer components of motor skill.
- The method of forcing certain actions in competition-like situations stimulates the wrestler's activity during skill development. In

2. Stabilization Stage. At this stage, the accuracy, stability, and repeatability of technical movements increase. The athlete achieves automation of movements; technical elements are performed with fewer mistakes and in a stable rhythm. The coordination and efficiency of movements improve, enabling the athlete to successfully apply technical actions in various conditions.

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3. The method of restricting space for execution complicates training conditions for skill improvement. In wrestling, mats with reduced dimensions may be used.

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- The method of performing actions under emotional stress—for example, after instructional or control sparring sessions.
- The method of periodically limiting or prohibiting vision helps selectively influence the sensory-analyzer components of motor skill.
- The method of forcing certain actions in competition-like situations stimulates the wrestler's activity during skill development. In

• Back hooks/reaps (Orqadan ilib otishlar) – hooking the opponent's leg from behind to throw them.

These movements can be performed in various positions — from the rear, front, side, inside, and outside. The direction in which the movement is executed depends on the type of technique, the opponent's position, and the tactical objectives. Proper and timely execution of leg movements ensures the successful implementation of wrestling techniques and allows the athlete to gain an advantage over the opponent.

In wrestling technique, different actions can be performed using the same hold, and likewise, the same movement can be executed with various types of holds. For example, an athlete may throw an opponent by grabbing the arm or trunk, or perform a turnover by applying a striking–like force. Similarly, when the opponent is bent forward, it is possible to execute a throw by holding the arm, the torso, the neck, or combinations of these grips.

A wrestler may use technical actions not only for attacking purposes but also effectively in counterattacks. Moreover, a technical action or its individual element may be used as a feint. Through feint actions, the wrestler distracts the opponent's attention from the primary intention, creating favorable tactical and technical conditions for the actual attack. This tactical approach enhances the wrestler's technical and tactical preparedness and improves the ability to act quickly and adaptively in combat situations.

Counter-techniques are purposeful technical actions performed in response to the opponent's attack. They allow the wrestler to break the opponent's initiative and gain superiority. Counter-techniques belong to the category of complex movements and require the athlete to have highly developed quick thinking, coordination, and precision.

To execute an effective counterattack, the wrestler must instantly adapt to the attacking opponent's actions and synchronize their movements with the opponent's motion. Furthermore, during a

counter-action, the wrestler must make the correct decision within a very short period and neutralize the opponent before the original technique is completed. This requires not only technical mastery, but also advanced tactical awareness and strong psychological stability.

Defense is a set of purposeful technical actions that prevent the opponent from successfully performing attacking techniques or counter-techniques. Defensive skills are based on the wrestler's ability to anticipate the opponent's actions, neutralize them, and maintain a stable position.

Defensive techniques are divided into two main types: Preliminary Defense Preliminary defense includes actions performed before the opponent begins to execute a technique. This type of defense is aimed at anticipating the opponent's movement and stopping the attack at its initial phase. Preliminary defense is of strategic importance, as it prevents the opponent from taking the initiative and gaining technical advantage.

Direct (Immediate) Defense Direct defense is carried out at the moment the opponent starts the technique or during its execution. (You may continue with the next text after this section.)

Stance (Starting Position) The stance is the fundamental starting position of a Greco-Roman wrestler, where the athlete stands firmly on the feet and is prepared for physical engagement with the opponent. The stance ensures balance, stability, and readiness to initiate offensive or defensive movements.

Wrestling stances are divided into the following types:

- Right-sided stance
- Left-sided stance
- Parallel (symmetrical) stance

Each stance type is also differentiated according to the wrestler's body height relative to the mat:

- High stance
- Medium stance

• Low stance

Distances in Standing Wrestling From the standing stance, technical actions in Greco-Roman wrestling are performed at three primary distances:

• Close distance – allows direct physical contact with the opponent.

• Medium distance – convenient for initiating attacks or preparing for defense.

• Long distance – suitable for observing and anticipating the opponent's actions with caution.

Parterre is the starting position in Greco-Roman wrestling where the athlete is positioned on the mat while standing on the knees. In this position, the athlete keeps the arms fully extended and places the palms on the mat. The hands are positioned approximately 20–25 cm in front of the knees, which ensures stability and readiness for attack or defense. Two main forms of the parterre position are distinguished:

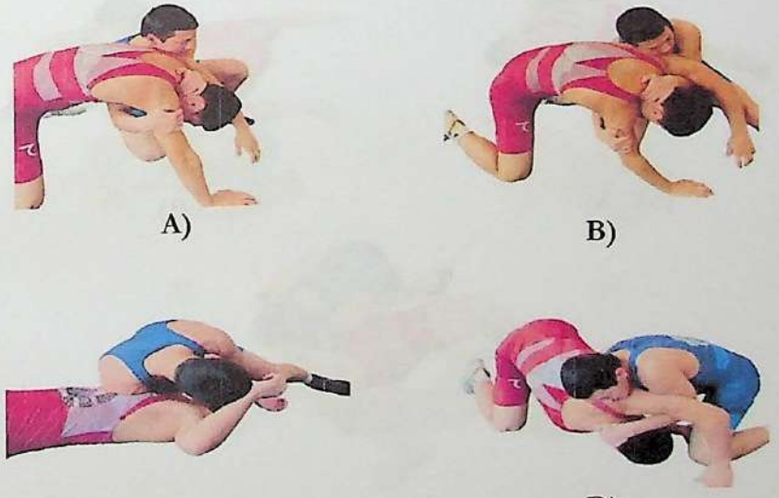
Bridge Position. The bridge is one of the lower-body defensive positions in Greco-Roman wrestling, where the athlete bends backward while supporting the body. In the bridge position, the wrestler maintains balance by pressing the soles of the feet (placed approximately shoulder-width apart) and any part of the head (usually the forehead or the back of the head) against the mat. The bridge demonstrates the athlete's strength, flexibility, and coordination. This position helps the wrestler resist the opponent's throwing or rolling attempts and maintain a defensive stance.

Wrestlers typically move into the bridge position to prevent their shoulder blades from touching the mat, thereby defending against throws or turnovers. The bridge allows the athlete to keep a stable defensive posture and avoid defeat.

In Greco-Roman wrestling, the bridge is used not only as a defensive tool, but also as an essential element in attack and counterattack techniques. By using the bridge, the athlete can launch effective counterattacks, recover position, or initiate technical actions.

Therefore, mastering the bridge and applying it effectively significantly enhances the wrestler's technical mastery and competitive performance.

During wrestling from the parterre position, one athlete remains at the bottom while the other stands on top. The athlete in the top position may choose any initial stance before the start, but the palms must be placed on the shoulder area of the athlete positioned below. These rules ensure fair and standardized execution of parterre techniques and provide equal competitive conditions.



A) B) S) D)

Figure 45 – Forward-over reverse grip roll-over throw.



A) B)



S)

Figure 46 – Forward-over throw using a reverse hand grip.



A)



B)



S)

Figure 47 – Roll-over throw by gripping the far arm and the opponent's waist.



A)



B)



S)



D)

Figure 48 – Roll-over throw using a reverse key-lock arm grip.



A)



B)



S)



A)



B)



S)

Figure 49 – Roll-over throw from the side by gripping the near arm and neck together.



A) B)



S)

Figure 50 – Side roll-over throw gripping the far arm and the neck together.



A) B)



S)

Figure 51 – Roll-over throw by passing through with a key-lock arm grip.



A) B)



S)

Figure 51 – Roll-over throw by passing through with a key-lock arm grip.



A)



B)



S)

Figure 53 – Roll-over throw by hooking the neck through the near armpit and gripping the waist.



A)



B)



S)



D)

Figure 54 – Roll-over throw by gripping the waist and rotating.



A)



B)

Figure 55 – Half-rotation roll-over throw by gripping the arm and the waist.



A)



B)



S)

Figure 56 – Roll-over throw from the upper side by gripping the arm and neck and throwing over the chest.

Throws performed from the parterre position



A)



B)



S)

Figure 57 – Turning throw by gripping the waist in par terre position..



A)



B)



S)



D)

Figure 58 – Reverse waist grip throw over the chest.



A)

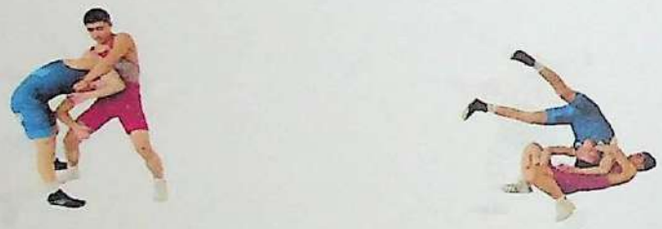


B)



S) D)

igure 59 – Waist grip chest-over throw.

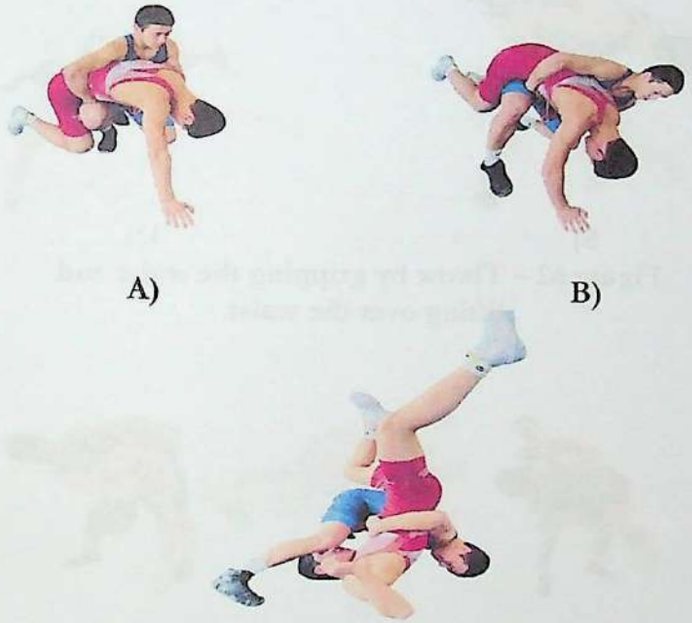


A) B)



S)

Figure 60 – Over-the-chest throw from a front upper grip.



A) B)

S)

Figure 61 – Throwing over the waist by holding with a key-lock arm grip and controlling the waist.



A) B)





S) D)

Figure 62 – Throw by gripping the waist and lifting over the waist.





A) B)





S) D)

Figure 63 – Throw by gripping the waist and pushing with the second hand against the opponent's neck to lift and throw over the waist.





A) B)



S)

Figure 64 – Transition to par terre by pulling the opponent's arm and bringing him down





A) B)



S)

Figure 65 – Counter-technique: grasping the opponent's wrist on the arm that is holding the waist, striking the opponent's body with the shoulder of the second arm, and rotating around one's axis to twist and throw the opponent down.





A) B)

Figure 66 – Transition to par terre by gripping the opponent's neck and ducking under the arm





A) B)





S) D)

Figure 67 – Counter-technique: gripping the opponent's arm from below and the armpit from above, then lifting and throwing the opponent over the chest





A) B)



S)

Figure 68 – Transition to par terre by gripping the opponent's arm and waist together and ducking under the arm



A)



B)



S)



D)

Figure 69 – Transition to parterre by wrapping the opponent's arm around the neck and bringing him down



A)



B)



S)



D)

Figure 70 – Counter-technique: pushing away the opponent's elbow of the arm encircling the neck, simultaneously pushing the opponent's head with the other hand, pulling the arm free, and transitioning the opponent to parterre



A)



B)



S)



D)

Figure 71 – Throw by gripping the opponent's arm from below and the neck from above, lifting and throwing over the waist



A)



B)



S)



D)

Figure 72 – Throw by gripping the opponent's arm from above and the neck, lifting and throwing over the waist



A)



B)



S)



D)



E)

Figure 73 – Throw by gripping the opponent's arm with both hands and lifting to throw over the waist



A)



B)



S)



D)

Figure 74 – Throw performed from a kneeling position by gripping the opponent's arm with both hands and lifting over the waist



A)



B)



S)



D)

Figure 72 – Throw by gripping the opponent's arm from above and the neck, lifting and throwing over the waist



A)



B)



S)



D)



E)

Figure 73 – Throw by gripping the opponent's arm with both hands and lifting to throw over the waist



A)



B)



S)



D)

Figure 74 – Throw performed from a kneeling position by gripping the opponent's arm with both hands and lifting over the waist



A)



B)



S)



D)

Figure 75 – Throw by gripping the opponent's arm from above and the waist, then lifting and throwing over the waist



A)



B)



S)

Figure 76 – Counter-technique: gripping the opponent's arm and waist, then lifting and throwing the opponent over the chest



A)



B)



S)



D)

Figure 77 – Throw by gripping the opponent's arm and lifting over the waist through the armpit



A)



B)



S)



D)

Figure 78 – Throw by gripping the opponent's arm from above and lifting to throw over the waist



A)



B)



S)



D)

Figure 79 – Throw by gripping the opponent's arm and neck together and lifting to throw over the waist in the opposite direction



A)



B)



S)



D)

Figure 80 – Throw by gripping both of the opponent's wrists and lifting to throw over the waist



A)



B)



S)

Figure 81 – Throw by gripping the opponent's arm from above and the armpit from above, lifting and throwing over the waist



A)



B)



S)



D)

Figure 82 – Throw by gripping the opponent's waist and bending forward to execute the throw



A)



B)



S)



D)

Figure 83 – Throw by gripping the opponent's wrist from the inside and the shoulder from the outside, lifting and throwing over the shoulders



A)



B)



S)



D)

Figure 84 – Throw by gripping the opponent's arm and waist, lifting and throwing over the shoulders



A)



B)



S)



D)



E)

Figure 85 – Throw by pulling the opponent's arm and lifting to throw over the shoulders from the outside



A)



B)

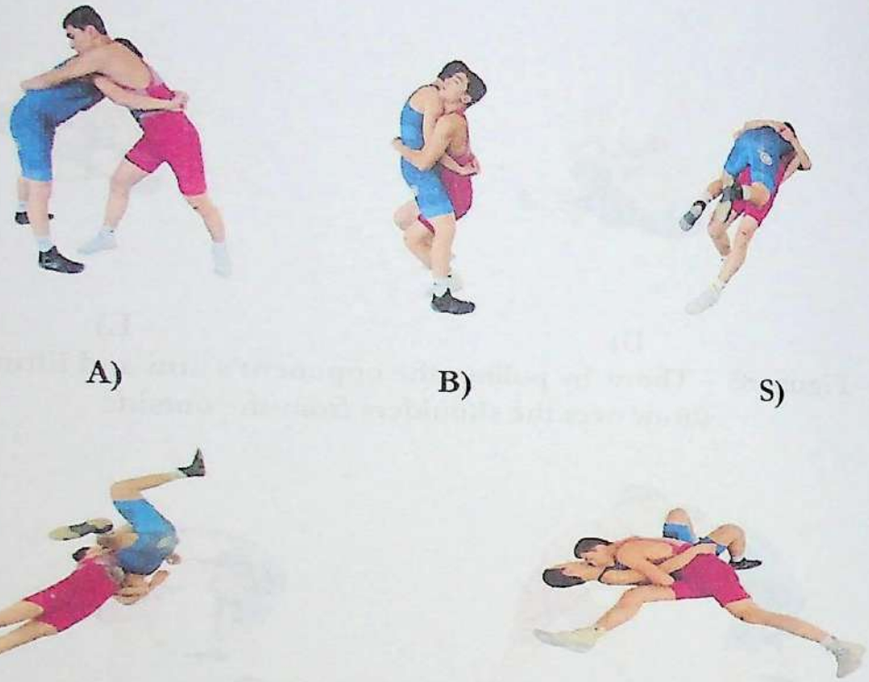


S)



D)

Figure 86 – Throw by gripping the opponent's wrist and lifting to throw over the shoulders



A) B) S)

D) E)

Figure 87 – Throw by gripping the opponent's arm and waist, lifting and throwing over the chest



A) B)



S) D)

Figure 88 – Throw by gripping the opponent's arm and waist, stepping forward, and lifting to throw over the chest



A) B)



S)

Figure 89 – Counter-technique: bending in the opposite direction of the intended throw, stepping toward the throwing side, and blocking the opponent to bring him down



A)



B)



S)



D)

Figure 90 – Throw by gripping the opponent's arm from above and the waist, lifting and throwing over the chest



A)



B)



S)

Figure 91 – Throw by gripping both of the opponent's arms together from above, hanging the body, and lifting to throw over the chest



A)



B)



S)



D)

Figure 92 – Throw by ducking under the opponent's arm, gripping the waist, and lifting to throw over the chest

3.3. Modern Methodological Approaches to Developing Technical Mastery in Greco-Roman Wrestlers

The broader and more effectively a Greco-Roman wrestler can apply the arsenal of technical–tactical actions in practice, the higher his level of technical mastery is evaluated. Wrestling technique is one of the key components that determines the athlete's overall proficiency, serving as an important factor reflecting the wrestler's functional and motor capabilities.

Although modern Greco-Roman wrestling includes dozens of technical actions and their numerous modifications, an athlete is not required to master all existing techniques. The main focus is on deeply learning and effectively applying those techniques that correspond to the wrestler's individual characteristics, physical qualities, and tactical preferences.

Continuous renewal of the technical repertoire – i.e., acquiring new techniques, counter-techniques, and defensive actions – helps the wrestler identify the most effective movements that suit his individual characteristics and motor stereotypes. These selected techniques are later incorporated into a system of specialized training sessions aimed at enhancing their precision, stability, and reliability through gradual and systematic improvement.

Comprehensive technical preparation in Greco-Roman wrestling is considered one of the fundamental pedagogical requirements aligned with the level of development of modern sport. To ensure the strong acquisition of technical actions and their effective application in competitive conditions, it is essential to adhere to the following methodological principles in the training process:

Compliance with the existing competition rules. Technical actions proven to be effective and permitted under current competitive regulations should be prioritized in training and mastery.

Individualization. Among the wide technical arsenal, techniques, counter-techniques, and defensive actions must be selected according to the wrestler's physical and psychological characteristics.

Analysis of the competitive environment. Training sessions should focus on mastering counter-techniques and tactical solutions that consider the technical–tactical strengths of the athlete's main opponents.

Enhancement of adaptability. Work must be done to expand the wrestler's ability to apply previously learned techniques and counters in new, variable combinations.

Combined (complex) approach. Training should include the development of interconnected techniques, enabling the athlete to use available technical resources in coordinated, sequential combinations.

Optimal motor solutions. Athletes must learn technical actions that allow them to execute movement tasks in the most rational and efficient way—thereby reducing the need for repeated re-learning.

Movement economy. It is crucial to eliminate excessive muscular tension, ensure technical basics are firmly established, and develop general coordination of movement.

Optimal distribution of training load. Maintaining appropriate time intervals between training sessions and avoiding excessive repetition is crucial to prevent overfatigue of the nervous system.

Ensuring specialized physical preparedness. The dynamic and amplitude-specific movements required for the full execution of technical actions must rely on sufficient foundational and functional physical readiness.

In the process of developing technical mastery in Greco-Roman wrestlers, it is essential to identify errors that occur during the execution of movements and to systematically analyze the underlying causes. Detecting such errors at early stages and eliminating them in a timely manner significantly improves the quality and effectiveness of technical preparation.

Technical deficiencies observed during the motor learning process are analyzed through coaching supervision and methodological approaches. These shortcomings typically hinder the athlete's ability to perform techniques correctly and may negatively affect technical stability during competition. Therefore, proper formation of technical actions requires categorizing identified errors and applying individualized corrective strategies for each type.

Each category of error demands a specific methodological approach. Thus, continuous analysis and communication between the athlete and the coach play a crucial role in preventing or effectively eliminating these errors during technical preparation. As a result, technical actions develop in a coordinated, integrated, and optimally efficient manner.

Table-5

The Structure of Errors Arising During Motor Skill Acquisition

Movement Errors				
Due to Insufficient Movement Execution	Due to Deficiencies in Instruction	Psychic Gene	Due to Unnatural (Non-standard) Training Conditions	Unexpected
Insufficient Physical Qualities	Teaching Incorrect Execution Technique	Insufficient Self-Monitoring	Characteristics of External Physical Conditions	Voluntary by Itself
Lack of Coordination	Methodological Errors in Instruction	Psychological Influences	Partner or Opponent Characteristics	Caused by Unexpected External Factors
Body Structure Characteristics	Transfer of Inappropriate Skills	Insecurity, Anxiety, and Fear	Regulatory Characteristics	Arising from the Coincidence of Unexpected External and Internal Factors
Skill Deficiency	Insufficient Control of Skills	Emotional Stress and Mental Fatigue	Psychological and Motor Performance Deficiencies	Irregular and of Uncertain Origin

At the same time, it is necessary to develop methodological guidelines for eliminating movement errors that arise during the process of technical improvement.

Self-Assessment Questions:

1. Explain the essence and conceptual meaning of technical preparation in Greco-Roman wrestling.
2. Identify the main differences between general technical preparation and special technical preparation.
3. What is meant by a wrestler's technical mastery, and what are its evaluation criteria?
4. Describe the key pedagogical tasks for each stage of technical preparation.
5. Define the concept of defensive actions and provide information about their types.
6. What is a counter-technique, and in what situations is it applied?
7. Explain the concept of a technical combination and discuss its significance in wrestling.
8. According to competition rules, which technical actions are awarded 1 point?
9. Which technical techniques are awarded 2 points during competition?
10. Explain the required positions and conditions necessary for performing technical actions in Greco-Roman wrestling.

CHAPTER IV. THE CONTENT, PRINCIPLES, AND METHODS OF DEVELOPING TACTICAL PREPARATION IN GRECO-ROMAN WRESTLERS

4.1. Tactical Preparation

In Greco-Roman wrestling, tactics represent the strategy through which an athlete optimally mobilizes his technical, physical, and volitional capabilities in real competitive conditions to achieve maximum performance. Tactical preparation, in turn, is a complex instructional–physical process aimed at developing the wrestler's theoretical knowledge of tactics, practical skills for decision-making during matches, and the ability to select and apply situation-specific tactical actions. This preparation is carried out progressively, taking into account the athlete's individual characteristics, technical repertoire, and competitive experience.

In Greco-Roman wrestling, tactics manifest as an intellectual–analytical activity that involves planning technical actions during competition, adapting to the opponent's movements, exploiting their mistakes, and achieving strategic superiority. Tactical preparation is closely interconnected with the athlete's technical, physical, and psychological readiness and is one of the key determinants of competitive success.

The primary objective of tactical preparation is to develop the wrestler's ability to make rapid decisions in real combat situations, execute pre-planned sequences of actions, and adapt these sequences to changing conditions. This process is structured on the athlete's individual technical arsenal, the opponent's tactical approach, and the competition rules.

The main task of tactical preparation is to cultivate in the wrestler the ability to correctly plan and effectively manage the match in order to achieve victory or demonstrate peak performance. This type of

preparation is aimed at enabling the athlete to manage his technical, physical, and psychological potential in a manner that is fully aligned with the opponent's actions. Throughout the acquisition of tactical knowledge, the wrestler must master a number of theoretical and practical skills.

During tactical preparation, the athlete develops the following essential competencies:

- The ability to analyze competitive situations and understand the tactical challenges they create – the wrestler must perceive the essence of the situation during direct confrontation, rapidly analyze it, form an internal decision within a short timeframe, and implement it effectively through appropriate actions.

- The ability to correctly distribute and manage functional capacities – the wrestler must be able to allocate and regulate his physical, technical, and psychological resources efficiently to gain and maintain superiority over the opponent.

- The ability to adapt to situational changes and make flexible decisions – the wrestler must be capable of reassessing his competition plan independently when faced with unexpected scenarios or tactical modifications by the opponent and must generate adjusted decisions immediately.

Main tasks of tactical preparation:

- acquiring tactical knowledge;
- mastering tactical skills;
- developing advanced tactical abilities.

Tactical means refer to the wrestler's practical activity that consists of structured sequences of actions characterized by a required level of physical qualities essential for their effective execution.

Tactical preparation in Greco-Roman wrestling consists of three fundamental components, each serving to ensure the wrestler's effective performance during competition. These components include:

1. Tactics of Preparing Offensive Actions – this refers to the wrestler's ability to create favorable opportunities for attack by misleading, distracting, or forcing the opponent into a vulnerable position before executing a technical action.

2. Tactics of Organizing the Bout – this concerns how the athlete structures the sequence and combination of technical–tactical actions throughout the match, assumes and maintains initiative, and manages the overall strategic flow of the contest.

3. Tactics of Participating in Competition – this involves distributing physical and psychological resources throughout the tournament, developing individualized strategies for each opponent, cooperating effectively with the coach, and maintaining mental stability.

A detailed analysis of competitive performance in Greco-Roman wrestling allows us to distinguish two main types of offensive actions: simple attacks and complex attacks.

A simple attack occurs when the primary technique is applied directly, without prior preparation. In such cases, the wrestler immediately initiates active offense from the first movement and attempts to seize initiative.

