

### Methods of Teaching Greco-Roman Wrestling Techniques

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#### ABSTRACT

*In Greco-Roman wrestling, it differs from other sports due to the fact that the athlete's technical movements are many and varied. In order to organize the technical actions of the Greco-Roman wrestler and to create an opportunity for communication between specialists in this field, the classification, scope and terms of the wrestling technique were developed.*

Classification is a chain of interdependent concepts (classes, objects, events) in one or another field of knowledge. The classification is made on the basis of taking into account the common characteristics of objects and the legal relationship between them. Classification helps to take the right path in various objects and is a source of knowledge about them. The distribution of all combat methods according to the general features (classifications) allows specialists to develop theoretical and practical knowledge of the science, and at the same time helps to identify gaps in this knowledge. Internal relations between methods of struggle are considered on the basis of systematization. Systematization means systematizing the fighting technique, placing it in a certain order, setting a certain sequence.

In systematization, in contrast to classification (because the objects considered during it belong to one or another department, taking into account their similarity and interdependence), objects are used to determine their sequence - compared to one. Systematization reveals the possibilities of this classification scheme and shows its shortcomings. The task of classifying and systematizing Greco-Roman wrestling is to reflect the essence of wrestling. Classification and systematization cannot be carried out without preliminary work on the definition of concepts (dropping, transferring, collapsing, overturning, etc.). A well-constructed definition is the basis for creating a scientific term. The terminology of struggle is a set of terms used by specialists in their scientific and pedagogical activities.

All types of competition have general rules (according to A.P. Kupsov) and they consist of the

following:

1. Two athletes participate in the competition, each of them using methods or counter-methods to achieve victory over his opponent. Thus, at each individual moment of the fight, there is a fighter who is attacking and being attacked, that is, a fighter who is performing a technique or combination, and a fighter who is performing a technique and combination on him (the wrestler who is performing a counterattack is called a counterattacker).
2. One of the main tasks of each wrestler's movement activity is to maintain the selected position.
3. The task of the attacking wrestler is to unbalance the opponent in order to change his position relative to the mat. In this case, the status of wrestlers in relation to each other may change in different ways.
4. Changing the position relative to the mat is easy, which means that the weight of the wrestlers on the mat is used.
5. Providing the necessary force to a certain given point of the opponent's body (that is, creating power moments, creating power couples, using gravity forces and moments of inertia) forms the biomechanical basis of each method.
6. The method allows you to win by force and consists of several parts: preparatory movement, capture, main movement, attack and finishing situations.
7. Each method can be modified and complicated depending on the dynamic situation and the characteristics of the opponent.
8. Each method has its own rhythm and pace characteristics. In one or another situation of the competition, the route can be changed throughout the competition.
9. The performance area of each technique is limited to the wrestling mat. Despite the fact that the content of all types of wrestling, the actions of wrestlers in each type of wrestling have their own characteristics, they have a common basis and are classified according to the same signs. Based on this, A.P. A unified classification and system of sports wrestling techniques was developed by Kupsov.

In this case, the specific characteristics of each species are completely preserved, as only the characteristics of this species are preserved.

The following tasks were put forward in the development of a unified classification and system of the main methods of Greco-Roman wrestling technique:

- ✓ revealing the diversity and complexity of the interrelation between the technical movements of the struggle, reflecting its essence;
- ✓ reflecting what is happening on the carpet without comparing it to the type of fight;
- ✓ to help determine commonality for all types of struggle;
- ✓ preserving the unique characteristics of each type of struggle;
- ✓ creating an opportunity to learn the best methods from other types (including national wrestling);
- ✓ classification of basic technical methods into "performance at school";
- ✓ to create definitions of technical concepts common to various types of wrestling and to support the creation of general knowledge of each type.

In sport wrestling, max sus training exercises include:

1. Approximate exercises. They help to acquire and improve the technical structure of the

methods and the tactics of its implementation.

2. Exercises that develop special physical qualities necessary for a wrestler.
3. Pointed exercises. They help to improve not only the technique of execution of the methods, but also the tactics in a certain sense when they are used in a certain tactical view (for example, after pointing out the tactical preparation methods). Target exercises are performed without shells and with a shell (combat dummy).
4. Special exercises with a partner. Compared to exercises with a wrestling dummy, exercises with a partner allow you to feel more deeply all parts of the technical or tactical movement being performed. When working with a partner, the given movement situation and the necessary resistance can be clearly re-indicated. Depending on the task in front of the wrestler performing the exercise, the partner can resist loosely, with half strength, or with all his strength. It is necessary to choose such a partner whose skills, training, height, weight should help the athlete to solve the tasks set before him.
5. Training, training and training competitions: a) training competition is aimed at mastering new training material on fighting techniques and tactics. The partner resists with empty or half strength and periodically during the competition (according to the task) creates favorable conditions for the practitioner to perform the method. A training competition is also characterized by the fact that it focuses on the mastery of a single technique or combination of techniques and is usually conducted only in standing or parterre. If the movement is performed incorrectly, the competition should be stopped and the wrestler should be shown his mistake. b) Training competitions are mainly aimed at further acquisition and improvement of fighting techniques and tactics. And it is carried out with tasks aimed at eliminating certain shortcomings, developing certain physical qualities, creating one or another tactical maneuvers for fighting with certain opponents. Each wrestler may be tasked with competing at the same time.

Competitions can be organized according to various formulas: alternate standing and parter wrestling, fighting only standing or only parter. It is possible to stop the competition by pointing out the mistakes made by the wrestlers, but do not do this! it should be done in cases of extreme necessity. e) training competitions are aimed at developing technique, tactics, physical and other qualities necessary for fighting in competitive conditions. The training competition is held at a high pace.

All actions are carried out with full responsibility for their correct execution. However, a fighter should not be afraid of defeat while leading the competition. In an effort to save himself from defeat at any cost, the fighter can only defend himself and improve his favorite techniques and counter techniques. Training competitions can be held both with a task and without a task (free competition). Here the total time of the competition is determined and the wrestlers compete both standing and on the ground.

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