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TECHNICAL AND TACTICAL ANALYSIS OF THE NATIONWIDE CHAMPIONSHIP MATCHES IN GRECO-ROMAN AND FREE WRESTLING STYLE

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Abstract

Aim. Nationwide Championship Greco-Roman and free wrestling for youngsters was held 27-28 February 2010 Durres, Albania. **The purpose** of this study is to analyze the matches, examine the technical points for all participating teams in both styles. In the Greco-Roman style participated 6 teams, a total of 35 athletes, while the Free style was attended by 12 teams and in total 64 athletes.

Method. The number of matches held in the Greco-Roman style was 42, where with 224 technical point of all participating teams; 22.32% of the points from the 50 kg weight category, 4.02% from 55 kg, 22.32% from 60 kg, 20.54% from 66 kg, 14.29% from 74 kg, 7.14% from 84 kg, 5.8% from 96 kg and 3.57% from 120 kg. 20 matches have ended with touch, 4 matches by technical superiority, 18 derived from the technical points derived from winners and losers.

Results. The number of matches developed in the free style was 67, where 555 technical point of all participating teams were conducted; 9.55% of points from the 50 kg weight category, 11.17% from 55 kg, 12.25% from 60 kg, 23.78% from 66 kg, 26.13% from 74 kg, 7.39% from 84 kg, 3.06% from 96 kg and 6.67% from 120 kg. 31 matches have ended with the touch, 8 matches by technical superiority, and 28 matches with technical points derived from Winners and Losers.

Conclusions. The study made it possible to analyze the performance of participating teams in both styles and gives recommendations for future improvements.

Key words: technical points, greco-roman wrestling, free style wrestling.

Introduction

The scope of the study

Nationwide Championship Greco-Roman and free wrestling for youngsters was held 27-28 February 2010 Durres, Albania. Tactical and technical characteristics are just important in wrestling as other sport disciplines. (F.I.L.A., 1993). Ability is so important and success is formed by combining ability with mentality and force. (Pehlivan, 1984). The purpose of this study is to analyze the matches, examine the technical points for all participating teams in both styles. The study made it possible to analyze the performance of participating teams in both styles and gives recommendations for future improvements.

Method

Kosovo, Albania, Macedonia took part in this championship. In the Greco-Roman style participated 6 teams, a total of 35 athletes, where 42 matches of 8 weight categories were held. In Free style took part 12

teams and in totals 64 athletes where 67 matches were held, of all categories. Study of techniques and tactics is one of the main tasks of the training process in free-style wrestling. (Shakhmuradov, 2006). We have analyzed technical point of every weight and every team in the first period, the second and the third in both styles. We have drawn comparisons of technical results of Greco-roman style and Free Style for each weight and period. Technical points have been acclaimed in different weight categories, for 1 point, 2, 3, 5 points. Besides the physical and anthropometric characteristics, number and ratio of applied techniques in the competitions are important too, there is very little research published about this subject. (Tunnemann, 2001). The results are worked out in Excel, are given in charts and graphics. The matches are closely attended by me and the results are officially given to Wrestling Albanian Federation.

Results

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Table 1. Technical points achieved by all teams and categories of Greco-Roman Wrestling (FILA, 2007).

Teams	WEIGHTS																								Total
	50 Kg			55 Kg			60 Kg			66 Kg			74 Kg			84 Kg			96 Kg			120 Kg			
	1st	2nd	3rd	1st	2nd	3rd	1st	2nd	3rd	1st	2nd	3rd	1st	2nd	3rd	1st	2nd	3rd	1st	2nd	3rd	1st	2nd	3rd	
Partizani	8	11	4	1	6	0	7	2	0	2	0	0	6	5	4	4	1	0	8	3	0	2	1	0	75
Beselidhja	0	0	0	1	0	0	1	0	0	8	10	0	0	2	1	3	0	0	1	1	0	2	2	0	32
Flamurtari	9	8	1	1	0	0	12	13	4	1	0	0	2	2	1	0	0	0	0	0	0	0	0	0	54
Perparimi	0	0	0	0	0	0	6	3	0	4	1	0	0	1	0	7	0	0	0	0	0	0	0	0	22
Dinamo	7	1	0	0	0	0	0	0	0	5	11	0	2	4	2	0	0	0	0	0	0	1	0	0	33
Shoq.Kamp	1	0	0	0	0	0	2	0	0	4	0	0	0	0	0	1	0	0	0	0	0	0	0	0	8
Total	25	20	5	3	6	0	28	18	4	24	22	0	10	14	8	15	1	0	9	4	0	5	3	0	224

In table no. 1 are given the point taken by all participated teams, from 50 kg to 120 kg for all matches, as well as the results of the three periods of matches.



