

Ejercicios combinados para mejorar la efectividad de la técnica de virada con agarre de dos brazos a un brazo con traslado por la cabeza desde la posición de 4 puntos

Combined exercises to improve the effectiveness of the tack technique with two-arm grip on one arm with head transfer from the 4 points position

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RESUMEN

La presente investigación está dirigida a diseñar ejercicios combinados que contribuyan al perfeccionamiento de la ejecución de la técnica de virada con agarre de dos brazos a un brazo con traslado por la cabeza desde la posición de 4 puntos en las atletas de Lucha Libre de la categoría 11-12 años, del Municipio Moa. Para el desarrollo de la misma se realizaron encuestas y entrevistas que permitieron determinar las principales insuficiencias que limitan la ejecución correcta de la técnica objeto de estudio y sirvieron como base para elaborar la propuesta.

Palabras clave: Ejercicios combinados; Técnica de virada; Lucha libre femenina; Categoría 11-12

ABSTRACT

The present investigation is aimed at designing combined exercises that contribute to the improvement of the execution of the technique of tack with two-arm grip on an arm with transfer by the head from the 4-point position in the wrestling athletes of category 11 -12 years, from Moa Municipality. For the development of the same, surveys and interviews were carried out that allowed determining the main insufficiencies that limit the correct execution of the technique under study and served as the basis for preparing the proposal.

Key words: Combined exercises; Tack technique; Female wrestling; Category 11-12

INTRODUCTION

The emergence of fighting as a combat sport and its location in year and place, is not yet specified, however, there is evidence in countries belonging to the ancient eastern cultures, especially in Egypt, China and India, which prove antiquity from the practice of this sport, mainly on the banks of the Nile River where there are drawings, paintings and writings that show scenes of Wrestling.

The fight was introduced in the Olympic Games of Antiquity in 776 a. C. but it already existed before and was known by all civilizations. Indeed, representations of fighters were found in the Akkadian and Sumerian civilizations. The first authentic information about the fight goes back to the time of the Sumerians. "The Gilgamesh Poem" written around 2,300 BC. c., tells the story of wrestling competitions typical of that period.

Today, hundreds of different fighting styles are counted around the world, many countries have local styles, such as the Glima style in Iceland, Schwingen in Switzerland or Cumberland in Great Britain, however, as a sport discipline and combat sport it is It distinguishes: the Wrestling or Olympic Wrestling (LL), the Greco-Roman Wrestling (GR) and the Women Wrestling. All three are included within the term Olympic Wrestling or Olympic Wrestling, as they are present at the Olympic Games.

Wrestling is a sport in which each participant tries to defeat his rival without the use of blows. The objective is to win the match by making the opponent fall to the ground and keeping both shoulders fixed on the mat or winning by scoring by evaluating the techniques and actions achieved on the opponent.

The incessant and vertiginous development of contemporary sport, the ever-increasing challenges, as well as the demands made regarding the competitive results that identify the sports struggle in Cuba, in the different scenarios, lead to the search for formulas, mechanisms, strategies that contribute to raising the preparation of athletes for the sake of better sports results.

In recent years, Cuban fighters have achieved remarkable results in the world arena, they have won important victories in world and regional games, as well as in the Olympic Games, among which is the contribution of the Holguín province, both with athletes and national teams as in the medal table.

This sport, like the other modalities, requires the physical, technical, tactical and psychological preparation of its athletes, from an early age to respond to the demands of this type of sport.

Technical preparation constitutes a direction of the training process of the freestyle wrestler of great importance in its development, since as Ozolin (1985) has stated, "Technical preparation is the way of carrying out physical exercise, the set of sequential movements and simultaneous of which any physical exercise is formed, it can be easy or difficult by virtue of actions carried out over a long period of time, among the technical elements to be taken into account for its implementation are the technical actions corresponding to the group of the tacks, especially the tacks with a two-arm grip to one arm with transfer by the head from the 4-point position.

This type of tack is not currently the most used, although it is a technical element that when perfected allows you to win a fight before the time limit, also, with the new regulations this is a position that is reached quite frequently in the combat.

DEVELOPMENT

The investigation was applied intentionally in 10 of the 12 athletes that make up the Women Wrestling Team in the 11-12 years category of the Moa municipality and the two coaches of that team. The selection criterion is due to the fact that of the athletes that make up the team, they are the ones that meet the conditions from the bodily point of view to perform a tack with two arms to one arm with transfer by the head from the 4 points position. The study was carried out initially in the 2017-2018 school year and second moment in the 2018-2019 school year.

In order to prepare the proposal, different bibliographic references were also consulted, which allowed the physical, technical and special elements that are covered in the proposal to be adequately worked on. Among the referents consulted, Ozolin (1985) stands out, who stated that: "technical preparation is the way of carrying out physical exercise as a set of sequential and simultaneous

movements from which sports physical exercise is formed, it can be easy or difficult, in by virtue of the sum of the actions that are carried out over a prolonged period of time".

