

STUDY APPROACH OF THE ALBANIAN COMPETITION INTO THE GREEK-ROMAN AND FREE STYLE WRESTLING FOR TEENAGERS (14 -15 YEARS)

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Abstract

Analysis and evaluation of the teenagers' situation in various categories in free style and Greco-Roman wrestling, the complete collection and full accuracy of some of the data for calculating different technical-tactical parameters and coefficients, so to come up with comprehensive findings on the organization and implementation of the training process in the future activities. Through specific observations, comparisons of the analysis of two wrestling activities were made. The research is summarized in ten tables and four graphs, completed with figures and facts, which fit well on the various arguments in the fields of training and competition. To find the classification of each team, we analyze and treat processes such as the number of match participation in each weight category and teams; amount of sporting events, the final result of each match, the first, second, third and fourth place earned by each team, points earned from each weight category. Based on these data we argue on the current situation, providing relevant conclusions on where we should concentrate more for training the new teenagers so to increase the quality level of this sport discipline.

Key words: Teenagers, free style wrestling, Greco-Roman wrestling.

The scope of the study

In this study, through results observation, we try i) to analyze two wrestling activities of the Albanian national cup for teenagers in both the Greco-Roman and the Free style wrestling; ii) to

recommendations for teachers of physical education in general and in particular to the wrestling coaches.

Method

These two sports activities, the Greco-Roman and free style wrestling, for purposes of

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argue on the current situation, by providing relevant conclusions on where to concentrate more in the future, so to increase the quality level of this sport discipline. Through the statistical data, this study will highlight the performance and achievements of teenagers' wrestlers, and will argue the current situation and where future training needs to focus on this age category. The main purpose of this study is the accurate and the full collection of the data which are fundamental for the calculation of various technical and tactical parameters and coefficients. The organization of these activities creates opportunities and reflects the current state of the sports in a particular discipline and influence in improving the future training by setting some favorable milestones in terms of raising quality. The study will provide valuable conclusions and

study, were followed closely and very carefully monitored by us. For each of the carried out match, in both wrestling styles, the following data were exactly taken: the number of athletes participating for each weight category, the number of participating athletes from each team, the number of matches, the final outcome of each match, the first, second, third and fourth place earned by each participating team, points received for each weight to calculate the team classification, the table of champion teams reflecting weight and place they have taken (G.J. Kokoneci, A.Lame, 1999).

Results

The Style of Greco-Roman Wrestling

In the activities of the Greco-Roman wrestling for teenagers, taking place in Kukes on 28 to 29 May 2010, five Albanian teams took part.

Table1. Participating teams and the number of sportsmen (FILA, 2007)

Teams	32 kg	35 kg	38 kg	42 kg	47 kg	53 kg	59 kg	66 kg	73 kg	85 kg	Total
Perparimi	1	1	1	1	1	1	1	1	1	1	10
Dinamo	1	1	1	1	1	1	1	1	1	1	10
Beselidhja	0	0	1	0	1	1	1	1	1	0	6
Partizani	1	1	1	1	1	1	0	0	0	0	6
Flamurtari	0	1	0	1	0	0	1	1	1	0	5
Total	3	4	4	4	4	4	4	4	4	2	37



In the table no. 1, we show the categories of weights, the participating teams, the number of sportsmen, and the total number of participating sportsmen for each weight category. The Team of Perparimi and Dinamo have more athletes per each

weight, while the other teams have fewer. Categories of weights 32 kg and 85 kg have the smaller number of athletes. The total number of all participating sportsmen is 37.

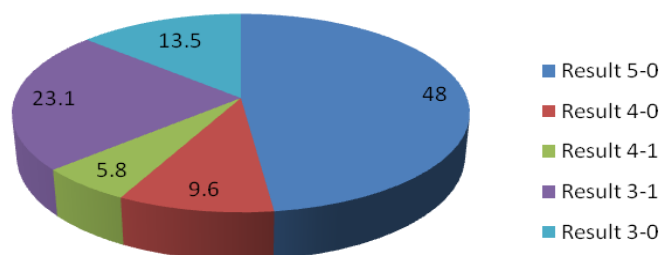
Table2. Results and number of matches

	32 kg	35 kg	38 kg	42 kg	47 kg	53 kg	59 kg	66 kg	73 kg	85 kg	Total
No. match	3	6	6	6	6	6	6	6	6	1	52
Result 5-0	2	4	2	5	4	4	2	0	1	1	25
Result 4-0	0	1	0	0	0	1	0	2	1	0	5
Result 4-1	0	0	0	0	0	1	0	1	1	0	3
Result 3-1	1	1	3	0	2	0	2	2	1	0	12
Result 3-0	0	0	1	1	0	0	2	1	2	0	7

