

***Methodological strategy for the use of combined offensive technical-tactical actions
in the preparation of Greco-Roman style fighters, school category of the
Guantánamo EIDE***

***Estrategia metodológica para el empleo de acciones técnico-tácticas ofensivas
combinadas en la preparación de los luchadores estilo grecorromano, categoría
escolar de la EIDE de Guantánamo***

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ABSTRACT

Given the importance of technical-tactical actions in fighting, a methodological strategy is presented aimed to resolving the methodological difficulties presented by the trainers of Greco-Roman style wrestlers, a school category of the Eide in Guantánamo. The methods and techniques were used: systemic structural functional, documentary analysis, survey, interview, observation, mathematical statistics and the criteria of specialists. The feasibility is given in the possibilities of its application and in serving as a tool for the preparation of coaches, it also contributes to carrying out the process in the required time and ensuring each action, according to the indications proposed.

Keywords

Technical-tactical actions; Fighters; Greco-Roman style; Preparation.

RESUMEN

Dada la importancia de las acciones técnico-tácticas en la lucha, se presenta una estrategia metodológica orientada a resolver las dificultades que en el orden metodológico presentan los entrenadores de los luchadores estilo grecorromano, categoría escolar de la Eide en Guantánamo. Se emplearon los métodos y técnicas: sistémico estructural funcional, análisis documental, encuesta, entrevista, observación, estadísticos matemáticos y el criterio de especialistas. La factibilidad está dada en las posibilidades de su aplicación y en servir de herramienta para la preparación de los entrenadores, además contribuye a realizar el proceso en el tiempo requerido y asegurar cada acción, según las indicaciones propuestas.

Palabras clave

Acciones técnico-tácticas; Luchadores Estilo grecorromano; Preparación.

INTRODUCTION

Wrestling is a sport that has experienced many transformations, resulting from changes in competitive regulations whose objective is to make this sport more dynamic, with a tendency to reduce combat time (increasing problematic situations), so the demands increase.

All these transformations, to the extent that they are regulated, influence the technical-tactical actions of the fighters, where the level of this preparation throughout an entire period of long or short-term entertainment is decisive for sporting performance. In this sense, all changes and rules are projected from the UNITED WORLD WRESTLING (UWW) Statutes, the Financial Regulations, Disciplinary Regulations, Regulations for the Organization of International Competitions and the International Rules of Wrestling.

The increasing presence of this sport in competitions and the possibilities of enriching the medal table increases concern about its results, which is why all avenues are exploited to improve it in any of its classifications. Thus, preparation in Greco-Roman style fighting reaches new nuances and in particular technical-tactical preparation, which is based on the use of technical skills and volitional possibilities, through the analysis of the opponent's particularities in a specific situation, where technical means and motor capabilities are used during combat.

The preparation of the athlete is aimed at working on the five essential components that make it up, whose elements are 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 components, considering the three fundamental aspects in which the application of the exercise moves, the general, the special and the specific.

About preparation in Greco-Roman wrestling, we know from the work of several researchers, who highlight the importance of the structural forms of technique and tactics in the process of teaching and learning and the development of the tactical technical arsenal, its mastery. and specialization, which, combined with the possibility of functional, physical development, and work capabilities, will lead to better and greater competitive results (Gonzales, 2013).

According to Perrera (2016), the problems that occur in the Greco-Roman style require greater emphasis on the continuity of the movements of the four-point standing position, in which a new action is considered necessary to improve the effectiveness of performing exercises. the continuity of the technical-tactical elements of these positions.

Regarding the above, (Agosthino, Pereira, Busso, Candau, Franchini, (2015), Artioli Saundares, Iglesias, Franchini, (2016). They maintain that if the athlete has a poor selection of technical elements

as well as a bad defense, counterattack and anticipation is sentenced to defeat, therefore, enhancing technical-tactical training in Greco-Roman wrestling makes it possible to approximate it and model its reality.

However, little research has been found on this topic, and those consulted do not offer specific explanations for the execution of combinations of offensive technical-tactical actions in a chain during combat, which is the essential purpose of this thesis.

