TECHNIQUE OF PERFORMING FREESTYLE WRESTLING EXERCISES AMONG ELITE ATHLETES

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Abstract *This article examines the technical features of performing freestyle wrestling exercises among elite athletes. Both fundamental and specialized techniques characteristic of offensive and defensive actions are analyzed, as well as methods for improving technical skills within the training process. Particular attention is given to coordination, movement efficiency, variability of attacking combinations, and effective ground-fighting performance. Methodological recommendations are provided for the application of exercises aimed at enhancing the quality of technical and tactical execution.*

Keywords: *freestyle wrestling, technique, exercises, elite athletes, offensive actions, defensive actions, ground wrestling, training methodology.*

ТЕХНИКА ВЫПОЛНЕНИЯ УПРАЖНЕНИЙ В ВОЛЬНОЙ БОРЬБЕ СПОРТСМЕНАМИ ВЫСШЕЙ КВАЛИФИЦИРОВАННОЙ КЛАССИКИ

Аннотация. *В статье рассматриваются технические особенности выполнения упражнений вольной борьбы спортсменами высшей квалификации. Анализируются как базовые, так и специализированные приёмы, характерные для атакующих и защитных действий, а также методы совершенствования технического мастерства в тренировочном процессе. Особое внимание уделяется координации, экономичности движений, вариативности атакующих комбинаций и эффективности действий в партере. Даны методические рекомендации по применению упражнений, направленных на повышение качества выполнения технико-тактических приёмов.*

Ключевые слова: *вольная борьба, техника, упражнения, спортсмены высшей квалификации, атакующие действия, защитные действия, борьба в партере, методика тренировки.*

ELITA SPORCHILAR ORASIDA ERKIN KURASH MASHQLARINI BAJARISH TEXNIKASI

Annotatsiya. *Ushbu maqolada elita sportchilari o'rtasida erkin kurash mashqlarini bajarishning texnik xususiyatlari ko'rib chiqiladi. Hujum va mudofaa harakatlariga xos bo'lgan fundamental va maxsus texnikalar, shuningdek, mashg'ulot jarayonida texnik ko'nikmalarni oshirish usullari tahlil qilinadi. Muvofiqlashtirish, harakat samaradorligi,*

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hujum kombinatsiyalarining o'zgaruvchanligi va yerga qarshi samarali kurashga alohida e'tibor beriladi. Texnik va taktik bajarish sifatini oshirishga qaratilgan mashqlarni qo'llash bo'yicha uslubiy tavsiyalar berilgan.

***Kalit so'zlar**: erkin kurash, texnika, mashqlar, elita sportchilari, hujum harakatlari, mudofaa harakatlari, yerdagi kurash, mashg'ulot metodikasi.*

INTRODUCTION

Elite freestyle wrestlers represent a balanced integration of physical preparedness, technical proficiency, and tactical maturity. Their mastery is formed not only through the development of strength, speed, and endurance, but also via the targeted refinement of motor skills, which include a wide arsenal of offensive, defensive, and counteroffensive techniques (Gierczuk & Bujak, 2013; Karninčić et al., 2017). Unlike novice or intermediate athletes, world-class wrestlers exhibit the ability to seamlessly combine fundamental movements with highly specialized techniques, adapting their execution to the rapidly changing dynamics of competition (Sterkowicz-Przybycień et al., 2017).

The training process at this stage is structured systematically and comprehensively, ranging from the consolidation of fundamental technical and tactical elements to the assimilation of complex combinations requiring high coordination accuracy and instantaneous reaction to changes during bouts (Mirzaei et al., 2009; Latyshev et al., 2020). Such complexity demands not only physical excellence but also the refinement of perceptual-cognitive skills, including anticipation, situational awareness, and decision-making under uncertainty (Hübner-Woźniak et al., 2004; Readdy et al., 2015). In this regard, elite wrestlers demonstrate the capacity to read opponents' intentions, adjust their positioning in milliseconds, and employ chains of actions that maximize efficiency while minimizing energy expenditure.

Psychological resilience and stress tolerance are also of particular importance, given the constant emotional and physical pressure inherent to competitive settings (Johnson et al., 2005; Neil et al., 2011). International tournaments, such as World Championships and Olympic Games, represent high-stakes environments where the ability to regulate anxiety, maintain focus, and recover quickly from setbacks can be

as decisive as technical and physical superiority (Mellalieu et al., 2009). Consequently, psychological preparation is no longer considered auxiliary but is integrated into the core of modern wrestling training programs. Techniques such as visualization, controlled breathing, and cognitive reframing are increasingly applied to enhance athletes' performance consistency (Birrer & Morgan, 2010).

Modern training methodology for wrestlers relies on an integrative approach, where physical, technical, tactical, and psychological components are treated as a unified system (Bompa & Buzzichelli, 2019; Latyshev & Kostyukevich, 2021). This holistic framework not only supports the development of motor skills but also enhances adaptability, creativity, and resilience during competition. Within this system, biomechanical optimization of movements plays a crucial role, ensuring that each action—whether a takedown, throw, or parterre maneuver—is executed with maximum precision and efficiency (Bayraktar & Yilmaz, 2018; Latyshev et al., 2019). Advances in sports science, including motion analysis and strength diagnostics, now allow coaches and athletes to identify and refine optimal kinematic patterns, reducing injury risks while improving performance outcomes (Karninčić et al., 2017; Arziutov et al., 2016).