A complex attack, however, consists of two or more actions performed in sequence, where the initial movement creates a favorable dynamic position and prepares the technical and tactical conditions necessary for the main attack. The first movement may serve as a feint, a preparatory action, or an intensifying element. Both simple and complex attacks are executed as a continuous, unified movement, and their effectiveness depends on the degree of technical–tactical harmony (N.M. Galkovskiy, 1971).

According to scientific studies conducted by N.M. Galkovskiy (1972), complex, pre-structured offensive actions demonstrate significantly higher effectiveness in Greco-Roman wrestling than simple, direct attacks. His observations indicate that straightforward attacks initiated immediately from the structural basis of a technique

rarely achieve their intended goal. In contrast, complex attacks—characterized by an initial preparatory movement created to establish a favorable dynamic situation, followed by the seamless integration of the main offensive technique—produce more successful outcomes and allow the wrestler to gain strategic dominance.

In these sequences, the wrestler distracts the opponent, manipulates their posture, and only then applies the primary attacking technique. This makes offensive actions more effective not only from a technical standpoint, but also in terms of tactical execution. Consequently, tactical preparation requires specialized methodological approaches to ensure that wrestlers master complex offensive actions and apply them effectively against opponents.

The classification of tactical preparation methods used to create favorable conditions for executing technical actions in Greco-Roman wrestling was first developed by A.N. Lents (1967). According to his classification, the methods (which help create optimal conditions for performing technical movements) are divided into three groups:

1. Methods that enable the wrestler to provoke a necessary defensive reaction from the opponent, such as: threatening actions, restricting movement, controlling or immobilizing the opponent, surrounding (encircling), or disrupting balance.

2. Methods that stimulate an active reaction from the opponent, which is advantageous for the attacking wrestler (provocation).

3. Methods that result in the opponent either ignoring the wrestler's actions, responding with weak defense, or relaxing, such as: repeated attacks, secondary provocations, double feints, and similar tactical maneuvers.

The tactical means aimed at effectively applying technical techniques can be used not only individually but also in complex and mutually integrated combinations. In this case, the creation of favorable conditions for performing a technical action is accomplished not by a single method, but through multiple preparatory methods that

supplement and logically connect with one another. This approach enables the wrestler to maintain strategic advantage, create openings in the opponent's defense, and execute attacks with maximal efficiency. Through such combined tactical measures, the wrestler adapts his technical arsenal to dynamic and highly variable competitive conditions.

A favorable dynamic situation may be created through the first action of a complex attack, which is called a combination.

According to the classification of tactical preparation methods, the following actions are distinguished:

- The first method, through which the attacker elicits a necessary defensive reaction from the opponent. Such a reaction helps facilitate the execution of the upcoming attack. For example, when the attacker attempts a shoulder throw, the opponent may straighten his torso to defend, creating an opportunity for the attacker to execute an inside arm-and-leg grip followed by a decisive throw.

- A method aimed at provoking an active reaction from the opponent, such as applying a counter-technique. After this reaction, the attacker performs a second action. For instance, the attacker attempts a leg pick-up for a throw; the opponent counters by applying a reverse throw from the far thigh. The attacker then exploits the moment, grabs the arm, and executes a shoulder throw.

- When the attacker performs a first action that places the opponent in such a position that the opponent reacts with incomplete defense, relaxation, or no response at all.

The distinguishing feature of these combinations is that both actions are seamlessly unified and performed without interruption. Examples include: pulling the opponent by the arm followed by a foot sweep; hooking the opposite leg from the outside, grasping the arm and torso, then executing a rotational throw followed by a bending throw.

In Greco-Roman wrestling, the application of certain techniques does not always guarantee consistent positive results, since the time

required to perform the technique may allow the opponent to respond with adequate defensive measures.

The effectiveness of complex offensive actions is primarily based on the principle of distracting the opponent and placing him in a technically unfavorable position before initiating the decisive movement. According to N.M. Galkovskiy (1972), this type of offensive action forces the opponent to react repeatedly, preventing him from accurately anticipating the attacker's next movement. As a result, every programmed sequence in the complex attack requires the opponent to generate a new reaction, which inevitably leads to temporal delays.

During complex attacks, the opponent undergoes a two-phase reaction process. The first phase is the latent (hidden) period, which occurs at the initiation of the attacker's movement. In this phase, the opponent forms only an initial perceptual response, without producing a clear motor action. The second phase is the motor reaction period, during which the opponent recognizes the trajectory of the attack and begins to generate a defensive response. If the attack unexpectedly shifts in a new direction, the opponent must again undergo a delayed motor reaction to adapt to the new situation.

The decisive (final) phase of a complex attack usually coincides with the opponent's delayed reaction to the preceding movement. Therefore, the effectiveness of complex attacks depends not only on technical preparation, but also on the wrestler's psychomotor speed, decision-making ability, and strategic planning skills.

In modern wrestling theory, various forms of complex actions are described in the literature as complex technical–tactical actions. This concept reflects the dialectical unity of technique and tactics in sport wrestling, meaning that these two components function inseparably and in mutual harmony.

From a practical standpoint, certain technical actions—depending on their functional meaning and purpose—may also serve as tactical tools. For example, attacking, counterattacking, or defensive actions,

while being integral parts of the wrestler's technical repertoire, become tactical approaches when applied purposefully and in accordance with the situation.

Likewise, certain tactical actions inherently contain technical components. For instance, feint lifts, preparatory raises, or disruptive pulling actions serve to distract the opponent, break his balance, or prepare him for counteraction. Thus, they simultaneously fulfill both technical and tactical objectives.

Consequently, the relationship between technique and tactics in wrestling is revealed not only through their functional unity, but also through the dual interpretation of the content of movement. This necessitates that both the coach and the athlete plan and apply each action in a comprehensive and integrated manner.

N.M. Galkovskiy (1971) recommends the use of five groups of favorable dynamic situations for initiating an attack:

- when the opponent's body is positioned in a balance angle that is vulnerable to being shifted toward the intended direction of the throw;
- when the opponent's stability angle decreases as a result of moving toward the edge of his base of support;
- when the opponent's center of mass rapidly rises or shifts upward;
- when the opponent's support (base) can be easily removed or neutralized;
- when the opponent is in a "dead point" state (the latent period of his reaction).

One of the most important aspects of a wrestler's technical–tactical preparation is the ability to actively create a variety of favorable dynamic situations during direct interaction with an opponent. The wrestler must guide the opponent into specific positions, place him in a weakened state, or create openings in his defensive structure through purposeful technical actions. In this process, the ability to identify meaningful cues in the opponent's posture and movements, and to evaluate them rapidly, plays a decisive role. Correct analysis of the situation arising from the

opponent's position and the ability to derive tactical or technical decisions from these cues is considered one of the fundamental indicators of a wrestler's overall mastery.

As noted by V.D. Mironov (1975), training focused on identifying the opponent's movement patterns and generating effective technical–tactical responses to those patterns significantly accelerates the development of wrestling proficiency. Such training strengthens the wrestler's abilities in situational adaptation, decision-making, and anticipatory readiness.

According to methodological recommendations developed by A.N. Lens (1972), the tactical acquisition of technical techniques should proceed gradually, through the following stages:

1. Familiarization with the tactical conditions under which the technique is successfully executed — the athlete learns in which situations offensive or counteroffensive actions are effective.
2. Mastering the technique in favorable situations — the athlete repeatedly performs the technique in advantageous dynamic conditions until it becomes automatized.
3. Developing the ability to artificially create favorable conditions — the wrestler uses feints and preparatory movements to induce predictable defensive reactions from the opponent.
4. Selecting the optimal variant of the technique and adapting it to real situations — modifying the technique according to the demands of each specific competitive scenario.

In the process of tactical preparation, preparatory actions performed prior to executing the main technical movement play an essential role. These actions reinforce the unity of technique and tactics, enhancing the wrestler's psychomotor readiness to gain advantage over the opponent.

A.A.Novikov (1966) emphasizes that the most frequent difficulties in executing the chain of technical actions occur during the transition

from one movement to another. At this transitional stage, coordination disruptions or delays in reaction may appear.

A.V. Rodionov (1971) further argues that as the wrestler's technical–tactical mastery increases, these transitional deficiencies become almost unnoticeable, because the interconnection between actions becomes highly automated.

4.2. Tactics of Preparing Offensive Actions

The tactical preparation of an attack with a specific technique must constitute an integral part of a complex offensive action (COA). In this case, it should be executed continuously and seamlessly together with the main attacking movement. Particular attention must be given to the transition from the feint or preparatory action (the tactical preparation of the attack) to the decisive, final phase of the Complex Offensive Action (COA). It is necessary to select the most appropriate tactical preparation methods for each type of attack.

For this purpose, after becoming familiar with several model COAs, wrestlers are given the following task: to independently select tactical preparation methods for a specific technique and integrate them with the attack technique into a unified COA (i.e., create a new COA).

The process of improving complex offensive actions is pedagogically oriented toward developing a new skill. Successful acquisition of a new COA is possible only on the basis of techniques previously learned. During COA acquisition, the requirement of overcoming difficulties step by step in the formation of the COA must be followed. After the preparatory and final actions of the COA are mastered and high precision is achieved in transitioning from preparation to execution, the athlete must perform five consecutive repetitions. If precision does not deteriorate in these repetitions (indicating sufficient stabilization of the skill), then the wrestler may proceed to learning the next COA. At the early stages of training, the

accuracy of transitions from one action to another is limited, but it gradually improves as learning progresses.

In learning to apply offensive actions against a specific technique (or attacking actions in general), it is necessary to create an "dead point" in the opponent's movement—that is, a moment of immobility or inability to perform defensive actions—and to select various tactical preparation methods directed both toward the line of action and opposite to it.

Since leg-contact techniques are frequently used in Greco-Roman wrestling, adolescents must be taught a wide range of tactical preparation methods for attacks. The primary objective is to enable adolescents to independently construct complex offensive actions that they find suitable and effective. In addition, the young wrestler must acquire several COAs that he can apply selectively against different opponents.

Subsequent instruction in offensive tactics involves learning to construct combinations of techniques and to attack using these combinations. Such combinations must be structured so that the initial technique, when executed, creates a favorable dynamic situation for the next technical action as a consequence of the opponent's defensive reaction. Combinations may consist of three to four techniques performed continuously without interruption. In this case, the second-to-last technique must create the dynamic conditions necessary for the execution of the final, decisive technique.

The coach must be able to demonstrate examples of attacks executed using such combinations and must teach adolescents to independently devise similar offensive sequences.

4.3. Tactics of Organizing the Wrestling Bout

The formation of modern wrestling tactics is closely linked to trends in technical development, as well as the evolving nature of competition

from one movement to another. At this transitional stage, coordination disruptions or delays in reaction may appear.

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accuracy of transitions from one action to another is limited, but it gradually improves as learning progresses.

In learning to apply offensive actions against a specific technique (or attacking actions in general), it is necessary to create an "dead point" in the opponent's movement—that is, a moment of immobility or inability to perform defensive actions—and to select various tactical preparation methods directed both toward the line of action and opposite to it.

Since leg-contact techniques are frequently used in Greco-Roman wrestling, adolescents must be taught a wide range of tactical preparation methods for attacks. The primary objective is to enable adolescents to independently construct complex offensive actions that they find suitable and effective. In addition, the young wrestler must acquire several COAs that he can apply selectively against different opponents.

Subsequent instruction in offensive tactics involves learning to construct combinations of techniques and to attack using these combinations. Such combinations must be structured so that the initial technique, when executed, creates a favorable dynamic situation for the next technical action as a consequence of the opponent's defensive reaction. Combinations may consist of three to four techniques performed continuously without interruption. In this case, the second-to-last technique must create the dynamic conditions necessary for the execution of the final, decisive technique.

The coach must be able to demonstrate examples of attacks executed using such combinations and must teach adolescents to independently devise similar offensive sequences.

4.3. Tactics of Organizing the Wrestling Bout

The formation of modern wrestling tactics is closely linked to trends in technical development, as well as the evolving nature of competition

regulations and refereeing criteria. As the technical capabilities of wrestling expand, tactical approaches develop correspondingly. In particular, the scoring system applied in contemporary competition encourages athletes to maintain an offensive style, interpreting active engagement as a priority factor. At the present stage, the most effective tactical model is one based on continuous, initiative-driven offensive wrestling.

Within this tactical approach, even if the wrestler performs technical actions that do not result in points, he is still considered to have demonstrated superiority over a passive opponent. In such cases, the attacking wrestler may be awarded advantage for activity, while the opponent may receive a warning for passivity. This principle ensures the dynamic development of wrestling tactics and encourages athletes to seize initiative and fully demonstrate their technical capabilities throughout the match. Consequently, activeness, tactical thinking, and the ability to control initiative become integral components of a wrestler's overall mastery.

For a Greco-Roman wrestler to apply a continuous offensive tactic effectively, he must possess: a wide range of tactical preparation tools, a large variety of simple attacking actions, and an individually developed reserve of complex technical–tactical actions (CTTAs).

The success of this tactic depends not only on technical and tactical richness but also on the wrestler's high level of general and specific endurance. Maintaining constant offensive engagement requires a considerable mobilization of physical capacity. Therefore, during prolonged competition activity, the wrestler must also consider strategies related to energy conservation and rational distribution of physical resources in order to preserve tactical continuity.

While implementing this approach, the wrestler must balance offense and defense, using relatively "calm" periods to draw the opponent into active movement, while remaining prepared to counterattack as soon as the situation becomes favorable. This allows

the wrestler not only to maintain initiative but also to keep the opponent under continuous psychological and technical pressure.

Thus, the successful implementation of continuous offensive tactics requires a highly integrated combination of technical, tactical, physical, and psychological preparation. This approach enables the wrestler not only to establish superiority but also to identify the opponent's strengths and apply pre-planned strategic responses in an optimal manner.

In sport wrestling, technical–tactical activity is considered the fundamental means for achieving competitive success. This is because the content and formation of tactics largely depend on the wrestler's reserve of technical movements, their variety, and the level of mastery with which they are executed. The choice of a particular tactical approach is determined first and foremost by the athlete's technical arsenal.

A Greco-Roman wrestler's selection of techniques and tactics is, in turn, closely related to his individual physical qualities—strength, speed, agility, and coordination. Therefore, if one of these physical capacities is highly developed, it expands the range of tactical approaches the wrestler may effectively employ.For instance, an athlete with superior strength may apply force-oriented techniques—breaking resistance, pressure-based actions, compressions, and power throws—thus favoring an aggressive, force-dominant tactical framework. Conversely, athletes with advanced speed and agility tend to employ misleading maneuvers, rapid positional changes, and complex technical–tactical combinations designed to create favorable openings.

Although the tactics of conducting a bout are based on the wrestler's technical–tactical preparation, their successful application depends greatly on the opponent's level of preparedness. The opponent's individual traits, technical repertoire, physical and psychological condition—all influence the tactical model chosen during the match.

Effective tactical planning must be grounded in a deep analysis of the athlete's own preparation and the opponent's weaknesses. Each wrestler should form a system of strategic actions that maximizes his strengths while directly targeting the opponent's vulnerable areas. For example, if the wrestler possesses great physical strength, decisive attacks should be constructed around force-dependent techniques—pressure, breaking resistance, lifting-and-driving movements, and powered throws. In contrast, against a fast-moving opponent, it is more effective to use techniques that impede movement—holds, blocks, clamps, downward pressure, and positional immobilization.

If the opponent is physically strong, it may be unwise to confront him with direct force. Instead, the wrestler should anticipate his movements, control the situation proactively, and use complex technical–tactical combinations to unbalance and confuse him. In this case, seizing initiative becomes the key strategic objective.

Knowing the opponent's commonly used attacking techniques in advance requires careful selection and preparation of counterattacks. This approach gives the wrestler the ability to respond effectively to the opponent's initiative.

Tactics also differ according to body type: Against taller opponents, attacks initiated from leg-level entries may be effective, as their center of gravity is higher and easier to destabilize. Against shorter opponents, leg attacks may be difficult, so techniques involving upper-body manipulation—pulling, breaking posture, shoulder rotations, upper-level throws, and transitions to par terre—are more suitable.

Thus, wrestling tactics form a flexible, strategic system based on the athlete's strengths and the opponent's weaknesses. Tactical success depends on the wrestler's ability to analyze the opponent's actions, make effective decisions, and choose the most suitable actions for each situation.

Before facing a specific opponent, the wrestler must formulate a tactical plan in advance. If it proves effective, it should be maintained until the end of the bout; if not, alternative plans must be prepared.

The tactical plan consists of the following components:

1. The goal of the bout and the means of achieving it. The goal is determined based on the abilities of both the wrestler and the opponent. Against a relatively weak opponent, the objective may be a victory by fall; whereas against a strong opponent, the goal may be to win on points.

2. Selection of technical actions. The wrestler selects techniques and their preparatory actions (complex offensive movements) that match his level of preparation and are effective against the specific opponent. These techniques and preparatory methods must exploit the opponent's weaknesses.

3. The general direction of the bout. From the very first period, the wrestler must aim either to win by fall or to gain a point advantage.

4. The pace of the bout. A well-conditioned wrestler facing a technically superior but less enduring opponent should plan to conduct the bout at a high tempo. Against an opponent with high endurance, the wrestler must conserve energy, restrict the opponent's movement to prevent him from increasing tempo, and remain ready to seize the smallest opportunity for a counterattack.

5. Stance and Distance Management. When selecting stance and distance, it must be taken into account that these elements should facilitate the execution of planned attacking actions and, at the same time, make it more difficult for the opponent to perform his preferred techniques. During the breaks between periods in Greco-Roman wrestling, it is necessary to critically assess the progress of the bout and make tactical adjustments — evaluating how the match has been conducted, identifying the opponent's weaknesses, determining what to avoid, and planning the wrestler's actions for the remaining time.

For example, achieving a potentially winning position does not mean that the outcome of the match has been decided. Until the referee signals the end of the bout, the wrestler must remain fully concentrated, attentive, and prepared for any offensive actions from the opponent. This is because a losing opponent typically mobilizes all remaining resources and may attack in an irrational or unpredictable manner. At such moments, the wrestler must employ maneuvering, deceptive attacks, and restrictive holds to neutralize the opponent's attempts.

A Greco-Roman wrestler who is behind on points must prepare a decisive attack until the very last seconds of the bout. The wrestler may even deliberately create the impression of accepting defeat, only to "explode" unexpectedly in a moment that is unanticipated by the opponent, executing a complex attack that can shift the outcome of the match in his favor.

Many specialists note that, in practice, athletes' preparation is often limited to technical training, and only occasionally do coaches provide recommendations on the tactics of executing techniques. Regarding the tactics of conducting the bout itself, athletes largely acquire this knowledge during actual competition. Coach instructions given during matches and post-competition bout analysis significantly expand athletes' theoretical understanding, but these remain theoretical unless systematically reinforced through dedicated training.

Thus, participation in competitions remains the most effective and influential method for teaching and improving tactical mastery in modern Greco-Roman wrestling.

Thus, participation in competitions is currently the only truly effective method for teaching and improving tactical mastery. Based on research conducted by R.A. Piloyan and V.T. Dzhaparaliyev (1984), for the first time a set of tactical actions was identified that structure the wrestling bout and describe various methods and means used to solve specific tactical tasks:

Exploratory (Reconnaissance) Actions.In Greco-Roman wrestling, these actions emerge as an important tactical tool during the initial stage of the bout. Such actions involve active maneuvering, feints, deceptive movements, shuffles, and invitations intended to identify the opponent's technical–tactical reactions. The first moments of the bout represent a preliminary observational and testing phase, during which the wrestler assesses the opponent's defensive style, speed, and stability through deception and movement.

Direct Attack Phase. This phase refers to a situation in which the wrestler initiates active offensive action against the opponent without any preliminary tactical preparation. In such cases, there may be no tactical reconnaissance or deceptive movements preceding the attack. The wrestler attempts to seize initiative by applying a technical action directly and immediately, relying on the effectiveness of the technique itself rather than on preparatory tactical maneuvers.

Execution of a Counterattack. A counterattack arises under specific conditions created during the opponent's offensive actions. In the first scenario, the wrestler initially performs a defensive movement and only afterward transitions into executing the counterattack. In the second scenario, the wrestler deliberately provokes the opponent into taking a particular grip or action, and then performs the counterattack once the opponent commits. In the first case, the time interval considered extends from the completion of the defensive action to the execution of the counterattack technique. In the second case, the time interval extends from the initiation of the inducement (the baiting action) to the completion of the technique or modification of the tactical intent.

Execution of Defensive Actions. The execution of defensive actions begins at the moment the opponent establishes a grip intended to initiate a specific offensive technique. This tactical action ends either when the defender completes the defensive maneuver successfully or

when the opponent manages to carry out the offensive action despite the defense.

Demonstration of Activity (Offensive Initiative) The beginning and end of this tactical action often overlap, and its identification requires the wrestler's own situational adjustment. However, with careful analysis, the boundaries of this action can be clearly distinguished. Activity is characterized by frequent feints, arm shuffles, pushes, pulls, and a high volume of deceptive movements. Greco-Roman wrestlers, when performing the initial phase of an offensive technique, typically do not complete the action to its full execution:

Maintaining Advantage. This action refers to situations in which the wrestler, having gained a lead in points, must preserve this advantage. The key feature of this tactical behavior is that the wrestler must prevent the opponent from reducing the score difference for as long as possible. To achieve this, the wrestler actively uses maneuvering and intermittent offensive actions, while primarily relying on various forms of clinches and control holds. Throughout this phase, the wrestler maintains positions that restrict the opponent's movements and neutralize their attempts to attack, continuing until the referee stops the action.

Restoring Strength (Recovery Phase). In this tactical action, the wrestler seeks to recover by using shoves, restricting the opponent's movements, and maneuvering to regain breathing rhythm, fully relax the muscles, and increase blood circulation. During this phase, the wrestler avoids clinches and strives to keep the opponent at a longer distance.

Executing an Edge-of-the-Mat Control Hold. This action is performed as part of an offensive tactic, where the wrestler applies only the gripping component of a technique with the specific intention of pushing the opponent out of the mat area. Due to rule modifications, this tactic has become permissible. If the wrestler maintains a hold on the opponent and forces them beyond the boundary of the mat, the wrestler is awarded points for this action, while the opponent receives a

caution. The time interval for this task is recorded from the moment the hold is applied for executing the technique until its completion or until the referee's whistle stops the action.

Executing a Danger Position. This tactical action has a clearly identifiable beginning and end within the bout. The action is recorded from the moment the danger position (exposure) is created and continues until either the "touch" (tushé) position is achieved or the opponent successfully neutralizes the danger position.

Neutralizing a Danger Position. The time parameters of this task are recorded in a manner similar to the previous one. The interval begins immediately before the danger position is fully applied and ends once the wrestler has eliminated or escaped the threatened danger position.

Periods of time within the total duration of a wrestling bout that are not counted and that lack a specific tactical purpose—typically characterized by the wrestler's passivity or waiting posture—are marked by numerous unnecessary movements. Usually, during these intervals, athletes anticipate the opponent's active actions and, as a result, remain dependent on the opponent's technical plan.

An analysis of the training process shows that insufficient attention is given to the tactical actions that form the structural framework of a wrestling bout. Although training sessions often place considerable emphasis on offensive, counter-offensive, and defensive techniques, their effectiveness in competition remains limited. The main reason is that wrestlers improve offensive, defensive, and counter-offensive skills in isolation, without integrating tactical preparation methods—specifically, without linking the execution of a technique to the subsequent creation of a danger position or other tactical continuation. Consequently, athletes develop technical skills separately from real tactical contexts, which prevents them from fully applying these actions effectively in actual competitive situations.

An indicator describing the nature of wrestling performed by athletes of different qualification levels, particularly the distribution of

individual actions by minutes of the bout, makes it possible to evaluate the wrestler's ability to allocate physical resources efficiently throughout the match.

Among highly skilled wrestlers, the temporal distribution of actions follows a distinct pattern:

- First minute: reconnaissance actions, attacks, defense;
- Second minute: attacks, edge-of-the-mat control, demonstrations of activity;
- Third minute: energy recovery, edge-of-the-mat control, defense, counterattacks;
- Fourth minute: attacks, counterattacks, edge-of-the-mat control, activity demonstrations, defense;
- Fifth minute: attacks, counterattacks, edge-of-the-mat control, activity demonstrations, defense;
- Sixth minute: maintaining advantage and counterattacks.

Studies of competitive Greco-Roman wrestling reveal that high-level wrestlers are characterized by the diversity of techniques they apply, as well as their ability to alternate these technical-tactical actions rationally throughout the match.

This observation allows a new perspective on the problem of individualizing tactical preparation. For this purpose, the wrestler must master the entire set of actions that contribute to achieving victory, including those requiring considerable physical and psychological effort.

A wrestler's ability to perform all ten tactical tasks and apply them appropriately during the bout constitutes his fundamental individual tactical readiness.

