

El entrenamiento de la resistencia de la fuerza rápida en luchadores pioneriles

Training of fast strength resistance in pioneer wrestlers

Geiner Alberto Rodríguez-Peña¹, José Luis González-Ramírez², Francisco Freyre-
Vásquez³

¹Lic. Metodólogo municipal de deportes de combate. Holguín, Cuba. grodriguezp@uho.edu.cu

²M.Sc. Profesor Auxiliar. Facultad de Cultura Física, Universidad de Holguín. Cuba. jlgonzalez@uho.edu.cu

³Dr.C. Profesor Titular. Facultad de Cultura Física, Universidad de Holguín. Cuba. ffreirev@uho.edu.cu

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RESUMEN

El presente trabajo tiene como objetivo elaborar una alternativa metodológica para el desarrollo de la resistencia de la fuerza rápida en luchadores de la categoría pioneril del combinado deportivo “Jesús Feliu Leyva” del municipio Holguín. Para llevar a la práctica el trabajo se tuvieron en cuenta métodos del nivel teórico y empírico que posibilitaron la comprensión de los distintos elementos que inciden en el problema objeto de estudio, así como la posibilidad de encontrar una respuesta científica adecuada a estos elementos.

Palabras clave: Resistencia a la fuerza rápida; Metodología; Juegos; Luchadores

ABSTRACT

The present work aims to elaborate a methodological alternative for the development of fast strength resistance in wrestlers of the pioneer category of the combined sports center “Jesús Feliu Leyva” of Holguín municipality. To carry out the investigation, methods from the theoretical and empirical level methods were used, that made possible to understand the different elements that affect the problem under study, as well as the possibility of finding an adequate scientific answer to these elements.

Key words: Fast strength resistance; Methodology; Games; Wrestlers

INTRODUCCTION

The following research was carried out based on the need to give an effective answer to the development of physical capacity resistance to fast strength in wrestlers of the 11-12 years old category in the municipality of Holguín, which would make possible to achieve sports results in accordance with the requirements of high-performance sports according to Gamble (2013), Taylor et al. (2012), Lun et al. (2012).

Taking into account that these did not satisfied the demand of the territory and when diagnosing with the Fight Sport Group of the Combined Sports “Jesús Feliu Leyva” was determined that an aspect that was negatively influencing the achievement of the expected results was precisely the deficit of this capacity considered decisive for the achievement of high sports performance in may sports. (Haff & Triplett, 2015, Calero y González, 2015, Bompa & Buzzichelli, 2015, Román, 1997)

From that moment, the pertinent research and studies began to be carried out, which made possible to design a methodological alternative for the development of muscular strength in these athletes, based on the specific characteristics of the group, with emphasis on the individualization of the preparation of fast strength resistance, as evidenced in Rodríguez et.al. (2016).

When analyzing the previous elements, is determined that the object of study where the problem situation exists is framed in the process of sports training for the practice of Fight, and its field of action is the methodological alternative for the work of resistance to fast strength in school athletes of this sport. (Cervera, 1996).

Based on this knowledge, the findings and studies carried out previously in the content analysis of different national and international research reports were thoroughly reviewed, it was determined that there is a broad contribution in relation to the training process of the Olympic Fight according to Kalač & Gontarev (2014) and Cove & Young (2007) but the treatment given in Cuba to the development of fast strength resistance at these ages in sports practice is insufficient, proving that in the preparation programs of the athlete do not exist a methodology that use the game method for its work in order to develop this ability.

The limitations that exist in the province are extensive to the rest of the territory, including high-performance school and youth teams, since there is no a methodological alternative that makes possible to scientifically carry out work and systematic control of resistance to fast strength, to assess its development in wrestlers and the impact on sports results; therefore, on many times combats are lost with athletes of a lower technical level and even, in many cases, less experienced, given that the physical capacity of muscular strength in its different manifestations allows the enhancement of other physical capacities according to Peña et al. (2016), Rendón et al. (2017), Westcott et al. (2012) including the prevention of injuries exposed by Abenza (2014) and Capote et al. (2017) among other aspects that integrally influence the final sports result.