Forteza (1999), who points out that technical preparation is aimed both "at the teaching and at the improvement of technical actions (motor skills), object of the sports specialty". For his part Copello (2001) who exposes in his thesis of degree that "technical preparation is also the context where the athlete's thinking is forged." In addition, the didactic elements that it provides and its benefit for the problem under study in this investigation were taken into account.

In turn, Ramírez (2015) makes a proposal of exercises to improve the technical execution of the tacks with universal in the female wrestling where some elements were taken into account. On the other hand, the technical actions for learning the tacking with imbalance provided by Vicente & Bandera (2016) offer an efficient perspective for the proposal of this research.

Likewise, the technical actions for the improvement of the projections with turns in the female wrestling proposed by González (2017) offer elements related to the position of 4 points necessary for the development of this research.

On the other hand, Rodríguez (2017) proposes actions to enhance the process of improvement of the projections with tonnage in the Greco-Roman youth category fight in Santiago de Cuba of which useful elements were taken into account for the proposal.

The elements of physical preparation were taken into account by pedagogical training directions of the Cuban junior school fighter (11-12 years old) in the mesocycle, according to the sensitive periods of development exposed by Aguilera & Sánchez (2018).

After the analysis of the contributions of the aforementioned authors and together with the insufficiencies detected in the diagnosis made to the selected athletes, the proposal of combined exercises to improve the effectiveness of the tack technique with two arms to one arm with transfer was elaborated over the head from the 4 points position. The elaborated exercises are presented below:

Exercise #1: Perform the technique without resistance.

Description: One athlete in the ground position and the other athlete imitates the tack technique with two-arm grip on one arm with transfer by the head from the 4-point position.

Objective: Find a correct position and imitation of the technique.

Exercise #2: Changing partners without partner resistance.

Description: The athletes are located each with their partner, they are oriented to first work the technique alone for 5 minutes and then for the same period of time the other athlete performs the exercise. Repeat 2 or three times without resistance from the partner.

Objective: To familiarize athletes with the technical element with their partner.

Exercise #3: Execution from the ground position

Description: Athletes are organized in pairs, one sitting opposite each other with hands clasped on the chest with the legs stretched out, the other athlete in the ground position and the command voice that is sitting performs the technique without resistance from the partner.

Objective: To increase the complexity when carrying out the technical element.

Exercise #4: Sitting with your back to your partner

Description: Athletes are organized in pairs, one sitting on the back with the hands clasped on the chest with the legs stretched, the other athlete in the ground position and the command voice that is seated executes the technique without resistance from the partner.

Objective: To increase the complexity to perform the technique.

Exercise #5: Running at a distance of 2 meters for 1 minute.

Description: It accommodates the athlete who is going to run in the ground position and the one who is going to perform the technique will perform a continuous run for 1 minute at a distance of 2 meters and the sound of the whistle will move from where they are at that moment to perform the technique without resistance from the partner.

Objective: To increase the complexity to perform the technique by combining it with running physical exercise.

Exercise #6: To perform the technique with 50% resistance from the partner

Description: Athletes are organized in pairs scattered on the mattress in the ground position and the technique is performed with 50% resistance, that is, it defends itself a little and then lets it perform the element.

Objective: To assess whether the athletes have so far correctly assimilated the previous exercises and to continue increasing the level of complexity for the execution of the technique.

Exercise #7: Execution after making turns.

Description: Athletes are organized in pairs scattered on the mattress, the one who is going to perform the technique begins making turns on the back of the partner for 20 seconds at the end of this time the coach will give the order to perform the technique without resistance from the partner.

Objective: To try to perform the technique as well as possible after intensive work.

Exercise #8: Running after doing front laps

Description: They are organized in pairs, one athlete in the ground position and the other athlete performs front turns for 15 seconds and at the sound of the whistle performs the technique without resistance from the partner.

Objective: To seek guidance in space before performing the technique.

Exercise #9: Execution after making turns with open arms.

Description: An athlete is placed in the ground position, the one who is going to execute stands next to her, performs turns with open arms for 15 seconds and at the command voice executes the technical element.

Objective: To coordinate the execution of the technique with special abilities.

Exercise #10: To perform the technique using training stops.

Description: Athletes are organized in pairs, scattered on the mattress, perform training stops with tasks of technique execution.

Objective: To evaluate the feasibility of the previous exercises using training caps.

CONCLUSIONS

In the diagnosis made, insufficiencies that limit the execution of the tack technique with two arms to one arm with transfer by the head from the 4-point position in the athletes of the Women Wrestling Team category 11-12 years of Moa municipality. The elaborated exercises combined physical, technical and special elements that

allowed to greatly improve the effectiveness in the execution of the technique under study in the selected athletes.

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