

Proceso de entrenamiento de la táctica en los judocas masculinos de la categoría 15-16

Tactics training process in male judo athletes from 15-16 category

Evaristo Delis-Mena¹

¹Lic. EIDE “Rafael Freyre”. Guantánamo, Cuba. evarisdm@gmail.com

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RESUMEN

La presente investigación tiene como objetivo presentar una alternativa metodológica para mejorar la efectividad de las acciones tácticas en los judocas masculinos categoría 15-16 de Guantánamo. Se aplicaron métodos y técnicas de investigación como el análisis bibliográfico, la revisión de documentos, la encuesta, la observación, la entrevista abierta y la distribución empírica de frecuencias que permitieron corroborar las deficiencias relacionadas con el tema presentadas por los judocas objeto de estudio, así como las necesidades que presentan los entrenadores para dar solución a esta problemática.

Palabras clave: Alternativa metodológica; Preparación táctica; Niveles de efectividad; Judocas masculinos

ABSTRACT

The purpose of this research is to present a methodological alternative to improve the effectiveness of tactical actions in male judo athletes from the 15-16 category of Guantánamo. Research methods and techniques were applied such as bibliographic analysis, document review, survey, observation, open interview and empirical frequency distribution that allowed to corroborate the deficiencies related to the subject presented by the judo athletes under study, as well as the needs that trainers present to solve this problem.

Key words: Methodological alternative; Tactical preparation; Levels of effectiveness; Male judo athletes

INTRODUCTION

The preparation of the athlete is aimed at working the five essential components that integrate it, whose elements will be closely linked to each other, the management of sports performance is not conceived without a consequent development of the physical, technical, tactical, theoretical and psychological component, considering the three fundamental aspects in which the application of the exercise moves, the general, the special and the specific ones.

As long as things continue to be observed in a mixed and unrelated way, it will happen as with the psychological preparation that is the Cinderella among the components, because it is said that it is in all the preparations and that it has been done since the professor is in front of the student.

It is clear that this is another reductionist approach in sports training and an epistemological problem. It is about seeing the psychological preparation through the word exclusively and not through concrete facts such as interventions, applications of development and evaluation methods.

The tactical behavior of an athlete has become a determining element for obtaining good results in different competitions at all levels. For these reasons, a methodological alternative is proposed in this work to improve the effectiveness of tactical actions in Guantanamo male judo athletes from 15-16 category.

DEVELOPMENT

First, mention will be made that the tactical term comes from the Greek *taktikee* (ordering up the things). In military and sports terms, tactics refers to "what is necessary to win in battle or in the game" (Sampedro, 1999). Racinowski, in Latorre (1989), understands the tactic as: "the thought, rationalized, economical and planned way of performing sports fighting". This definition presents a great inconvenience, since it mixes the concepts of tactics and strategy, that is, when pointing out, that it is the way in which it should be detailed, since this characteristic would be more typical of the term strategy. It is considered, therefore, that it would be more correct to talk about the way thought during the development of the game (decision-making), in addition, it is added that it speaks

of planning when the tactics are not really planned, but rather what has been executed is executed Previously planned.

For Sampedro (1999), the tactic is: "the intelligent combination of motor resources, individually and collectively, to solve the current game situations that arise from the same competitive activity." Theoderescu (1984), defines it as: "the totality of the individual and collective actions of the players of a team, organized and coordinated rationally and in an unitary way within the limits of the regulations of the game and of the sports technique in order to get the victory. " The aspect to be highlighted by this author is that he defines tactics together with technique as an unitary concept.

So, the concept given by researchers Núñez and Milanés (2010), from the National Studies of Combat Sports Center, is taken, where they define that "... tactics is the realization of brain tasks in practical-competitive activity, processed to from thinking skills and other psychic functions of the athlete, aimed at the efficient and effective solution, of multivariate problem situations he faces; and whose solutions, express an integral performance of your sports preparation".

In the review made to the PPD of the sport of judo, in which weaknesses were detected that limit the treatment of tactical preparation for athletes in this category. These insufficiencies constitute the starting point to improve the process of tactical preparation of the judo athletes from the 15-16 category of the EIDE of Guantanamo.

From the vision left by the concept given by the researchers Núñez and Milanés (2010) and what was proposed by, Jaume A. Mirallas Sariola, (2010) approaches the concept, specifying the sport and points out ... "The tactical action is the result of the productive and creative mental activity of the corresponding technical action with adequate anticipation, when there is the opposition of "uke", and its immediate competitive application in a logical and rational way..."