Table. 2. Technical points for all Free-Style teams and categories. (FILA, 2007).

Teams	WEIGHTS																								Total
	50 Kg			55 Kg			60 Kg			66 Kg			74 Kg			84 Kg			96 Kg			120 Kg			
	Period			Period			Period			Period			Period			Period			Period						
	1 st	2 nd	3 rd	1 st	2 nd	3 rd	1 st	2 nd	3 rd	1 st	2 nd	3 rd	1 st	2 nd	3 rd	1 st	2 nd	3 rd	1 st	2 nd	3 rd	1 st	2 nd	3 rd	
Kosova A	8	7	1	11	19	7	14	10	5	19	20	0	16	7	3	17	8	0	7	6	0	0	0	0	185
Teuta A	0	0	0	8	2	0	12	16	0	10	23	0	18	4	7	0	0	0	0	0	0	10	0	0	110
Perparimi	7	3	0	0	0	0	1	1	0	4	0	3	11	7	0	4	7	0	0	0	0	2	1	0	51
Kosova B	0	0	0	0	0	0	0	0	0	9	4	0	16	13	1	0	0	0	0	0	0	0	0	0	43
Vllaznia	1	3	0	0	0	0	0	0	0	7	4	1	2	0	0	2	0	0	2	2	0	5	0	0	29
Kamza	0	0	0	0	0	0	2	3	0	0	0	0	0	0	0	0	0	0	0	0	0	5	7	0	17
Teuta B	2	2	7	0	0	0	0	4	0	1	4	0	0	0	0	0	0	0	0	0	0	4	0	0	24
Besa	0	0	0	8	7	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	0	0	0	0	25
Liria	6	6	0	0	0	0	0	0	0	7	6	0	7	1	6	0	0	0	0	0	0	0	0	0	39
Korabi	0	0	0	0	0	0	0	0	0	0	5	2	0	0	0	0	0	0	0	0	0	0	0	0	7
Puka	0	0	0	0	0	0	0	0	0	0	0	0	1	5	0	3	0	0	0	0	0	0	0	0	9
Apollonia	0	0	0	0	0	0	0	0	0	3	0	0	7	3	0	0	0	0	0	0	0	3	0	0	16
Total	24	21	8	27	28	7	29	34	5	60	66	6	83	45	17	26	15	0	9	8	0	29	8	0	555

In table no. 2 are given the points taken by all participated teams, from 50 kg to 120 kg for all matches, as well as the results of the three periods of matches.

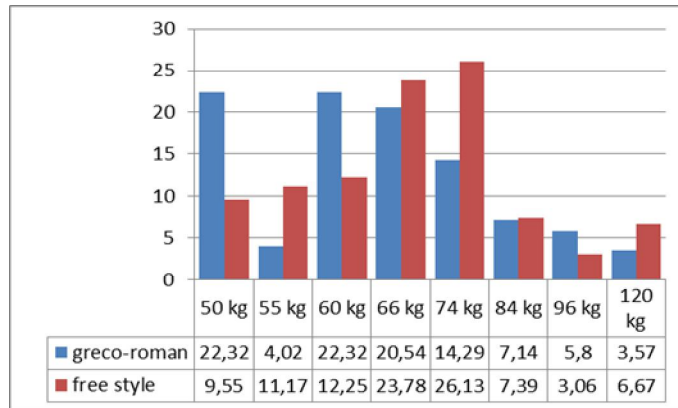


Figure 1. The comparison between technical results of Greco-roman and Free-Style. In the first figure are shown the technical results of Greco-roman and Free-Style. For each weight categories are given the percentage of total points.

