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El tratamiento metodológico de la preparación técnico-táctica en luchadores escolares de Villa Clara

The methodological treatment of technical-tactical preparation in school wrestlers from Villa Clara

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Resumen

La preparación técnico-táctica en la Lucha Olímpica (estilo Libre y Greco-romana) es una de las menos estudiadas, dado entre otras cosas por la complejidad de su tratamiento, siendo este tipo de preparación una de las más débiles mostradas por los luchadores villaclareños en las diferentes competiciones. Por lo anterior se hace necesario el estudio en esta temática, en especial el de la enseñanza y perfeccionamiento de los elementos técnicos y el estudio del pensamiento táctico del luchador en las acciones técnico-tácticas. El estudio tiene como objetivo diagnosticar el estado actual que presenta el tratamiento metodológico de la preparación técnico-táctica en la Lucha Olímpica escolar villaclareña acorde a las demandas competitivas y las exigencias del deporte actual. Sus resultados brindan la posibilidad de perfeccionar el entrenamiento técnico-táctico. Se ofrece la situación actual que presenta el tema en cuanto a la preparación técnico-táctica durante el período preparatorio de los luchadores, apoyándose en el análisis de documentos, la observación, la entrevista y la triangulación. Se pudo conocer que la producción intelectual existente en este deporte es más rica en temas sobre técnica y condición física que en lo técnico-táctico. Se determinan insuficiencias en la conceptualización en torno al tratamiento técnico-táctico, en la aplicación de los métodos, así como de sus contenidos y un papel absoluto del entrenador en dicho proceso, lo que limita las posibilidades de los luchadores en cuanto a su independencia en la toma de decisiones.

Palabras clave: Lucha olímpica, tratamiento metodológico, preparación técnico-táctica

Abstract

The technical-tactical preparation in the Olympic Wrestling (Freestyle and Greco-Roman styles) is one of the less studied due, among other things by the complexity of its treatment, being this type of preparation, one of the weakest shown by Villa Clara fighters in the different competitions. That is why it is necessary to study this subject, especially the teaching and improvement of technical elements and the study of the fighter's tactical thinking in technical-tactical actions. The study aims to diagnose the current state presented by the methodological treatment of technical-tactical preparation in the Villa Clara school Olympic Wrestling according to the competitive and of the current sport demands. Its results provide the possibility of perfecting technical-tactical training. The current situation presented by the subject in terms of technical-tactical preparation during the preparatory period of the fighters is shown, based on the analysis of documents, observation, interview and triangulation. It was possible to know that the existing intellectual production in this sport is richer in subjects about technique and physical condition than in the technical-tactical. Insufficiencies are determined in the conceptualization around the technical-tactical treatment, in the application of methods, as well as of its contents and an absolute role of the coach in that process, which limits the possibilities of the fighters in terms of their independence in decision making

Keywords: *Olympic Wrestling, methodological treatment, technical-tactical preparation*

Introduction

To maintain high performance in school wrestlers, it is necessary to understand the complex training process and search for different alternatives that make it possible to improve the preparation of the wrestlers, so that the obstacles that may appear in the preparation can be solved.

The physical and technical requirements increase dramatically from the different scientific research studies, since in this sense there is an extensive intellectual production through magazines, books and a large number of publications that seek to increase the knowledge regarding these components of the training process, however, a vitally important component for combat sports and especially for Olympic Wrestling, is the technical-tactical component,

Navelo, R. (2001) defines technical - tactical preparation as a pedagogical process where the transmission and assimilation of technique and sports tactics occurs in a dialectical unit, so that the player effectively achieves the solution of motor tasks in the game. However, this concept has not been developed in all its magnitude, an example of it is expressed by Morales, A. (2002) when

comparing the training in the different preparations and determines the differences regarding their treatment.

It is inferred from this, that, as a historical result of the procedure, there have been fighters with a high physical, volitional and technical component, and at this time it is necessary to arm them with an adequate technical-tactical preparation, in such a way that it accomplishes the expectations and the increasingly contemporary competitive demands.

Other investigations carried out on the subject agree that there is a great interdependence between the technical-tactical and psychological factors, among which an emphasis has been placed on knowledge, the level of reasoning and previous experience.

