

Social problems in the study of tactical preparation treatment in combat sports

Problemas sociales en el estudio del tratamiento de la preparación táctica en los deportes de combate

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ABSTRACT

El tema que se aborda está relacionado con el tratamiento de la preparación táctica en los deportes de combate. El objetivo que se formula en este trabajo, es identificar algunos problemas sociales que se relacionan con el tratamiento a la preparación táctica en los deportes de combate, con énfasis en la lucha deportiva. Se utilizan métodos y técnicas como la revisión documental, la encuesta, la entrevista, la triangulación metodológica. Como resultado de identifican algunos problemas sociales, relacionados con la aplicación de la ciencia, la necesidad de herramientas científico metodológicas y e identificación de responsabilidades en el proceso de preparación táctica en los deportes de combate.

Key words: Tactical preparation; Methodology; Combat sports; Social problems

RESUMEN

El tema que se aborda está relacionado con el tratamiento de la preparación táctica en los deportes de combate. El objetivo que se formula en este trabajo, es identificar algunos problemas sociales que se relacionan con el tratamiento a la preparación táctica en los deportes de combate, con énfasis en la lucha deportiva. Se utilizan métodos y técnicas como la revisión documental, la encuesta, la entrevista, la triangulación metodológica. Como resultado de identifican algunos problemas sociales, relacionados con la aplicación de la ciencia, la necesidad de herramientas científico metodológicas y e identificación de responsabilidades en el proceso de preparación táctica en los deportes de combate.

Palabras clave: Preparación táctica; Metodología; Deportes de combate; Problemas sociales

INTRODUCCTION

The fight has its origins with the emergence of man, according to Pérez (1988), no country can claim to be the inventor of this sport, although there is evidence in ancient Egypt where paintings representing actions of this sport were found, but their form the most organized is in Greece where it was part of the program of the ancient Olympic games.

Wrestling is one of the sports that is part of the program of the first modern Olympic games held in Paris, France in 1896. It was introduced in Cuba in 1920 with an exhibition carried out by a North American company of professional wrestlers, from there its practice it was concentrated only in Havana. It was not until the triumph of the revolution in January 1959 that this sport reached its peak with the extension of its practice to all the provinces of the country, its inclusion in the program of school games and participation in events at the regional, continental level. and worldwide.

As an individual combat sport, it is subject to compliance with a series of rules, the main purpose of which is to put the opponent on his back on the mat or to beat him by the points accumulated during the performance. In this sport, it could be said that it is competed in three styles, Wrestling masculine and feminine and Greco-Roman; all associated with the World Union of Wrestling (UWW).

Sports fighting is characterized mainly because the actions are carried out with great speed and dynamism in periods of time and delimited space for the most part by the rules of competition with very precise movements and adjusted to competitive situations, which are determined by the Coordinating capacity of the effort based on the actions carried out by the opponent, the satisfactory execution of each of the technical movements and the tactical actions carried out by the athlete.

The activity of the fighter is characterized by the amount of attacks, defenses and counterattacks that occur in combat, which forces the fighters to develop a high level of tactical work.

Cuban wrestling in both the Greco-Roman style and freestyle currently has outstanding results in the international arena at the Central American, Pan-American and world levels, the Greco-Roman style in particular has managed to be crowned world champion, a fact that occurred in Patras Greece in the 2001 and more recently in 2016, he was crowned Olympic champion in Rio de Janeiro, Brazil.

However, despite these excellent results according to the analyzes carried out at the end of the London 2012 and Rio 2016 Olympic Games by Fernández (2013), Rodríguez (2016), former heads of the Methodological Technical Department of the National High Performance Directorate, agree on that the tactical preparation, continues being the pending subject of the Cuban sport; wrestling, as one of the main sports in these events, does not escape from this problem.

This situation causes a social problem among the different actors in the process, which focuses on the search for those responsible, since the teachers of the national teams hold the teachers of the EIDE responsible for the deficiencies that the athletes show when they arrive at these centers, the teachers of the EIDE for their part say the same of the teachers of the sports areas and these in turn blame the teachers of Physical Education.

In keeping with this, the solution to this social problem is not in the search for those responsible, but, in the search for solutions applying science and technology, Vila (2017); Arteaga (2019), in a way that allows increasing scientific production in this sense. In this regard, Morales (2002) states that the tactic has been the component of the preparation less approached by the students of the theory and methodology of sports training, when compared with the great production of books, articles, magazines and scientific works that are They dedicate to the rest of the components (Physical Preparation, Theoretical Preparation, Technical Preparation and Psychological Preparation), a problem referred to as “the phenomenon of the stopped clock in time”.

The objective formulated in this work is to identify some social problems that are related to the treatment of tactical preparation in combat sports, with an emphasis on sports fighting.

DEVELOPMENT

There are several authors who have dealt with the concept of tactic in the international and national context, Matveev (1983), Malho (1985), Riera (1995), Toran (1995), Mirallas (2007), Morales (2002), Mazur (1985), Petrov (1976), González (2013), among others.

These proposals unquestionably make their contributions to the conception of tactical preparation, since they provide the teacher with elements such as: tactical action, its psychological phases, pedagogical stages and above all what is tactical preparation, however, they present several limitations such as:

- They do not express how to proceed for the treatment of tactical preparation.
- They are characterized by being explanations of a general nature, that is, they do not take into account the particularities of sports groups.
- In the method they use, the reproductive predominates.

In the theme, the criterion of Morales (2002) is assumed, who in his text "The path of success towards elite sport", refers that the tactic is a set of actions that allows the athlete to know how to do, decide, apply and create the conditions to executing the technical gesture.

