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## INTERRELATION OF TECHNICAL AND TACTICAL PREPARATION IN WRESTLING

The article raised a question of interrelation of «technical» and «tactical» preparation in wrestling, about association of these concepts in more difficult concept «technical-tactical preparation».

As leading experts on wrestling fairly consider, the equipment in combination with tactics is a basis of sports skill of the fighter whereas other parties of preparation play a supporting role in relation to this resultant component of activity. Thus, it is possible to allocate the enduring problem facing the theory and practice of wrestling, namely: improvement of technical-tactical training of athletes. Essential shortcomings of a technical and tactical training of athletes are shown.

**Key words:** *tactics, technical and tactical preparation.*

Basis in understanding of essence of wrestling is association of the concepts «technical training» and «tactical preparation» without accurate definitions of concept of «technique» and «tactics» in more difficult concept «technical-tactical preparation». In this regard we consider stopping in more detail on what we understand as «equipment» and «tactics».

Technical training is a basis of fighter skill. Without skills of performance of a sufficient arsenal of separate operations (movements, captures, breakthroughs, pokes, an emphasis, etc.) and their steady sets (methods of the attack, protection, counterattack, threats and other derivations of the rival) it is impossible to become the athlete of high qualification. We understand all ways of implementation of separate operations and their sets allowed by rules of competitions and allowing to influence actively the rival for achievement of a victory in a fight as technique of wrestling. Technology of fight includes operations in a rack and orchestra seats which should be mastered to automatism as fight is rapid and the rival does not allow deliberating especially. At the same time each operation and steady sets of operation can, depending on the developing situation, to make different sense. Moreover, methods of the attack (throws, translations, drops, revolutions, etc.) in a duel with rather experienced rival in general cannot be carried out if not to accompany them in the ways with tactical preparation, and not one, but several depending on features of the rival. Only in this case technique becomes full technical and tactical action. All this strictly demands from the coachon training pupils of each operation not only to pay attention to its consolidation, bringing to automatism, but also to stop in detail on tactical sense.

Methods of formation of movement skill in standard conditions are well-known, as researches on studying of skill in physiology and in the theory of sport were conducted in such conditions. These researches are guided by I.P. Pavlov's theory about conditioned reflexes.

The movement skill results from repetitions of motive operations and their sets. In this regard the main objective of the coach is the effective organization of repetitions with greatest possible thinking of the athlete, i.e. successful implementation of one of the fundamental didactic principles of physical education and sports training – the principle of consciousness and an activity of students. According to this principle training is based on conscientious attitude of the athlete to the process of mastering of the technology of fight, conviction in obligation of exact execution of the educational and training work and also interest in perfect mastering offered by the coach technical actions. [1; 2; 3].

Use of the techniques by the fighter in the conditions of competitions takes place against the background of continuous conflict interaction with the rival. Existence of conflict interaction gives certain features to technical training of the fighter which consist, first, in need of mastering of operations and their sets not in standard, and in variable conditions, secondly, in assimilation of tactics of their application, parallel and simultaneous with studying of techniques.

This is about forming of skills of carrying out the attacks, counterattacks, protection, etc. not in the facilitated conditions, and in «fighting». Let's consider the initial stage of forming at fighters of a «fighting» arsenal on the example of the attacking actions as the effective attack is a rod of successful fight. Initial and very responsible stage of forming of skill of the specific attacking action is creation of complete idea about it. At the same time the athlete that is extremely important, along with visual conception about motive structure of action, the data about its spatial, dynamic and other parameters obtains the first information on a tactical entity of the studied technique and also on opportunities of its subsequent application in competitive conditions. Thus, premises for the conscientious and active attitude of the fighter to forming of strong motive ability are created. In the course of repeated repetition of the attacking action in variable conditions the developed program and the corresponding mechanisms of the organization of movements gain further high-quality development – they become complicated, perfected and automated. In turn, it allows the fighter to accent at implementation of action attention mainly on its semantic structure [4; 5].

Thereby on forming movement skill real opportunities for practical mastering of tactical options are created, for example, a throw, in the modeled single combat that provides a successful solution of the main pedagogical task of technical and tactical training of the fighter – transformation of inclusion in action, and the last – in sporting achievements. As we have already noted, in wrestling the tendency to expansion and complication of a technical arsenal of sportsmen are clear which remains due to the finds of new effective operations and actions by outstanding fighters and coaches and secondly, to creation of harder and harder attacking combinations. So, the analysis of the international competitions in free-style wrestling shows that the use of new effective technical and tactical actions and their combinations by the leading fighters in fights is surprise for their rivals, it means that athletes and coaches are constantly in search of new forms and versions of the techniques and tactics of fight. Such fighter becomes a riddle for rivals, it is very difficult for them to adapt to him. Expansion and complication of a technical arsenal of fighters puts before coaches and other specialists a number of problems on an organization and management of technical and tactical training of athletes.