Del Pino, S. (2003) states that, in wrestlers of the National Team, intellectual capacity is related to theoretical knowledges on the subject. However, the psychological factors involved in tactics include other spheres in addition to the cognitive one. In this direction also López, R. (2010) highlights the importance of the necessary concentration that allows an adequate technical-tactical conduct of the fight, but does not provide procedures to face the process of technical-tactical preparation of the fighter.

On the other hand, López-Ros and Sargatal (2014) acknowledge the technical-tactical unity by stating that, due to a given sporting context, it can have a technical and a tactical dimension and this should be relevant for practice, fundamentally because if it is only considered one of the two dimensions, the training will be stated in another way than if it is considered together.

Milan and Cabrales (2016) consider that the technical-tactical preparation includes the improvement of the rational procedures for solving the problems that arise in the competition process and, the development of special capabilities that determine the effectiveness in combat, which must interrelate in the same context. Technical-tactical preparation has become a fundamental link in the general training of the athlete and acts as a determining factor in performance and competitive success.

In the same way, Milan and Cabrales (2016) emphasize that when technical-tactical actions are mentioned, it is possible someone wonders why two components of preparation are united as one,

and it is important to clarify that in Wrestling these elements are indissoluble, since during the learning and improvement of a technical element, the tactic must always be present, since the favorable condition that is presented or propitious to achieve its success, must be considered.

On the other hand, Barkov (2017) carries out a study in the Free Wrestling matches of the Moscow State University whose data and analysis gave the means to offer practical recommendations to university wrestlers. This research shows an assessment of combat actions as an essential element in measuring performance.

In addition, in the Olympic Wrestling, technical-tactical preparation has been addressed by authors such as Guevara, L.F. (2014) and González, S. (2017) who offer a group of elements that allow to guide the technical-tactical actions of the fighter, but are only limited to giving physical and technical recommendations, thus reducing the richness of the tactical aspect that is not only limited to this, in addition to being proposals in which their method for teaching is directive; also Argudo (2020) who recognizes indistinctly the independence and technical-tactical unity in the preparation in the Olympic Wrestling.

It has been taken into consideration the recognition by the managers and coaches of the Olympic Wrestling in Villa Clara, in analysis meetings of the National Youth Olympics and in sport planarians, the need to perfect the methodological treatment in training, the criteria of various authors and specialists, as well as the considerations provided by different researchers based on their results in the international and national order.

It is also taken into account what is expressed in the report of the National Commission that states that in Villa Clara, related to technical-tactical preparation, that the studies carried out in terms of its methodological orientation are insufficient, causing limitations in planning, organization and execution. of the process, which affects the harmonious development of the fighter. Also they show the need to seek for new methodological variants that help to achieve a better performance of Olympic Wrestling coaches. (National Wrestling Commission 2016)

Starting from the problem situation mentioned above, the following scientific problem emerged: What are the conditions found in the methodological treatment of the technical-tactical preparation in Villa Clara's school fighters?

According to this, the following objective is stated: to diagnose the current state presented by the methodological treatment of technical-tactical preparation in the Villa Clara school Olympic Wrestling.

Methodology

The research carried out has a non-experimental character because the phenomenon is observed as it is, without the researcher manipulating the variables or having direct control over them, but can only verify their effects as a whole. It is of an exploratory way when is carried out to obtain a first knowledge of the situation where a further investigation is planned.

In this type of research, it is assumed the descriptive character because it complies with the description of the phenomena. Uses descriptive methods such as document analysis, to study the normative and methodological documents of the process, related to the subject under study.

Observation, to verify in practice the application of the methodological treatment of technical-tactical preparation in the school fighters of Villa Clara. The interview, to know what is the current state of the methodological treatment of technical-tactical preparation in the Villa Clara school fighters, and the triangulation that allowed determining the elements that support the results achieved.

Results and Discussion

Document analysis

It made possible to collect information, with a view to describing the reality of the treatment of the fighter's technical-tactical preparation. The documents that are guiding in the work of the Sports, Physical Education and Recreation National Institute (NISPER) are consulted and it is specified in those contemplated by the National and Provincial Fighting Commission such as: the main Comprehensive Program of Athlete Preparation (CPAP) document and guide to methodological work in our sport.

This is considered the guiding document for the work of coaches with highly valid information. This document guides how the athlete's preparation of the different categories should be in Wrestling. It constitutes an important instrument in the hands of coaches because it expresses guidelines related to the objectives of training the wrestler in his initiation and improvement stage.