Practice confirms that when carrying out an attack where the chain of technical-tactical actions is achieved, the fighter will trust more in his possibilities, having more resources to solve the changing combat situations, increasing his security to obtain the triumph. Hence, the need to offer a strategy that details the training aimed at chained attacks, considering all the elements that influence achieving optimal technical-tactical preparation.

The topic related to the technical-tactical work to achieve effectiveness in carrying out actions to achieve the four-point standing position is the subject of research by authors, such as Alijanov, (2009), who refers to various requirements for technical-tactical improvement to achieve it, for his part Negret, (2012), refers to the lack of preparation of coaches regarding the positions. Meanwhile, Perrera (2016) raises the need to increase biomechanical movements to achieve these positions. It is evident that work is continually being done to search for ways to improve the technical-tactical preparation of Greco-Roman style fighters.

However, this search still does not reach all its expectations, since in practice where the Greco-Roman style wrestlers of the Guantánamo Eide school category are explored, the lack of emphasis on the preparation for the execution of the fights is notable. movements from the standing position to four point, seen in the poor performance of combined actions that generate these positions and, moreover, in the work for the continuity of the technical-tactical elements of said positions.

In consideration of the above and evaluating the competitive results of the school category wrestlers, the following insufficiencies have been determined:

- The insufficient preparation of the coaches in relation to the technical-tactical, limits the use of combined offensive actions in the Greco-Roman style wrestlers of the EIDE school category during preparation.
- Insufficient use of combined technical-tactical actions to achieve the four-point standing position.

- In the Comprehensive Athlete Preparation Program, no indications are required for the development of combined technical-tactical actions during the preparation of Greco-Roman style wrestlers.

These insufficiencies allow us to confirm the inconsistencies, in the process of technical-tactical preparation during the training of the Greco-Roman style fighter, at the Sports Initiation School (Eide) of Guantánamo, in the school category, so the reflections addressed allow us to raise the following:

Scientific problem: ¿how to promote the use of combined offensive technical-tactical actions in the preparation of Greco-Roman style fighters, in the (EIDE) of Guantánamo? Therefore, the objective of the research is: to develop a strategy that favors the use of combined offensive technical-tactical actions in the preparation of Greco-Roman style wrestlers, a school category of the EIDE of Guantánamo.

METHODOLOGY

The research selected all the coaches (four) and wrestlers (12) from the school category, from the Guantánamo provincial EIDE. The wrestlers are in secondary education (7th to 9th grade) between 13 and 15 years old., with a sporting experience of 4 to 5 years, they move through the sports pyramid.

Documentary analysis was used as the main empirical methods by reviewing the reports of the results of the competitions and the training plans. Observation of preparation classes was carried out in 20 training units, establishing several indicators for evaluation taking into account the level of positivity or negativity. Of the 20 classes, 13 of them for 65% were negative in the planning of technical-tactical actions and 7 of them were positive for 35%.

The survey of the fighters to determine if they can determine all the technical-tactical errors or weaknesses that arose during the fight. Of (12) for 100% were interviewed, of them in the first question they had to do a brief analysis of the combat, only 33% were evaluated as acceptable, and 67.5% as not acceptable.

The interview with the coaches was carried out after the methodological strategy was implemented, they referred to the increase in thinking in the offensive technical-tactical actions of the fighters, caused by the increase in work time during preparation, as well as a favorable systematicity in the realization of his combinations, which allows him to solve quickly and come out satisfactorily in combat.

RESULTS

The purpose of the methodological strategy is to favor the use of combined offensive technical-tactical actions in the preparation of Greco-Roman style fighters, a school category of the Guantánamo Eide.

By their nature, strategies have a limited time for their execution and each phase is intended to achieve a specific objective. In this case, the diagnosis of needs is considered as input, which in turn includes a set of tasks. Then the process is aimed at the execution of actions aimed at achieving improvement, at transforming the conditions that gave rise to the development and use of the strategy and, finally, the product of the strategy that constitutes the evaluation of the contribution to improvement. of the process, in this particular the technical-tactical preparation of Greco-Roman style fighters. Each of the stages of the strategy and the group of actions that comprise it are defined below:

First stage

Diagnosis and planning of the process:

The actions to be executed are the detection of contradictions in a methodological context. In this case, the process of preparation of the Greco-Roman style fighters of the Guantánamo EIDE, which began and ended in the diagnosis carried out, prior to the characterization of the way in which offensive technical-tactical actions are carried out, and which gave objectivity to the problematic situation, reason for the investigation.