This work aims to determine how the development of resistance to fast strength affects the positive biological growth of wrestlers, their interrelation with other determining physical capacities in this sport, without limiting the adequate execution of technical elements; and therefore in achieving high sports results, which translates into a more integral wrestler, an aspect in accordance with contemporary needs that underlie new global trends in the process of managing sports training. (Calero, 2013)

DEVELOPMENT

For the elaboration of the proposal, the results of the diagnostic were taking into account so as to bettering the development in the resistance to fast strength during the athlete's preparation which permits to obtain high sports results. The description of the games and exercises will be shown below.

No	Games	Way of use
1	Horse and rider on land	The horses will be placed in land position and the rider will be placed over with scattered legs, two teams will be formed or it can be in pairs, as a team it will be based on moving, reaching or touching a certain area. In pair horse and rider, facing another pair, will try to reach or move a mean to a certain area, the selected pair would prevent the objective.
2	Chain breaking	From 15 to 20 players hold on to the hips. A vigorous player is in the lead and runs as he likes in the area, continually changing the rhythm and direction of the race trying to break the chain.

3	Displacement fight	In pairs, for which both wrestlers will stand facing each other with the body leaning forward without forming a hump on the back, the legs in the form of a step, shoulder to shoulder and both grasping the arm on the same side being their fundamental objective that the opponent rests his free hand on the mat or one of his knees which will give against him a technical point.
4	Circle strength	In a circle with a diameter of 1.5m, there are 2 players who can be in the standing fighting position as well as in the ground position, in pairs taking their opponent out of the circle. (By expanding the circle to a diameter bigger than 3m the strength resistance will be developed).
5	Fight in the hole	Both wrestlers stand facing one each other of them with the right or left foot tucked into a small circle marked on the mat and the other foot can point it wherever his opponent continuously jumps on one leg around him trying to move it from its place by means of pushes, wings and feints. The player in the hole, on the other hand, will try to push the opponent or to put the raised leg on the ground.
6	Traction fight	Players holding hands either right or left will face each other. The legs in the form of a step and these separated by a line drawn on the floor, to a signal try to pull each other on the line. If someone crosses the line, will be the loser.
7	Chest to chest combat	Both athletes in the standing position with both hands clasped behind the waist, chest to chest push or try to back off in a certain area. Performing this game on the border of the competition area that can be hooked and without leg hooking that every athlete who steps on the protection mattress will receive a warning and a technical point for the opponent. See the work of the capacity object of work, to give them the time and the required repetitions of the objective to be sought by the trainers.
8	Rooster fight	Two wrestlers from the standing position with their arms crossed over the chest and jumping on one leg, try to make each other to lose their balance so that they have to support the second foot on the mat.
9	Circle Evasion	From 8 to 10 players will form a circle holding their hands or with arms between laces, one or two players are in the center of the circle and they will try to get out by breaking the grip of their teammates.
10	Head and tail	A teammate will be placed in front of a row and each one will grab the teammate in front by the hip, at the trainer's signal the first player (the head) will try to grab the last player in the row (the tail), action will not allow the other players to holding on tight so that the chain will not be broken.

11	Broody and vulture	Players will form a line clutching tightly the hip of the player who is in front so that the chain does not break. The first wrestler in line will be named brood, which extending his arms will prevent the wrestler in front named the vulture from catching one of his chicks, which have to participate in the defense movements of the brood so that all the row to move. As soon as a chick has been touched by the vulture or the chain is broken it will earn a technical point, starting the game again the vulture will join the end of the row and the brood goes to the front and so on.
12	The hen and envious	The number of participants is between 12 and 20. The development of the game, consists of the players grasping the hips, placing the strongest, the most vigorous, in front, and an athlete (the envious hen) trying to grab the last of the chain. (the last chick) and for this it has a time of 10sec., if not possible, another player will be selected as an envious chicken, to catch the last participant, or the last chick passed in front of the chain or defender of the chicks.
13	Fight for the Ball	Two teams will be formed, red and blue. One of them will have the ball (it can be a medicine ball, soccer ball, or any other object that can supplant it) and will try to take it to the final goal, which can be a line, a hoop, etc. which will be defended by the opposing team.

Table for the development of resistance to fast strength.