In the analysis of the Comprehensive Athlete Preparation Program, the following difficulties were evidenced:

- No actions are appreciated and the methodological guidelines for the treatment of technical-tactical preparation are limited.
- The tactical content is only limited to giving tactical recommendations for all moments of the preparation equally and there is no differentiation that attends to the individual characteristics of the fighters, nor methods and means for treating it.

The directive method for teaching according to Jiménez, C. (2003) is characterized by:

- The student is a passive subject, since the coach occupies the absolute guiding role in the process.
- They place emphasis on the development of the execution mechanism, on the training load and the technical-tactical action is not considered, nor the partial performances in this sense during training and competition.
- The types of situations are decontextualized with little similarity to the real combat situation, since they focus on technical execution and do not reflect that the technical-tactical process is inseparable.

In this sense, studies carried out in the province of Villa Clara in theses of masters, specialties and doctorates by, Toledo, R. (2009), Fernández, Toledo and Carrillo (2011), Guevara, L.F. (2014), López, R. (2016), reveal that in the pedagogical practice present in the teaching-learning process of the Olympic Fight, the aforementioned methodological procedure predominates.

Other studies have emphasized the importance of the volitional sphere, González, S. (2017) observed that, in fighters, perseverance and self-control allow the choice of technical-tactical actions and one of the most important objectives that every coach pursues on the sports belonging to the Combat or Sports Games groups, is to achieve a high development of the technical-tactical actions of its

practitioners, this author, although he presents results in the theoretical order, does not specify the means to achieve these purposes.

The review of the training plans revealed the following:

- Poor formulation of objectives related to technical-tactical preparation in the stages, mesocycles, microcycles and in the corresponding training units.
- Deficient concrete actions aimed at dealing with technical-tactical preparation from the perspective of the integration of the physical, theoretical and psychological.
- There are no specific methods for the treatment of technical-tactical preparation.

The preparation status check reports were also reviewed in the training plans, in order to verify inadequacies in the planning of individualized treatment of the technical-tactical preparation of the fighter, an aspect that highlights the need to create new alternatives that allow improving the technical-tactical preparation of the school fighter. When the review of this document is carried out, it can be seen that in the forms used for control, they refer to specific actions of defense, counterattack and their effectiveness, both in the standing position and in four points, but it is not valued the aspects related to technical-tactical actions.

Interview with Wrestling Coaches

The interview was conducted with coaches linked to the training process in Olympic Wrestling, among which are:

16 coaches of the school category, who participated in the 2018 National School Games and five (5) Olympic Wrestling coaches from the province of Villa Clara, belonging to the "Héctor Ruiz Pérez" Sports Initiation School (SIS).

These coaches are selected intentionally, justifying this criterion by:

- Mastery of the subject.
- Have a Bachelor Degree.
- Possess more than 10 years of experience in working with the school category in high performance.

- Have carried out research related to the subject.

The interview was carried out with the purpose of knowing from different perspectives how they carry out the treatment of the fighter's tactical preparation and the different methods used in this treatment.

a. Regarding the technical-tactical unit.

The significance aspects are given in the division of criteria around the unity in the work of technique and tactics, since 75% state that they always work with it together and 25% refer to the fact that they sometimes carry out this work by separated.

b. Regarding the dosage

Regarding the dosage of the technical-tactical preparation, 62.5% refer that, they dose it, 12.5% do not dose it and 25% sometimes.

c. Regarding the technical-tactical means (exercises)

The teachers have a good command of the means used for technical-tactical preparation. They refer to their characteristics, however the difficulty lies on its limited use and is not based on the knowledge of the tactical demands of the wrestler's activity.

d. Around the beginning of the tactical work

100% of the teachers state that they begin to work on tactics in the special stage, so they do not recognize the existence of general exercises as a basis for the exercises used in the special and competitive stage.

e. The technical-tactical demands and content

In relation to this aspect, the coaches refer to some of the elements of the tactic that must be mastered by the fighters, they make references to combat situations, masking, baiting, obstruction, among others, but there is no clarity on what to teach from a technical-tactical point of view.

Observation to training sessionsa

This method made possible to enter into direct contact in specific contexts and situations within the training and competition process. 26 observations were made to the training sessions of the Villa Clara Greco-Roman Wrestling school team, with the aim of verifying in practice how the treatment the technical-tactical preparation of the wrestler is manifested. These observations are made in the general and special preparation stages.

