

Typical tactical fencing exercises (youth women's foil) of Santiago de Cuba

Ejercicios tácticos tipificados de esgrima (florete femenino juvenil) de Santiago de Cuba

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Reception date: October 3, 2024

Acceptance date: November 3, 2024

ABSTRACT

The research deals with functional exercises where it is based on the characteristics and conditions presented by the athletes for tactical work in fencing athletes of the school category in the sex foil modality of the EIDE of Santiago de Cuba. These will be put in function of different offensive and defensive situations, producing a combat modeling achieving a specific and quality adaptation. We worked with 100% of the population of the juvenile female floret during. This research aims to: apply functional exercise planning based on combat situations to contribute to the excellence of tactical preparation in fencing athletes in the school female foil modality of the EIDE Cap. Orestes Acosta.

Keywords

Fencing; Tactical; Foil; Combat.

RESUMEN

La investigación trata acerca de ejercicios funcionales, basándonos en las características y condiciones que presentan las atletas para el trabajo de la táctica en atletas de esgrima de la categoría escolar en la modalidad de florete del sexo de la EIDE de Santiago de Cuba. Estos se pondrán en función de diferentes situaciones ofensivas y defensivas, produciendo una modelación del combate consiguiendo alcanzar una adaptación específica y de calidad. Se trabajó con el 100% de la población del florete femenino juvenil durante. Esta investigación tiene como objetivo: aplicación de una planeación de ejercicios funcionales basada en situaciones de combate para contribuir a la excelencia de la preparación táctica en atletas de esgrima en la modalidad de florete femenino escolar de la EIDE Cap. Orestes Acosta.

Palabras clave

Esgrima; Táctico; Florete; Combate.

INTRODUCTION

Tactical preparation requires physical conditions and technical elements to fight a fight, but intelligence and a theoretical level are also needed. The truth is that she is in charge of teaching the athlete to make rational use of his possibilities, of the level of preparation achieved. For that reason, we talk about this preparation as the "queen of the system."

By tactical preparation we can understand the process that provides the most organized and effective ways of using the technique. This preparation can also be defined as the process of mastering tactics, that is, the acquisition of knowledge, habits and skills necessary to make correct decisions during the competition, as well as their improvement.

Fencing is characterized by being a variable and acyclical sport so it depends on the actions and preparations of the opponents. Tactical preparation will depend on the athlete's mastery of technical elements which he has to put into practice during the fight.

During several courses, due to the lack of resources and, at the same time, few limits and preparatory skills, tactical preparation has become difficult, with the mechanization of actions being appreciated, the use of incorrect actions at a given moment in combat and few variants of actions. of first and second intention costing the victory, dependence on preparations on the opponent's weapon, little initiative to carry out offensive actions, lack of control over the time and moment of action, also influencing the quality with which the athletes arrive at the EIDE, or that is, the expiration of the objectives of the category, where on many occasions he has not performed pair work or combat.

Problem: insufficiencies in the sports training process during learning in tactical preparation which influences the sports results of athletes

Based on the above, we set ourselves the following **scientific problem:** How to contribute to the excellence of tactical preparation in fencing athletes in the foil modality in the female school category of the EIDE Cap. Orestes Acosta?

Objective: Application of an exercise design based on combat situations to contribute to the excellence of tactical preparation in fencing athletes in the school female foil modality of the EIDE Cap. Orestes Acosta.

Scientific questions

1. What are the theoretical foundations that support tactical preparation in sport?
2. What is the current state of tactical preparation in fencing athletes?
3. How to plan exercises based on combat situations to contribute to the excellence of tactical preparation in fencing athletes?

4. How to evaluate the preliminary application of the exercises for tactical preparation in fencing athletes in the EIDE female foil school category?

Tasks

1. Theoretical foundation that supports tactical preparation in sport.
2. Diagnosis of the current state of tactical preparation in fencing athletes.
3. Design of exercises based on combat situations to contribute to the excellence of tactical preparation in fencing athletes.
4. Assessment of the preliminary application of exercises for tactical preparation in school fencing athletes of female foil from the EIDE

Scientific methods

From the theoretical level: Analysis and synthesis, inductive-deductive

Empirical method: Observation

Interview

Survey

Statistical processing: Percentage calculation, average

DEVELOPMENT

Tactical preparation is a process that requires creativity on the part of coaches and athletes, and represents one of the traits that most distinguishes athletes. This characteristic of tactical preparation makes it a difficult process since it requires a constant search for new means, procedures and methods.

Population and Sample

For the investigation, a population of 5 athletes was taken where the sample coincides with 100% of it. Of the athletes, 3 (1 gold, 2 silver) are medalists in school games, 1 (bronze) in the first category, 1 medal (bronze) in national control with national team athletes and immediate perspective athletes. .

Methodology

The exercises that we will show below will be used mainly from the special stage onwards, giving rise primarily to the mastery of the technical elements and the development of the athletes' physical capabilities.

These will be put in function of different offensive and defensive situations, producing a modeling of the combat, achieving a specific and quality adaptation.