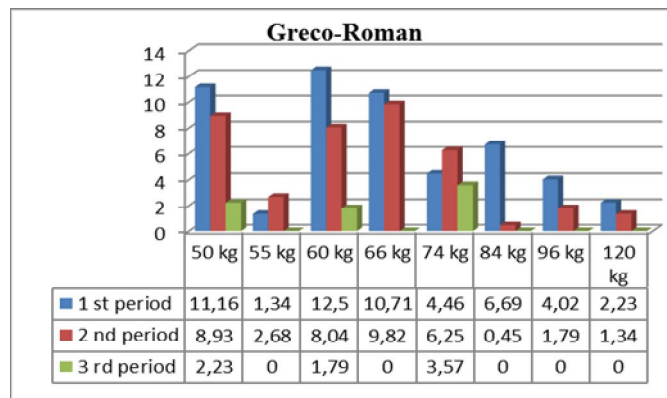


Figure 2. The percentage of technical points for the three periods of Greco-roman style. In the second figure is shown the percentage of technical points, of the three periods matches of each weight categories of Greco-roman style. Technical points of each period are summarized for all participated teams

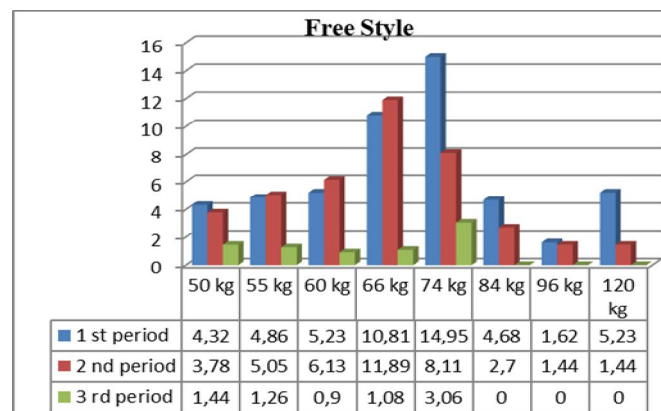


Figure 3. Percentage of technical points in the three periods of Free-Style.

In the third figure is given the percentages of technical points reached, for the three periods of matches, for each weight categories of Greco-roman style. Technical points of each period are summarized for all participated teams.



Weight Categories	Participating		Matches		1 technical points		2 technical points		3 technical points		5 technical points		Non-attendance & Withdrawn from the race		Touch	
	GR	FS	GR	FS	GR	FS	GR	FS	GR	FS	GR	FS	GR	FS	GR	FS
50 Kg	5	8	5	8	20	18	9	10	4	5	0	0	1	0	1	4
55 Kg	4	7	6	7	3	20	3	9	0	8	0	0	0	1	2	3
60 Kg	5	9	5	9	18	27	10	10	4	7	0	0	1	1	2	4
66 Kg	6	10	6	11	11	44	7	32	7	8	0	0	1	0	4	5
74 Kg	5	12	5	12	11	43	6	34	3	11	0	0	0	0	2	7
84 Kg	4	8	6	8	4	19	3	5	2	4	0	0	0	1	3	3
96 Kg	3	4	6	6	6	6	2	4	1	1	0	0	0	0	4	2
120 Kg	3	6	3	6	4	10	3	4	0	6	0	0	0	1	2	3
Total	35	64	42	67	77	187	43	108	21	50	0	0	3	4	20	31

Table 3. Technical points for all weight categories in Greco-roman and Free-Style.

In table no. 3 are given the number of sportsmen, number of matches, technical points 1, 2, 3, 5, of all participated teams in Greco-roman and Free-Style. It is also shown the number of sportsmen who didn't participate and how many matches ended in touch.