Therefore, work aimed at improving tactical preparation should be conducted in three main directions:

1. Teaching wrestlers actions that they have not previously mastered;
2. Selecting the most rational means and methods for executing each action, considering the wrestler's psychological, morphological, and physical characteristics (the operational structure of the action);

3. Forming diverse combinations of tactical actions depending on the opponent's characteristics.

To address the first two tasks, the following methodological approaches may be applied:

- Including, in the preparatory part of the training session, not only general developmental exercises but also signal-based and game-like drills that develop the wrestler's ability to solve tactical tasks in rapidly changing situations;
- "Touch the Opponent's Heel" Drill: Wrestlers move around the mat in pairs, attempting to touch the opponent's heel with their hand while simultaneously preventing the opponent from touching theirs.
- All tactical tools—maneuvering, feints, threats, deceptive movements—may be used. This drill develops concentration and aiming ability in complex, rapidly changing competitive situations and may be used for tasks such as reconnaissance, energy recovery, or demonstrating activity.
- "Tag (Chasing)" Game: Wrestlers try to tap the opponent's foot with their toes while keeping their hands behind their backs. This drill improves focus and the ability to initiate actions faster than the opponent.
- Hand-Control Wrestling Drill: Pairs of wrestlers attempt to capture and hold one or both of the opponent's arms for an extended time, while using shuffles and off-balancing movements. This drill prepares athletes for maintaining advantage and resisting the opponent's physical pressure.
- Territorial Control Drill: Wrestlers start in a designated zone and try to push each other out of it while using any tactical tools available. This drill develops resistance to deceptive actions and supports skills related to edge-of-the-mat control and activity maintenance.

In the main part of the training session, tactical tasks and methods for solving them should be studied and refined using a task-based instructional approach, along with the analysis of video recordings of

the world's strongest wrestlers. At the same time, athletes' own matches must be reviewed to identify and correct tactical errors.

The more tactical tools and methods an athlete learns, the more accurately, quickly, and effectively he will be able to apply them during competition. Developing the ability to analyze matches of wrestlers of different qualification levels helps the athlete find correct solutions even in unfamiliar or unexpected situations.

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According to many experts, tactical mastery is largely determined by the wrestler's ability to act correctly in rapidly changing competitive situations. For this reason, training sessions must incorporate specific competition-like scenarios performed at high speed. It is equally important that the wrestler is capable of solving any tactical task even under conditions of severe fatigue. Therefore, such situations must be systematically integrated into the training process.

Special attention should also be given to developing the ability to solve tactical tasks that arise when wrestling opponents of different body heights. A key indicator for evaluating tactical mastery (i.e., the ability to solve various competitive tasks) can be the coefficient of attack effectiveness.

According to N.M. Galkovskiy (1970), a wrestler must execute up to 60% of all attacks and defensive actions effectively in order to win in competition. Research additionally shows that to secure victory, a wrestler must successfully complete:

- up to 70% of reconnaissance actions,
- 60% of gripping actions,
- 60% of activity demonstrations,
- 100% of actions creating a danger position,
- 60% of counterattacks,
- 80% of actions aimed at maintaining advantage,
- 80% of energy-recovery actions,
- 100% of danger-position escapes.

To address the third task of tactical preparation, in addition to previously described methodological tools, wrestlers should analyze the bouts of elite athletes before the main part of the training session. During this analysis, key distinguishing features that separate one wrestler from another must be identified. These observations serve as the foundation for constructing a tactical bout plan.

After this stage, athletes prepare their own bout plans, present them to the coach, and then conduct training bouts with different tactical objectives. Each bout is followed by a structured tactical analysis.

To support better comprehension and integration of the proposed material, special training-bout tasks should be used:

During training, special attention should be given to practice bouts with periodic opponent rotation. This method develops one of the most valuable qualities in a wrestler: the ability to *restructure tactical behavior* when the opponent suddenly changes their strategy during the bout. In such exercises, the replacement of opponents must occur unexpectedly for the wrestler and at any moment of the bout.

For example, Wrestler 1 and Wrestler 2 are engaged in a training bout. After 1 minute 20 seconds, regardless of the wrestlers' current position or situation, the bout is stopped, and Wrestler 3 and Wrestler 4 enter the mat.

Two new pairs are formed:

- Pair 1: Wrestler 1 vs. Wrestler 3
- Pair 2: Wrestler 2 vs. Wrestler 4

After one minute, the pairs rotate again and switch partners.

The effectiveness of technical actions and the distribution of these actions within each minute of the bout serve as the main criteria for evaluating how well the wrestlers manage the tactical demands of the match.

4.4. Competition Participation Tactics

Effective tactical planning plays a crucial role in ensuring the successful organization and outcome of sports competitions. This is especially true in Greco-Roman wrestling, where strategic thinking and structured decision-making are essential. Once the lineup of participants is determined and the match brackets are formed, a tactical model is developed for the entire competition. This model outlines the wrestler's preparation for each bout, his technical and psychological condition, and the overall strategy for participating in the tournament.

In competitions where athletes are eliminated after two losses, the number of rounds required to achieve a certain placement is analyzed in advance. On this basis, the objective of each match is defined—whether the athlete should aim for a "clean victory," win by technical superiority, or secure an advantage on points. After each stage of the tournament, the wrestler must analyze his current position and the status of his opponents, adjusting his tactics for subsequent bouts accordingly. One of the most effective tools in this process is maintaining a competition log for the athlete's weight category, which allows for systematic observation of opponents' tactical behaviors, as well as identification of their strengths and weaknesses.

If the number of participants exceeds twenty, a wrestler typically needs to complete at least six matches to reach the final stage. This creates significant physical and psychological strain, making scientifically grounded recovery management essential. During breaks, athletes must restore energy reserves, maintain functional readiness of the muscles, and stabilize psychological resilience through comprehensive recovery strategies.

In team competitions, the coach's role in tactical planning becomes even more important. Specific strategic plans are developed for each bout, assigning individually tailored tactical objectives for every wrestler—these may include securing a "clean" victory, achieving technical superiority, or obtaining a points-based advantage.

In match-format competitions, an athlete participates in only one individual bout. In such cases, the wrestler's primary task is to mobilize all aspects of preparedness—technical abilities, tactical strategies, physical conditioning, and psychological stability—to secure victory. This format serves as a practical test of all skills developed during training.

In Greco-Roman wrestling, the concept of reconnaissance is considered an integral part of sports tactics. This term refers to the process of observing and assessing the opponent's movement style, technical arsenal, and tactical strengths and weaknesses. Reconnaissance actions occur in two phases: the preparatory phase before the bout (pre-bout reconnaissance) and during the bout itself (real-time reconnaissance).

In Greco-Roman wrestling, the preliminary reconnaissance conducted before a competition is considered one of the key factors ensuring the athlete's effectiveness during the event. This reconnaissance includes not only analyzing the opponent but also studying the entire context of the competition—its format, regulations, scale, structure (tournament or match-based), technical-tactical requirements, as well as the location and timing of the event. The analysis of the opponent must be especially thorough and well-targeted.

In particular, it should include the following information:

- the opponent's level of technical and tactical preparedness;
- preferred techniques and their frequency of use;
- the preferred wrestling position (standing or par terre);
- the techniques through which the opponent typically succeeds and the situations in which he is most likely to lose.

During a bout, reconnaissance actions carried out in real time provide the athlete with valuable information about the opponent's actual readiness. This reconnaissance is usually performed actively in the opening minutes of the match and aims to determine the opponent's style of applying technical tools, counterattack strategies, tactical approach, reaction speed, strength, and endurance. Such analytical observations are based on specific tactical measures. For example, a wrestler may deliberately create a seemingly advantageous technical position to provoke the opponent into action. Through this, he can identify which techniques the opponent uses to initiate an attack and how he responds defensively. However, in such situations, the wrestler must always remain ready to defend or counterattack when necessary.

Feint attacks serve as an effective tool for assessing the opponent's response. By using deceptive movements, the wrestler forces the opponent to reveal his defensive habits, counterattack timing, and speed of tactical decision-making. Similarly, maneuvering actions—such as altering stance, retreating, advancing, or moving in a circular direction—can help detect the opponent's active technical resources. These actions play an important role in analyzing the opponent's behavior and making informed tactical decisions during the bout.

In Greco-Roman wrestling, actively changing one's position on the mat is a significant part of the reconnaissance process. By shifting between central and peripheral areas, the wrestler can determine which zones the opponent prefers to engage in. This, in turn, allows the wrestler to define the best moments for launching attacks and the conditions under which defensive strategies should be applied.

Effective tactical performance in Greco-Roman wrestling is not limited solely to reconnaissance. One of the crucial components of tactical strategy is concealment of intent. This involves the wrestler skillfully hiding his strategic plan to reduce the opponent's ability to take countermeasures. In practice, this strategy includes disrupting the opponent's reconnaissance efforts, leading him into false tactical assumptions, and maintaining ambiguity regarding one's own intentions.

Another complex yet highly effective tactical approach is to strive for victory over a strong opponent not through one's primary (signature) techniques, but through secondary or less commonly used ones. This tactic helps conceal the wrestler's main technical arsenal, preserving it for later stages of the tournament where stronger opponents await. At the same time, it enables the creation of misconceptions about the wrestler in the opponent's mind, prompting the opponent to make flawed tactical de

Self-Assessment Questions:

1. Define the concept of tactics in Greco-Roman wrestling.
2. What is the main purpose of a Greco-Roman wrestler's tactical preparation?
3. List the main tasks of tactical preparation.
4. Name the three main sections of tactical preparation in Greco-Roman wrestling.
5. What is included in the content of tactics for preparing attacking actions?
6. Explain the features of tactics for constructing (organizing) a wrestling bout.
7. State the main methodological approaches to developing a tactical plan for participation in competitions.
8. What is meant by an athlete's tactical preparation?
9. What does the term "tactics" mean?
10. What is understood by conducting a wrestling bout?
11. What is considered a tactical element?
12. What is meant by tactical variations?
13. What is understood by tactical thinking?
14. What types of tactics are distinguished during a wrestling match?
15. What practical elements of sports tactics exist?
16. Into what types is offensive (attack) tactics divided?
17. On what is counterattack tactics based?

CHAPTER V. COMPETITION RULES AND PRINCIPLES OF REFEREEING IN GRECO-ROMAN WRESTLING

5.1. Concept of Competitions

Competition is an integral component of an athlete's training process, serving as a practical means for testing and evaluating their level of sport preparedness. The primary purpose of participating in competitions is to achieve the highest possible result—victory or, at the very least, securing the best attainable placement. This process functions as a key mechanism for assessing an athlete's psychological, physical, technical, and tactical capabilities under real competitive conditions.

Unlike ordinary training sessions, competitions create conditions of genuine stress, rivalry, and refereeing pressure—factors that cannot be fully replicated during training. Therefore, competition is not only a means of demonstrating already acquired skills but also a powerful tool for revealing an athlete's hidden potential, activating their functional reserves, and fostering further development. In the course of competition, the athlete strives to overcome their opponent, and this desire compels them to fully mobilize internal resources. From this perspective, competitions not only assess the athlete's preparedness level but also strengthen psychological stability and enhance performance, functioning as an effective organizational mechanism for improvement.

In Greco-Roman wrestling, sports competitions play a dual role: they create a competitive environment and simultaneously serve as a crucial criterion for evaluating the effectiveness of the training system. Competitions allow coaches and specialists to determine the actual level of athletes' preparedness, analyze the quality of training programs, and plan subsequent stages of development. They accomplish the following core tasks:

1. **Assessing the state of training activities within a sports team:** competition results reveal the quality of preparation and methodological approaches used in sports schools or training groups.
2. **Determining the individual level of wrestler preparedness:** an athlete's physical, technical, and psychological readiness becomes clearly visible in real matches.
3. **Evaluating training stages and summarizing outcomes:** holding competitions after each training phase provides continuous monitoring of athlete progress.
4. **Promoting wrestling and increasing participation:** competitions boost the social prestige of the sport, attract new participants, and increase interest—especially among youth.

Competitions in Greco-Roman wrestling vary in form and purpose. Each type of competition is designed to assess, select, or motivate athletes, carrying its own functional significance within the broader training and development system.

1. Individual Competitions – In this type of competition, each athlete participates independently and earns placement based on their results within their weight category. The final standings determine 1st, 2nd, and 3rd places, which are then awarded accordingly. Team results are not considered in this format.

2. Team Competitions – In this format, teams—not individual athletes—compete for collective success. The team accumulates points based on the results achieved by its members in individual matches. The total score determines the team ranking and placement among participating teams.

3. Individual-Team Competitions – This more complex format evaluates both individual and team performances simultaneously. Each athlete competes for personal achievement while also contributing points to their team's overall ranking. Thus, a wrestler represents both themselves and their team.

4. Classification Competitions – These competitions serve to award or confirm qualification categories (sports ranks), as well as to select athletes for major international tournaments such as the Olympic Games. Participants earn rating points based on their performance, which are used to classify them according to established sport categories. Such competitions play a crucial role in progressing through the higher levels of the sports system.

Greco-Roman wrestling competitions are divided into several levels depending on their scale and organizational structure. These levels help systematize the selection, evaluation, and preparation of athletes at local, national, and international stages.

According to general classification, competitions are conducted at the following levels:

- **District (local) level** – Organized within a specific city or district and usually intended for beginner-level athletes.
- **Regional (province) level** – Includes athletes who placed successfully at district competitions.
- **National (republic) level** – Involves athletes from across the country and often holds the status of the national championship.
- **Asian level** – Includes intercontinental events such as the Asian Championships or the Asian Games.
- **World level** – Represents the highest level of international competitions, including the World Championships and the Olympic Games.

In many contexts, the term "stage" corresponds to the Russian word "этап" (etap) and refers to the structural step or scale of competition (i.e., its geographical scope). Thus, a competition stage indicates not only the organizational level but also the number of participants, the intensity of competition, and the significance of results within the broader sports system.

In Greco-Roman wrestling, a championship is a major official event aligned with a specific competition stage and intended exclusively for

adult athletes. It aims to determine the strongest wrestlers and the highest competitive achievements. Championships may be conducted at local (district, regional), national (republic), continental (Asian), or global (world) levels.

The main purpose of championships is to identify the strongest athlete in a given sport and to award them the title of "champion." The champion title reflects the highest level of an athlete's technical-tactical, physical, and psychological preparedness. For this reason, championships usually hold greater prestige compared to other types of competitions. In Greco-Roman wrestling, championships are typically held once a year, and these tournaments play a significant role in accumulating official ranking points, confirming qualification categories, and selecting athletes for international competitions. The regular scheduling of championships enables athletes to plan long-term preparation cycles and maintain optimal competitive form throughout the season.

In the classification of sports competitions, the concept of a first-place tournament generally refers to official events held among age groups other than adult athletes—such as cadets, juniors, and veterans. The primary objective of such tournaments is to identify the winner within a specific age group and prepare athletes for subsequent stages of development.

In first-place tournaments, the athlete who secures 1st place receives the title of "winner." Although this title does not carry the same elite prestige as the championship title, it represents a crucial developmental milestone for young athletes. It serves both as motivation and as a filtering mechanism for identifying promising talents. Consequently, these tournaments hold great practical importance in determining the sports reserve, selecting gifted youth, and providing them with structured pathways for long-term athletic preparation.

4. Classification Competitions – These competitions serve to award or confirm qualification categories (sports ranks), as well as to select athletes for major international tournaments such as the Olympic Games. Participants earn rating points based on their performance, which are used to classify them according to established sport categories. Such competitions play a crucial role in progressing through the higher levels of the sports system.

Greco-Roman wrestling competitions are divided into several levels depending on their scale and organizational structure. These levels help systematize the selection, evaluation, and preparation of athletes at local, national, and international stages.

According to general classification, competitions are conducted at the following levels:

- **District (local) level** – Organized within a specific city or district and usually intended for beginner-level athletes.

- **Regional (province) level** – Includes athletes who placed successfully at district competitions.

- **National (republic) level** – Involves athletes from across the country and often holds the status of the national championship.

- **Asian level** – Includes intercontinental events such as the Asian Championships or the Asian Games.

- **World level** – Represents the highest level of international competitions, including the World Championships and the Olympic Games.

In many contexts, the term "stage" corresponds to the Russian word "этап" (etap) and refers to the structural step or scale of competition (i.e., its geographical scope). Thus, a competition stage indicates not only the organizational level but also the number of participants, the intensity of competition, and the significance of results within the broader sports system.

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Such competitions are typically held at:

- district level,
- regional (province) level,
- national (republic) level,
- and sometimes at international levels (youth tournaments).

Through first-place tournaments, athletes gain opportunities to master key technical–tactical stages of development, obtain experience with official refereeing, build psychological resilience under competitive stress, and prepare themselves for participation in future championships.

Within the sports system, the terms championship and winner differ according to age categories and the competition's level of prestige. Championships, as a rule, are held exclusively among adult athletes, and the competitor who places first earns the title of "champion." Conversely, athletes who win first-place tournaments among cadets, juniors, or veterans are referred to as "winners." This terminological distinction is intentional and is used to formalize the hierarchical prestige of competitions within the sports system.

Such differentiation helps uphold the value of elite awards, preserve the prestige associated with top-level competition, and maintain continuous motivation for young athletes. For example, at the international level, the title of world champion among adults carries significantly higher prestige than world winner among youth. Indeed, the world champion title represents the highest competitive achievement in wrestling and reflects the athlete's exceptional level of professional preparation.

Therefore, it is critically important that young athletes maintain strong motivation and a long-term dedication to preparing for top-tier competitions. Achieving the championship title is one of the highest goals in an athletic career, and victories in earlier first-place tournaments serve as strategically important stepping stones toward this ultimate objective.

In the modern sports system, there are numerous large-scale, multi-sport competitions, among which the Olympic Games occupy a uniquely important place. Held once every four years, the Olympics are regarded as the most prestigious, highest-level, and broadest international sporting event in the world. Thousands of athletes representing hundreds of countries compete across dozens of sports. The Olympic Games serve not only as an arena for demonstrating peak athletic performance but also as a global platform for each participating nation to showcase its cultural potential, sports infrastructure, socio-economic stability, and international prestige.

Although no official overall ranking is maintained, mass media outlets and analytical centers compile unofficial medal tables based on the number and type of medals won by each country. These indicators allow for both direct and indirect assessments of a nation's sporting strength, organizational capabilities, and the activity of its civil society.

At the regional and national levels, comprehensive multi-sport competitions play a crucial role in developing the modern sports system, engaging young people in physical activity, and promoting healthy lifestyles. In our republic, such competitions serve as a national embodiment of the international Olympic movement, fostering a healthy competitive environment among youth and supporting the territorial development of different sports. The following major sports events are held regularly every three years:

- **"Umid Nihollari"** – a sports competition for general secondary school students, aimed at identifying and encouraging young athletes who are taking their first steps in sport.

- **"Barkamol Avlod"** – held among academic lyceums and vocational colleges, serving as an important platform for athletes at the secondary specialized education stage. This competition helps nurture a stable interest in sport among young people.

- **"Universiade"** – a large-scale competition among students of higher education institutions, aimed at identifying talented young

athletes at the national level, selecting them, and guiding them toward professional sports.

These competitions are significant not only for their athletic outcomes but also because they serve as key indicators of the development of sports in various regions and districts, the availability of material and technical resources, and the attention paid to sports by local authorities. Through such events, it becomes possible to assess the real state of regional sports infrastructure and identify systemic issues within the development of sport.

Greco-Roman wrestling competitions are planned and conducted in accordance with the competition calendar (schedule) and the official competition regulations. These primary documents are prepared and approved by the organization responsible for hosting the event. Careful development of these documents and informing sports organizations in advance significantly contribute to the successful organization of competitions. The competition calendar is compiled by the organization responsible for holding the events.

The calendar plan is developed for the entire calendar year. When preparing the calendar plan, the following rules must be observed:

a) When developing the calendar plan, it must be based on the schedules and programs of competitions planned by higher-level organizations.

b) The number and type of competitions should, by their significance, help prepare athletes for major and responsible tournaments.

c) Various types of competitions should be included: preparatory, control, qualifying, and main competitions.

The main purpose of preparatory competitions is to adapt wrestlers to competition conditions, reinforce rational technical–tactical actions specific to competitive performance, and help them acquire competition experience.

During control competitions, the athlete's capabilities are assessed, including their level of readiness and the effectiveness of the completed training phase. Based on the results, the future training program for wrestlers is developed.

Qualifying competitions are used to determine the participants for major competitions according to the results achieved.

5.2. Purpose and Objectives of the Competition

The organization of Greco-Roman wrestling competitions involves clearly defined goals and functional tasks for each participating sports institution. These goals are aimed not only at ensuring the technical conduct of the event but also at advancing sports training, athlete selection, popularization of the sport, and the development of social and professional interactions. The primary purposes and tasks of organizing such competitions are outlined below:

1. Assessment of the state of training and educational work: A competition serves as a practical monitoring tool for evaluating the performance of sports teams. It demonstrates the current level of athletes' preparedness, the effectiveness of applied methodological approaches, and the outcomes of educational and developmental processes.

2. Optimization of the national team composition: Based on competition results, the wrestlers with the highest performance indicators in each weight category are identified. This enables sports authorities to review and update the composition of national or regional teams and to form a strong, high-quality reserve of talented athletes.

3. Strengthening cooperation and friendly relations between sports organizations and athletes: Competitions function not only as a platform for rivalry but also as a space for communication, collaboration, and exchange of professional experience. They contribute to the development of healthy sporting interaction among athletes and coaches from different regions.

4. Promotion of Greco-Roman wrestling and attracting youth to sports: Competitions play a crucial role in engaging the younger generation in a healthy lifestyle. By increasing public interest in wrestling and inspiring youth participation, such events help reinforce a strong sports culture and encourage widespread involvement in physical activity.

5.3. Management of Competitions

The successful organization and effective execution of sports competitions rely on a clearly defined administrative system and functional responsibilities. Depending on the scale, format, and level of a given competition, overall management, logistical support, accommodation, and participant services are distributed among various organizing bodies. General supervision of competitions is typically entrusted to the relevant sports administration or wrestling federation. This governing body performs the following key organizational functions:

a) Appointing the organization responsible for hosting the competition: The direct organization and implementation of the event are usually assigned to sports schools, federations, higher education institutions, or sports clubs.

b) Preparing the competition venue: Sports facilities must comply with technical and sanitary standards, ensuring that all safety measures are adequately met.

c) Receiving, accommodating, and providing services for athletes and referees: The host organization is responsible for arranging lodging (hotels or dormitories), organizing meals, and ensuring transportation services for all participants.

d) Providing medical services: Medical supervision during the event, including health monitoring, medical examinations, and emergency medical assistance, is an essential organizational requirement.

e) Organizing cultural and educational activities: Cultural programs, entertainment events, and local sightseeing tours for guests and participants enhance the social and cultural value of the competition.

For each activity listed above, responsible organizations and individuals are designated, and all procedures are formalized through official documents (organizational plans, orders, and assignments). This serves as a fundamental guarantee for the well-coordinated organization of the competition and ensures the effective participation and performance of athletes.

5.4. Participants and Participating Organizations

The successful and well-organized conduct of any sporting event largely depends on the precise determination of the participants, their age categories, and the number of coaches and representatives assigned to them. Therefore, every sports organization wishing to take part in the competition must submit an official application.

The criteria for eligibility to participate in the competition include the following:

1. Organizations Eligible to Participate: Depending on the level and format of the competition (district, regional, national, or international), the list of participating sports schools, clubs, educational institutions, or regional representative teams is determined.

2. Age Categories of Participants: The competition regulations specify the exact age groups allowed to compete (for example, athletes born in 2007–2008). Each age category has its own weight divisions and evaluation criteria.

3. Number of Coaches and Team Representatives: The regulations define how many coaches and official representatives may accompany a team. Typically, one coach and one team representative

are assigned for every 10–12 athletes. The representative serves as the official liaison between the team and the organizers.

4. Required Information in the Official Application:

1. Name of the participating organization
2. Full name, year of birth, and weight category of each athlete
3. Full name of coaches and team representatives
4. Medical clearance confirming each athlete's fitness to compete
5. Sports qualification (rank or category), if applicable

5.5. Conditions and Procedures for Conducting Competitions

To ensure the effective and orderly conduct of sports competitions, their organizational characteristics, technical requirements, and regulations must be documented in advance. These documents define all organizational and practical aspects of the competition, the rules for participation, and the evaluation system used for determining results.

1. Conditions and Procedures for Conducting Competitions. Depending on the level of the competition (district, regional, national, or international), the number of participants, and the format of the event, the following elements are determined:

- The venue, dates, and official starting times of the competitions;
- The schedule for medical examinations, referee meetings, opening and closing ceremonies, and other technical procedures.

2. Advance Determination of the Program and Schedule. A competition program is developed for each day of the event, with matches planned according to weight categories. Each athlete and team is informed in advance of the exact time and sequence of their bouts, which ensures clarity, discipline, and smooth organization throughout the competition.