As mentioned previously, wrestling is an individual, combat sport, with opposition and without collaboration, it is delimited by time (bouts of two periods of three minutes) and by space it is competed on a (mattress or mat 12 by 12 meters, with a combat area of nine meters in diameter, a central circle of one meter in diameter, a zone of passivity of one meter wide and a security zone of one meter and fifty centimeters).

In sports fighting, tactical preparation has been addressed by authors such as: Mazur (1985), Petrov (1976), Catalá (2013), these offer a group of elements that allow sports teachers to guide the athlete's tactical actions, but They only limit themselves to giving tactical recommendations, that is, starting from the technical element that is taught, explaining some ways in a reproductive way of how to execute it in combat conditions and although this step is correct, the tactical preparation process is richer, since The athlete must be given greater independence and creativity, who ultimately is the one who develops the fight on

the mattress, in addition to being proposals, in which their teaching method is directive, since the teacher's guiding role predominates during the process of teaching-learning, which makes the athlete limit himself to reproducing what he indicates, a situation that also occurs in competition.

In Villa Clara, in the last two Olympic cycles, (2009-2012 and 2013-2016) this sport has had unstable results, in both cycles it remained between seventh and ninth place at the national level, being outside the potential range of the province that is from first to fifth place. In the current 2017-2020 cycle, a recovery is shown by placing in 5th place and the Greco-Roman style achieving second place in the 2018 national games.

In the analyzes carried out by the Department of High Performance and the Directorate of School Sports in the province, a group of deficiencies related to the preparation process of Villa Clara athletes are expressed, among which the development of aerobic capacity, strength special and tactical preparation.

In this sense, studies carried out in the territory through master's thesis and specialties by, Fernández and López (2016), reveal that in the pedagogical practice of the teaching process teaching-learning of sports wrestling in the province, predominates a methodological procedure focused on the guiding role of the teacher in the process and the athlete as a passive subject during the activity. This is one of the pedagogical problems identified by these investigations. However, other social problems persist that hinder the treatment of tactical preparation in sports fighting as a combat discipline, whose identification and evaluation is the essence of this communication.

From the methodological point of view, to carry out the process of identification of social problems, the materialist dialectical conception has been taken into account as a general method of science, this allows determining the contradictions existing in the process of tactical preparation of the fighter to the to be able to specify the existing limitations in said process, such as the guiding role of the teacher, the athlete as a passive subject and the little similarity of the situations with the real combat situation.

The systemic approach enables the establishment of relationships and interdependencies between the pedagogical elements related to sports fighting, such as the principles, concepts, categories and conceptual definitions and the teaching phases, etc.

The analysis of documents to analyze normative and methodological documents of the process, related to the subject under study, such as the comprehensive program for the preparation of the athlete in sports fighting, training plans, class plans, analysis of pedagogical tests and preparatory competitions among others and the pedagogical or training experiment.

The survey in order to obtain information about how the treatment of tactical preparation is carried out and to verify the cognitive and practical needs that coaches have about the object of study.

Observation makes it easier to contrast in practice the characteristics of the treatment of tactical preparation, in the different moments of preparation and competition.

Measurement makes it possible to measure test results and observations, associated with tactical preparation, from the assumed theoretical position. The interview facilitates the collection of information by the teachers who apply the designed methodology, about its usefulness in the tactical preparation process. Consultation with specialists to identify problems from their specialized personal conception.

The methodological triangulation, for the concurrent verification of the data obtained from the different methods.

As a result of the methods, some social *Problems related to the treatment of tactical preparation in combat sports were identified:*

Determination, among the different actors in the process, of responsibility for tactical preparation in combat sports, from the base to the national level.

- Predominance in the pedagogical practice of the teaching-learning process of sports fighting in the province, of a methodological procedure focused on the guiding role of the teacher in the process and the athlete as a passive subject during the activity.

- Need to apply science and technology, in the search for solutions to the problems identified.
- Need to increase scientific production related to the problems of tactics in combat sport.
- Need for a scientific-methodological tool that allows the teacher to acquire a wide range of theoretical knowledge, related to the process of tactical preparation in combat sports.
- Alternatives to assess from practice their relevance, utility, applicability and feasibility, among other aspects, of the scientific tools or products obtained.
- Procedures for the teacher based on the diagnosis, organization, selection of methods and evaluation of the tactical preparation process.

Based on the above data, the author considers that a methodology, integrated by a conceptual apparatus that allows the teacher to acquire a wide range of theoretical knowledge, such as principles, concepts, categories and definitions to face the tactical preparation process with greater rigor and depth; and an instrumental device that enables him to approach how to diagnose, organize, select methods and evaluate the tactical preparation process; it could be that solution to some of the social problems identified. The methodology can provide a group of elements such as:

- Determination of the content and demands of sports fighting.
- Definition of tactical situations in sports fighting from the conception assumed in the research. (situations of knowing how to do, decide, apply and create).
- Determination of tactical performance levels.
- Actions and rules to be developed in each phase of the methodology for the treatment of tactical preparation, which enable its implementation and transform the reality of the object.

CONCLUSIONS

Social problems identified with the treatment of tactical preparation in combat sports, with an emphasis on sports fighting; it requires the application of science and technology, in the search for solutions. With the application of a methodology, an increase in the quality of life of the fighter has to be achieved from the fact that

the teacher has a scientific-methodological tool both in the theoretical and practical order to develop the tactical preparation process with a personalized character, which will make the process adjust to the characteristics and possibilities of each of the fighters. The methodology as a solution to the problems identified, implies a better tactical preparation of the fighters, which translates into greater competitiveness and achievement of better results in international competitions, thus giving prestige to Cuban sports and fighting; This question, which is a priority of the Cuban State.

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