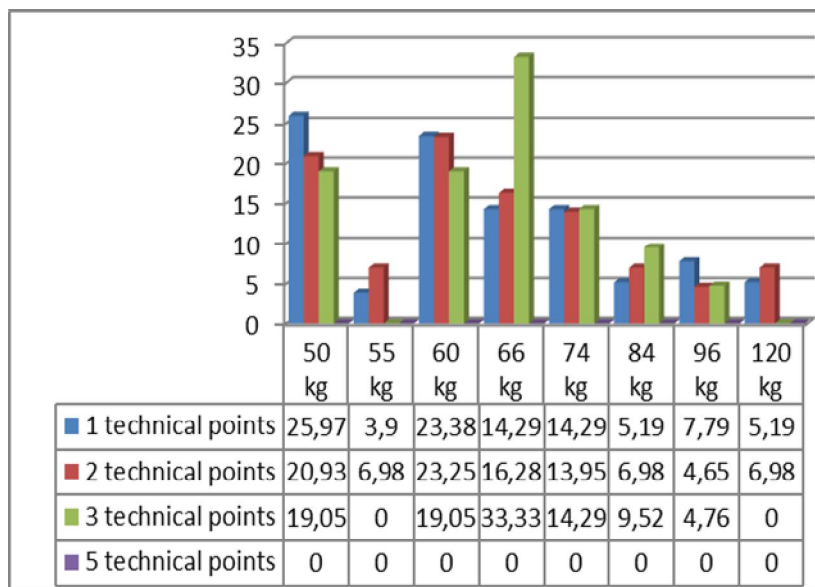


Figure 4. Technical points of all weight categories in Greco-roman style.

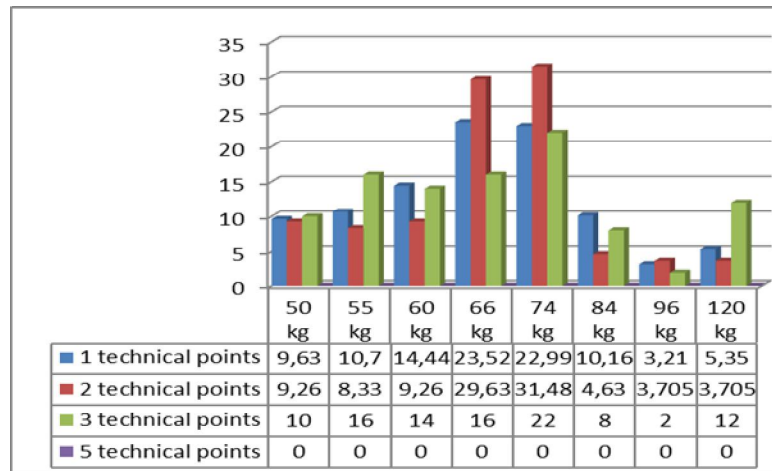


Figure 5. Technical points of all weight categories in free-Style.

Discussion

In Greco-Roman wrestling, Partizani team received 3 gold and 4 bronze medals, Beselidhja team received 2 gold, 1 silver and 1 bronze medals, Flamurtari team received 2 gold, 1 silver and 2 bronze medals, Perparimi team received 1 gold and 3 bronze and the last team to win medals was Dinamo with 2 silver and 2 bronze. Partizani team was on the top of the rank, followed by Beselidhja and Flamurtari. In Free-Style Kosova A team received 5 gold, 1 silver and 1 bronze medals, Teuta team received 3 gold and 1 bronze medals, Perparimi team received 2 silver and 1 bronze medals, Kosova B team received 2 silver medals, Vllaznia team received 2 silver and 1 bronze medals etc. First place was taken by Kosova A. Teuta was runner-up and the last team in the pod was Perparimi team. In table no. 1 are given the technical points for all three periods and for every Greco-roman wrestling participated team. Partizani team has a total of 75 points (for every weight). Flamurtari team as well as Dinamo team, which is ranked the fifth, both have more points than Beselidhja. The last (Beselidhja) is ranked the second. This means that, in spite of, team ranking, teams have different technical-tactical training. In table no. 2 are given the technical points for all three periods for every Free-Style wrestling team. First place went to Kosova A team with a grand total (for all weights) of 185 points, followed by Teuta team with 110 points, Perparimi with 51 points etc. Liria team with 39 technical points was only the ninth. If we compare this with teams ranked fifth, sixth, seventh and eighth, has achieved more points. Probably because Liria team from Macedonia has a higher technical rate because has achieved more 1, 2, 3 point. The worst technical rate goes to Korabi team with only 7 technical points. That's the number of points won by a single player of other teams for only one period. In figure no. 1, in Greco-roman style are spread between