From the total observations, 10 correspond to the general preparation stage and 16 to the special one. The general preparation stage begins at the end of the developer mesocycle I and the special preparation stage at the beginning of it. The observation guide is prepared by the authors and submitted to the evaluation of the Wrestling professors of the Villa Clara Physical Culture Faculty and the members of the Council of Science and Technological Innovation of the Olympic Wrestling.

It was possible to verify how the coaches develop the treatment of the technical-tactical preparation of the fighter in terms of methods, means, direction of the process, among other aspects. The observations are made by the researcher, in conjunction with two directors of Wrestling and two professors from the Faculty of Physical Culture of Villa Clara, who received prior preparation for this purpose.

It is evident that the given treatment is eminently technical as the exercises and corrections that are made point to this aspect of the preparation. Another important aspect to assess is the way of evaluating the technical-tactical point, 50% use observation, 25% measurement, 12.5% tests and the rest, 12.5% say they do not use any of them.

Regarding the methods of technical-tactical preparation it was found that there is a lack of clarity on the part of the coaches according to the use of the technical-tactical preparation methods, the game, the competition, the variable and standard, being them important methods for the development of technical-tactical work.

Triangulation

Triangulation offers the opportunity to improve organizational diagnosis by synthesizing the results derived from multiple scientific methods, in a valid and consistent interpretation. It is carried out

from the methods of document analysis, observation and the interview. The objective of using it in this stage was to arrive at regularities, by contrasting the results obtained by the methods.

It was triangulated based on the following units of analysis:

1. Theoretical knowledge about the treatment of the technical-tactical preparation of the school fighter.
2. Application of general and special means for the treatment of technical-tactical preparation in the training session.
3. Organization of the technical-tactical preparation process in the training session.

Results of the methodological triangulation

The triangulation carried out yielded the following results:

- Coaches know and have little bibliography that addresses the topic of treatment of technical-tactical preparation in combat sports; they are guided for its treatment by the methodological indications of the SIPP, which are insufficient considering only tactical recommendations.
- There are inaccuracies in the technical-tactical definition, which limits its treatment.
- Basic conceptions of sports training based on technical-tactical actions are not offered to wrestlers, in such a way to allow them to put their knowledge and skills into practice, in new situations in their natural context.
- Lack of actions for technical-tactical treatment from the first moments of preparation.
- There was a lack of systematicity in the treatment of technical-tactical content based on the individual characteristics of fighters.
- The presence of a traditional and directive approach by the coaches in the technical-tactical preparation process is evident.
- Lack of actions that facilitate the orientation of the wrestlers on how to work in a conscious, creative, independent way, in the different moments of the preparation, that allows them to obtain the desired results.

Taking into account the limitations detected in the diagnosis made to the state of the technical-tactical preparation of the school fighters, which has influenced the low competitive results in recent

years, the authors propose to carry out multilateral actions to allow the fighter to execute techniques of all the groups and subgroups, both of the standing position and at 4 points.

It is considered that the technical-tactical preparation of the fighter includes the improvement of the different technical elements and its automatization, as it solves the problems of establishing fundamental tactical schemes, aspects that the authors of the study assume and propose for the improvement of the technical treatment -tactical of any technical action.

The following guidelines are proposed:

- Choose the technical-tactical actions according to the characteristics of the functional, physical and psychological development of the fighter.
- Choose the most effective technical actions in accordance with the requirements of current international regulations.
- Select the technical-tactical actions and their variants with the greatest possibility of results in the combats, taking into account the characteristics and possibilities of the opponent.
- Apply a correct teaching methodology and a systematic review of the programs and the study and improvement of technical-tactical actions by groups and subgroups and from the easier movements to the more complex ones.

Conclusions

The diagnosis of the current state of the methodological conceptions used for the treatment of the technical-tactical preparation in school fighters showed, among other aspects, inadequacies in the conceptualization around the technical-tactical treatment, in the application of the methods, as well as its content and an absolute role of the coach in this process, which limits the possibilities of the fighters in terms of their independence in decision-making.

Based on the results of the diagnosis, guidelines are proposed to the coaches to facilitate the treatment of the technical-tactical preparation of school fighters.

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