In Table 2 we show the number of matches, results for each weight category and their total

weight. The total number of matches taken place is 52, where 25 matches have ended with the score 5-0, 12 matches with the score 3-1, 7 matches

with the score 3-0, 5 matches with the score 4-0, and 3 matches with results 4-1.



Graph1. Percentage of the results of the matches

In graph No. 1 we present the percentage of the results of the matches taken place. The highest percentage score is 5-0, respectively 48%, while

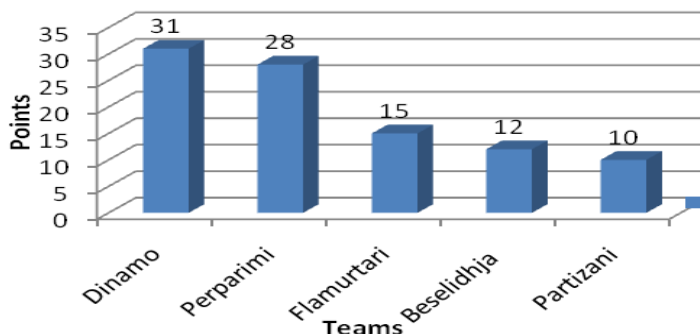
the lowest percentage 5.8% is in the score 4-1. The result 3-1 is 23.1%, 3-0 score is 13.5%, and the result 4-0 is 9.6%.

Table3. Classification of team and points taken in each weight (FILA, 2007)

Team	32 kg	35 kg	38 kg	42 kg	47 kg	53 kg	59 kg	66 kg	73 kg	85 kg	Points
Dinamo	2	4	4	2	4	4	3	2	2	4	31
Perparimi	4	3	3	4	2	2	2	4	1	3	28
Flamurtari	0	2	0	3	0	0	4	3	3	0	15
Beselidhja	0	0	2	0	1	3	1	1	4	0	12
Partizani	3	1	1	1	3	1	0	0	0	0	10

In Table No. 3 it is shown the team ranking and points that are taken for each weight. Dinamo team won the first place where it received a total of 31 points, followed by the Perparimi team with 28

points, while Flamurtari is ranked in the third place with 15 points. Dinamo team in all weight categories has no fourth place, while the team of Partizan has no first place.



In the graph No. 2 it is shown the ranking of teams according to their total points gained.

Table4. Number of seats won for each team

No.	Teams	Place			
		First	Second	Third	Fourth
1.	Dinamo	5	1	4	0
2.	Perparimi	3	3	3	1
3.	Flamurtari	1	3	1	0
4.	Beselidhja	1	1	1	3
5.	Partizani	0	2	0	4

	Total	10	10	9	8
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Table5. The places taken from champion team for each weight

Champion Team											
Place	32 kg	35 kg	38 kg	42 kg	47 kg	53 kg	59 kg	66 kg	73 kg	85 kg	Total
First	0	1	1	0	1	1	0	0	0	1	5
Second	0	0	0	0	0	0	1	0	0	0	1
Third	1	0	0	1	0	0	0	1	1	0	4
Fourth	0	0	0	0	0	0	0	0	0	0	0

In Table No. 5 it is given the places won for each weight category, the total first, second, third and fourth places of the champion team. The first places are won in weights 35 kg, 38 kg, 47 kg, 53 kg and 85 kg, the second place is won in weight 59

kg, while the third place is won by weights 32 kg, 42 kg, 66kg and 73 kg.

Free Style Wrestling

In the matches organized on 28 to 29 May 2010 in Kukes for free style wrestling for teenagers, seven Albanian teams took part.

