

ΣΥΜΠΟΣΙΟ ΠΑΛΗΣ

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THE IMPORTANCE OF COORDINATION IN FREESTYLE WRESTLING

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Abstract

The social conditions of growing up of young people have changed in most of the developed countries. That means that there is a lack of physical movement. The coordinative abilities are trained only insufficiently in the childhood and adolescence. So it is necessary to bring young children to any kind of sport, where they gain access to a lot of movement experience.

Wrestling coaches work with such young children and help them to develop coordinative abilities, which are necessary for technique formation in wrestling. In this report we will give you some information about coordination and how you can train the different abilities.

We try to give a general view about coordination in wrestling training and how you can develop the different components. We also reference the different age groups and different levels of young wrestlers in our wrestling training.

Key words: Wrestling, Coordination, Social Conditions

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THE IMPORTANCE OF COORDINATION IN FREESTYLE WRESTLING

Introduction

In the most developed countries a lack of physical movement exists. The social conditions of young people have changed. Coordinative abilities are trained only insufficiently in childhood and adolescence. This leads to learning difficulties in complex movements, as they are necessary for technique formations in wrestling. So it is important to motivate young children to practice any kind of sport, where they can get a lot of movement experience. Wrestling coaches work with such young children and teach them to develop coordinative abilities, which are relevant for technique formations in wrestling. In this report we try to demonstrate, how, by training of coordinative abilities, the learning processes can be simplified.

The thesis is: Wrestling is coordination. We give some information about coordination and how you can train the different abilities especially in wrestling training.

First of all the question is: What is coordination? Coordination is the ability to control our limbs and to execute a sequence of movements smoothly and accurately. This may involve all the senses, muscular contractions and joint movements. Coordination also means, that you need an optimal interaction of a nerve-muscle process in sports movements. We navigate and regulate all the movements in automated actions, for example head lock also in unforeseen actions. We distinguish between general coordination abilities, which imply the training of numerous movements and special coordination abilities related to the specific sport you practice.

The basic components of coordination are balance ability, orientation ability, differentiation ability, rhythm ability, reaction ability, flexibility and coupling ability.

The coordinative abilities are the basis of good sensomotor adaptability. The higher the level is, the faster and more effectively can new or difficult movements be learned (Weineck, 2007. p. 793).

TABLE 1. Basics of Coordination Abilities (Weineck, 2007. p. 795)

Coordination Abilities		
are based on		
Physical Factors Strength Endurance	Repertoire of Movements	Analyzator Abilities Acoustic Visual
and express themselves in		
Internal messages		Increased motor adaptability

Coordination abilities are based on physical factors, repertoire of movement and analyzer abilities. They express themselves in control of the internal messages and increased motor adaptability. The physical power factors are very important. Without the physical power factors strength, speed, endurance and mobility the coordinative abilities are not conceivable. It comes to an interaction in the context of learning motor talents. If the technique is not fast enough, it does not lead to success. An early fatigue results in inaccurate movement, and minor mobility disables an optimal technique, too.

Repertoire of movement bases on movements already made and old coordination connections. The larger the repertoire is, the more the central nervous system is relieved and the more you can focus on new movements.

The development degree of the different analyzers is decisive for the quality of movement implementation. Five analyzers are important for the control of motor internal messages, the kinaesthetic analyzer, tactile analyzer, statico dynamic analyzer, optically analyzer and the acoustic analyzer (Weineck, 2007. p.802)

Method

We made some video clips from our wrestlers in which we showed different exercises. Furthermore we choose several age groups in which training of specific exercises make sense. For example to train the coordination abilities it is reasonable to follow the methodical principle „From the easy one to the difficult one“. We kept the exercise selection very general and sometimes we completed it by partner exercises in wrestling. Starting with balance ability we do balance exercises on the bench, going forward, backward, sideways, we do duels on the bench, balance and catch a ball and juggle with balls. In the next level of difficulty we work with balance discs, e.g. stand with one foot for 60 seconds on the fit discs. Balancing on the Slackline is high performance of balance ability and methodical correctly learned it has a high request character and is a genuine challenge for young wrestlers.



can be trained.

To train the orientation ability you can do push and pull fights in confined areas or fights at the edge of the mat in the red zone. This is a good way to focus on spatial orientation. Exercises for temporal orientation, which is also very important in wrestling, are developing the feeling for the direct attack in the last seconds of a round. You have to observe your opponent, if he / she looks at the clock in the last seconds of a round. In this moment you must launch the attack. Likewise the other abilities

Discussion – Conclusions

The development of technical coordinative efficiency is one of the major tasks in basic training (age of 10 – 14 years). A versatile formation of general and special talent areas is a basic requirement for basic training. The training of coordination components should take place apart from the automation of techniques. They complete each other. Furthermore the automation of technique and action complexes lead to a transfer of sensomotorical regularization processes. If the central nervous system is relieved you get more free space for technical – tactical actions.

Undoubtedly we should try to change the possibilities for young people and make their living conditions more sportive.

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