- When talking about technique, it refers only to TORI
- When talking about technical-tactics, it refers to TORI and UKE (without opposition)
- When talking about tactics, it refers to TORI and UKE (with opposition)

The approaches of the cited authors are assumed but the author of this research considers it necessary to take into account a planning of the tactical preparation mounted on the basis of the sub-directorates, but also proposes a dosage of the levels of opposition of the Uke, creating different styles of uke and combat situations plus an evaluation of the effectiveness of tactical actions in the different stages of the athlete's preparation process, as a fundamental tool to raise the level of the qualitative indicators of tactical preparation that are: the psychic disposition, decision-making, effectiveness and mastery of anticipation.

To lay the foundation during the preparation process that judo athletes needs to perform with high efficiency and effectiveness, in different competitions. In order to improve the tactical preparation of judo athletes in this category, it is pertinent and necessary to consider the following:

- To separate the technical component from the tactical component.
- To dose the tactical component taking into account the sub-directions given by Núñez and Milanés.
- Definition of the tactical objectives by stages and their logical derivation towards the mesocycle, microcycle and training unit.
- To create the levels of opposition of uke for a better dosage and assimilation of this component in the teaching and learning process.
- Evaluation of tactical preparation through the effectiveness of tactical actions during the training process.

In order to elaborate this methodological alternative, the contributions of several researchers such as Mahlo (1983), Rudik (1988), Pérez and Cruz (1995), Álvarez (2002 a, b) and Becali (2009) that allowed determining the components of the proposal to solve the proposed objective.

Proposal of the methodological alternative for tactical preparation

Methodological aspects	Methodological core
Conceptual aspects	Tactic and effectiveness
Basic Psycho-pedagogical	Phases of tactical action
Development Process Category	Tactical requirements of Sport Tactical content General and special means
Essential premise of the development process	Tactical thinking (particularities) Creativity / Problem teaching
Integrator of the development process	Methods Uke's opposition levels dosage Evaluation of the effectiveness of tactical actions
Preventive of the development process	Tactical tips (coaches and students)
Determining directions	Explosive force, speed resistance, special competitive resistance, tactics and speed of reaction
Conditioning directions	Maximum strength, aerobic resistance, mixed resistance. Technique, speed of movement and flexibility
Didactic aspects to consider	Diagnosis of knowledge needs and tactical skills: contents of the tactic, tactical objective of the training units, control and evaluation techniques. Levels of assimilation: familiarization, reproduction, application and creation.

Tactical Sub-directions: Methodological alternative for the tactical preparation of male judo athletes from 15-16 category and its dimension.

Dimension	Indicator	Tactical demand in judo	Tactical need	Tactical objective	Tactical tasks	Methods	Activities and Procedures	Methodological indications	Evaluation system
Organizational	Orient ation to offensive and defensive tactics	Take advantage of the opposite's weaknesses and mistakes	To create a tactical plan. To seize the right moment.	Raise the decision level during combat actions	Study of opposite. Realization of Ushi-komi with a level (0 to 4) of opposition of the uke with a certain condition. Explanation and demonstration of possible tactical solutions depending on the condition of the Uke.	Observational Problematisation Modeling	Control and statistical study. Ushi-komi with opposition from uke and tactical demands. Kakari-Geiko and Yaku-Soku-Geiko. Individual work. Front in pairs.	To accomplish with the principle of conscious activity.	Control model Instrument Observation guide

Intellectual	Sense of the opposite (posture, kumikata, displacement, time, punctuation, area)	Technical and tactical variability Development of senso-cognitive and senso-perceptual abilities	To define a tactical plan depending on the type and level of the opposite	To improve the senso-cognitive and senso-perceptive capabilities that allow us to anticipate the tactical actions of the opposite	To identify the opposite's technical-tactical characteristics. To define the technical complex and individual tactical field. Explanation and demonstration. Resolution capacity. Decision-making. Tactical independence.	Observational progressivity Reciprocity Problematization Senso-perceptive Productive	Rule domain. Ushi Komi to reaction. Ushi komi blindly. Ushi-komi with opposition from uke and tactical demands. Individual work. Front in pairs.	To emphasize in the attention of concentration	Control model Instrument Observation guide
Volitive	Tactical independence Tactical decision Perseverance	The right choice of tactical actions under any impediment. The effective character of thought. The speed of thought processes. The support in knowledge	Ability to determine and high level of tolerance against adversity, to comply with the objectives and goals during training and competition.	To increase specific volitional qualities during combative actions	Communication exchange with the athlete. Explanation and demonstration. Ability to resolve fatigue, fatigue or injuries. Decision-making.	Problematization Modeling	Charge modeling. Competitive modeling. Competitive endurance. Front in pairs. Trio front. Scattered front.	To work on fatigue, with a high motivation.	Control model Instrument Observation guide