Training must take on extreme importance at a tactical level, dealing with all the aspects that the coach wants to happen on the court at different times that the fight has.

The exercises proposed must simulate moments of competition and this simulation must not decontextualize what the competitive reality will be.

The **BUTT** motives test, the **SCAMPER** for creativity and the Wisconsin test aimed at measuring the executive functions of the brain were carried out.

Exercises

- ✓ Work for the development of the sense of attack, counterattack and defense distance in the 4 meters. These must be provoked or by the movement of the opponent's legs and/or weapon.
- ✓ Response attacks with the opponent's relaxation after a failed attack.
- ✓ Use of changes in rhythm, amplitude and direction of movements, using them depending on the tactic to synchronize and/or unbalance to make the opponent lose distance and concentration in order to prepare a simple or compound attack or defense action.
- ✓ Put into practice false actions that the opponent sees as true, these must be provoked based on being effective with simple attacks until reaching compound and combined ones. These are effective against athletes who carry out many counterattacks.
- ✓ Carry out defensive actions in anticipation and at the last moment, with circular or direct defenses, combining the time of action with responses to different sectors where these are not immediately repeated, maintaining the same moment for the action.
- ✓ Carry out counterattack actions, gaining time against the opponent with preparation with and without the weapon.
- ✓ -Perform batiment actions on the opponent's blade in different positions, this movement must be masked both with the legs (dancing on the floor) and with the armed arm, seeking the appropriate moment and distance for the execution.
- ✓ 2nd intention actions both within 4 meters and at the limits of the track.
- ✓ Use of the line in defense actions at the last moment.
- ✓ Give up and steal the initiative during exercises where none of them has the priority to direct, that is, they must win it, where they must do a simple, complex or combined action.
- ✓ Perform wall exercises both with homework and free exercises
- ✓ Attack with situations of advantages and disadvantages, both in score and with the duration of the combat.
- ✓ Surprise attack: this tactic consists of taking the opponent off guard with a quick and aggressive attack, without leaving them time to react. It can be useful in situations where the opponent is distracted or tired.

- ✓ Distance control: distance control is one of the most important tactics in fencing, as it allows you to maintain a safe distance from the opponent and attack from an advantageous position. If your opponent tries to close the distance, you can use defensive moves such as recoil or blade guard to maintain proper distance.

Analysis of the results

After work to which time has been dedicated, it was first possible to obtain 1 bronze medal in the individual event in the national control in the month of April where athletes from the national team and immediate prospects participated, in a national ranking they are located After the athletes of the national team, the 3 athletes from Santiago, they improved in decision making, studying the situation and the ability to react quickly to movements.

It improved the constant understanding of the combat conditions, the anticipation of the actions and intentions of the adversary, manifested in the speed of visual perception, in the promptness of psychological analysis and the insight of tactile and muscular sensations at the moment in which exercises and assaults were carried out, improving effectiveness.

It improved the athletes' creativity by adjusting and adapting to different situations created by the opponent. It allowed them to anticipate offensive and defensive actions and better prepare to face them, being more innovative and thinking outside the box, leading to new and effective solutions in unforeseen circumstances in combat, where by being encouraged they improved their ability to face challenges. Motivation was medium to high. For which the **BUTT** reasons test and the **SCAMPER** were used.

In the Wisconsin test, aimed at measuring the executive functions of the brain, it showed mental indicators of a general nature and potential development, which can be translated into the neuropsychological demands of solving strategic and tactical problems within combat, in all areas. athletes gave normal with a qualitative level of medium-high.

NATIONAL CONTROL MONTH FEBRUARY 2024

Nombre	CC	CG	CP	Ave	P+	P-	Efic
Luisa	7	2	5	285	35	35	0
Delianis	7	3	4	428	28	37	-1,28
Susana	7	3	4	428	27	39	-1,71
Total	21	8	13	380	90	111	-1

NATIONAL MONTH APRIL 2024

Nombre	CC	CG	CP	Ave	P+	P-	Efic
Luisa	8	6	2	750	52	31	2,63
Delianis	8	5	3	625	49	36	1,62
Susana	8	3	5	375	38	43	0,62
Total	24	14	10	583	139	110	1,20

(Evaluation of Efficiency $Ave = CG * 1000 / CC$ $Efic = (P+) (P-) / CC$)

Efficacy Evaluation

Bird = $CG * 1000 / CC$

Eff = $(P+) (P-) / CC$

Ave = Average

CC = Number of Fights

CG = Battles Won

Efic = Efficiency

P+ = Points in Favor P- = Points Against

CONCLUSIONS

1. The use and design of exercises based on combat situations in the process of sports training in fencing tends to change a procedure of technical orientation to one of tactical predominance and contributes to the excellence of tactical preparation.
2. The technical resource is developed in a broad conception, making it possible to respond to the demands demanded by combat situations.

3. Tactical planning proposes the necessary objectives to rationally fulfill the exercises, methods, resources, educates athletes on initiative, time and moment of action. Eliminate activities protected under improvisation, which tend to be reasons for failure and do not lead to an end.
4. Promotes motivation, creativity and the development of technical gestures in combat.

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