1. Determination of the objective of each group of actions.
2. Determine the characteristics of the opposites.
3. Selection of offensive technical-tactical actions to combine.
4. Determination of procedures for teaching combined technical-tactical actions.
5. Discussion and analysis of the premises for working with combined offensive technical-tactical actions.

Second Stage

Implementation of the strategy based on the proposed combined offensive technical-tactical actions.

The coach is expected to activate and operate, through the following actions to be carried out to crystallize this stage: how the training process should be systematically renewed.

Preparation workshop for coaches:

1. Explain the elements to take into account to establish the combinations of offensive technical-tactical actions.
2. Demonstrate offensive technical-tactical actions in a combined manner.
3. Apply the procedures for carrying out combined offensive technical-tactical actions during preparation.

4. Organize the fighters in correspondence with the established combinations and style of the opponent.
5. Direct the execution of combined offensive technical-tactical actions by the fighters.

Combined offensive technical-tactical actions for the preparation of Greco-Roman style fighters, school category of the Guantánamo Eide

Objective: achieve an increase in the arsenal of technical-tactical actions of the fighters, their execution in combat and better sporting results

No 1: Legs in a step shape semi-flexed at shoulder width, trunk semi-inclined forward, arms semi-flexed with the elbows close to the body (FIGHTING POSITION), wing the opponent's closest arm with both hands diagonally and downwards looking for the back (ARM ALON), with both hands grasping above the elbow, twist the arm around the neck, keeping the head up and pulling the arm down (SACRIFICE) closing the trunk elbow to elbow, advancing the most forward leg inside the opponent's legs, the rear leg moves towards the back, knocking him down to the bottom position, passing behind (TRUNK TACK), bringing the leg closer to the body under the opponent, passing through the bridge of the neck (UNWALK). OF 2 POINTS), continue with the legs supported on the soles of the feet, taking the opponent off the mattress, projecting with an arch at an angle of approximately 90 degrees. (IMPAIRMENT OF 4 POINTS).

Methodological indications:

- Keep grips secure.
- Do not lower your head, do not cross your legs.
- Carry out offensive technical-tactical actions towards the opponent's back and head.
- Do not rest your elbows and knees on the mattress.
- General observations for carrying out combined offensive technical-tactical actions.
- Constantly maintain the initiative in combat.
- All offensive actions to be carried out will be in correspondence with the typical somato characteristics of the opponents, the study of pre-movements, preferred or most efficient in previous combats.
- The wrestler must face the competition from a moved defense and/or place in the bottom position.
- The actions are carried out taking into account the area of the mat and the advantage or disadvantages in the fights.

- The combined offensive technical-tactical actions will be carried out throughout the preparation process in the form of chaining each of the technical-tactical elements in similar situations during the development of the fundamental competitive moments.
- Application of the evaluation system for the execution of combined offensive technical-tactical actions.

Third Stage

Evaluation of the application of the strategy.

This stage will allow controlling and evaluating the results of the entire process of implementing the methodological strategy to favor the use of offensive technical-tactical actions in the fighters, Greco-Roman style, it will be possible to determine the fulfillment of the actions and the possible transformations that must be carried out. to achieve the evolution of the technical-tactical preparation process of Greco-Roman style wrestlers, school category. This will be possible from the implementation of this strategy and the references to take into account will be compliance with those characteristics that are recognized:

- Objectivity: consideration of the specificity of the objective in relation to the technical-tactical preparation process.
- Effectiveness: diagnosis of the level reached by Greco-Roman style wrestlers, school category in the new conditions.
- Current events: correspondence of the procedures applied with the characteristics that the technical-tactical preparation is acquiring.
- Flexibility: possibility presented by the strategy to adapt to the changing conditions of technical-tactical preparation.
- Objectivity: because its entire organizational projection is conceived from the results of the characterization of the actions carried out during the technical-tactical preparation of the fighters and what was observed during the fights.
- Development: demonstrates that the change and conscious transformation allowed the emergence of qualities that surpassed the previous ones, that is, a progressive development from the general to the specific will occur in the fighters, as they go through the different levels or stages of realization of the abilities. offensive technical-tactical actions.