Table6. Participating Teams and sportsmen number (FILA, 2007)

Teams	32 kg	35 kg	38 kg	42 kg	47 kg	53 kg	59 kg	66 kg	73 kg	85 kg	Total
Perparimi	1	1	1	1	1	1	1	1	1	1	10
Korabi	1	1	1	1	1	1	1	1	1	1	10
Apollonia	1	1	1	1	1	1	1	1	1	1	10
Kamza	1	1	1	1	1	0	1	1	1	1	9
Vllaznia	1	1	1	1	1	1	1	1	1	1	10
Besa	1	1	1	1	1	1	0	0	0	0	6
Teuta	0	1	0	1	1	1	1	0	1	0	6
Total	6	7	6	7	7	6	6	5	6	5	61

In table no. 6 it is reported the weight categories, the participating teams, and the total number of participating sportsmen for each weight category. The teams of Perparimi, Korab, Apollonia and Vllaznia have athletes for each weight, while other

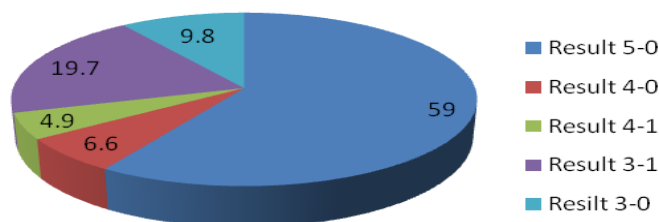
teams have fewer. Categories of weights 66 kg and 85 kg have the smaller number of athletes. Total number of all participating sportsmen is 61.

Table7. Results and number of matches

	32 kg	35 kg	38 kg	42 kg	47 kg	53 kg	59 kg	66 kg	73 kg	85 kg	Total
No. match	6	7	6	7	7	6	6	5	6	5	61
Result 5-0	2	6	4	4	5	2	4	2	3	4	36
Result 4-0	1	0	1	0	0	1	0	1	0	0	4
Result 4-1	0	0	0	2	0	0	1	0	0	0	3
Result 3-1	1	0	1	1	2	2	1	1	2	1	12
Result 3-0	2	1	0	0	0	1	0	1	1	0	6

In Table No. 7 it is shown the number of matches, match results for each weight category and their total. The total number of games taken place is 61, where 36 matches have ended with the score 5-0, 12 games with the score 3-1, 6 match with the

score 3-0, 4 match with the score 4-0, and 3 match with result 4-1.



Graph3. Percentage of matches' results

In graph No. 3 we present the percentage of the results of the games taken places. The highest percentage is in score 5-0, 59% respectively, while

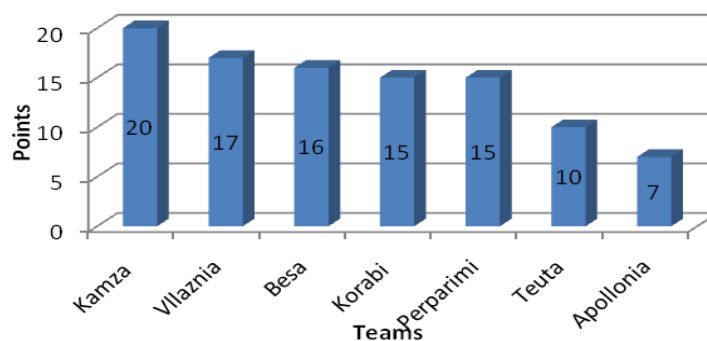
the lowest percentage 4.9% was in the score 4-1. The result 3-1 is 19.7%, 3-0 score is 9.8%, and the result 4-0 is 6.6%.

Table8. Classification of teams and points gained for each weight (FILA, 2007)

Team	32 kg	35 kg	38 kg	42 kg	47 kg	53 kg	59 kg	66 kg	73 kg	85 kg	Points
Kamza	1	4	0	4	0	0	1	2	4	4	20
Vllaznia	0	0	0	2	2	3	3	4	3	0	17
Besa	3	3	2	0	4	4	0	0	0	0	16
Korabi	4	0	4	3	0	0	0	1	1	2	15
Përparimi	2	1	1	1	0	2	4	3	0	1	15
Teuta	0	2	0	0	3	1	2	0	2	0	10
Apollonia	0	0	3	0	1	0	0	0	0	3	7

In Table No. 8 we show team classification and points gained for each weight. Kamza team won the first place with a total of 20 points, followed by Vllaznia team with 17 points, while Besa is ranked third with 16 points. Kamzes team in all weight

categories has no second place, while team Apollonia and Teuta have no first place. Team Korab and Perparimi have equal points, but Korab is ranked fourth because it has more first places and results of matches with the highest technical points.