Affective-motivational	Tactical intentionality Emotional stability	A systematic and continuous education of tactical thinking to elevate and develop the practical thinking of judo athletes. Demands that autonomy of thought be developed in judo athlete.	Creative logical thinking. Self-confidence and possibilities.	To define the defensive intentionality, offensive or combined, of its tactical field taking into account any possible variant of the solution to be used.	To adjust the tactical field to the requirements of the opponent and the type of competition. To plan tactical objectives, being the fulfillment of this your greatest satisfaction, for your self-evaluation.	Problematisation Modeling Progressiveness Reciprocity Competition	Ushi-komi with opposition from uke and tactical objective Randori developer Randori of study Control stops Competition. Couple Front Individual work	To stimulate the level of creativity, decision-making, compliance with the tactical objective and effectiveness, achieving an optimal emotional state, and a favorable psychological climate.	Control model Instrument Observation guide
Attitudinal	Towards the fight, motivated, optimistic and responsible	A high psychological availability, willing and prepared to face the demand of the competition and the psychological intensity that it causes.	High tactical preparation, which provides a state of optimal sports form.	To potentiate optimism, motivation and responsibility towards combative actions	To improve character indicators towards the adversary in combat such as: impetuosity, optimism, self-regulation	Modeling Competition	Randori developer Randori of study Control stops Competition Couple Front Individual work	To evaluate the competitive tactical disenchantment and the level of effectiveness of tactical actions	Control model Instrument Observation guide

Intellectual tactical sub-direction

	Tactical contents	Tasks and tactical means	Tactical methods	Practical examples
Mesocycle developer I	Observational ability	Study of the opposite. Tactical plan defined. Ushi-komi of the technical complex s/o Ushi-komi of the tactical field c/o	Observation Repetition Modeling Progressiveness Reciprocity	It will have a notebook in which will be reflected the strengths and weaknesses of the main adversaries, as well as videos of their fighting. Which will allow to create a more objective tactical plan. Make U-K in competitive displacement of its main techniques achieving the automation of the technical gesture. It will execute U-K with opposition from the opposite, managing to raise the level of effectiveness of its tactical field.
Mesocycle developer II	Senso-perceptual ability	Concentration of attention Offensive tactics Ushi-komi jet. Ushi-komi blindly s/o and c/o Randori blindly	Senso-perceptive. Problematicization Progressiveness Competition	He will perform ushi-komi-nage, with different command voices where only one is valid to perform. Execute a tactical action, after solving a mathematical operation, where according to the number to finish, it will be the action that will be executed, which will be previously oriented and informed by the coach. U-K will perform blindly offensive and defensive to both the tashi and the ne. Randori will perform blindly study.
Preparatory control mesocycle	Memory capacity (senso-cognitive)	Anticipation Decision-making Defensive tactics. U-K defense and counterattack	Senso-perceptive. Problematicization Progressiveness Competition	From the previous knowledge of the strength of its main rivals collected in its study of opposite and province to which it belongs. The coach will mention the name of the province and uke will perform one of the preferred tactical actions of this previously known rival to which tori will perform a defensive or counterattack action. U-K defensive and blind counterattack. Randori with defensive intent.

Uke opposition levels for tactical preparation	
Level-0	Tashi: uke will adopt the kumi-kata / Shisei and the displacement that the coach or the tori needs to do his hybrid work Ne: uke will adopt the necessary posture to facilitate the work of tori (supine cube, prone cube) passively.
Level-1	Tashi: uke will do a light kumi-kata job, competitive displacement in different directions and adopting different defensive positions Ne: uke will remain active, changing the defensive position (from 4 points to the extended position and looking to turn in front of tori). But staying prone cube.
Level-2	Tashi: uke will do a defensive job of light kumi-kata, dodging and coping. Ne: The above, with blockages of tori's attacks and being able to pass to the supine cube defensive posture, but without going on the offensive or the tashi.
Level-3	Tashi: uke will do a total defensive and counterattack job. Ne: Defense and obstruction of tori's attacks, go on the offensive, without leaving work in the ne-waza.

Level-4	Tashi: All of the above, plus an offensive work oriented by the coach in correspondence to tori's weaknesses or possibilities that he gives from the mistakes or inaccuracies that he commits. Ne: The above, including moving on to tashi.
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CONCLUSIONS

The proposed methodological alternative will solve the insufficiencies detected in the tactical preparation of male judo athletes from the 15-16 category, which will help to increase the level of effectiveness of tactical actions in order to obtain better results in the different competitions.

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