3. Types of Competitions and Systems of Conducting Them

Competitions may be held in the following formats:

- **Individual competitions** – evaluation is based solely on the athlete's personal performance;
- **Individual-team competitions** – the athlete's results also contribute to the overall team ranking;
- **Team competitions** – only the collective result of the team is considered.

The competition may be conducted under one of the following systems:

- **Olympic system (single elimination)** – the athlete is eliminated after a loss;
- **Round-robin system** – all athletes compete against one another;
- **Double-elimination or other combined systems** – depending on the regulation.

5.6. Deadlines and Procedure for Submitting Applications

Proper organizational management of sports competitions and accurate identification of participants requires timely submission and processing of preliminary and additional applications. Every sports organization or team intending to participate must submit an officially prepared application within the designated deadlines.

1. Preliminary Applications

The competition regulations specify the starting deadline for submitting applications. This deadline usually ends 10–15 days before the competition begins. Preliminary applications must include the following information:

a) Name of the participating organization;
b) Full name, date of birth, and weight category of each athlete;
c) Names of the coach and team representative;
d) Qualification level or sports rank of the athletes (if available).

2. Additional Applications. If necessary, organizers may establish an additional deadline for submitting updated applications. During this

period, newly added athletes or corrections may be submitted to the mandate commission for approval. This deadline typically ends 1–2 days before the start of the competition.

3. Required Documents for the Mandate Commission

Upon arrival at the competition venue, teams must submit the following documents for verification by the mandate commission:

a) An official application form (with stamp and signature);

b) A copy of each athlete's passport or birth certificate;

c) A medical certificate confirming that each athlete has passed a medical examination;

d) A certificate confirming the athlete's sports rank (if available);

e) An insurance policy or team guarantee letter (required in some cases).

Based on these documents, the mandate commission registers the athletes, verifies their age group, weight category, and eligibility, and forms the official list of participants for the competition.

5.7. Conditions for Receiving Participants and Referees

To ensure that the competition is held at a high organizational level, all matters related to the arrival, accommodation, meals, and financial support of participants and referees must be clarified in advance and specified in detail in the competition regulations.

1. Arrival time. Athletes and referees must arrive at the designated location at least one day before the start of the competition. This period allows them to be accommodated, undergo medical examinations, complete registration through the mandate commission, and conduct preparatory training sessions.

2. Accommodation and meal arrangements. Appropriate accommodation (such as hotels, sports boarding schools, or other necessary facilities) must be provided for participating teams and referees. Their three daily meals are organized according to a set

schedule. Meals must comply with sanitary and hygiene standards and be suitable for athletes' dietary requirements.

3. Financial expenses related to participation in the competition are distributed as follows:

a) Travel, accommodation, and meal expenses of athletes are usually covered by the sending organization (sports school, higher education institution, federation);

b) Expenses for referees, the organizing committee, medical staff, and technical services are covered by the host organization or the governing body conducting the competition;

c) In certain cases, expenses may be financed through the local budget, sponsorship funds, or relevant state sports programs.

Additionally, to ensure transparency in financial matters, organizers provide advance information on the distribution of expenses, which is important for teams when planning their participation in the competition.

5.8. Procedure for Awarding Winners and Prize-Winners

The final and one of the most significant stages of any sporting event is the awarding ceremony for winners and prize-winners. This stage serves to acknowledge athletes' hard work, encourage them, and strengthen their motivation for future achievements. The awarding procedure is outlined in advance in the competition regulations and is based on specific criteria.

1. Categories of Award Recipients The following individuals and teams are awarded in the competition:

1. **Individual winners** – athletes who achieve 1st, 2nd, and 3rd places in each weight category;

2. **Team winners** – teams that accumulate the highest number of points according to the team scoring system;

3. **Coaches** – coaches who have trained the winning and prize-winning athletes.

2. Types of Awards. Awards are presented in the following forms:

1. **Certificates (diplomas)** – for 1st, 2nd, and 3rd places;

2. **Medals** – gold, silver, and bronze;

3. **Cups or trophies** – for team winners;

4. **Cash prizes or commemorative gifts** – depending on the level of the competition and sponsor support.

3. Special Award Nominations. To recognize outstanding individual qualities, technical mastery, or psychological resilience, special awards may also be presented:

1. **"Best Technical Performance"** – awarded to the athlete demonstrating the most technically advanced and complex skills;

2. **"For Strength of Will"** – awarded to an athlete who manages to overcome difficult situations and demonstrates exceptional determination;

3. **"Most Falls/Technical Superiority Victories"** – given to the athlete who records the highest number of falls or wins by technical superiority.

Such nominations enhance the emotional and pedagogical value of the competition and help promote not only the pursuit of victory but also a strong culture of sportsmanship among athletes.

5.9. Basic Requirements for the Competition Regulations

In the process of organizing sports competitions and ensuring their high-level execution, one of the key documents—alongside the competition rules—is the competition regulations. The regulations are a normative document that governs the legal, organizational, and technical foundations of the event, defining all stages, rules, and procedures of the competition based on established legal standards.

1. Purpose of the Competition Regulations The competition regulations determine the following aspects of a sports event:

1. The form and type of the competition (individual, team, or individual-team);

2. The age and qualification requirements for participants;

3. The dates and venue of the competition;

4. The evaluation and scoring criteria;

5. The procedure for determining winners and awarding prizes;

6. The medical, financial, and organizational provisions of the event.

2. Basic Requirements for Drafting Competition Regulations. The regulations must be prepared in accordance with the following principles:

1. Clarity – each clause must be free of ambiguity and should not allow multiple interpretations;

2. Transparency – terminology and concepts must be clearly defined, and the language of the document should be simple and understandable;

3. Specificity – all rules, requirements, and obligations must be stated clearly, be evidence-based, and verifiable;

4. Unambiguity – no term or provision within the regulations should be open to differing interpretations.

Legal Status of the Regulations. The competition regulations are developed based on the current sports rules, the regulations of the national federation, or international standards. They must be officially approved by the organizing authority (e.g., a sports federation or a sports administration body). Once approved, all participants, coaches, referees, and organizers are required to strictly follow the provisions outlined in the regulations. The competition regulations serve as the primary normative document ensuring sports discipline, preventing disputes, and guaranteeing fairness, transparency, and efficiency throughout the entire competition process.

5.10. Composition of the Panel of Referees and Their Responsibilities

The legality, fairness, and technical quality of sports competitions directly depend on the performance of the panel of referees. In Greco-Roman wrestling competitions, the panel of referees is formed by the Refereeing Commission of the Wrestling Sports Association and is officially approved by the organizing sports body.

Composition of the Panel of Referees. Referees serving in competitions are appointed according to the following positions:

- **Chief Referee** – the head and responsible authority of the panel;
- **Chief Secretary** – responsible for maintaining official documentation and recording results;
- **Mat Chairman** – supervises the technical correctness of the competition;
- **Referee** – the main official who conducts and directs the bout;
- **Judge** – assists the referee and evaluates actions;
- **Timekeeper-Referee** – responsible for keeping the match time and giving official signals;
- **Announcer-Referee** – communicates results and announces technical details to the public;
- **Competition Doctor** – a medical specialist responsible for monitoring athletes' health and providing medical assistance.

Duties of the Chief Referee

The Chief Referee is the person fully responsible to the federation and the organizing body for all aspects of the competition. His/her main responsibilities include:

- Inspecting the sports hall, secretariat room, equipment, and documentation before the start of the competition to ensure compliance with current rules;

- Convening the meeting of referees and distributing functional responsibilities among all officials;
- Appointing a special commission to carry out the weigh-in and determine weight categories of the participants;
- Forming referee teams (brigades) depending on the number of mats used in the competition;
- Supervising the entire competition process to ensure full compliance with rules and regulations, and intervening when necessary to make official decisions.

The activity of the Chief Referee is one of the key factors ensuring the fairness, transparency, and professional conduct of a sports competition.

The panel of referees operating under his supervision must perform their duties strictly in accordance with the principles of sports ethics, impartiality, and professional responsibility.

In certain circumstances—such as before the start of the competition when the venue, equipment, or facilities do not meet the required standards, or when adverse weather conditions or other objective factors pose risks to the safe and orderly conduct of the event—the Chief Referee is authorized to take the following actions:

- Suspend the competition temporarily or announce a pause;
- Make a decision to cancel the competition if necessary;
- Evaluate the situation together with the organizers and the sports federation and decide whether to continue the competition or postpone it to another date.

Such decisions are made solely to ensure the safety of participants, protect athletes' health, and prevent violations of competition rules. All decisions must be formalized and coordinated with the panel of referees.

The Chief Secretary records the minutes of the referees' panel meetings, conducts the drawing of lots, determines the order of bouts, prepares the competition schedule, completes all officiating documents, accepts applications and official protests, reports them to the Chief

Referee, and prepares the technical report on the conduct of the competition.

The duties of the Mat Chairman are of primary importance, as he coordinates the work of the referee and side judge. He must closely monitor the progress of the bout and evaluate both the referees' and athletes' technical actions in accordance with the rules of competition. In cases where disagreement arises between the referee and the side judge, the Mat Chairman has the right to make the final decision; however, he must never express his opinion first. He must listen to the opinions of both the referee and the side judge. If the referee and side judge are in full agreement regarding the evaluation of a situation, the Mat Chairman does not interfere with their decision.

5.11. Development and Distribution of the Competition Regulations for Greco-Roman Wrestling

The process of organizing sports competitions is carried out on the basis of pre-established regulatory and legal frameworks. In particular, the Regulations for competitions in Greco-Roman wrestling are developed in accordance with the annual calendar plan prepared by the Ministry of Sports of the Republic of Uzbekistan or the relevant regional sports authorities. This document is drafted with the participation of national or regional wrestling federations and must be distributed to the participants at the beginning of the year or at least two to three months prior to the competition.

The Regulations provide a detailed description of all organizational aspects of the competition. Specifically, they clearly outline the following: the organizing body (or bodies), the official name of the competition, its primary goals and objectives, the date and venue of the event, the format of the competition (individual, team, by age categories, etc.), participation procedures, requirements for athletes, established weight categories, and the rules for awarding winners and prize-holders.

5.12. Organizational Features of Weigh-In and Drawing Procedures in Greco-Roman Wrestling Competitions

In modern Greco-Roman wrestling competitions, athletes participate strictly within predefined weight categories. In accordance with the competition regulations, each wrestler must meet the weight requirements of the designated category. Therefore, one of the most important stages of the tournament is the official weigh-in and drawing procedure. The format and timing of this procedure may vary depending on the level of the competition and the organizational capabilities. In some cases, it is conducted one day before the event, while in others it is held on the day of the competition itself.

The weigh-in and drawing procedures are carried out by the chief referee, the chief secretary, their assistants, several members of the referee board, and a medical specialist — the competition doctor. The time allocated for weigh-in and drawing is usually one hour; however, if the number of participants is large or organizational needs require more time, this period may be extended by the decision of the chief referee.

Athletes appear for the weigh-in at the scheduled time wearing appropriate sports attire. If a wrestler's weight exceeds the limit of the registered weight category, he is not allowed to compete in that class. After the weigh-in, each participant privately draws one of the folded papers containing a number. The drawn number is then submitted to the chief secretary, who records it in the corresponding row of the official participant list — a list prepared based on the applications submitted by the teams prior to the competition.

Based on the assigned draw numbers, match pairings are created within each weight category, arranged from the lowest to the highest number. This procedure not only determines each wrestler's opponent but also ensures fairness, transparency, and systematic organization throughout the entire competition.

5.13. Competition Protocol

In modern wrestling disciplines, competition protocols are designed based on various tournament systems, and the evaluation procedures of events are determined accordingly. The regulatory foundations and scoring mechanisms differ depending on the characteristics of each sport. For example, freestyle and Greco-Roman wrestling commonly use the "Heracles" system; judo employs a Japanese-modified Olympic system; sambo utilizes the Swiss rotational and elimination model. Traditional belt-wrestling, including Uzbek belt wrestling, is typically based on a classical Olympic system. In Greco-Roman wrestling, competitions are primarily organized by dividing athletes into Groups A and B. Wrestlers first compete within their groups, after which the winners of Groups A and B advance to the final to determine the champion. This system additionally allows identification of bronze-medal contenders; athletes defeated by the finalists compete in separate bouts for third place. The advantage of this method lies in ensuring fairness, assessing athletes' progress against strong opponents, and creating competitive conditions in the bronze-medal round.

To ensure effective and fair organization of Greco-Roman wrestling events, the competition protocol is prepared according to methodological rules based on the number of participants. Once the number of competitors is known, the protocol is compiled in accordance with the official regulations and determines the structural stages of the tournament.

If a competition includes five or fewer participants, it is conducted under a round-robin (circular) system, in which each wrestler competes against every other opponent. If the number of athletes exceeds five, competitions follow a bracket reduction (qualification) system, aligning the participant count to standard tournament brackets such as 4, 8, 16, 32, 64, or 128. In this system, ultimately two wrestlers compete in the final match.

Bracket reduction in freestyle and Greco-Roman wrestling proceeds from bottom to top. At the initial stage, the total number of wrestlers is brought to the required standard bracket size. The process is organized as follows:

-With 6–7 athletes, 4 wrestlers advance to the main bracket;

-With 9–15, a total of 8 wrestlers advance;

- With 17–31, 16 wrestlers proceed;

- With 33–63, the bracket is reduced to 32;

- With 65–127, 64 wrestlers advance to the main draw.

If the number of participants exceeds these thresholds, preliminary qualifying matches are held in pairs to select athletes for the main bracket. After the total number is reduced to the required size, the main competition continues according to the official diagram.

In Greco-Roman wrestling competitions, the organization follows established regulations and methodological requirements. One of the key documents is the competition protocol, which records each stage of the event. The protocol must include:

- Name of the competition,
- Date and venue,
- Weight categories of participants,
- Competition schedule (tournament bracket),
- Signatures of the chief referee and chief secretary.

When compiling the competition bracket (tournament diagram), the following strict order of information is required:

1. First line – the numerical order of athletes according to the weight category;
2. Second line – the athlete's surname and given name;
3. Third line – the represented team or organization;
4. Fourth line – the athlete's qualification (sport category or title).

Beginning from the fifth row, columns for each competition stage are arranged in the following order: qualification rounds → round of 16 → quarterfinals → semifinals bronze-medal bouts → final match.

In the final row, the athlete's final placement, qualification points, and technical points must be recorded.

For accurate representation of competitive performance, the row corresponding to each wrestler must contain the opponent's number in the column opposite it. Beside each wrestler's number, the score cell is divided into two parts:

- Upper cell: qualification points,
- Lower cell: technical points.

In the final stages:

• "F3" rows record third-place matches among wrestlers defeated by the finalists;

• "F1" rows contain the final match results.

In the rankings and scoring section, the final placements (I–VI) must be shown using Roman numerals, along with each wrestler's qualification and technical points.

Furthermore, in instances where competition rules or regulations require it, alternative tournament models may be applied. The Olympic system eliminates a wrestler after one loss. The Swiss system allows the wrestler to remain in the tournament until he suffers two defeats. These models are selected depending on simplicity, time limitations, or number of participants.

5.14. Procedure for Awarding Classification Points (Translated Version)

Due to the fact that the Olympic system is applied in Greco-Roman wrestling, it is not mandatory to indicate qualification points. According to the current competition rules in sambo, freestyle, and Greco-Roman wrestling, classification points are awarded after the bout has ended, depending on whether the wrestler has won or not. The reason is that victories and defeats can occur in different forms. In freestyle and

Greco-Roman wrestling, classification points of **4 for the winner and 0 for the loser** may be awarded in the following cases:

• when the wrestler wins by **"fall"** (the word "tushe" is taken from French — meaning touching the mat with both shoulder blades during the bout), and in this case the defeated wrestler's technical points are not taken into account;

• when the opponent is injured;

• when the opponent does not come to the mat;

• when the opponent grossly violates the competition rules;

• when the opponent is disqualified from the competition.

Classification points of 4 for the winner and 0 for the loser may also be awarded in the following case:

• victory by technical superiority, when the opponent has no technical points at all.

Classification points of 4 for the winner and 1 for the loser may be awarded in the following case:

• a clear victory by technical superiority, when the opponent has technical points.

Classification points of 3 for the winner and 0 for the loser may be awarded in the following case:

• the wrestler wins by technical points, and the opponent has no technical points.

Classification points of 3 for the winner and 1 for the loser may be awarded in the following case:

• the wrestler wins both periods by points, and the opponent has technical points.

Classification points of 0 points for the red wrestler and 0 points for the blue wrestler may be awarded in the following case:

• both wrestlers who entered the bout grossly violate the competition rules (disqualification).

5.15. Scores Awarded for Technical Actions and Techniques

When evaluating technical actions and techniques, referees must accurately determine the effect of the attacking athlete's action — specifically, the position into which the defender is brought, and the circumstances under which counterattacks or combinations are executed. For this purpose, referees assess the defender's landing position in relation to the mat, as well as whether the technical action was performed with or without lifting from the mat. The weight of the score depends on these factors.

To correctly evaluate technical techniques, it is necessary to understand the following criteria:

1. Throwing techniques performed completely and with high amplitude are awarded the highest score. In Greco-Roman wrestling — 4 points.

2. Throwing techniques performed completely (but without high amplitude) are awarded a medium score. In Greco-Roman wrestling — 4 points.

3. Throwing techniques performed incompletely are awarded a small score. In freestyle and Greco-Roman wrestling — 2 points.

4. Takedown techniques performed completely and with high amplitude are awarded the highest score. In Greco-Roman wrestling — 4 points.

5. Takedown techniques performed completely (but without high amplitude) are awarded a medium score. In freestyle and Greco-Roman wrestling — 4 points.

6. Takedown techniques performed incompletely are awarded a small score. In Greco-Roman wrestling — 2 points (if the athlete is brought to parterre).

7. Turnover techniques executed in the parterre position and performed completely are awarded a medium score. Only in Greco-Roman wrestling — 2 points.

8. Throwing techniques executed in the parterre position and performed completely are awarded a medium score. Only in Greco-Roman wrestling — 4 points.

In evaluating technical actions, the angle at which the technique is executed is of significant importance. If, during the execution of the technique, the angle formed by the line passing along the defender's shoulders (scapular line) relative to the mat is:

- 45° or less, the action is awarded a high score;
- Approximately 90° for a fully executed technique, it is awarded a medium score;
- Approximately 135° or more for an incompletely executed technique, it is awarded a low score.

Example-1

Ministry of Sports of the Republic of Uzbekistan	Uzbekistan Wrestling Sports Association
"APPROVED"	"APPROVED"
"___" _____ 2025	"___" _____ 2025
_____ A.I. Ikramov	_____ S.K. Abduvaliyev

REGULATIONS
for Holding the Uzbekistan Republic Championship
in Greco-Roman Wrestling

1. Purpose of the Competition

The purpose of holding the competition is to select strong wrestlers for the National Team of the Republic and for participation in international tournaments.

2. Objectives of the Competition

– To promote Greco-Roman wrestling among the population of the Republic;

– To determine the level of development of Greco-Roman wrestling in all regions;

5.15. Scores Awarded for Technical Actions and Techniques

When evaluating technical actions and techniques, referees must accurately determine the effect of the attacking athlete's action — specifically, the position into which the defender is brought, and the circumstances under which counterattacks or combinations are executed. For this purpose, referees assess the defender's landing position in relation to the mat, as well as whether the technical action was performed with or without lifting from the mat. The weight of the score depends on these factors.

To correctly evaluate technical techniques, it is necessary to understand the following criteria:

1. Throwing techniques performed completely and with high amplitude are awarded the highest score. In Greco-Roman wrestling — 4 points.

2. Throwing techniques performed completely (but without high amplitude) are awarded a medium score. In Greco-Roman wrestling — 4 points.

3. Throwing techniques performed incompletely are awarded a small score. In freestyle and Greco-Roman wrestling — 2 points.

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1. Purpose of the Competition

The purpose of holding the competition is to select strong wrestlers for the National Team of the Republic and for participation in international tournaments.

2. Objectives of the Competition

– To promote Greco-Roman wrestling among the population of the Republic;

– To determine the level of development of Greco-Roman wrestling in all regions;

– To conduct a seminar for regional Greco-Roman wrestling coaches on the latest competition rules;

– To identify the main and reserve athletes for the national team.

3. Date and Venue of the Competition

The Uzbekistan Republic Greco-Roman Wrestling Championship will be held on April 22–24, 2025. The arrival day for participants is April 22. The mandate commission will operate on April 22 from 15:00 to 16:00, and the weigh-in and draw will take place from 17:00 to 18:00.

4. Type and Conditions of the Competition

The type of competition is individual-team based, and it will be held in accordance with the current rules of the international association FILA. The teams participating in the competition will be delegated at the expense of the Tourism and Sports Departments of each region. Applications for participation must be submitted in electronic form through the Internet by April 12, 2025 (for sample format, see the official website of the Uzbekistan Greco-Roman Wrestling Federation: (www.wresling.com). Together with the application, the following electronic documents must be submitted: brief information about each participant and their sports achievements; a scanned copy of the protocol (official report) of each region's current-year championship in Greco-Roman wrestling.

5. Requirements for Participants

Participants are required to appear for the bouts on time and in the sport uniform specified by the competition rules.

6. Weight Categories

At the Uzbekistan Greco-Roman Wrestling Championship, the competition will be held in the following weight categories: **57 kg, 61 kg, 65 kg, 70 kg, 74 kg, 86 kg, 97 kg, and 125 kg.** Since the Asian Championship is scheduled to take place in May of the same year, an additional **2 kg allowance** will be added to each weight category.

7. Awarding

Participants who take 1st, 2nd, and 3rd places in each weight category of the Uzbekistan Greco-Roman Wrestling Championship will be awarded diplomas of the Ministry of Tourism and Sports of the Republic of Uzbekistan, as well as valuable prizes from the sponsors.

Questions for Self-Assessment:

1. A competition is a component of which process?
2. What is the purpose of participating in competitions?
3. According to their characteristics, how are competitions classified?
4. What is the main function of classification competitions?
5. Which competition is referred to as a "championship"?
6. What are the main requirements for a competition regulation (nizom)?
7. What is the primary duty of the chief referee of a competition?
8. What should be taken into account when evaluating a technical action performed in a bout?
9. What measure is taken if both wrestlers violate the competition rules grossly during a bout?

Systematization helps identify inconsistencies or shortcomings and allows for the development of improvement strategies. Therefore, systematization is considered not only a complementary method to classification but also a tool that analyzes and perfects it from a methodological standpoint.

The main purpose of the classification and systematization processes in Greco-Roman wrestling is to more deeply reveal the essence of this sport, identify the systemic relationships among its structural elements and technical actions, and provide a theoretical foundation for analyzing wrestling movements logically and preparing athletes at a professional level.

Before implementing classification and systematization, their conceptual basis must be clearly defined—specifically, the functional meaning, form, and role of technical actions (such as throws, transitions, takedowns, turnovers, etc.) within the wrestling process. Without this initial analytical stage, it is impossible to conduct scientifically grounded classification and systematization.

A well-developed classification system, in turn, creates a foundation for forming a scientifically based and standardized terminology system. Such terminology ensures unified scientific and pedagogical communication among athletes, coaches, referees, and other specialists.

The terminology of Greco-Roman wrestling is a set of special terms used by professionals in their scientific, methodological, and pedagogical activities. These terms are essential for expressing the theoretical foundations of the sport and standardizing practical knowledge.

Most scientific disciplines use classification and systematization principles to develop their theoretical and practical frameworks. The terminology formed through these processes serves not only as a source of knowledge that reflects the essence of the field but also as a tool that enables its purposeful and consistent development. Such terminology is

called scientific terminology, because it is developed systematically, logically, and methodologically, not randomly.

Classification, systematization, and terminology are directly interconnected, and understanding their sequence is crucial for properly organizing scientific activity.

- First, classification groups the techniques used in Greco-Roman wrestling.
- Based on this grouping, a system is formed.
- Then, grounded in this system, scientifically justified terms are assigned to technical actions.

This process ensures that terminology is selected in direct connection with the technical content and functional role of each movement.

The essence of Greco-Roman wrestling technique is based on an active and complex exchange of movements between two athletes. In every bout, the wrestler aims to achieve superiority over the opponent through attacking techniques, combination actions, or counter-moves. At each moment of the bout, the action of the attacking wrestler is evaluated by the opponent as a stimulus for defensive or counter-offensive behavior, and thus a counterattack arises. The wrestler performing the counterattack is referred to as the counter-attacker.

This dynamic demonstrates that technical actions cannot be viewed merely as a set of static movements; rather, they represent a system of actions performed in a dynamic, tactical, and opponent-dependent context. Therefore, for a comprehensive understanding of the theoretical foundations of Greco-Roman wrestling and for the systematic preparation of athletes, the interrelation of classification, systematization, and terminology is of fundamental importance.