This integrative approach enables athletes to develop flexible thinking, rapid tactical adaptation, and efficient utilization of an individual wrestling style (Sterkowicz-Przybycień et al., 2017). Unlike rigid, prescriptive models of training, contemporary methods emphasize personalization—tailoring exercise selection, intensity, and recovery strategies to the athlete's unique physiological and psychological profile (Bompa & Buzzichelli, 2019). By doing so, wrestlers cultivate a competitive identity that harmonizes universal principles of wrestling with their distinctive strengths and strategies.

Ultimately, the complexity and comprehensiveness of preparation determine the performance outcomes of elite wrestlers on the international stage, where competition reaches its peak intensity (Gierczuk et al., 2017). As global standards of wrestling continue to rise, driven by advances in training science and the exchange of best practices across nations, the ability to integrate interdisciplinary knowledge becomes the defining feature of sustained excellence. The study of elite freestyle

wrestling, therefore, provides not only insights into technical and tactical execution but also serves as a model for the broader principles of high-performance sport: adaptability, resilience, and the seamless integration of mind and body in the pursuit of mastery (Bompa & Buzzichelli, 2019; Arziutov et al., 2016).

METHODS

To achieve the research objectives, a set of complementary methods was employed:

1. **Comparative Analysis:** Used to compare the technical performance of athletes at different qualification levels (Candidate for Master of Sport, Master of Sport, International Master of Sport). This analysis revealed both the distinctive characteristics of basic and specialized techniques and the differences in their variability and effectiveness.

2. **Observation (direct and indirect):** Video recordings of matches from World Championships, Olympic Games, and international tournaments were analyzed, along with direct observation of training sessions involving elite athletes. The observations focused on the dynamics of technical execution, the structure of offensive and defensive combinations, and the efficiency of ground work.

3. **Biomechanical Analysis:** Conducted through frame-by-frame video analysis and expert evaluation. Kinematic parameters such as joint flexion angles, center of mass positioning, and coordination of upper and lower limb forces were studied, enabling the identification of biomechanical principles underlying successful performance.

4. **Generalization of Pedagogical Experience:** Included the study and systematization of training programs and methodological approaches of leading freestyle wrestling coaches. The method also incorporated surveys and expert interviews with international-level trainers, allowing for a synthesis of theoretical and practical aspects of preparation.

5. **Experimental Testing:** Implemented during training sessions with elite athletes. Specific exercises were practiced (serial leg attacks, throw combinations, ground techniques), alongside situational bouts. Performance was evaluated in terms of execution accuracy, reaction time, and technical efficiency.

The combined application of these methods provided a comprehensive examination of freestyle wrestling technique among elite athletes, allowing the identification of regularities and formulation of methodological recommendations for its optimization.

RESULTS AND DISCUSSION

The analysis demonstrated that elite wrestlers possess an extensive technical arsenal, characterized by precision, speed, and movement efficiency. These qualities are achieved through the targeted refinement of motor skills based on optimal biomechanics and a high degree of variability in technique application**. Technical Characteristics**

1. **Efficient stance and movement:** Elite wrestlers maintain a stable yet mobile stance, enabling effective distance control and tempo management. They display the ability to instantly adjust stance height and movement direction according to an opponent's actions.

2. **Serial offensive actions:** Rather than relying on a single move, athletes employ sequences such as *leg attack → trip → throw* or *leg attack → transition to hold.* This variability creates unpredictability and enhances attack effectiveness.

3. **Active counter-techniques:** Elite wrestlers successfully neutralize opponent attacks through counteractions, thereby reducing energy expenditure. Common examples include counters following leg attacks or blocked trips, immediately transitioning into offensive actions.

4. **Ground dominance:** On the mat, elite athletes demonstrate the ability not only to control opponents but also to increase offensive pressure through continuous rolls, turnovers, and directional changes. This component is critical for scoring points and exerting psychological dominance.

Training Process Organization The training of elite wrestlers is based on the principle of progressive complexity and competition-specific simulation. Key methods include: situational bouts focusing on narrow tactical tasks (e.g., defending against leg attacks, maintaining ground control); combined exercises developing the ability to switch rapidly between attack and defense; variable drills requiring

