INDIVIDUALIZATION PROGRAM TRAINING IN FREESTYLE WRESTLING

Latyshev S.V.
Donetsk Mihayilo Tugan-Baranovsky National University of Economys and Trade

Annotation. The purpose of the study - the development and verification of the effectiveness of the program individualization of training fighters. The experiment involved two groups of fighters: experimental (21 fighter) and control group (30 wrestlers), aged 16-17 years. Duration of the experiment was 2.5 years. Model profiles of each of the typical style of confrontation included anthropometry, physical and psychological indicators. The coefficients of correlation between the profile of preparedness wrestler and model profiles of each of the typical style of warfare. The maximum correlation coefficient showed a predisposition to certain Typical wrestler style confrontation. Found that most of the fighters have a moderate degree of conformity to one of the typical styles of warfare.

Keywords: software, customization, fighting, style confrontation.

Introduction

One of directions of training’s perfection in Olympic sports is connected with maximal orientation on individual bents and abilities of every sportsman, when working out of all many years’ training system as well as with determination of optimal competition functioning’s structure [4]. In wrestling, in particular in free style wrestling, these bents and abilities are the base of individual style of wrestling. It is known that wrestlers of high, international level have their own style and often win the fights with equal adversaries, conducting duel just in this style [6-8, 13-15]. Earlier we had marked out and founded existence of seven possible (typical) styles of wrestling in free style wrestling: every wrestler of high class is a master in one (very rarely two) of these styles [1].

Style of wrestling is determined by structure and level of physical and mental fitness as well as by anthropometrical indicators. Manifestation of these kinds of fitness as well as anthropometric indicators of each style’s wrestler are quite different and are expressed in specificities of techniques, tactical and strategy of competition functioning (СД) [2, 9, 1-12].

That is why, individualization of certain wrestler’s training (working out and realization of training program) shall be fulfilled depending on his bent to typical style, with orientation on model characteristics of the chosen style [5].

Thus, in the fames of problem of theoretical-methodic provisioning of training’s individualization in free style wrestling it is urgent to work out and test effectiveness of program of training’s individualization.

The work has been fulfilled as per combined plan of scientific & research works in sphere of physical culture and sports of Ukraine for 2011-2015 by topic 2.9 “Individualization of training process of qualified wrestlers”, state registration No. 0111U001723.

Purpose, tasks of the work, material and methods

The purpose of the research is to develop and test effectiveness of program of training’s individualization.

The methods and organization of the research. In the present work we used methods of literature sources’ analysis, pedagogical testing, anthropometry, quality metering. Results of the measurements were processes with methods of mathematical statistic (MO Excel, Statistika).

In formation experiment two groups of wrestlers took part: experimental (21 persons) and control (30 persons) of 16-17 years old age. Experiment lasted 2.6 years. Groups consisted only of those wrestlers, whose sport results were not lower than 5th place at cadets’ competitions of Ukraine. Training process of experimental group was organized as per offered by us program of individualization, while control group was trained by traditional program.

Results of the researches

Program of wrestlers’ training in experimental group was oriented on establishment of individual style of wrestling; it included stage of determination of bent to typical style of wrestling, stage of formation and improvement. The program was realized in three directions: competition functioning, training, out of training and out of competition functioning and implied dominating development of natural favorable wrestler’s qualities, at the account of which realization of wrestler’s style in competition functioning will be realized. The scope and intensity of training and competition functioning was practically the same in both groups.

Effectiveness of individualization program was evaluated by degree of wrestler style’s correspondence to typical style.

Initially at stage of determination of wrestler’s bent to any typical style of wrestling, his individual profile compared with model profiles of typical styles in order to determine the highest correspondence.

Model profiles of every typical style, which included anthropometrical, physical and psychological indicators were determined by us with the help of method of experts’ evaluation. Every indicator was evaluated by 5 points scale.

For determination of wrestler's individual profile we worked out a set of special tests and scales for evaluation of physical qualities and anthropometrical characteristics [3]. Estimation of cognitive-mental abilities was carried out by experts’ discussion.
Results of physical condition’s and physical fitness’s testing at the stage of wrestler bent’s determination showed that there is no confident differences between groups.

On the base of tests data for evaluation of every wrestler we worked out his fitness’s profile by 5 points scale. Then we calculated coefficients of correlations between wrestler’s profile and model profiles of every wrestling typical style. Maximal correlation coefficient pointed at wrestler’s bent to definite typical style (degree of wrestler’s correspondence to typical wrestling style, t).

In table 1 we present distribution of control and experimental groups’ wrestlers by degree of their profiles’ correspondence to profiles of typical wrestling styles at the beginning of experiment.

As it can be seen most of wrestlers have moderate degree of correspondence to one of typical wrestling styles: 85.1% - in experimental group and 64.5% - in control group and weak degree of correspondence was registered only in one case – in control group, and is 3.2%.

In table 2 there are given mean values of correspondence degree (maximal correlation coefficient) in experimental and control groups at stage of determination of wrestling style. Averaging was fulfilled by quantity of wrestlers in every group.

In the table we can see that mean values of correspondence degree in control and experimental groups are nearly the same; there are no confident differences.

Analysis of the obtained results shows that at stage of determination groups can be considered equal by qualities and they meet requirements of experiment.

Results of physical condition and physical fitness’s testing at the end of experiment showed also no confident differences between groups by these indicators.

In table 3 we present distribution of control and experimental groups’ wrestlers by degree of their fitness profiles’ correspondence to profiles of typical styles at the end of experiment. (During experiment 6 persons finished their sport career, that is why in the table there data of less quantity of the tested).

From the table it can be seen that in experimental group 12 (66.7 %) wrestlers have high degree of correspondence, while in control group – only 9 wrestlers (33.3%), that is two times less in percentage. It should be stressed that quantity of wrestlers with noticeable and high degree of correspondence in experimental group increased by 11.7%, while in control group this indicator remained at initial level.

In table 4 there are given mean values of correspondence degree in experimental and control groups at the end of experiment.
Mean values of correspondence degree in experimental and control groups at the end of experiment.

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Experimental group (n=18)</th>
<th>Control group (n=27)</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>X ± m</td>
<td>X ± m</td>
<td>&lt;0.05</td>
</tr>
<tr>
<td>Correlation coefficient</td>
<td>0.61 ± 0.04</td>
<td>0.49 ± 0.03</td>
<td></td>
</tr>
</tbody>
</table>

Comparison of tables 2 and 4 data shows that in experimental group mean degree of correspondence increased by 0.10 (19.5 %), and in control group – only by 0.03 (6.5 %). Statistical processing of the data showed that differences between mean values of correspondence degree to typical wrestling style between control and experimental groups are confident (p < 0.05).

**Conclusions:**
We have developed a program of individual wrestlers’ training, oriented on establishment of individual wrestling style. Effectiveness of the program has been proved by pedagogical experiment.
In the future it is assumed to develop coach’s conception of individual training in free style wrestling.

**References**

Information about the author

Latshev S.V.: ORCID: http://orcid.org/0000-0002-8382-5989; slatshev@ukr.net; Donetsk Mihaylo Tugan-Baranovsky National University of Economics and Trade; Schorsa str. 31, Donetsk, 83050, Ukraine

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