- Flexibility: the methodological strategy must be permanently redesigned, depending on the characteristics of the fighters and the transformations they undergo in carrying out combined offensive technical-tactical actions during preparation.

ANALYSIS AND DISCUSSION

Analysis and evaluation of the application of the methodological strategy.

In the experimental phase with the school category.

Levels of help were offered to coaches so that they could insert the actions of the methodological strategy into the training plan without breaking with what is guided by the Comprehensive Athlete Preparation Program.

It was evaluated based on empirical methods, confirming the main results:

The development of tactical-technical actions in athletes during preparation is carried out through the repetition of combined offensive actions, from various positions in simple and complex situations with their defense and counterattack, achieving correct economy and coherence in the work. since most of the difficulties that the fighters had in the different links in the sports chain were eliminated, thus demonstrating the effectiveness of putting the proposed offensive technical-tactical actions into operation, which satisfies the demands of the technical-tactical actions. tactical in combat, showing a greater arsenal in solving tasks.

The two coaches agreed that it increases the possibility of carrying out offensive technical-tactical actions by combining specific grips in the standing position to the four-point position, achieving a solid adaptation to these actions, which allows them to succeed in their fights. They agree that it has been possible to maintain advantages in combat, since the fighters have definition of logical thinking of technical-tactical actions in an organized manner.

There is an average of 85% of fighters who prefer to exercise technical-tactical actions in different positions in combination, defining a specific solid grip that allows them to resolve a situation, score points and continue in an advantageous position against their opponent, being in an offensive position.

Seven, 83% of fighters prefer to perform two or three continuous technical elements in the fight from the standing position to four points, using takedowns, turns and throws in both positions.

Consultation with specialists was used with the purpose of obtaining an assessment of the essential characteristics of the methodological strategy, taking into account as an indicator:

- Level of acceptance of the methodological strategy developed to favor the use of combined offensive technical-tactical actions in the fighters, Greco-Roman style of the Guantánamo Eide.

A group of 15 specialists with more than 15 years of experience as wrestling coaches was selected. The opinion of specialists was requested about the elements related to the relevance of the guiding ideas of the methodological alternative and its structure: stages, actions and methodological indications, and suggestions for its practical implementation.

The indicators for evaluating the proposal to solve the identified problem were developed in a questionnaire (Annex 1). To process the opinions of the specialists, the following categories are assessed: Adequate (1), Poorly adequate (2), Inadequate (3), obtaining the results shown in (Annex 7).

Taking into account the evaluations of the specialists, the methodological strategy can be considered adequate. Despite this, some made suggestions to the proposal, among which the following can be mentioned: achieve greater precision in the methodological indications according to the combination of actions and the actions corresponding to the execution stage should explain in more detail the actions of the wrestling coaches, Greco-Roman style to specify technical-tactical actions in sports practice.

The evaluated positive and negative aspects largely showed very good variability and effectiveness of these combined offensive technical-tactical actions in combat, an example of which is that the collective of fighters in solving complex situations throughout the implementation of the strategy methodological, worked for 90%.

This result consolidates the opinion of the coaches about the increase in thinking in the technical-tactical actions of the fighters, caused by the increase in work time during preparation, as well as a favorable systematicity that allows them to resolve quickly and come out satisfactorily.

CONCLUSIONS

1. The methodological strategy to promote the technical-tactical preparation process from its peculiarities, stages and actions favors the implementation of combined offensive technical-tactical actions in the preparation process of the fighters, Greco-Roman style of the school category of the Eide of Guantánamo.

3. Combined offensive technical-tactical actions express a systemic and integrative approach with the objective of fulfilling their purposes, which is why they admit changes and variants based on the results obtained.

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