It is not a secret that technical and tactical improvement is a process of mastering a complex of the interconnected elements, each of which should be brought to high degree of an automatism. The more number of these elements the fighter owns, the more his potentialities. At the same time the interrelation of elements in all cases should be strong, flexible and reliable. Only then the athlete will be able to pass with ease from one version of the equipment to another, timely reacting to actions of the rival. However in practice this interrelation is not paid enough attention to, and the question is in how to teach the fighter to technical elements (to techniques, counter techniques and protection), but not to independent comprehension and their purposeful selection in the technical arsenal [6; 7].

The methods and tactics in wrestling are exclusively diverse, and it constantly grows. Development of technology and tactics of fight is caused, on the one hand, by the indefatigable sports competition on the international scene, and with another – change of rules of competitions. At the same time, as leading experts on wrestling fairly consider, the techniques in combination with tactics is a basis of sports skill of the fighter whereas other parties of preparation play a supporting role in relation to this resultant component of activity [8; 9].

Thus, it is possible to allocate the enduring problem facing the theory and practice of wrestling namely: improvement of technical-tactical training of athletes. To define ways of further improvement of technical and tactical training of fighters, we will allocate the main shortcomings of this process now. The biggest defect in training of fighters, in our opinion, is that they are trained in methods of fight, but not the conducting fight against the rival. Certainly, technique is a resultant part of actions of the fighter in a duel, but for its effective performing the fighter has to be able to carry out the corresponding preparation at constant confrontation of the rival.

The analysis of a competitive activity of fighters of freestyle allows to say that only 7–9 % of time are the share of performance of concrete techniques in a fight, and the rest of the time is spent for technique performance preparation, i.e. to fight for capture, to maneuvering and single combat, to creation of a necessary situation to start the attack, for the false actions allowing to mislead the rival about true intentions on carrying out this or that technique, protective actions, etc.

In this regard the great value is gained by the ways of tactical preparation. As showed pedagogical observations, in practice due attention is not paid to it. At the same time, as we already noted, the efficiency and reliability of carrying out technique are in direct dependence on tactical abilities of fighters. Other essential lack of a technical and tactical training of athletes is the wrong sequence of studying the technology of fight, violation of the didactic principles of training: «from known to the unknown», «from simple to difficult».

The essence of a shortcoming consists in the following, training techniques at a stage of initial preparation (according to the existing program) provides simultaneous mastering technique, protection and counter-technique, i.e., mastering technique, the fighter has to seize protection and countertechnique against this technique. But such sequence of studying of the attacking and protective actions as notes many leader specialists on wrestling, does not allow to create strong movement skills. To explain our thought, we will imagine that we build the building (we learn to attack) and right there, without having completed it, we begin to destroy the base of this building (we learn to destroy the attacks). For this reason the vast majority has no fighters, as they say, «school», i.e. performance of «classical» methods of fight is not put.

The following essential lack of technical and tactical preparation is the unsystematic character of its initial stage. Most of trainers of the country work as it is shown in the results of observations, on the basis of the experience, randomly determining the content of the studied material. In our opinion, such approach led to impoverishment of a technical arsenal of fighters, in particular, they use techniques with legs a little in competitive fights. The unsystematic character of formation of a technical arsenal is shown also that certain trainers resort to copying of the techniques of highly skilled fighters, disregarding specific features of the pupils, without comparing their readiness by leading masters.

Some trainers aspire (and the program for fight aims at it) to teach to perform sportsmen the main techniques and operations from all qualified groups, at the same time without estimating degree of their importance. Quite often the trainers paying the main attention to those techniques to which they can teach better and which is considered the most effective, that they break the didactic principle of a simultaneous training. It is known that the system of educational process according to this principle has to provide positive transfer of movement skills when studying technical-tactical actions.

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## ВЗАИМОСВЯЗЬ ТЕХНИЧЕСКОЙ И ТАКТИЧЕСКОЙ ПОДГОТОВКИ В БОРЬБЕ

В статье поставлен вопрос о взаимосвязи «технической» и «тактической» подготовки в борьбе, об объединении этих понятий в более сложное понятие «техничко-тактическая подготовка».

Как справедливо считают ведущие специалисты по борьбе, экипировка в сочетании с тактикой является основой спортивного мастерства бойца, тогда как другие стороны подготовки играют вспомогательную роль по отношению к этой результирующей составляющей деятельности. Таким образом, можно выделить постоянную проблему, стоящую перед теорией и практикой борьбы, а именно: совершенствование техничко-тактической подготовки спортсменов. Показаны существенные недостатки техничко-тактической подготовки спортсменов.

**Ключевые слова:** тактика, техничко-тактическая подготовка.