Graph4. Team Classification and points

In graph No. 4 it is shown the ranking of teams according to their total points.

Table9. Number of places won for each team

No.	Teams	Place			
		First	Second	Third	Fourth
1.	Kamza	4	0	1	2
2.	Vllaznia	1	3	2	0
3.	Besa	2	2	1	0
4.	Korabi	2	1	1	2
5.	Përparimi	1	1	2	4



6.	Teuta	0	1	3	1
7.	Apollonia	0	2	0	1
	Total	10	10	10	10

In Table No. 9 it is shown the number of first, second, third and fourth places for each team and their total. Kamzes team has won 4 first places, 1 third place and 2 fourth places. Vllaznia team has

won 1 first place, 3 second places and 2 third places. Apollonia team that is ranked last has won 2 second places and 1 fourth place.

Table10. Places taken from champion team for each weight

Champion Team											
Place	32 kg	35 kg	38 kg	42 kg	47 kg	53 kg	59 kg	66 kg	73 kg	85 kg	Total
First	0	1	0	1	0	0	0	0	1	1	4
Second	0	0	0	0	0	0	0	0	0	0	0
Third	0	0	0	0	0	0	0	1	0	0	1
Fourth	1	0	0	0	0	0	1	0	0	0	2

In Table No.10 it is given the place for each weight category, the total first, second, third and fourth places of champion team. The first places are won by weights 35 kg, 42 kg, 73 kg and 85 kg, the third place is won by weight 66 kg, while the fourth by the weight 32 kg and 59 kg.

They show the annual preparation and their intentions to increase the sporting qualities.

For a better participation with teenagers it is needed that attention should be focused on some key issues: the establishment of associations of teenagers with focus on wrestling sport, the broader dissemination of sports teams in the education system, improving the legislation to increase investment opportunities in the materials base and infrastructure in this sport, the approach of interested donors to invest in this sport.

Discussions

In these two activities it is applied the regulation of wrestling (FILA, 2008) where matches were held in three periods, from 1 minute and 30 seconds each. In the style of the Greco-Roman wrestling, the matches were held with the circular system, due to the low number of participants, while the Free style matches took place with elimination system since participation in all categories of weights was greater.

Conclusion

Although there was high level of performance in several weight categories of weight, in some other still much work remain so to have a dignified representation and for the fulfillment of all weight categories of the participating teams. Matches were characterized by fighting spirit, but in the most cases passive fight remains an element of achieving tactical advantage from the coaches and sportsmen themselves. This element often resulted in loss of the match in one period whereas with active fight it could have been sure victory. The level of high quality clasp remains still a duty of experts and teenager wrestlers to be apply in a massive way in the latter activities, since it was observed that in general simple clasp were taken. What will lead to the increase of more quality sports is the better preparation in physical and tactical aspect, which played a key role in the loss of the matches.

Matches that have been completed with the results:

References

- a) *5 points for the winner and 0 points for the loser:* victory by fall (with or without technical point for the loser), injury, withdrawal, not appearance, disqualification or three notice errors against regulation.
- b) *4 points for the winner and 0 points for the loser:* victory with technical superiority (6 points difference during the two periods) and the loser does not mark any technical points.
- c) *4 point for the winner and 1 point for loser:* victory with technical superiority (6 point difference during the two periods and the looser scores technical point).
- d) *3 point for the winner and 1 for loser:* if during two periods the match ends with a victory with points during the regular time or 1 point glinc and the loser scores one or more technical point.
- e) *3 points for the winner and 0 for the loser:* when, during three periods, wrestler wins 2 periods with difference 1 to 5 point and the loser does not mark any point.

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In both activities of wrestling, Greco-Roman and free style, among other things we showed the seriousness and commitment of wrestler and coaches to be represented well in these activities.