Maintaining stable position and biomechanics of interaction. One of the key tasks in the motor activity of a Greco-Roman wrestler is to maintain a stable posture during interaction with the opponent. This

task directly affects the wrestler's ability to control balance, adapt to the opponent's movements, and execute one's own actions effectively.

The main goal of the attacking wrestler is to disturb the opponent's balance by altering his position relative to the mat. The relative positions of the two wrestlers constantly change, and every technical action is aimed at controlling these changes.

Disturbing the opponent's balance depends on manipulating the center of gravity and using external forces acting upon it—such as gravitational force and support moments. The successful execution of a technique largely depends on the wrestler's ability to apply precise and directed force to a specific point on the opponent's body. These interactions create torque, force couples, and moments of inertia, which form the biomechanical basis of every technical movement.

During the development of this system, the following methodological tasks were considered of primary importance:

a) to reveal and analyze the interrelationship and complexity of technical actions, thereby expressing the deeper essence of wrestling;

b) to classify the main technical techniques according to the "school execution model," i.e., to define the technical actions that should be methodically taught during the training process;

c) to develop general technical concepts specific to Greco-Roman wrestling, and to refine wrestling terminology by establishing unified definitions and terms for each type of movement.

The main distinctive feature of the unified classification and system created through this approach is that it ensures a step-by-step representation of Greco-Roman wrestling techniques. This is essential for organizing the athlete's technical repertoire, improving training programs methodically, and establishing a systematic approach in the work of coaches. The system makes it possible to arrange hundreds of technical elements in logical order and clearly define the place, function, and tactical application of each technique. As a result, a solid foundation is created for making the wrestler technically more advanced, tactically more adaptable, and overall, more competitive.

A multi-level structural approach is employed for the systematic analysis and methodologically correct classification of Greco-Roman wrestling techniques. This approach allows for a step-by-step study of techniques based on position, content, and form of execution. The three primary levels of classification are outlined below:

First Level — Classes. This level identifies the position in which the technical action is performed. In Greco-Roman wrestling, all techniques are executed in two main positions:

- **Standing position** – techniques performed while both wrestlers remain on their feet;
- **Parterre position** – techniques executed when one or both wrestlers are in a kneeling or grounded position.

These distinctions determine the biomechanical and tactical characteristics of each technique. This level identifies the purpose of the technical action, i.e., the essential nature of the technique. The subclasses include the following basic categories:

- Throws;
- Pass-through / transitions / shifts;
- Overturning (rotational movements changing the opponent's position);
- Other movement types (pressing, jerking, rotational actions, etc.).

This classification helps determine the primary goal of each technique.

Third Level — Groups. This level classifies techniques based on how they are executed—specifically, the direction of movement and the wrestler's body positioning. For example, throws may be performed:

- by bending forward;
- by arching backward;
- by rotating (turning);
- toward the side.

This grouping allows correct didactic instruction and reveals the diversity of technical actions.

Fourth Level — Subgroups. A more detailed analysis and precise classification require a fourth level—subgroups. After the general movement types are defined in previous stages, this level identifies variations within each technique. Subgroups include:

- Types of grips performed with the hands (e.g., single-arm, double-arm, underhook, overhook, wrist control, etc.);
- Types of footwork (e.g., forward or backward steps, shifting, blocking with the leg, hooking, etc.);
- Other specific execution features such as movement direction, speed, distribution of body weight, and transitional shifts.

This classification reflects the constructive and functional variability within techniques.

For instance, a technique with the same name may have multiple execution variants due to different grips, footwork patterns, or body-position changes. Thus, each technique can be adapted to the wrestler's personal style.

Overall Significance of the Multilevel Classification System.The multi-level classification system allows for the naming, structuring, and hierarchical organization of all technical actions in Greco-Roman wrestling according to increasing levels of complexity. Any technique that can be performed on the mat can be placed into this system and assigned an exact location within the general classification scheme.

When naming techniques, the first level (i.e., whether the technique is executed standing or in parterre) is not explicitly stated but is inherently assumed. Only in cases where a technique can be applied in both positions (for example, general types of throws) is this positional detail added if necessary.

The formation of a technique name begins at the second level — the subclass — meaning that the primary direction and essence of the technical action (throw, turnover, transition, etc.) serve as its

foundation. The complete name of a technique is constructed based on three classification levels:

1. Type of Technical Action — "What was performed?" This stage determines the essential nature of the technique: a throw, a turnover, a transition, or another action. It corresponds to the **subclass (Level 2)** and indicates the functional purpose of the technique.

2. Method of Execution — "How was it performed?" At this stage, the mechanism of execution is described — for example, whether the technique was done by arching backward, bending forward, rotating, or by another movement pattern. This corresponds to the **group (Level 3)** and reflects the wrestler's body position and direction of movement.

3. Grip and Additional Characteristics — "Which variant was performed?" This is the **subgroup (Level 4)**, specifying the type of grip used, leg action, body involvement, or other distinctive features. This level identifies the complexity and modified variant of the technique.

6.2. Basic Concepts and Terminology of Greco-Roman Wrestling

To study and teach any scientific field in depth and with high quality, it is essential first to define that field's fundamental concepts and terminology. This process not only reveals the essence and content of the discipline but also systematizes and generalizes the body of knowledge accumulated within it. The clarification of concepts and terms serves as a theoretical foundation for the development of the field and as a methodological tool for educational practice.

A complete concept is not merely the lexical meaning of a word; rather, it is a concise and precise definition that reflects the structure, context of application, criteria of differentiation, and rules of use. Such well-defined concepts ensure accuracy in scientific research and become an effective instructional tool in didactic processes.

In Greco-Roman wrestling, there exists a set of fundamental concepts and terms (such as "throw," "par terre," "counter technique,"

"combination," etc.) frequently encountered in scientific-methodological literature and practical sport activities.

However, the absence of unified, standardized definitions for these terms leads to methodological inconsistencies, terminological ambiguity, and differences in instructional approaches.

The training system of Greco-Roman wrestlers is an integrated structure composed of interrelated components aimed at ensuring athletes achieve high-level competitive results. It represents a complex, multi-component mechanism encompassing all areas of athletic preparation — physical, technical, tactical, psychological, and theoretical. This system is designed to prepare athletes who meet the performance models of elite wrestlers demonstrating the highest international achievements.

A Greco-Roman wrestling training session is an integral element of the preparation system and is a pedagogical process aimed at managing the athlete's targeted development through structured means and methods. These sessions serve to gradually enhance the wrestler's technical, physical, psychological, and tactical preparedness.

Training activity is a systematic, goal-oriented pedagogical process built on collaborative interaction between the coaching staff and Greco-Roman athletes, aimed at successfully achieving the objectives set within the training program. This activity includes the consistent application of methodological tools necessary for developing the wrestler's technical, physical, psychological, and tactical abilities. Additionally, training activity must be structured in harmony with the athlete's individual characteristics, level of preparedness, and the competitive season. Among its key pedagogical functions are evaluating the role of the coaching staff, monitoring and analyzing training efficiency, and ensuring progressive improvement toward the desired outcomes.

Sport competitions are an integral component of the Greco-Roman wrestler's preparation system and possess dual methodological significance. On one hand, competitions serve as the primary goal and

effectiveness criterion of the training process. That is, the knowledge, skills, and abilities acquired during preparation are tested and evaluated precisely under competition conditions. On the other hand, competitions function as an effective means of specialized competitive preparation. They familiarize athletes with real match environments, help develop psychological resilience, enhance adaptability to opponents' actions, and reinforce technical and tactical skills in applied conditions.

The athlete's technical preparation is a complex and systematic pedagogical process aimed at developing movement skills that enable a Greco-Roman wrestler to perform technical actions with a high degree of reliability during competitive activity. This preparation ensures that the athlete thoroughly masters fundamental techniques, applies them effectively in various competitive situations, and consciously selects appropriate elements from his technical repertoire when making tactical decisions. The effectiveness of technical preparation is directly linked to the athlete's movement accuracy, coordination, rhythm and tempo, as well as functional capabilities.

The athlete's tactical preparation is a pedagogical process focused on developing the ability to apply technical actions rationally, purposefully, and situationally during competition. Tactical preparation cultivates essential skills such as analyzing competitive situations in advance, making quick decisions, and choosing appropriate actions under intense competitive pressure. This process is closely associated with the athlete's ability to effectively use his technical repertoire, identify an opponent's strengths and weaknesses, and apply strategic approaches at different stages of the competition.

A Greco-Roman wrestler's physical preparation is a pedagogical process aimed at enabling the athlete to successfully master technical-tactical actions, demonstrate reliability during competitive performance, and expand functional capacity by strengthening the musculoskeletal system. This type of preparation includes the comprehensive

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A Greco-Roman wrestler's physical preparation is a pedagogical process aimed at enabling the athlete to successfully master technical-tactical actions, demonstrate reliability during competitive performance, and expand functional capacity by strengthening the musculoskeletal system. This type of preparation includes the comprehensive

development of various physical qualities such as strength, endurance, speed, mobility, and flexibility.

The wrestler's psychological preparation is a pedagogical process aimed at developing psychological qualities consistent with the nature of Greco-Roman wrestling—qualities that allow the athlete to withstand competitive pressure, maintain strong willpower, and achieve emotional stability. Through this preparation, the athlete acquires skills for managing competitive stress, maintaining psychological readiness, and pursuing success with confidence.

The theoretical preparation of a Greco-Roman wrestler is the process of equipping the athlete with specialized knowledge that increases the effectiveness of training and competitive activity. It includes instruction in the theoretical foundations of sport, wrestling techniques and tactics, competition rules, mechanisms of physical load, as well as sports medicine and sports psychology.

The wrestler's integral preparation is a comprehensive pedagogical process based on the holistic combination and harmonious integration of technical, tactical, physical, psychological, and theoretical preparation. This integrated approach ensures maximum effectiveness in competitive performance and contributes to the athlete's well-rounded development, preparing him for high-level competitions.

Training load is a quantitative measure describing the volume and intensity of workload applied to the athlete during training sessions. It is defined by indicators such as time, number of repetitions, duration of actions, rest intervals, and the diversity of exercises.

Competitive load is a quantitative indicator describing the volume and intensity of the athlete's activity during competition. It is determined by the number of matches, their duration, the pace of wrestling, the level of resistance from the opponent, and the amount of energy expended.

6.3. Basic Stances of a Greco-Roman Wrestler

Basic positions are the standard postures used by Greco-Roman wrestlers during the training process and directly in competition. These positions represent the starting point for movement preparation, defensive actions, and offensive techniques. They determine the wrestler's body alignment, level of balance, readiness for movement, and the ability to transition into attack or counterattack.

Standing position is the posture in which the wrestler stands on the feet and prepares to engage in combat. It is the fundamental starting position in Greco-Roman wrestling and ensures readiness for movement while creating the necessary foundation for technical and tactical maneuvers. Several types of standing positions exist:

Right-side stance — the wrestler's right leg is placed forward relative to the opponent, while the left leg remains behind. The right shoulder is also shifted forward.

Left-side stance — the wrestler's left leg is placed forward and the right leg is behind. This position is mainly used by athletes with a dominant left hand.

Neutral stance — both feet are positioned symmetrically under the body's center of gravity. This creates equal opportunities for movement in either direction.

High stance — the wrestler stands upright or slightly bent forward. This position is convenient for defending from a distance.

Standing positions may be used from close, medium, or long distances, depending on the wrestler's tactical plan, spatial relation to the opponent, and the intended technical action.

Low stance — a posture in which the wrestler bends at the hips, lowers the center of gravity, and bends the knees. This position stabilizes balance, allows a quick response to the opponent's movements, and facilitates transitions into attack.

Par terre — a position in which the wrestler supports themselves with their hands and knees on the mat. Two types of par terre positions are distinguished:

- Bottom par terre wrestler — the athlete defending or preparing to resist the opponent's top-position attack.
- Top par terre wrestler — the athlete holding the superior attacking position to execute a technique.

Bridge — a defensive posture in which the wrestler arches the body, supporting themselves on the forehead and the feet (shoulder-width apart), lifting the torso and preventing the shoulder blades from touching the mat. The bridge is often used to resist throws or prevent being pinned.

Greco-Roman wrestling technique is a system of allowed technical actions performed by the wrestler in accordance with the rules, with the aim of achieving victory. These techniques may be performed from either standing or par terre positions.

Technique (move) — a specific action performed by the wrestler to gain technical advantage over the opponent. It is usually executed by the attacking wrestler with the goal of changing the opponent's position relative to the mat.

Defense — a set of actions aimed at neutralizing or stopping the opponent's offensive technique. Defensive technique is one of the main indicators of the wrestler's protective capability.

Counter-technique — a movement executed in response to the opponent's attack to break their initiative and gain dominance. Counter-techniques require a high level of technical and tactical proficiency.

Combination (link) — an integrated sequence of technical actions performed consecutively. Combinations represent the functional connection between movements when transitioning from standing to par terre or vice versa.

Stopping the attack — is a defensive technical action in which the wrestler successfully neutralizes the opponent's-initiated attack and

creates an opportunity to perform a counter-action or transition the opponent into a vulnerable position. This technique requires strong reflexes, counter-pressure, and positional superiority.

Pressing down — is a technical action aimed at pinning down an opponent who is in the bridge position by applying downward pressure to force their shoulders onto the mat. As a result, the wrestler gains technical superiority and earns the necessary points for victory.

Throws — are powerful technical actions executed from a standing position or from par terre, aimed at lifting the opponent off the mat and placing them into a dangerous position. Throws are generally characterized by technical complexity and offer the highest scoring potential.

Transitions (Pass-through techniques) — are technical movements performed from a standing position, in which the attacking wrestler forces the opponent into a lower position, i.e., into par terre. This technique allows the wrestler to gain an advantageous top position for the next phase of the attack.

Turns (Gut wrenches, rolls, etc.) — are technical actions carried out in the par terre position. In these actions, the wrestler rotates the opponent's body without lifting them off the mat, turning them onto their back. Turns are considered technically precise and energy-efficient techniques.

Tilts / Holds — are technical actions that allow the wrestler to control an opponent pinned on their back on the mat for a certain period of time. These techniques require high technical mastery and physical strength.

Stand-up advancements (Getting on top) — are technical actions that allow a wrestler in the bottom par terre position to transition into the top (offensive) position. Through these actions, the athlete gains control and creates the opportunity to continue the attack.

6.4. Main Standing Positions and Movements of a Greco-Roman Wrestler

Shaking — a sharp rotational movement performed by the wrestler to unbalance the opponent and quickly move behind him. This action requires technical precision, agility, and synchronized application of force.

Under-arm pass — a movement in which the wrestler swiftly passes beneath the opponent's arms and positions himself behind. This is often used to distract the opponent and gain a dominant upper position.

Rotating — a technical movement performed by rotating the wrestler's own body. It is executed in par terre, around the opponent, or around a central axis, with the aim of gaining technical superiority.

Dropping to a squat — a technique in which the wrestler drops into a sitting or squatting position, stretching his legs forward, in order to move behind the opponent. It is mainly used in low-center-of-gravity situations requiring rapid motion.

Rolling over — a movement where the wrestler brings the opponent into a dangerous position without lifting him from the mat, using only body weight, support points, and rotational momentum. Roll-overs are frequently applied in par terre.

Striking motion — a pushing or forceful movement performed using the torso and arms to drive the opponent backward, disrupt balance, or break his position.

Twisting — a technique where the wrestler twists the opponent using his body or arms, forcing the opponent to rotate around the body axis. This creates an opportunity to place him in a vulnerable position or maintain control.

Forward bend — the wrestler bends the torso forward to lift the opponent from the mat and transition him from a vertical to a horizontal position. The bending motion generates force that breaks the opponent's balance and enables a throw.

Shoulder throw — a powerful rotational throw performed by holding the opponent with the arms, arm-and-leg combination, head-and-leg combination, or allowed grips on the uniform. The wrestler lifts and throws the opponent over the shoulders. It requires strength and stable balance.

Back throw from collar grip — in this variation, the wrestler stands with his back toward the opponent, rotates, and then bends forward or falls forward, throwing the opponent over his back. These throws often exploit the opponent's support points.

Back arch throw — executed by arching the torso backward and falling, directing the opponent over the shoulders and onto the mat. This technique relies heavily on backward-directed force and body momentum.

Rotational throw — a throw executed by rotating the wrestler's body along the vertical axis and then falling together with the opponent. It requires high speed, coordination, and proper footing.

Power throw with rotation — the wrestler lifts the opponent from the mat, rotates him around the body axis, and finishes with a forceful throw. The striking (impact) component merges with the lifting and rotating actions.

Sit-down throw — the wrestler drops to the mat, uses his legs as leverage against the opponent, rolls backward, and throws the opponent over himself. Often used in lateral or low-angle throw variations.

Twisting throw — the wrestler lifts the opponent and rotates him around the body axis to bring him into a dangerous position. This throw typically requires strength, balance control, and precise coordination of force vectors.

6.5. The Main Ground (Par Terre) Techniques of a Greco-Roman Wrestler – Rolls (Gut Wrenches)

Twisting — a technical action in which the wrestler rotates the opponent around his longitudinal body axis and turns him onto his back on the mat. This technique is typically executed through a strong rotational movement and is performed by breaking the opponent's balance.

Running roll (Yugurib bajariladigan harakat) — performed by stepping alternately around the opponent's head in a circular motion. During the rotation, the wrestler moves behind the opponent and turns him onto his back. This technique requires speed, coordination, and continuous pressure.

Over-the-top roll — in this action, the wrestler grabs the opponent's arm or leg, moves over his body, and turns him onto his back. The technique demands high agility and body coordination.

Rolling through — the wrestler controls the opponent from behind, transitions into a "bridge" position, and rolls the opponent over his front side toward the head, turning him onto his back. This technique relies on overcoming the opponent's resistance through rotational force.

Back-arching roll — executed from the par terre position. The wrestler performs a back arch (bridge), leaning backward to turn the opponent onto his back. Successful execution depends on muscular strength and the amplitude of the back bend.

Forward rolling over the top — the wrestler shifts the opponent's body forward over his head and rolls him onto his back. The core mechanism is shifting the opponent's center of gravity and redirecting it forward.

Extended roll — here, the wrestler stretches the opponent's body, wraps or hooks the opponent's front legs, and turns him onto his back. This action relies on muscular strength, precision, and the ability to attack from a stable position.

6.6. Elements of Techniques in Greco-Roman Wrestling

Grips — are technical actions performed using the hands or legs to hold specific parts of the opponent's body, allowing the wrestler to execute offensive or defensive techniques. Proper execution of grips plays a crucial role in gaining advantage during the match.

Grip on the opposite arm (leg) — performed when the wrestler uses his right (or left) hand to hold the opponent's opposite — left (or right) arm.

Grip on the same-side arm (leg) — performed when the wrestler uses his right (or left) hand to hold the opponent's same-side — right (or left) arm.

Grip on the near arm (leg) — performed in par terre position on the arm or leg closest to the attacking wrestler.

Grip on the far arm (leg) — performed in par terre position on the arm or leg located farther from the attacking wrestler.

Neck hold from under the arm — the wrestler passes his right (or left) arm under the opponent's corresponding arm and locks both hands on the back of the neck.

Neck hold from under both armpits — executed by passing both arms under the opponent's armpits and locking them on the neck (mostly used in par terre).

Lever grip — the wrestler passes his arm under the opponent's opposite arm and presses downward on the neck, controlling the opponent like a lever.

Cross-hand body grip — performed by crossing both hands around the opponent's waist or chest area.

Crossed shin grip — when the wrestler's legs are positioned in a crossed manner around the opponent's legs.

Key lock (arm lock) — holding the opponent's bent arm at the elbow joint, pressing the palm toward the shoulder; mainly used as a control technique.

Scissor grip — the wrestler wraps his legs around the opponent's torso from both sides in a crossed position, restricting movement.

Block (leg block) — placing the side or back of the leg under one or both of the opponent's legs to prevent movement and create a barrier.

Hook (leg hook) — using a bent leg to hook the opponent's legs, hold them, or shift them.

Wrap (leg wrap) — the wrestler wraps his shin or foot around the opponent's leg to control or restrict movement.

Pre-hooking — the attacking wrestler places his thigh or leg against the opponent's legs from the front or front-side, pushing them backward or upward to break balance.

Lifting — raising the opponent upward using the thigh or shin and moving them forward to destabilize their center of gravity.

Scissors (leg scissors) — the wrestler's legs move in opposite directions while simultaneously applying force to both sides of the opponent's body to unbalance or overturn them.

6.7. Tactical Actions of a Greco-Roman Wrestler

Greco-Roman wrestling tactics are the art of skillfully using the wrestler's own technical, physical, and psychological abilities—taking into account the opponent's technical, psychological, and physical characteristics—in order to gain an advantage in specific situations that arise during a bout or competition.

Tactics are a process based on strategic thinking within the rules of combat sports and play a crucial role in achieving competitive success.

Preparing for an attack – these actions are carried out to create favorable conditions for the main attack, force the opponent into defense, or generate an opportunity to execute a planned technical move.

Tactical preparatory actions – actions aimed at creating a favorable situation for attack or counterattack. They help analyze the opponent's reactions and prepare an appropriate technical or tactical response.

Reconnaissance – a complex of tactical actions intended to gather information about the opponent's technical-tactical abilities, reactions, and weaknesses. It is usually performed in the opening moments of the match or during pauses in activity.

Concealing intentions – a set of actions aimed at hiding the wrestler's tactical plan and misleading the opponent. This makes the wrestler's intentions unclear and forces the opponent into making incorrect decisions.

Threatening (feinting pressure) – an active tactical movement that forces the opponent to defend, limiting his technical options and allowing the wrestler to seize initiative.

Feint (deception) – movements that resemble a real attack but are not completed. They force the opponent into unnecessary defense, a positional change, or a mistake.

Double feint – a more complex deceptive tactic in which the wrestler presents a real technique as a deceptive action. This misleads the opponent into incorrectly assessing the real threat.

Provoking (inviting) – a tactic that encourages the opponent to act actively. The purpose is to make the opponent commit an error, expose himself, and then organize a successful counterattack.

Reverse provocation – the wrestler temporarily reduces activity, forcing the opponent to take initiative. This causes the opponent to open up and enter into a vulnerable position.

Restricting movement – tactical actions aimed at limiting the opponent's mobility, forcing him into a static or defensive position.

Repeated attack – executing the same sequence of actions consecutively. The first one or two movements serve as feints, while the final move becomes the main attack that produces the result.

Unbalancing the opponent – one of the central tactical tools, aimed at disrupting the opponent's stability and placing him in an unstable position to create favorable conditions for attack.

Combination techniques – a harmonious sequence of technical actions that create a dynamic opportunity to transition from one move to another. Combinations distract the opponent and allow the wrestler to execute two or more movements consecutively and effectively.

The tactical concepts described above are widely used in the theory and practice of Greco-Roman wrestling. It should be noted that these terms are not fixed or unchangeable; they evolve and improve naturally under the influence of scientific progress and modern tendencies in the sport.

Self-Assessment Questions:

1. What is the essence of classification, systematization, and terminology in Greco-Roman wrestling technique?
2. Define the concepts of "classification," "systematization," and "terminology".
3. State the main tasks of the unified classification of Greco-Roman wrestling technique.
4. Explain the four levels of the unified classification of Greco-Roman wrestling technique.
5. What should be known in order to describe Greco-Roman wrestling techniques?
6. List the basic rules for defining the full names of Greco-Roman wrestling techniques.
7. What do the main movements in par terre position of a Greco-Roman wrestler consist of?
8. What do you understand by tactical actions of a Greco-Roman wrestler?

CHAPTER VII. ORGANIZATION OF TRAINING SESSIONS AND DISTRIBUTION OF TRAINING LOADS IN SPORTS SCHOOLS

7.1. Requirements for Individuals Undergoing Training Sessions in Greco-Roman Wrestling

Normative Section

The normative foundations of the supplementary educational program designed for Greco-Roman wrestling sports training establish the following requirements and standards for all stages of the training process:

- requirements for the levels of athlete mastery at different stages of the training process;
- the ratio and proportion of general physical and special preparation means;
- the main indicators of training loads within competitive activity;
- the volume, content, and structure of training loads;
- the system of control and standards for assessing the athletes' level of preparedness.

This additional educational program for Greco-Roman wrestling sports training is implemented in the following four main stages:

1. Initial Training Stage – a period aimed at developing general physical fitness, discipline, and basic technical skills in beginners;
2. Training Stage – a stage focused on deepening technical-tactical actions, competitive activity, and theoretical knowledge;
3. Sports Mastery Improvement Stage – a period of enhancing and stabilizing the athlete's technical, tactical, and psychological abilities;
4. High Sports Mastery Stage – a stage of comprehensive preparation required for achieving high results in national and international competitions.

Unbalancing the opponent – one of the central tactical tools, aimed at disrupting the opponent's stability and placing him in an unstable position to create favorable conditions for attack.