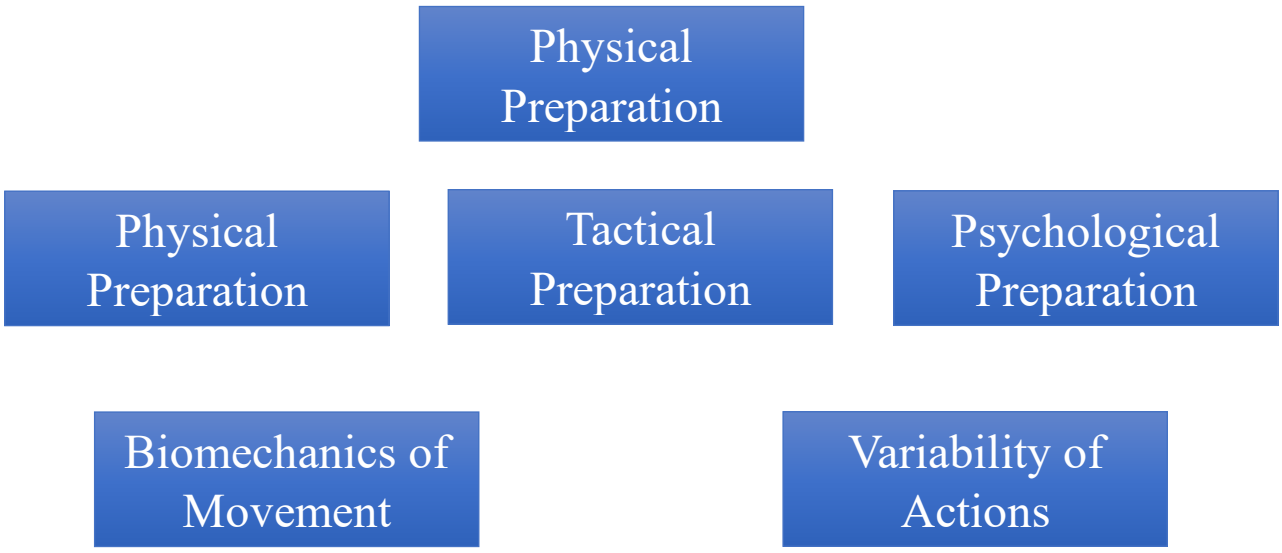
execution of the same technique under different conditions (opponent's stance, resistance level, limited space). Speed-strength training is emphasized to maximize technical efficiency while minimizing energy costs.

Biomechanical Findings Biomechanical analysis revealed that optimal joint flexion angles during leg attacks are 110–120°, providing balance between attack speed and stability. Effective throwing techniques require controlled shifts of the center of gravity within safe ranges to prevent loss of balance. Trunk fixation and coordinated arm engagement are essential for successful ground holds.

Tactical Features Elite wrestlers are characterized by rapid tactical adaptability. They vary the tempo of combat, alternate aggressive attacks with phases of positional control, and employ feints to mislead opponents. This tactical maturity gives them an advantage over less experienced competitors, even with similar physical capacities.

Key Training Exercises Training includes the refinement of serial leg attacks with transitions to holds, combination sequences (e.g., *leg attack → trip → back throw*), as well as situational sparring under constrained conditions (ground-only work, specific grip attacks). Balance, reaction, and coordination are developed through partner resistance drills, acrobatic elements, and explosive movements.

Figure 1. Structure of Elite Wrestler Preparation



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Explanation: - Physical preparation provides the foundation (strength, speed, endurance). - Technical preparation develops the arsenal of wrestling techniques. - Tactical preparation enhances the ability to adapt and control the match. - Psychological preparation ensures stress resistance and focus. - All components are integrated through biomechanical optimization of movements and variability of technical actions, which together shape the wrestler's mastery.

Methodological Emphasis Skill refinement for elite wrestlers focuses on the development of speed-strength capacities without compromising technical precision. Attention is directed toward variability of techniques and their rapid adaptation to competition-specific contexts. Biomechanical analysis is increasingly applied to optimize movement patterns and identify effective kinematic and dynamic parameters. Energy efficiency control is also a methodological priority: athletes must achieve maximum effectiveness with minimal energy expenditure.

CONCLUSION

This study showed that the technical performance of freestyle wrestling exercises among elite athletes is characterized by complexity, high precision, and movement efficiency. Their preparation integrates stable yet mobile stances, serial offensive actions, active counter-techniques, and ground dominance.

Systematic training of combinations and variability in attacks enable athletes to adapt swiftly to tactical shifts imposed by opponents. Biomechanical analysis confirmed that technical efficiency largely depends on optimal movement angles, center of gravity control, and coordinated limb actions. The findings also suggest that technical mastery is inseparable from physiological preparedness, as strength, speed, and endurance provide the necessary foundation for executing advanced wrestling techniques under competitive pressure.

The training process for world-class athletes is built upon progressive exercise complexity, competition modeling, and situational sparring. This approach fosters not only technical mastery but also tactical maturity, psychological resilience, and decision-making under time constraints. Importantly, psychological conditioning, including stress management and concentration training, plays a crucial role in maintaining stability and confidence during high-stakes competitions. In summary,

the technical proficiency of elite freestyle wrestlers represents a synergistic outcome of physical, technical, tactical, and psychological preparation, which enables consistent success at major international competitions.

The integration of biomechanical optimization, methodical variability, and situational adaptability highlights the necessity of an interdisciplinary approach to athlete development. Future research should further investigate the application of advanced technologies—such as motion capture, wearable sensors, and machine learning algorithms—for monitoring biomechanical efficiency and providing individualized feedback, thereby enhancing the precision and effectiveness of training programs.

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