teams, for every weight category, a total of 224 technical points. 50 and 60 kg category have achieved 22.32 %, 66 kg with 20.54 %, followed by 74 kg with 14.29 %, which are categories with highest percentage. Meanwhile categories 84 kg with 7.14 %, 96 kg with 5.8 %, 55 kg with 4.02 % and 120 with 3.57 %. On the other hand, in free-style are spread out 555 technical points between teams and categories. Weights 74 kg with 26.13 %, 66 kg with 23.78 %, 60 kg with 12.25 %, 55 kg with 11.17 %, 50 kg with 9.55 %, 84 kg with 7.39 %, 96 kg with 3.06 % and 120 kg with 6.67 %. Differences in technical points in these two styles are obvious. In 50 kg, 60 kg, 96 kg categories Greco-Roman style made more technical points than the Free-Style. Differences are pretty obvious. Whereas 55 kg, 66 kg, 74 kg, 84 kg, 120 kg categories in free-style made more technical points than in Greco-roman style. In figure no. 2, Greco-Roman style, first period the highest result was achieved by 60 kg category with 12.5 %, 59 kg category with 11.16 % followed by 66 kg category with 10.71 %. On the other hand the worst result was achieved by 55 kg category with 1.34 % and 120 kg category with 2.23 % and 96 kg with 4.02 %. In the second period 66 kg category had the best result with 9.82 % followed by 50 kg with 8.93 % and 60 kg with 8.04 %. 84 kg, 120 kg, 96 kg category had the worst result with 0.45 %, 1.34 %, 1.79 % respectively. In the third period highest results are achieved by these categories: 74 kg, 50 kg and 60 kg with respectively 3.57 %, 2.23 % and 1.79 %. Other categories haven't made a single point in this period because are eliminated either in the first or second period. From 42 matches overall, 27 of them have ended in the first or second period. Others have ended in the third period. In figure no. 3, results show clearly that 74 kg category had achieved the highest result in the first period with 14.95 %, followed by 66 kg with 10.81 k%, whereas the worst result belongs to 96 kg and 50 kg categories



with 1.62 % and 4.32 %. In the second period, 66 kg, 74 kg category had the best result with 11.89 % and 8.11 % whereas the worst belongs to 96 and 120 kg categories with 1.44 % as well as 84 kg with 2.87 %. In the third period there are only a few points realized. 74 kg category had the best result with 3.06 % whereas 60 kg with 0.9 %, the worst. From 67 matches all in all, four athletes didn't show up. 24 matches ended in the first two periods. Others were full played, with 3 periods. In table no. 3, are represented technical results for both wrestling styles. In the Greco-Roman style for all weight categories 1 technical points is 55 %, 2 technical points is 30 %, 3 technical points is 15 % and 5 technical points is 0 %. In the free-style 1 technical points is 54.20 %, 2 technical points is 31.3 %, 3 technical points is 14.5 % and 5 technical points is also 0 %. In table no. 4 are represented in percentage techniques of all weights from all teams, in Greco-Roman style, where light weights as well as medium weight had achieved the best result in 1 technical points, 2 technical points and 3 technical points, except 50 kg category, whereas heavy weights had bad results in these techniques. In figure no. 5 are represented in percentage techniques of all weights from all teams, in the Free-Style, where middle weights have achieved the best result in 1 technical points, 2 technical points and 3 technical points, whereas light and heavy weights appear to be not so good. In the Greco-roman style 20 out of 42 matches have ended with touch. In the free-style 31 out of 67 ended with touch-down. In most sports, going totally defensive can give a result no better than a tie, but with the current wrestling rules, it is possible to gain a win. (Curby, Dziedzic, Fraser, 2009). Most of the matches ended up since the first or second period. This means that athletes with higher technical points than opponents, in a good advantage to win the match, in a moment have ended it with a touch. Most of the touch happened as a result of bad technical grab. The competitive separation between winners and losers is dependant, in a large degree on the winning of the ball draw. This is not a satisfactory situation for a fairly competition. (Curby, Dziedzic, Fraser, 2009).

Conclusion

In Greco-Roman wrestling, in the first, second and third period light and medium weights have achieved more technical points than heavy and 50 kg category. In the third period heavy weights have made no points. Light weights have achieved more 1 technical points, 2 technical points, 3 technical points than middle or heavy weights. In the free-style, in the first and second period, middle weights have achieved more technical points than light and heavy weights. In the third period, light and middle weights have achieved some technical points whereas heavy weights none. Middle weights have achieved more techniques than light and heavy weights. In both wrestling styles, we have a high percentage of 1 technical points. No 5 technical points was made possible. Coaches should make part of their schedules more Dummy Throw. Most of the matches ended up with a touch. In this direction a hard work must be done in Flexibility and special mobility.

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