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For each of these stages, the following indicators are defined and regulated apresented in Table 6 (attached):

- duration of the stage;
- minimum age requirements for enrollment;
- minimum number of participants required to form a training group.

Table-6

Duration of the training stages, the minimum age for enrollment, and the minimum number of participants in a group undergoing Greco-Roman wrestling training

Sports Training Stages	Duration of the Stage (years)	Minimum Age for Enrollment (years)	Optimal (Recommended) Group Size (persons)	Maximum Group Size (persons)
Sports and Health Improvement Stage	2	6	12-15	20
Initial Training Stage;	4	7	12-15	20
Training and Learning Stage	3-5	11	10-12	14
Sport Skills Improvement Stage	unlimited	14	4-7	10

It is permitted to conduct training sessions simultaneously with trainees from different groups. In this case, all of the following conditions must be observed:

- the difference in athletes' training levels must not exceed two sports ranks and/or qualification categories;
- the single-capacity limit of the sports facility must not be exceeded;
- the maximum quantitative composition of the combined group must not be exceeded.

When conducting classes with students from different groups, the maximum number of participants is determined by the group that has the *lower* maximum allowable size. For example:

- when combining students from the "sports mastery improvement stage" and the "education and training stage (sports specialization

stage)" into one group according to the class schedule, the maximum number of participants must not exceed 10 people;

- when combining students from the "training stage (advanced sports specialization stage)" and the "initial preparation stage" into one group according to the class schedule, the maximum number of participants must not exceed 12 people.

Requirements for forming high-quality training groups are developed in accordance with the federal standard requirements for wrestling training.

When implementing the programs, the duration of a single training session—taking into account the age of the trainees—is calculated in astronomical hours and must not exceed the following limits depending on the characteristics and stage of training:

- up to 2 hours at the initial preparation stage;
- up to 3 hours at the training stage (sports specialization stage);
- up to 4 hours at the sports mastery improvement stage;
- up to 4 hours at the high sports mastery stage.

When conducting several training sessions in one day, the total duration of classes must not exceed 8 hours.

The training regimes for the educational stages and years of study are presented in Table 7.

This regime fully enables the study of the program material and does not exceed the training load established by the federal standard of the supplementary educational program in sports. At the stages of improving sports mastery and at the stage of high sports mastery, the activities are carried out strictly in accordance with the individual plans of the supplementary sports training program. The volume of individual training is determined by the athlete's training level during the training stage and by the annual competition activity plan, taking into account the chosen specialization and the recommendations of the coach-instructor.

Table-7

Training and Instructional Work Modes

Training Stages	Initial Training Stages		Training session					Sports Mastery Development Stage	High Sports Mastery Stage
			Initial Stage of Sports Specializations		Stages of Advanced Specialization in Selected Sports				
Academic year	1	2	1	2	3	4	5		
Weekly number of hours	4.5-6	6-8	10-12		14-20			20-24	24-32
Total number (of hours)	234-312	312-416	520-624		728-1040			1040-1248	1248-1664

For the purpose of ensuring high-quality training of students and improving their sports preparation, the organization providing supplementary education conducts specialized sports training sessions and training camps in accordance with the plans, which are approved in the prescribed manner.

The main direction, content, and duration of training camps are determined based on the students' level of preparation, the assigned tasks, and their future qualification. The recommended classification of competitions for the training process is presented in Table 8.

Table-8

List of Training Camps

№	List of Training Camps	Maximum Duration of Training Camps at Each Stage of Sports Training (number of days)				Optimal Number of Participants
		Initial Training Stage	Educational-Training Stage	Sports Improvement Stage	High Sports Mastery Stage	
1. Training Camps for Competition Preparation						
1.1	Training camps for preparation for international competitions	-	-	21	21	Training camps for preparing for the Uzbekistan Cup and the Uzbekistan Championship
1.2	Training camps for preparation for the Uzbekistan Cup and the Uzbekistan Championship	-	14	18	21	
1.3	Training camps for preparation for national competitions	-	14	18	18	
1.4	Training camps for preparing for official competitions at the national level of Uzbekistan	-	14	14	14	
1. Special training camps						
2.1	Training camp on general or special physical preparation	-	14	18	18	At least 70% of the participants in a specific group

						undergoing sports training
2.2	Rehabilitation (Recovery) training camps	-	-	Up to 10 days		Competition participants
2.3	Training camps for comprehensive medical examinations and monitoring	-	-	No more than twice a year, up to 3 days		In accordance with the comprehensive medical examination plan
2.4	Training camps during vacation periods	Camps lasting up to 21 consecutive days and held no more than twice a year		-		At least 60% of the trainees within a specific group undergoing the sports training stage
2.5	Training camps intended for candidates applying to secondary specialized vocational education institutions in the field of physical education and sports		Up to 60 days			In accordance with the admission rules

Annual training plans are developed taking into account the students' skill level, age, training conditions, and the annual competition schedule.

The volume ratios of training types across the stages are presented in Table 9.

Table-9

Ratio of training process volumes by types of preparation at the stages of sports training in wrestling

Types of training in sports	Stages					
	Initial training		Instructional–training stage		The stage of advanced sports mastery development	The stage of highest sports mastery
	A Year	Above Year 1	2 Year	Above Year 2		
General physical preparation (%)	43-55	32-41	22-28	16-21	9-12	31-39
Special physical preparation (%)	14-18	16-20	18-23	21-27	20-26	16-20
Technical–tactical preparation (%)	20-26	25-32	24-31	25-32	30-39	25-32
Theoretical and psychological preparation (%)	5-7	6-8	7-9	8-10	8-10	6-8
Recovery procedures (%)	-	6-7	7-10	13-17	13-16	8-10
Instructional and refereeing practice (%)	-	0,5-1	1-2	2-3	2-3	1-2
Participation in competitions (%) (%)	0,5-1	1-2	3-5	3-6	5-6	5-7

7.2. Requirements for personnel responsible for implementing the training process

Admission to the supplementary education program for sports training in Greco-Roman wrestling is carried out on the basis of a written application submitted by the applicant, and in the case of

minors, on the basis of a written application from their legal representatives (hereinafter referred to as the *application for admission*).

Candidates are admitted based on the results of an individual selection aimed at identifying their physical and psychological abilities and/or motor skills, which are considered necessary for mastering the corresponding supplementary education program in sports training.

Students wishing to undergo additional sports training may be enrolled in the training group (TG) only if they possess the documents confirming that they have undergone a medical examination in the manner established by the Government of the Republic of Uzbekistan. The student must have the following: a conclusion issued by a sports medicine physician permitting participation in training sessions; and admission for participation in wrestling training.

The minimum age for enrollment in the group is as follows:

– 6 years for the sports and health-oriented stage,
– 7–10 years for the initial training stage,
– 11 years for the training stage,
– 14 years for the sports mastery development stage,
– 16 years for the highest sports mastery stage.

In some cases, individual students undergoing supplementary education and sports training may be transferred to the next-year group ahead of schedule, even if they have not yet reached the required age. Such early transfers may be carried out based on the decision of the coaches' council and with the personal permission of a physician.

Achievement of the highest sports results by a student is directly related to their abilities—psychophysical qualities necessary for the successful execution of specific training and competitive (performance) activities. Therefore, when admitting a student to the sports training program in wrestling, it is important to consider that moral-volitional qualities play a significant role in combat sports. A student cannot achieve success in training sessions or competitions if they do not possess such traits as determination, courage, endurance, persistence, independence, and initiative. A high level of development of these traits reflects the strength of will.

Willpower is a form of mental activity manifested in conscious actions and behaviors directed toward achieving set goals. In wrestling, willpower is especially evident in actions and behaviors associated with overcoming various difficulties.

A student admitted to the supplementary sports training program must possess the physical qualities required of a wrestler (see Table 10) and must meet the standards established by the Sports Training Standard for the sport of "Wrestling" (see Tables 11, 12, 13, and 14).

Table-10

The impact of physical fitness attributes and body morphology on competitive effectiveness in wrestling

Physical qualities and body composition	Degree of influence
Speed ability	3
Muscle strength	3
Vestibular stability	3
Endurance	3
Flexibility	2
Coordination ability	2
Body composition	1

Legend:3 – significant influence

2 – moderate influence

1 – negligible influence

Table-11

General and special physical preparation standards for admission to initial training stage groups

№	Control exercises (tests)	Training standards for up to one year		Training standards for more than one year	
		Boys	girls	Boys	girls
1	30 m sprint, sec	Up to 6.9 seconds	7,1	6,7	6,8
2	Push-ups in a support position, reps	Up to 7 repetitions	4	10	6
3	Forward bend from a standing position on a gymnastics bench (from the bench level)	Not less than +1	+3	+3	+5

4	Standing long jump, m	At least 110 cm	105	120	115
5	Pull-ups on a horizontal bar, reps	At least 2 times	1	3	2
6	Throwing a tennis ball at a target, distance 6 m	At least 2 successful hits	1	3	2
7	Standing upright on one leg, hands on the waist. Maintain the position.	At least 10.0 seconds	8,0	12,0	10,0
8	Raising the legs while hanging on a gym wall bar up to the level where they can be grasped by the hands	At least 2 times		3	

Table-12

General and special physical preparation standards, the level of sports qualification (sports categories) required for admission and transfer to the training stage (sports specialization stage)

Developing physical quality	Control exercises (tests)	Standards	
		boys	girls
Speed	60 m sprint, sec	Not more than 10.4 seconds	10,9 s.
Coordination	3×10 m shuttle run, sec	Not more than 8.7 seconds	9,1 s
Endurance	1500 m run, min	Not more than 8.5 seconds.	8,29 s
Streght	Pull-ups on a horizontal bar, reps	7 martadan kam emas	-
	Pull-up exercise from a hanging position on a low bar with a height of 90 cm (starting from a lying position)	-	Not exceeding 8.5 seconds
	Push-ups in a support position, reps	Not less than 20 repetitions	15 repetitions
	Throwing a medicine ball (3 kg), m	Not less than 6 meters	

	Overhead forward throw of a 3 kg medicine ball (from behind the head), m	Not less than 5.2 meters	
Flexibility	Forward bend from the position on a gymnastics bench (relative to the bench level)	+5	+6
Strength endurance	Raising the straight legs to an "L-sit" position while hanging on a gym wall bar, reps	Not less than 6 repetitions	4 repetitions
Speed-strength qualities	Standing long jump, m	Not less than 160 cm	145 sm
	Vertical jump from a standing position, cm	Not less than 40 cm	
	Push-ups from the prone support position in 20 seconds, reps	Not less than 10 repetitions	
	Sit-ups in 20 seconds from the supine position, reps	Not less than 6 repetitions	
Technical–tactical mastery	Compulsory technical program		
Level of sports qualification	Period of study during the stages of sports training (up to two years)	Sports categories: "3rd Junior Sports Category," "2nd Junior Sports Category," "1st Junior Sports Category."	
	Period of study during the stages of sports training (more than two years)	Sports categories: "3rd Sports Category," "2nd Sports Category," "1st Sports Category."	

Table-13

General and special physical preparation standards for admission and transfer to the sports mastery development stage

Developing physical quality	Control exercises (tests)	Standards	
		Boys / adolescents	Girls / young girls
Speed	60 m sprint, sec	8,2 s	9,6 s.
Coordination	3×10 m ga mokisimon yugurish, sek — 3×10 m shuttle run, sec	7,2 s	8.0 s
Endurance	2000 m run, min	8.10 minutes	10 minutes

Strength	Pull-ups on a horizontal bar, reps	15 reps	-
	Pull-up exercise from a hanging position on a low bar with a height of 90 cm (starting from a lying position)	-	Not less than 20 repetitions
	Push-ups in a support position, reps	Not less than 36 repetitions	15 reps
	Dips on parallel bars or Push-ups on parallel bars	Not less than 20 repetitions	
	Backward throw of a 3 kg medicine ball, m	Not less than 7m repetitions	
	Overhead forward throw of a 3 kg medicine ball (from behind the head), m	Not less than 6,3m repetitions	
Flexibility	Forward bend from the position on a gymnastics bench (relative to the bench level)	+11	+15
Strength endurance	Raising the straight legs to an "L-sit" position while hanging on a gym wall bar, reps	Not less than 15 repetitions	8 reps
Speed–strength quality	Triple standing long jump, m	Not less than 6m repetitions	
	Vertical jump from a standing position, cm	Not less than 47m repetitions	
	Push-ups in 20 seconds from the support position	Not less than 14 repetitions	16 reps
	Sit-ups in 20 seconds from the supine position	9 martadan kam emas	10 marta
Technical–tactical mastery	Compulsory technical program		
Sports category	Candidate for Master of Sport		

Table-14

General and special physical preparation standards for admission to the highest sports mastery stage groups

Developing physical quality	Control exercises (tests)	Standards	
		Adolescents / men	Adolescents / women
Endurance	2000 m run, min	-	Not less than 9.50 minutes

	2000 m run, min	Not less than 12.40 minutes	
Coordination	3×10 m repeated shuttle sprint test, sec	Not less than 7.1 seconds	
Strength	Pull-ups on a horizontal bar, reps	At least 15 repetitions	
	Pull-up exercise from a hanging position on a low bar with a height of 90 cm (starting from a lying position)	-	At least 20 repetitions
	Push-ups in a support position, reps	At least 42 repetitions	16
	Backward throw of a 3 kg medicine ball, m	At least 9 meters	
	Overhead forward throw of a 3 kg medicine ball (from behind the head), m	At least 8 meters	
Strength endurance	Raising the straight legs to an "L-sit" position while hanging on a gym wall bar, reps	At least 15 repetitions	8 repetitions
Flexibility	Forward bend from the position on a gymnastics bench (relative to the bench level)	+13	+16
Speed–strength quality	Standing long jump, m	At least 230 cm	185
	Vertical jump from a standing position, cm	At least 52 cm	
	Triple standing long jump, m	At least 6.2 meters	
	Sit-ups in 1 minute from the supine position, reps	At least 50 repetitions	44
Technical–tactical mastery	Compulsory technical program		
Sports category	Master of Sport		

The instructor responsible for conducting the training process must adhere to the established sports regimen, fully implement all activities stipulated in the supplementary education programs, carry out all measures outlined in the sports training and competition preparation plans, and undergo medical examinations in a timely manner.

7.3. Approximate training curricula for forming and completing group compositions by stages of preparation in Greco-Roman wrestling at sports schools

Admission of student-athletes to the main composition of training groups is carried out throughout the academic year. If a student-athlete is ill, undergoing treatment, or absent for a valid reason, their place at the sports school may be retained.

The completion (formation) of training groups for the academic year is conducted in the following manner:

- For the sports–health promotion stage and the first year of initial training, preliminary group formation is carried out based on the coaches' recommendations and the results of the "Physical Fitness Level" sports tests by age categories;
- For initial training beyond one year (with the exception of game sports and Paralympic sports), as well as for the training, sports improvement, and highest sports mastery groups, group formation is based on the corresponding sports categories and titles.

During the academic year, changes to the composition of training groups may be made in the following cases:

- Based on the results of "Physical Fitness Level" sports tests and the corresponding sports categories and titles. In this case, changes to group composition are made upon the coach's recommendation and approved by the director's order;
- Based on the results of coaches' personal monitoring, when a student-athlete misses more than 40% of training sessions within one month without a valid reason. In such cases, students may be transferred to the reserve group or removed from the list of athletes enrolled in the sports school.

Composition and size of training groups

The completion (formation) of training groups, according to preparation stages and types of sports, is determined in the following quantities:

Completion of sports training groups and the training regimen according to preparation stages and types of sports

№	Stages of sports training	Period of instruction	Minimum number of trainees in a training group			Optimal (recommended) number of trainees in a training group	Optimal (recommended) number of trainees in a training group
			I	II	III		
I. In Olympic, non-Olympic, national, and other sports							
1.	Sports and health-promotion stage	One year	10	12	12	11-20	25
2.	Initial training	First year of instruction	10	12	10	11-16	20
3.		More than one year of instruction	8	10	10	9-14	18
4.	Training sessions	First year of instruction	8	10	10	9-12	16
5.		Second year of instruction	8	10	10	9-12	14
6.		Third year of instruction	8	8	8	9-10	12
7.		More than three years of instruction	6	8	6	7-9	10
8.	Sports improvement	First year of instruction	6	6	6	7-9	10
9.		Second year of instruction	4	6	5	5-7	8
10.		More than two years of instruction	4	6	4	5-7	8

11.	Highest sports mastery	Throughout the entire period	3	4	3	4-6	8
II. In Paralympic sports							
1.	Sports and health-promotion	One year	3			4-5	10
2.	Initial training	First year of instruction	3			4-5	8
3.		More than one year of instruction	2			3-4	7
4.	Training sessions	First year of instruction	2			3-4	6
5.		Second year of instruction	2			3-4	5
6.		Third year of instruction	2			3-4	5
7.		More than three years of instruction	2			3-4	5
8.	Sports improvement	First year of instruction	1			2-3	4
9.		Second year of instruction	1			2-3	4
10.		More than two years of instruction	1			2-3	4
11.	Highest sports mastery	Throughout the entire period	1			2	3

Note: The specifics of each sport, the capacity of sports facilities, sanitary and hygiene standards, and technical safety requirements are taken into account. Candidates exceeding the minimum number established for sports groups (optimal and maximum levels) may be admitted to the training group based on the coaches' recommendations and by order of the sports school director.

In this case:

a) The optimal and maximum number of student-athletes in a group (hereinafter referred to as the reserve composition) is entered into the unified electronic system "ERP Sport" as well as into the sports school's registry.

b) Calculation of teaching workload (tariffication) is carried out based on the minimum admission requirements for group formation.

c) The reserve composition of student-athletes in a group has the right to participate in sports competitions as part of the sports school team (included in the application), and based on their performance results, the athlete may be awarded a sports category or title.

d) For non-Olympic sports (excluding those included in the Olympic and Paralympic Games, Asian and Para-Asian Games programs, as well as national wrestling and sports specified by separate Government resolutions), admission of student-athletes to groups based on reserve composition is not permitted.

Age range of student-athletes in a training group

The age difference among student-athletes within a single training group must not exceed three years (except for the sports and health-promotion group). The age of student-athletes is determined at the beginning of the academic year based on their year of birth. As an exception, athletes of different ages may be admitted to the same group if their level of sports mastery does not differ by more than two sports categories.

At the sports improvement and highest sports mastery stages, groups may be formed from trainees of various ages.

If only one training group exists in sports school sections located in rural areas, or in technically complex or multi-event sports, then—based on the decision of the coaches' council—athletes of different ages and

levels of preparation may be trained in the same group, following individually adjusted training loads.

Reserve composition (optimal and maximum)

If the training group is completed with the minimum required number of student-athletes, the coach has the right to form a reserve composition. The conditions for forming the reserve composition are determined by the coach personally.

Student-athletes included in the reserve composition participate in training sessions together with the main group members.

The number of student-athletes in the reserve composition must not exceed the maximum group size established in the table for the corresponding training group.

The minimum composition (main group) of student-athletes in a training group is admitted to the sports school in accordance with the requirements of Resolution No. 583 of the Cabinet of Ministers of the Republic of Uzbekistan dated November 3, 2023, while the reserve composition is admitted based on the coach's recommendation and by order of the sports school director.

Student-athletes in the reserve composition are included in the total number of trainees of the sports school and have equal rights with the main composition. Their sports results are included in the sports school's official performance indicators and serve as grounds for awarding incentive payments in accordance with Annex 4 to the Presidential Decree No. PD–268 dated June 6, 2022, "On measures to organize the activities of state sports-educational institutions on the basis of an entirely new system".

Documents for the formation of training groups

To form or complete training groups, the coach must submit a notification to the sports school administration along with the required set of documents for admission to the sports school:

- an application from the applicant and a written consent from the parents (or legal guardians);
- a medical certificate confirming the applicant's state of health, issued by a healthcare insitution at the place of residence. For candidates wishing to engage in water sports, an additional medical certificate may be required;
- a copy of the applicant's birth certificate (or passport);
- a 3×4 cm photograph of the applicant;
- the athlete's personal record form.

Sports category requirements at the stages of sports training in the sports school

Levels and stages of trainees' preparation	Year of instruction	Sports category requirements for student-athletes		
		Sports discipline groups		
		I	II	III
Highest sports mastery	Entire period	MS, MSIT	CMS, MS	MS
Sports improvement	More than 2 years	CMS	I	CMS
	2 – year	CMS	II	CMS
	1 – year	I	III	I
Training	more than 3 years	II	I adolescents"	II
	3 – year	III	II adolescents	III
	2 – year	I adolescents	III adolescents	I adolescents
	1 – year	II adolescents	III adolescents	II adolescents
Initial training	1 more than a year	III adolescents	unranked	III adolescents
	1 –year	unclassified	unclassified	unclassified
Sports and health-promotion	throughout the entire period	unclassified	unclassified	unclassified

Requirements for the educational-training activities of the sports school and for physical, technical, and sports preparation Plan

Levels and stages of trainees' preparation	Academic year	Minimum age for admission	Requirements for physical, technical, and sports preparation at the end of the academic year
High sports mastery	During the whole period	15	Degree of athletic performance
Achieving excellence in sports	more than 2 years	14	Implementation – adherence to monitoring standards and meeting the requirements for athletic training
	2 – year	13	
	1 – yaer	12	
Training session	More than 3 years	10	Implementation – adherence to monitoring standards and meeting the requirements for athletic training
	More than 3 years	9	
	2 – year	8	
	1 – year	7	
Initial preparation	More than 1 years	6	Implementation – adherence to monitoring standards
	1 – year	5	
Sports for health improvement	During the whole period	5	

Note: Only the minimum age for admission to the sports school is indicated.

Tentative 52-week training schedule for the sports school

№	Training sections	Stages of preparation										
		O.T.H.I.S	O.T.I.P.S		O.T.I.E.S				I.S.P.S			S.H.S.M
		During the whole period	1 year	more than 1 year	1 year	2 years	3 years	more than 3 years	1 year	2 year	more than 2 years	During the whole period
1.	General physical preparation	78	78	100	160	185	241	266	314	353	353	415
2.	Specific physical training	94	94	117	168	196	242	270	312	338	362	366
3.	Technical and tactical preparation	108	108	158	234	271	357	398	498	537	599	725
4.	Theoretical preparation	16	16	20	12	14	18	20	24	26	28	32
5.	Psychological preparation	10	10	13	14	22	28	30	32	26	38	42
6.	Conducting control tests	6	6	8	8	8	10	12	12	12	12	12
7.	Assessment matches	Outside the hourly schedule										
8.	Practical training in refereeing and coaching	-	-	-	10	12	16	18	20	22	24	30
9.	Participation in competitions	According to the calendar plan of mass sports events										
10.	Rehabilitation measures	-	-	-	18	20	24	26	36	38	40	42
11	Medical examination	Outside the hourly schedule										
	Total:	**312**	**312**	**416**	**624**	**728**	**936**	**1040**	**1248**	**1352**	**1456**	**1664**
	Weekly load:	**6 hours**	**6 hours**	**8 hours**	**12 hours**	**14 hours**	**18 hours**	**20 hours**	**24 hours**	**26 hours**	**28 hours**	**32 hours**

*It is not carried out during the sports-wellness and basic training phases

CHAPTER VIII. SIGNIFICANCE OF THE RESEARCH FINDINGS

8.1. Fundamentals of Developing Athletes' Physical Fitness and Coordination Abilities in Greco-Roman Wrestling

The physical capabilities of wrestlers are a crucial component of wrestling training, representing a process aimed at developing physical qualities such as strength, endurance, flexibility, agility, and speed.

The principles of developing wrestlers' physical abilities and preparation for multiple objectives are as follows:

- Enhancing athletes' health levels and improving the functions of the body at various stages;
- In accordance with wrestling styles, guiding children's physical abilities to partially match their capacities for wrestling competitions;
- Dividing physical qualities into general, supplementary, and specialized training groups.

General physical preparation serves as the foundation and necessary tool for achieving high results. This task is primarily important for addressing the following issues:

- Comprehensive harmonious development of the wrestler's body, improvement of functions, and progressive development of physical qualities;
- Increasing health levels;
- Rational use of active rest during periods of intensive training and competitive loads.

General physical preparation includes a variety of tools. Among them are exercises using apparatus and equipment, exercises with partners on specialized devices, acrobatics adapted for particular sports, light and heavy athletics, national and sports games, water sports, and general developmental exercises.

Auxiliary physical preparation is aimed at creating specialized foundations that assist in the effective performance of extensive work and at developing the mastery of specific techniques. It is highly specialized and addresses the following issues: the targeted development of combat qualities, primarily through the selective development of muscle groups involved in wrestling movements.

As a progressive tool of auxiliary physical preparation, exercises with kinematic and dynamic components are applied, as well as the specific characteristics of neuromuscular tension performed by wrestlers during competitive activity, corresponding to the main movements executed in wrestling.

Among such exercises, the following can be highlighted: practicing various wrestling techniques with signaling, performing exercises on specialized simulators, and exercises with mannequin wrestlers.