No	Games	Dosage		Capacity
		Time	Repetitions	Strength resistance
1	Horse and rider on land	+ than 15s.	+ than 12	x
2	Chain breaking	+ than 15s.	+ than 12	X
3	Displacement fight	+ than 15s.	+ than 12	X
4	Circle strength	+ than 15s.	+ than 12	X
5	Fight in the hole	+ than 15s.	+ than 12	X
6	Traction fight	+ than 15s.	+ than 12	X
7	Chest to chest combat	+ than 15s.	+ than 12	X
8	Rooster fight	+ than 15s.	+ than 12	X
9	Circle Evasion	+ than 15s.	+ than 12	X
10	Head and tail	+ than 15s.	+ than 12	X
11	Broody and vulture	- than 15s.	from 3 to 12	x
12	The envious hen	+ than 15s.	+ than 12	X
13	Fight for the Ball	+ than 15s.	+ than 12	X

The exercise proposal guide is based on the fact that in the development of this physical capacity, strength resistance, trainers despite having a series of general exercises that can strengthen their work, are lack of a proposal that responds to individual specificities according to the characteristics of the sensitive period for its development at these ages.

Indications for the work of muscular strength.

For the work of this capacity, 2 basic types of exercises can be used:

1-Exercises with external charge

- Launching (Medicine balls, sandbags, etc.)
- Transportation (Banks, teammate's weight, plinths)
- Drag (Car tires, etc.)
- Jumps (On benches and plinths with different directions and heights, alternates, etc.)

2-Exercises with self-charge, that is, exercises in which the body weight itself is used as load.

- Jumping (plyometric exercise)
- Climbs (Inclined plane, trellises, cross country races, etc.)
- Squares
- Flexion and extension

The fundamental inter-motivational element within physical activity is provided by the trainer or the instructor. Next, it will be shown some alternatives and methodological indications to make your activity a party of muscles and exercises where everyone will be pleased with what they do:

- To increase the distance or height of the jump, throw and other exercises. (Prefix a certain height with a rope, assign a competitive character to the throws, to seek higher interest in reaching a greater distance).
- To modify the lever arms. (In an exercise where exist movement of the arm, trunk and leg, eliminating some of these segments or simply reducing the angle of the exercise).
- To modify the speed of movement.
- To isolate the muscle group. (Eliminate the collateral movements that may arise, or establish an initial position in carrying out the exercise that enables greater or only the work of the selected muscle or muscle plane)
- To increase the resistance to displacement (Increasing weight with the opposition of a teammate).

Methodological indications

- 1- The work can be directed towards the large muscle groups responsible for the posture and the leg muscles, taking into account that the abuse of these exercises can have consequences on the bone apparatus.
- 2- Strength exercises also influence inter and intramuscular coordination, since they activate a high percentage of motor units in key moments in synchronization.
- 3- The exercises must be in accordance with what the auxiliary means and the possibilities of the students facilitate.
- 4- A starting structure or didactic form will be sought, that is, to follow a kind of methodology starting from the simplest exercises to the most complex ones, maintaining comfortable initial positions, such as the position of lying on the back, can be performed upward elevations of a single foot first, and then the other, raise the 2 at the same time, raised alternately, after lifting cross them up, etc.
- 5- In the same class, efforts will be made not to change material means to avoid waste of time.
- 6- As it can be possible, the way in which the means are used, will allow the work of all students.
- 7- The combinations of some elements, is convenient for experienced students.
- 8- Some exercises or combinations between them are exclusive for some students.
- 9- Exercises that may be potentially dangerous that may cause injury to students within the class must be taken into account.

Fundamental Means for Muscle Strength Training

1. Own body weight or a teammate.
2. Elastic devices (springs, rubber bands).
3. Exercises with weights.
4. Use natural means, sand, water, climb mountains.
5. Climb and climb.
6. Exercises on devices.

Within the aforementioned means, in this plan is consider the athlete's own body weight and apparatus exercises as a fundamental elements for muscular development.

The types of strength have their preponderance in the increase of the capacity according to the possibilities of the development of the performer where age is a vital element to take into account, for the application of the correct methodology.

CONCLUSIONS

al desarrollo biológico de estos atletas fortaleciendo su estado de salud al evitar lesiones y deformaciones elementos que deben incidir cualitativa y cuantitativamente en los resultados deportivos de este deporte en el municipio.

The realization of this work made possible to elaborate a methodological alternative to develop the resistance to fast strength in wrestlers of the pioneer category of the combined sports center "Jesús Feliu Leyva" of Holguín municipality. In its design and elaboration, the necessary elements for contributing to increase the resistance to fast strength as a priority physical capacity within the wrestler preparation in these ages, to the biological development in these athletes, strengthening their health status avoiding injuries and deformations elements should influence quality and quantitatively in their sporting results.

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