The specialized physical preparation of wrestlers is aimed at the targeted development of qualities in accordance with the specific demands of competitive activity.

Wrestling-specific physical preparation is strictly conducted on the wrestling mat, where the primary tools are designed to develop the most important athletic qualities within sports mastery. Therefore, competitive exercises of varying complexity can serve as the main means of extraordinary physical training. Such complex exercises enhance the wrestler's physical impact; for example, selecting a heavier partner, alternating partners during bouts, and similar exercises contribute to the development of specific energy mechanisms, affect the wrestler's overall physical conditioning, and improve both physical and technical-tactical preparation.

The primary methods for developing physical qualities include exercises performed under simple conditions, as well as light, challenging, and specialized exercises. Using exercises under light or challenging conditions involves altering the kinematics and dynamics of movements, which should be performed throughout the range of

motion of the tool, ideally close to the upper limit. This principle also applies to specialized exercises.

All types of physical preparation mentioned above are interconnected. Neglecting to adequately assess any type of physical training during exercises ultimately hinders the improvement of sports mastery. Therefore, it is essential to maintain an optimal balance among the types of physical preparation during training sessions. Its quantitative expression is not fixed but varies depending on the wrestler's skill level, individual characteristics, training phase, and current condition of the body.

Acknowledging the importance of developing and timely improving balance abilities, preschool physical education includes exercises appropriate to the preschool physical education curriculum. The athlete's ability to properly assimilate physical activity depends on maintaining balance functions in zones of diminishing or increasing support. Observations show that these abilities are not uniform among all children, but like other physical abilities, they significantly contribute to stable development.

Additional physical training focuses on developing coordination abilities, particularly the static and dynamic balance functions of children whose physical qualities are not sufficiently developed. Physical education teachers in preschools often lack full awareness of age-specific and individual characteristics in developing balance functions in children aged 5–7.

The main characteristics of tools aimed at enhancing coordination are complexity, non-standard design, novelty, and the ability to provide varied and unexpected solutions to tool-related problems, closely linked to intensity. When determining the composition of coordination-enhancing tools, it is essential to consider that they involve collecting various skills and rapidly integrating them into complex movements, since improved coordination abilities significantly reduce the time needed to memorize movements. This contributes to effective training

and optimally maintains academic performance. Complex coordination in sports is characterized by a combination of specialized, preparatory, and competitive exercises, enabling athletes to improve both technical-tactical skills and coordination simultaneously.

Complex coordination exercises should be incorporated almost daily and organically into the training program.

It is known that high-level athletes are distinguished by high variability in dynamics, spatial and temporal features during competitive coordination processes. The ability to effectively distinguish the main characteristics of movements depending on the competition situation and functional condition of the athlete largely reflects the level of cooperation ability under progressive fatigue. This defines a necessary condition for developing methods to enhance cooperative abilities. Work in this area must be planned not only under stable conditions but also in latent and optimal conditions.

Operational analysis of coordination-focused training shows that views on the inclusion and tasks of coordination exercises in athlete preparation systems indeed vary.

L.P. Matveyev expressed his position as follows: "Coordination exercises are not limited to any single aspect of sports training; rather, they form one of the fundamental bases of its entire structure."

Athletes P. Hearts and W. Starosta (2002) consider one of the prominent principles of coordination training methodology to be systematic prioritization of new general and specialized exercises, forming progressively more complex coordination tools based on them.

During the development of motor actions, the athlete's gradual improvement in precision and speed, followed by assessing the effectiveness and appropriateness of their application under variable wrestling conditions, is emphasized.

The authors recommend that, to prevent a "coordination barrier," athletes first master training and development coordination exercises under challenging conditions before applying them in variable

conditions. This principle, if followed by both young and highly skilled athletes, ensures full achievement of the intended outcomes.

When coaches plan coordination skill training, they should allocate training tools and methods over time based on athletes' preferences and responsiveness.

According to Y.Q. Verhoshanskiy, if a training session aims to improve technical-tactical skills and enhance coordination, there is no need to focus on more than 2–3 coordination abilities in a single session.

The study of physiological aspects of physical performance remains highly relevant today, encompassing issues in physical education, sports training, and psychology, and is regularly subject to discussion and analysis.

Agility in wrestlers is the ability to control movements, execute fast and precise actions in rapidly changing competitive situations, and efficiently overcome problematic obstacles.

Agility develops throughout athletes' training processes. For its improvement, the wrestler must regularly acquire new movements. Any exercise can be utilized to develop agility, but staying informed about novel techniques is highly essential.

Agility reflects the wrestler's overall coordination ability. This includes, on the one hand, the speed of mastering new movements, and on the other, the ability to quickly restore movements according to sudden changes in situational demands.

Increasing the complexity of coordination through physical exercises is another method to enhance agility. This complexity can be defined by progressively increasing requirements for movement accuracy, coordination, and adaptability to rapidly changing situations. A third method involves resisting unnecessary muscular tension, since agility depends on the ability to relax muscles when required. The fourth method incorporates improving physical endurance.

Several approaches are used to develop this skill:

- Engaging in movements that challenge balance;
- Utilizing both acrobatic and gymnastic exercises;
- Performing initial exercises with rapid movement on a flat surface.

The tools used by wrestlers to improve agility can be categorized into general agility and specialized agility.

- The aim of general agility tools is to enhance tool experience and overall coordination.
- The aim of specialized agility tools is to improve the wrestler's exclusive coordination of movements and the ability to evaluate and restore actions under competitive conditions.

In scientific studies, definitions of agility often examine its characteristics and its interrelation with other human attributes. However, there is still no universally accepted definition of agility among researchers. Opinions vary and sometimes conflict.

- Some studies define agility through coordination and movement abilities;
- Others derive it from indicators of overall coordination skills;
- In another perspective, limited force control in coordination is closely linked to an individual's psychomotor characteristics.

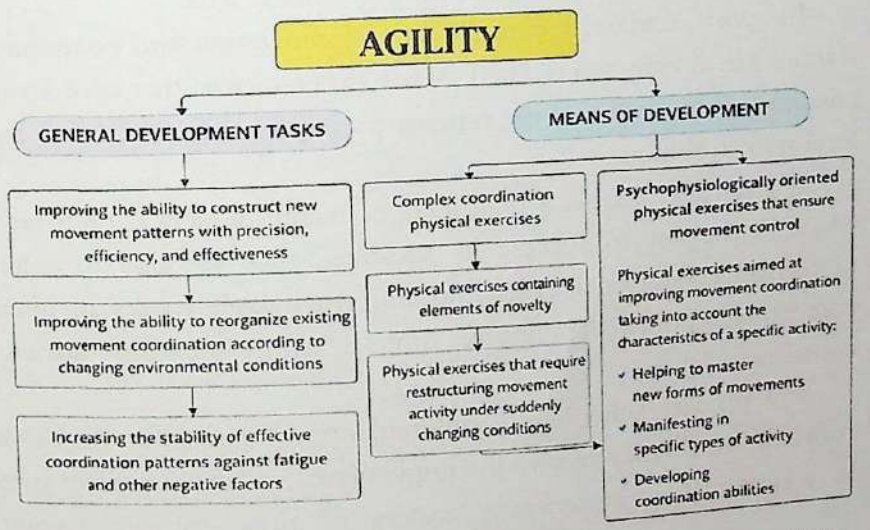


Figure 93. General objectives and means for developing agility.

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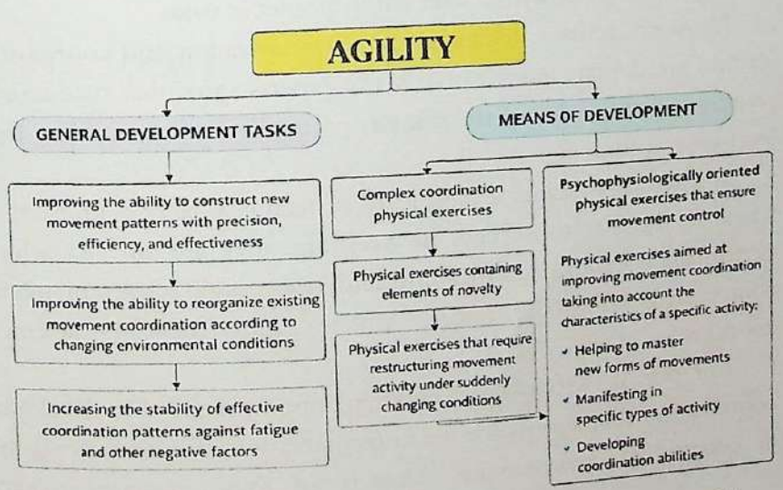


Figure 93. General objectives and means for developing agility.

In parallel, various indicators are employed as measures for developing agility. Among the numerous parameters reflecting the organism's intensive characteristics, constitutional and anthropomorphic traits attract particular attention relative to biological maturity indicators. These traits influence the expression of strength and speed. The analysis of wrestlers' capabilities can be summarized as follows:

Endurance, adaptability, and the ability to explore the environment are aligned with adaptation to different periods, work capacity, and recovery, alongside neuromuscular activity and behavioral traits developed through education and training.

In organizing scientific research training sessions, special attention should be given to appropriate use of weight categories in competition activities. The assignment of an individual to a specific weight category, in combination with recorded morphological indicators (such as height, weight, body mass index, body shape, etc.), is considered to be highly accurate. The affiliation to a particular body type affects the effectiveness of monitoring methods and facilitates the adoption of techniques most consistent with anthropometric data.

In sports activity, technical-tactical preparation and coordination abilities are directly interrelated. Many experts agree that coordination abilities constitute one of the primary prerequisites for mastering high-level sport techniques.

If a wrestler attains a high level of technical-tactical preparation, which is the key to success in wrestling, they are able to achieve performance indicators efficiently and reach high results in intense competitive bouts. Therefore, athletes must develop advanced coordination skills.

For primary school-aged children, opportunities for developing coordination abilities involve the implementation of open water games in educational environments. Mastery of these exercises requires understanding the technology, modular methodologies, and theoretical and methodological support.

Targeted development of coordination abilities during the initial stages of education assists in the proper acquisition of control techniques. Coordination is the ability to purposefully organize muscular activity by recruiting only the required muscles with the necessary speed and strength. The criterion of coordination is the precise execution of movements according to temporal, spatial, and muscular parameters.

A person's coordination ability is defined as the capacity to perform complete behavioral activities in accordance with intended goals (e.g., shaking, mutual control, linking actions), to restore acquired character traits, or to transition from one activity to another in response to changing activity demands.

Coordination performance indicators are measured using the completed tasks of tools such as gymnastic exercises, jumping into water, figure skating, and similar activities. These indicators can be evaluated based on the time expended to master new movement forms or modify previously acquired movements, considering the movement-specific parameters (time, spatial, and amplitude units) and the level of muscular tension applied.

To develop coordination skills, an athlete must regularly enhance movement skills according to varying conditions, improve new types of movements, and rapidly switch from one movement to another or modify movement forms.

At the same time, consistently performing specialized movement patterns does not enrich tool-based skills; it limits their potential, creates obstacles in movement harmony, and hinders adaptation to changes in movement intensity.

The main principle in selecting methods to improve coordination is to choose new, unconventional approaches, ensuring that the learning ability is maintained at all times. Before mastering new complex

methods, previously learned complex movements should be performed. When developing coordination skills, it is important to remember that exercises are best executed when the body is not fatigued. Therefore, during training, the task load should not be excessive, and rest intervals and their nature must facilitate effective performance.

Developing coordination involves performing complex exercises requiring coordination and the ability to rapidly adapt motor activity to changing environmental demands. In this context, coordination ability must be understood as the capacity to accurately execute movements in spatial and temporal dimensions (e.g., space, micro-time, water, ice, etc.) while maintaining balance, timing, and relaxation.

The training process for developing coordination skills must be continuous. Coaches in gymnastics have observed that athletes who focus only on mastering categorical combinations encounter difficulties when learning new methods after long periods, emphasizing the need to integrate learning skills consistently. If new movements are not practiced for extended periods, the ability to learn deteriorates.

Exercises aimed at adapting to rapid changes in activity are linked to the athlete's ability to quickly respond to changing conditions. This process is implemented using the following technical methods:

1. Applying initial positions;
2. Executing exercise sequences dynamically;
3. Modifying the speed of movement points;
4. Adjusting the spatial limits of performed exercises;
5. Controlling the execution of exercises and competitions in "creative movement";
6. Modifying the resistance of an individual to participation in group or partner exercises;
7. Performing familiar movements under various conditions and combining them into unfamiliar sequences;
8. Incorporating signals and additional technical tools where

Exercises designated for coordination development induce rapid fatigue. Their effectiveness also depends on acute muscular sensitivity, which diminishes under fatigue. Therefore, adequate rest is essential when learning complex coordination movements. It is recommended to use coordination-developing exercises during the main part of the training session, performed regularly and frequently for optimal development.

1. The main physiological process of coordination ability in sport wrestling reflects the excitability of the nervous system and neural processes.
2. Mechanism of development of internal inhibitory processes that evaluate new activity.
3. The number of conditioned reflex connections.
4. Activity of analyzers, particularly motor, visual, and vestibular systems.

Psychologically, agility is closely related to sufficient awareness of one's movements and the surrounding environment.

Developing coordination and the ability to master new movements is particularly important in complex coordination sports, especially when the diversity and complexity of movement and the coordination challenge increase.

The ability to differentiate and control various movement characteristics, as well as to improvise and integrate complex coordination during tool activity, is a key factor in mastering new movements. Coordination foundations are established based on previous tool experience.

Coordination abilities include:

- Accuracy in reproducing movements in space, magnitude of force, and temporal dimensions;
- Static and dynamic balance.

An athlete's ability to retain external condition changes in memory and to adjust motor intensity accordingly is also manifested. Motor

...ity, as a means to solve diverse problems and achieve goals, has a single underlying mechanism—coordination—which involves integrating, organizing, and regulating movements. This mechanism must improve during intensive training processes.

Within the literature review, professional communities have examined the best classifications used in practice. D.D. Donskoy, for instance, identifies three types of coordination in tool activity: neural, muscular, and motor differentiation.

According to O.A. Dveyrina, coordination ability represents the set of human body characteristics manifested during problem-solving tasks of varying coordination complexity, depending on movement construction and decision-making, and determines the success of controlling intensive motor actions.

L.P. Matveyev highlights that coordination abilities in movement involve:

- The system of transmitting movements under varying conditions;
- Rapid reconstruction of existing movements as a tool;
- Adapting movements to changing circumstances.

According to Matveyev, the quality of coordination, or the conditional nature of coordination abilities, is characterized by:

1. Accurate measurement and regulation of spatial, temporal, and dynamic movement parameters;

2. Maintaining position without unnecessary movements through muscular tension and particularly via tool movement execution;

3. Ensuring static stability during static positions and maintaining balance during movements.

The main methodological directions and approaches include:

- Systematically renewing and supplementing the motor repertoire with new forms of coordination in novel environments;
- Continuously overcoming coordination difficulties arising naturally or artificially during movements;
- The ability to flexibly and rapidly adapt existing habitual and standard coordination movements for a given athlete in suddenly changing situations.

According to A.M. Maksimenko, coordination abilities represent a set of specific morphofunctional characteristics of the human body. The capacity to effectively perform motor tasks under varying conditions depends on these characteristics. The author notes that coordination abilities are closely linked to high-level motor mastery. These include, but are not limited to, essential physical qualities and performance outcomes such as reaction speed, types of strength, adaptability, diversity in movement activities, rapid relaxation, anticipatory skills (i.e., predicting and preparing for negative consequences), as well as psychological factors of adaptation that contribute to achieving high performance.

A.M. Maksimenko identified several critical criteria for assessing the level of coordination abilities. These include the range required to master a combination—the shorter the range, the higher the level of coordination skill development; the time required to restore and modify motor activity under altered or operational conditions, in which decision-making speed and selection of the most effective solution to a motor task are evaluated. Additionally, the efficiency of time required for biomechanical complexity parameters is considered.

Further analysis of these characteristics is necessary, as is studying the impact of targeted development of coordination skills on improving technical and tactical indicators. In scientific and methodological literature, these capabilities are expressed using various terms and concepts.

There are a number of strategies to enhance athlete preparation to overcome barriers to achieving high sports performance. Their effectiveness depends on how rationally they are applied. Future-oriented research is crucial for addressing these issues. A wrestler capable of performing a variety of exercises can more easily master new

methods. Consequently, coordination ability forms the foundation for fully mastering wrestling tactics and techniques.

8.2. Principles of General and Specialized Preparation of Greco-Roman Wrestlers

The application of modern technologies to enhance the physical preparation level of qualified athletes in **Greco-Roman wrestling** confirms that, regardless of the sport, each athlete must progress from initial or general basic preparation at the early stage of specialized training.

For example, wrestlers may prepare for competitions in any wrestling discipline; however, irrespective of the specific sport, they must always undergo annual training preparation programs. To ensure that software and training materials remain consistent with the principle of continuity, during the stage of sport development, it is appropriate to focus intensively on cultivating technical and tactical operational skills.

The initial objective of increasing the effectiveness of wrestling preparation involves enhancing athletes' functional readiness to a level appropriate to their sport by designing exercise plans based on the characteristics of each wrestling style and applying them in practice. Developing training programs initially implies fostering extensive mental preparation, which is necessary for improving the effectiveness of technical and tactical readiness. This approach facilitates enhanced competitive performance, the incorporation of new intensive methods, and consideration of individual athlete characteristics.

A critical task at the stage of wrestling development includes:

1. Increasing technical and tactical preparation levels and boosting self-confidence during competition by intensively focusing on individual training;

2. Enhancing functional and physical preparation levels based on the athlete's capabilities;

3. Promoting adaptation to specific wrestling styles, improving psychological readiness, and controlling anxiety during competition;

4. Managing unique concentration techniques to optimize performance, based on precise movement phases, individualized neurodynamic approaches, and personal style characteristics.

In a given age group, the substantial integration of competition practice is a distinctive individual feature of sports development. This stage is characterized by a significant increase in cognitive, tactical, and complex training activity volume. Specialized training equipment constitutes 75–80% of the total training volume, while general training equipment is used primarily for physical recovery.

According to Platonov, an essential component of this stage is creating time conditions compatible with an athlete's ability to perform certain training loads during the natural period of body development. Only under such conditions can athletes achieve optimal results rather than relying on chance.

Y.M. Shkrebtiy asserts that the content of the sports development stage should comply with the following methodological principles:

1. Comprehensive training aimed at developing key physical qualities and ensuring prioritized development of motor abilities;

2. Technical exercises designed to enhance performance of critical motor tasks under competitive conditions;

3. Tactical exercises focused on improvement to prepare athletes and enhance their competitiveness;

4. Psychological preparation to cultivate mental readiness essential for athletes' personal actions and competitive performance;

5. Broad theoretical training to support athletes in acquiring extensive knowledge across all areas of sport;

6. Formation of training and sport load plans.

The training process emphasizes the interrelationship between specialized and general preparation regarding physical qualities. In the early stages of long-term sports training, general preparation plays a leading role. It provides a foundation for functional capacities of the body and creates a reserve of motor abilities and skills.

For instance, a wrestler who masters acrobatics during the initial training phase will perform well and later successfully acquire complex technical and tactical wrestling techniques.

Additionally, the following guidelines are provided for the distribution of training tools:

1. During various stages of the annual cycle, the main principles for evaluating and distributing individual training tools for highly qualified wrestlers include identifying the following key directions:

- During the competition preparation phase, the overall volume of high- and medium-intensity training and the enhancement of coordination movements using highly complex methods are planned;
- The systematic increase of directed training sessions must fully mobilize the body's capabilities throughout the exercises;
- As the importance of key competitions increases, the intensity of psychological preparation should be elevated;
- Supplemental tools should be introduced progressively to stimulate work capacity after heavy loads and to accelerate recovery following peak loads.

2. The principle of sports training aims to structure the training process throughout the year, plan optimal loads, ensure rest, and maintain continuous physical development. To conduct a complete annual training program, the following principles for physical condition development should be observed:

- The wrestler's overall preparedness, including physical, technical-tactical, and psychological readiness, should reach specified levels to achieve high results;
- For novice athletes, increasing personal readiness contributes to significant performance improvements.

To further enhance results, personal preparedness aspects should be integrated into a unified framework considering the demands of competition.

In Greco-Roman wrestling, preparing athletes for competition is conducted within an operational system that accounts for three main rules governing the stability of training intensity. The training process is long-term, executed throughout the year, and each subsequent session's effect should build upon the previous sessions. This reinforces and enhances the positive adaptations previously induced in the athlete's body. Rest periods between exercises and sessions should be sufficient to allow recovery and optimize performance during competition.

Ensuring the continuity of the training process requires equitable distribution of all major competitions throughout the year.

When organizing the intensity of training sessions, it is crucial to distribute all major competitions evenly throughout the year. In wrestling, typically two or three main competitions are conducted, while all other competitions are subordinate to these. This distribution ensures that the primary principles of training are systematically and purposefully developed while optimally enhancing the reliability of competitive performance.

Achieving high sports results without increasing training intensity is impossible in wrestling. There is a direct relationship between sports performance and the training volume. Training loads approaching the body's functional limits under appropriate conditions induce significant adaptations, increasing the athlete's capacities. However, repeated application of identical loads gradually diminishes training effectiveness, limiting the development of physical and mental work capacities. Wrestling differs from other sports in its high volume of technical and tactical movements, which place significant demands on coordination. Therefore, the number of executed movements should be gradually increased, particularly using combined competition methods.

Technical and tactical preparation contributes to the development of coordination and certain physical qualities, including agility and speed. To purposefully enhance physical qualities, components of the training volume must be individually adjusted. The primary task is to determine how to proportionally increase the load volume and intensity

at specific stages of long-term training. As a wrestler's efficiency improves, training volume is increased. Accurate monitoring of loads and adherence to the principle of sequential load progression requires regular assessment of training sessions and analysis of competitive performance.

For adolescent athletes, the principle of training processes emphasizes adjusting the size and interrelation of exercises in competitions and training according to the developing body's capabilities. Energy absorption during muscular contraction aids muscle activation, rapid development of work intensity, and additional force generation. This facilitates increased velocity in subsequent pushing actions and rapid transition in counter-movements.

Gradual progression of training sessions and competitive activity, along with phased changes in technical and tactical preparation norms, supports the preparation of young wrestlers.

The principle of training in sports includes wave-like structuring of training loads. Wave patterns in training are characteristic of both short and long phases (steps, stages, cycles). Wave structures of training loads are categorized into three primary types:

a) Microcycles – small wave-like loads spanning several days, typically weeks;

b) Mesocycles – medium wave structures encompassing a series of microcycles (3 6), forming an intermediate phase;

c) Macrocycles – micro wave loads composed of multiple intermediate cycles, applied to training periods or phases.

The pedagogical skill of a modern coach is largely demonstrated in the ability to organize training volume and intensity across micro-, meso-, and macro-wave cycles.

The dynamics of load preparation in wave form are divided into three stages:

1. Accumulation and gradual increase of load intensity;
2. Stable consolidation phase;
3. Relatively "light" phase.

Organizing training according to these stages enhances wrestler preparation and reduces the risk of overtraining. Variations in load parameters during different phases depend on absolute intensity, the athlete's preparation level, and developmental progress, as well as the duration and phase of training.

Maintaining periodicity in training sessions is essential for improvement. Such periodicity consists of a series of regularly repeating training cycles and systems (exercises, stages, periods). Based on time intervals, microcycles (especially weekly), mesocycles (usually one month), and macrocycles (annual or semi-annual) can be distinguished. All of these are integrally linked to the rational structure of training, and understanding this cyclical framework is essential for grasping the overall organization of sports training.

The multi-year training principle in wrestling is based on the structuring of training and competition activities. Each subsequent cycle represents not only a return to the previous cycle but also an enhancement of training aspects, including training volume.

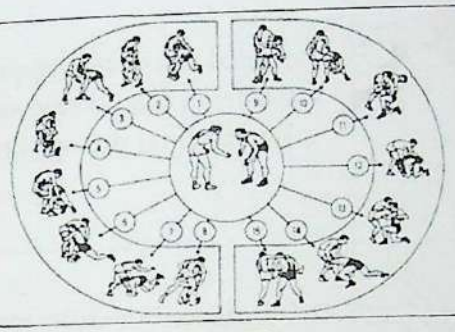
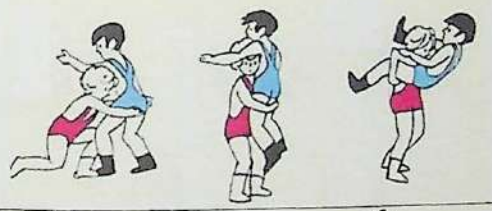
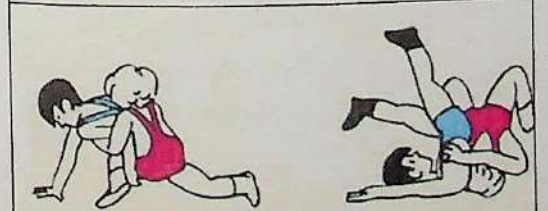
The most common form of organizing training cycles has garnered considerable attention from researchers and athletes. This is facilitated by two factors: first, the sharp increase in training volume and intensity approaching biological limits in modern sports; second, the correspondence of elite athletes' preparation and mastery levels to quantitative parameters, which requires optimization of training content to more effectively manage the development of sports performance.

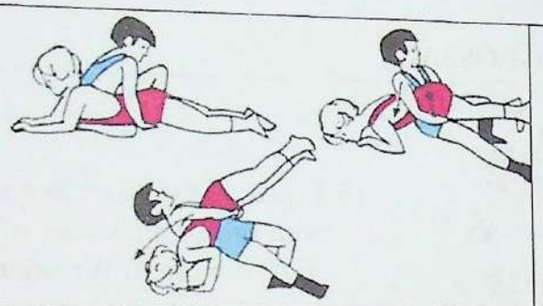
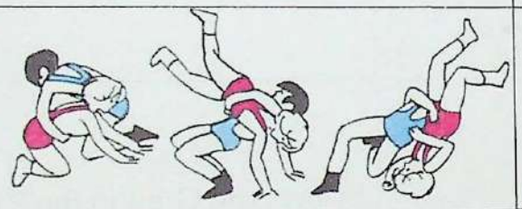
Currently, the most critical aspect of multi-year training systems is the differentiation and individualization of methods influencing performance through innovative approaches. In the initial phase of training, considering wrestlers' personal physiological indicators allows precise estimation of athletic progression. This approach prevents excessive or inefficient efforts and monotony, maintains the level of physical preparation, and supports achieving superior sports results.

ABBREVIATIONS

- PD – Presidential Decrees
- PO – Presidential Orders
- AAA – Amateur Athletics Association
- WWF – World Wrestling Federation
- FILA – International Federation of Amateur Wrestlers
- UWW – United World Wrestling
- SPP – Specialized Physical Preparation
- LTTO – Long-Term Training Outcome
- GPP – General Physical Preparation
- TTP – Technical-Tactical Preparation
- SPTTP – Specialized Physical Technical-Tactical Preparation
- TTP – Technical-Tactical Preparation
- CAM – Complex Attack Movement
- HCR – Heart Contraction Rate
- PCE – Psychological Control Exercise
- PME – Psychological Muscular Exercise
- AT – Autogenic Training
- GDE – General Developmental Exercises
- SPE – Specialized Preparation Exercises
- SP – Standing Position
- P – Parterre / Ground Position
- TA – Training Activity
- TTM – Technical-Tactical Mastery
- TCB – Training-Competition Bout
- MOC – Maximum Oxygen Consumption
- ChASS – Children and Adolescent Sports Schools
- SChAORS – Specialized Children and Adolescent Olympic Reserve School
- SSBS – Sports Specialized Boarding School
- SESM – Schools of Elite Sports Mastery

GLOSSARY

	15 Types of Attacks Executable from the Basic Stance of a Greco-Roman Wrestler
	Stances and Grips in the Parterre (Ground) Position
	Gripping the opponent's arms under the armpits while they attack the legs, then executing a half-turn to throw the opponent over the chest.
	Rolling throw by gripping the wrist and the waist while running in a circular motion
	Transition to parterre by placing one hand on the opponent's neck and diving the other arm under the opponent's armpit.
	Throwing the opponent by gripping the waist and shoulders, flipping them over while remaining in a bridge position. The opponent lands in a supine position.

	Reversal throw by gripping the waist from the reverse side and overturning the opponent.
	Lifting and overturning the opponent by gripping the waist from the reverse side

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CONTENTS

PREFACE.....4

CHAPTER I. THE ORIGINS AND DEVELOPMENT HISTORY OF GRECO-ROMAN WRESTLING.....7

1.1. The Ancient Roots of Greco-Roman Wrestling 7

1.2. The Emergence of Greco-Roman Wrestling 14

1.3. The International Federation of Associated Wrestling Styles — FILA 17

1.4. Evolution of Rules and Formation of Competition Procedures 19

CHAPTER II. GENERAL AND SPECIAL PHYSICAL PREPARATION IN GRECO-ROMAN WRESTLING.....23

2.1. The Theoretical and Practical Foundations of Physical Preparation in Greco-Roman Wrestlers 23

2.2. The Essence of Strength Quality and Its Key Components . 23

2.3. Main Characteristics of Different Forms and Modes of Muscle Contraction..... 24

2.4. Main Directions and Methods for Developing Strength Abilities 25

2.5. Fundamentals of Nutrition During Strength Training..... 28

2.6. Methods of Body Weight Control 30

2.7. Development of Speed Abilities 33

2.8. Method for Developing Movement Speed..... 34

2.9. Methods for Developing the Speed of Individual Movements and Movement Frequency 39

2.10. The Essence of Speed-Strength Abilities and Their Manifestation..... 41

2.11. Basic requirements for the methodology of developing speed-strength qualities..... 45

2.12. Development of Endurance 47

2.13. Classification of Types of Endurance 49

2.14. Methods for Improving Aerobic (General) Endurance..... 51

2.15. Development of Flexibility and Its Scientific Foundations. 53
2.16. Developing Speed in Greco-Roman Wrestling 56
2.17. Methods of Developing Speed in Greco-Roman Wrestling, ... 58
2.18. Functional Preparedness in Greco-Roman Wrestling..... 63
2.19. Special Physical Preparedness (SPP) 81
2.20. Physical Exercises in Greco-Roman Wrestling 88
CHAPTER III. CONCEPT OF TECHNICAL TRAINING IN GRECO-ROMAN WRESTLING.....92
3.1. Technical Training of Greco-Roman Wrestlers During the Training Process 92
3.2. General Principles of Performing Technical Actions..... 96
3.3. Modern Methodological Approaches to Developing Technical Mastery in Greco-Roman Wrestlers 132
CHAPTER IV. THE CONTENT, PRINCIPLES, AND METHODS OF DEVELOPING TACTICAL PREPARATION IN GRECO-ROMAN WRESTLERS 136
4.1. Tactical Preparation 136
4.2. Tactics of Preparing Offensive Actions..... 144
4.3. Tactics of Organizing the Wrestling Bout..... 145
4.4. Competition Participation Tactics 160
CHAPTER V. COMPETITION RULES AND PRINCIPLES OF refereeing IN GRECO-ROMAN WRESTLING 164
5.1. Concept of Competitions..... 164
5.2. Purpose and Objectives of the Competition..... 171
5.3. Management of Competitions..... 172
5.4. Participants and Participating Organizations 173
5.5. Conditions and Procedures for Conducting Competitions . 174
5.6. Deadlines and Procedure for Submitting Applications..... 175
5.7. Conditions for Receiving Participants and Referees..... 176
5.8. Procedure for Awarding Winners and Prize-Winners..... 177

5.9. Basic Requirements for the Competition Regulations 178
5.10. Composition of the Panel of Referees and Their Responsibilities 180
5.11. Development and Distribution of the Competition Regulations for Greco-Roman Wrestling..... 182
5.12. Organizational Features of Weigh-In and Drawing Procedures in Greco-Roman Wrestling Competitions..... 183
5.13. Competition Protocol..... 184
5.14. Procedure for Awarding Classification Points (Translated Version)..... 186
5.15. Scores Awarded for Technical Actions and Techniques ... 188
CHAPTER VI. CLASSIFICATION, SYSTEMATIZATION, AND TERMINOLOGY OF TECHNICAL TECHNIQUES IN GRECO-ROMAN WRESTLING 192
6.1. Classification, Systematization, and Their Terminology 192
6.2. Basic Concepts and Terminology of Greco-Roman Wrestling 199
6.3. Basic Stances of a Greco-Roman Wrestler..... 203
6.4. Main Standing Positions and Movements of a Greco-Roman Wrestler..... 206
6.5. The Main Ground (Par Terre) Techniques of a Greco-Roman Wrestler – Rolls (Gut Wrenches)..... 208
6.6. Elements of Techniques in Greco-Roman Wrestling 209
6.7. Tactical Actions of a Greco-Roman Wrestler..... 210
CHAPTER VII. ORGANIZATION OF TRAINING SESSIONS AND DISTRIBUTION OF TRAINING LOADS IN SPORTS SCHOOLS 213
7.1. Requirements for Individuals Undergoing Training Sessions in Greco-Roman Wrestling 213
7.2. Requirements for personnel responsible for implementing the training process 220

7.3. Approximate training curricula for forming and completing group compositions by stages of preparation in Greco-Roman wrestling at sports schools 227

CHAPTER VIII. Significance of the Research Findings . 236

8.1. Fundamentals of Developing Athletes' Physical Fitness and Coordination Abilities in Greco-Roman Wrestling 236

8.2. Principles of General and Specialized Preparation of Greco-Roman Wrestlers 248

ABBREVIATIONS 254

GLOSSARY 255

References 257

Contents 261

MUNDARIJA

SO'Z BOSHI 4

I BOB. YUNON-RIM KURASHINING PAYDO BO'LISHI VA RIVOJLANISH TARIXI 7

1.1. Yunon-rim kurashining qadimgi ildizlari 7

1.2. Yunon-rim kurashining paydo bo'lishi 14

1.3. Xalqaro Havaskor Kurash Federatsiyasi — FILA 17

1.4. Qoidalar evolyutsiyasi va musobaqalar tartibining shakllanishi 19

II BOB. YUNON-RIM KURASHIDA UMUMIY VA MAXSUS JISMONIY TAYYORGARLIK 23

2.1. Yunon-rim kurashchilarining jismoniy tayyorgarligini nazariy va amaliy asoslari 23

2.2. Kuch sifatining mohiyati va asosiy tarkibiy jihatlari 23

2.3. Mushak qisqarishining turli shakllari va rejimlarining asosiy xususiyatlari 24

2.4. Kuch qobiliyatini rivojlantirishning asosiy yo'nalishlari va usullari 25

2.5. Kuch tayyorgarligi davrida ovqatlanish asoslari 28

2.6. Tana og'irligini nazorat qilish uslubi 30

2.7. Tezlik qobiliyatlarini tarbiyalash 33

2.8. Harakat amallari tezligini rivojlantirish uslubi 34

2.9. Ayrim harakatlar tezligi va harakat jadalligini rivojlantirish uslubi 39

2.10. Tezkor-kuch qobiliyatlarining mazmuni va ularning namoyon bo'lishi 41

2.11. Tezkor-kuch sifatlarini rivojlantirish uslubiga bo'lgan asosiy talablar 45

2.12. Chidamlilikni rivojlantirish 47

2.13. Chidamlilik turlarining tasnifi 49

2.14. Aerob (umumiy) chidamlilikni takomillashtirish usullari 51

2.15. Egiluvchanlikni rivojlantirish va uning ilmiy asoslari 53

2.16. Yunon-rim kurashida tezkorlikni tarbiyalash 56

2.17. Yunon-rim kurashida tezkorlikni tarbiyalash uslubi, harakat reaksiyasi va tezkorlikni tarbiyalash 58

2.18. Yunon-rim kurashida funksional tayyorgarlik 63

2.19. Maxsus jismoniy tayyorgarlik (MJT) 81

2.20. Yunon-rim kurashida jismoniy mashqlar 88
III BOB. YUNON-RIM KURASHIDA TEXNIK TAYYORGARLIK TO‘G‘RISIDA TUSHUNCHA 92
3.1. Yunon-rim kurashchilarining mashg‘ulot jarayonida texnik tayyorgarlik 92
3.2. Texnik harakatlarni amalga oshirishning umumiy asoslari 96
3.3. Yunon-rim kurashchilari texnik mahoratini rivojlantirishda zamonaviy metodik yondashuvlar 132
IV BOB. YUNON-RIM KURASHCHILARDA TAKTIK TAYYORGARLIKNING MAZMUNI, TAMOYILLARI VA RIVOJLANTIRISH USULLARI 136
4.1. Taktik tayyorgarlik 136
4.2. Hujum harakatlarini tayyorlash taktikasi 144
4.3. Bellashuvni tuzish taktikasi 145
4.4. Musobaqalarda ishtirok etish taktikasi 160
V BOB. YUNON-RIM KURASHI BO‘YICHA MUSOBAQA QOIDALARI VA HAKAMLIK QILISH ASOSLARI 164
5.1. Musobaqalar to‘g‘risida tushuncha 164
5.2. Musobaqa maqsadi va vazifalari 171
5.3. Musobaqalarni boshqarish 172
5.4. Ishtirokchilar va qatnashuvchi tashkilotlar 173
5.5. Musobaqalarni o‘tkazish shartlari va tartibi 174
5.6. Talabnomalarni berish muddatlari va tartibi 175
5.7. Ishtirokchilar va hakamlarni qabul qilish shartlari 176
5.8. G‘olib va sovrindorlarni taqdirlash tartibi 177
5.9. Musobaqa nizomiga bo‘lgan asosiy talablar 178
5.10. Hakamlar kollegiyasi tarkibi va ularning majburiyatlari 180
5.11. Yunon-rim kurashi bo‘yicha musobaqa nizomining ishlab chiqilishi va tarqatilishi 182
5.12. Yunon-rim kurashi bo‘yicha musobaqalarda tarozidan o‘tkazish va qur’a tashlash jarayonining tashkiliy xususiyatlari 183
5.13. Musobaqani o‘tkazish bayonnomasi 184
5.14. Klassifikatsion ochkolarning berilish tartibi 186
5.15. Texnik harakatlar va usullar uchun beriladigan baholar 188

VI BOB. YUNON-RIM KURASHI SPORT TURI BO‘YICHA TEXNIK USULLARNI TASNIFLASH, TIZIMLASHTIRISH VA ULARNING ATAMALARI 192
6.1. Tasniflash, tizimlashtirish va ularning atamalari 192
6.2. Yunon-rim kurashining asosiy tushunchalari va atamalari 199
6.3. Yunon-rim kurashchisining asosiy holatlari 203
6.4. Yunon-rim kurashchisining tik turishdagi asosiy harakatlari 206
6.5. Yunon-rim kurashchisining parterdagi asosiy harakatlari o‘girishlar 208
6.6. Yunon-rim kurashidagi usullar elementlari 209
6.7. Yunon-rim kurashchisining taktik harakatlari 210
VII BOB. SPORT MAKTABLARIDA MASHG‘ULOTLARNI TASHKIL ETISH VA MASHG‘ULOTLARNING TAQSIMOTI 213
7.1. Yunon-rim kurashi bo‘yicha o‘quv-mashg‘ulot tayyorgarliklaridan o‘tayotgan shaxslarga qo‘yiladigan talablar 213
7.2. O‘quv-mashq jarayonini amalga oshiruvchi kadrlarga qo‘yiladigan talablar 220
7.3. Sport maktablarida Yunon-rim kurashi sport turi bo‘yicha tayyorgarlik bosqichlari bo‘yicha guruhlar tarkibini shakllantirish va butlash o‘quv mashg‘ulotlarining taxminiy o‘quv rejalari 227
VIII. ILMIY TADQIQOT NATIJALARINING AHAMIYATI 236
8.1. Yunon-rim kurashi turida sportchilarning jismoniy tayyorgarligini hamda koordinatsion qobiliyatlarini rivojlantirish asoslari 236
8.2. Yunon-rim kurashchilarning umumiy va maxsus tayyorgarlik tamoyillari 248
SHARTLI BELGILAR 254
GLOSSARIY 255
ADABIYOTLAR RO‘YXATI 257
MUNDARIJA 261

СОДЕРЖАНИЕ

ПРЕДИСЛОВИЕ 4

ГЛАВА I. ПРОИСХОЖДЕНИЕ И ИСТОРИЯ РАЗВИТИЯ ГРЕКО-РИМСКОЙ БОРЬБЫ 7

1.1. Древние корни греко-римской борьбы 7

1.2. Возникновение греко-римской борьбы 14

1.3. Международная федерация любительской борьбы — FILA 17

1.4. Эволюция правил и формирование порядка проведения соревнований 19

ГЛАВА II. ОБЩАЯ И СПЕЦИАЛЬНАЯ ФИЗИЧЕСКАЯ ПОДГОТОВКА В ГРЕКО-РИМСКОЙ БОРЬБЕ 23

2.1. Теоретические и практические основы физической подготовки борцов 23

2.2. Сущность силы и её основные компоненты 23

2.3. Основные характеристики различных форм и режимов мышечных сокращений 24

2.4. Основные направления и методы развития силовых способностей 25

2.5. Основы питания в период силовой подготовки 28

2.6. Методика контроля массы тела 30

2.7. Воспитание скоростных качеств 33

2.8. Методика развития скорости двигательных действий 34

2.9. Методика развития отдельных движений и общей интенсивности действий 39

2.10. Содержание скоростно-силовых способностей и их проявление 41

2.11. Основные требования к методике развития скоростно-силовых качеств 45

2.12. Развитие выносливости 47

2.13. Классификация видов выносливости 49

2.14. Методы совершенствования аэробной (общей) выносливости 51

2.15. Развитие гибкости и её научные основы 53

2.16. Воспитание быстроты в греко-римской борьбе 56

2.17. Методика воспитания быстроты, двигательной реакции и скоростных качеств 58

2.18. Функциональная подготовка в греко-римской борьбе 63

2.19. Специальная физическая подготовка (СФП) 81

2.20. Физические упражнения в греко-римской борьбе 88

ГЛАВА III. ПОНЯТИЕ О ТЕХНИЧЕСКОЙ ПОДГОТОВКЕ В ГРЕКО-РИМСКОЙ БОРЬБЕ 92

3.1. Техническая подготовка борцов греко-римского стиля в процессе тренировок 92

3.2. Общие основы выполнения технических действий 96

3.3. Современные методические подходы к развитию технического мастерства борцов греко-римского стиля 132

ГЛАВА IV. СОДЕРЖАНИЕ, ПРИНЦИПЫ И МЕТОДЫ РАЗВИТИЯ ТАКТИЧЕСКОЙ ПОДГОТОВКИ БОРЦОВ ГРЕКО-РИМСКОГО СТИЛЯ 136

4.1. Тактическая подготовка 136

4.2. Тактика подготовки атакующих действий 144

4.3. Тактика построения поединка 145

4.4. Тактика участия в соревнованиях 160

ГЛАВА V. ПРАВИЛА СОРЕВНОВАНИЙ И ОСНОВЫ СУДЕЙСТВА В ГРЕКО-РИМСКОЙ БОРЬБЕ 164

5.1. Понятие о соревнованиях 164

5.2. Цели и задачи соревнований 171

5.3. Организация и управление соревнованиями 172

5.4. Участники и организующие структуры 173

5.5. Условия и порядок проведения соревнований 174

5.6. Сроки и порядок подачи заявок 175

5.7. Условия допуска участников и судей 176

5.8. Порядок награждения победителей и призёров 177

5.9. Основные требования к положению о соревнованиях 178

5.10. Состав судейской коллегии и их обязанности 180

5.11. Разработка и распространение положения о соревнованиях по греко-римской борьбе 182

5.12. Организационные особенности процедуры взвешивания и жеребьёвки на соревнованиях по греко-римской борьбе 183

5.13. Протокол проведения соревнований 184

5.14. Порядок начисления классификационных очков 186

5.15. Оценка технических действий и приёмов..... 188
ГЛАВА VI. КЛАССИФИКАЦИЯ, СИСТЕМАТИЗАЦИЯ И ТЕРМИНЫ ТЕХНИЧЕСКИХ ПРИЁМОВ В ГРЕКО-РИМСКОЙ БОРЬБЕ 192
6.1. Классификация, систематизация и терминология..... 192
6.2. Основные понятия и термины греко-римской борьбы . 199
6.3. Основные положения борца греко-римского стиля..... 203
6.4. Основные действия борца в стойке 206
6.5. Основные действия борца в партере — перевороты..... 208
6.6. Элементы приёмов в греко-римской борьбе 209
6.7. Тактические действия борца греко-римского стиля 210
ГЛАВА VII. ОРГАНИЗАЦИЯ ТРЕНИРОВОЧНОГО ПРОЦЕССА И ЕГО СТРУКТУРА В СПОРТИВНЫХ ШКОЛАХ 213
7.1. Требования, предъявляемые к лицам, проходящим учебно-тренировочную подготовку по греко-римской борьбе 213
7.2. Требования к кадрам, реализующим учебно-тренировочный процесс 220
7.3. Формирование и комплектация групп по этапам подготовки в спортивных школах по виду спорта «греко-римская борьба», примерные учебные планы тренировок..... 227
ГЛАВА VIII. ЗНАЧЕНИЕ РЕЗУЛЬТАТОВ НАУЧНЫХ ИССЛЕДОВАНИЙ 236
8.1. Основы развития физической подготовки и координационных способностей спортсменов в греко-римской борьбе..... 236
8.2. Принципы общей и специальной подготовки борцов греко-римского стиля 248
УСЛОВНЫЕ ОБОЗНАЧЕНИЯ..... 254
ГЛОССАРИЙ..... 255
СПИСОК ЛИТЕРАТУРЫ..... 257
СОДЕРЖАНИЕ 261

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ADILOV SARVAR QAKHRAMONOVICH

ORGANIZATION OF TRAINING SESSIONS AT THE INITIAL PREPARATION STAGE
(Greco-Roman Wrestling)

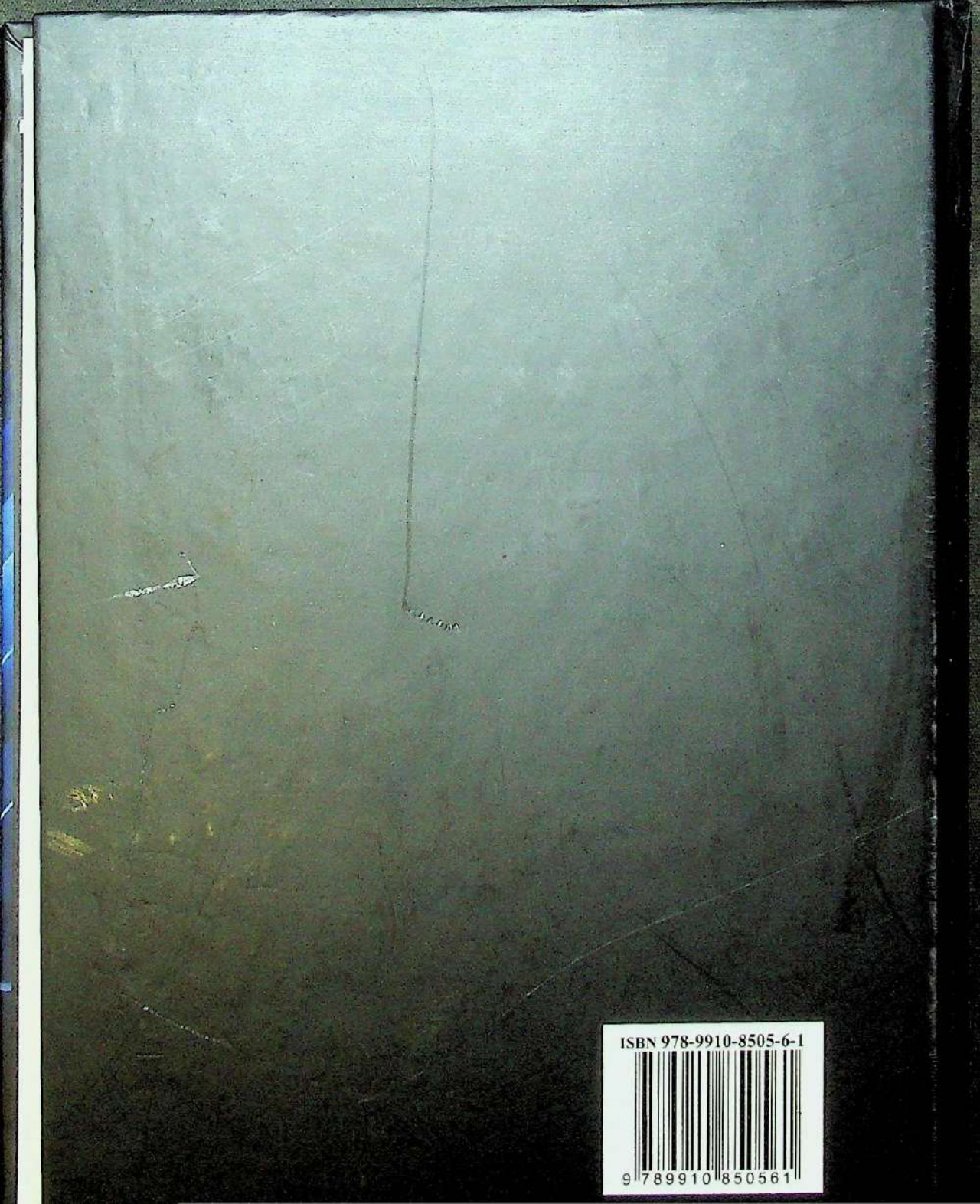
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