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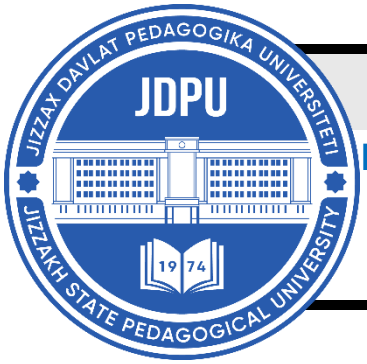

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THE IMPORTANCE OF MODELING THE COMPONENTS OF WRESTLERS' COMPETITIVE PERFORMANCE EFFICIENCY

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ABOUT ARTICLE

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Abstract: The article examines the theoretical aspects of modeling the competitive performance of wrestlers at the stage of sports improvement. In sports, modeling the components of competitive performance is considered an essential element of preparation for competitions. The key components of wrestlers' competitive performance include preparation for the match, planning the upcoming bout, and mastering primary and auxiliary technical movements. Tactical actions are chosen based on wrestlers' methods of conducting the match (attack and counterattack).

INTRODUCTION

In the modern stage of development of national wrestling, competitive performance imposes high demands on athletes. The progress of wrestling is characterized by a continuous improvement in sports results and the enhancement of athletes' skills. From a pedagogical perspective, the rational solution to the issue of effective training methods has a direct impact on improving sports achievements.

The methodology for training wrestlers must fully align with modern competitive requirements. To create an effective training plan, a coach must possess a successful competitive performance model. This model enables the evaluation of an individual athlete's level of competitive performance (CP) and the identification of their strengths and weaknesses in preparation. Such a model at the highest level can be developed based on the

analysis of competitive performance by highly skilled wrestlers. Planning the sports achievements of young wrestlers is based on the normative requirements of training programs, the dynamics of growth in sports skills, and the optimal age-related limits for achieving high results (1,3,6).

The criterion for the efficiency of competitive performance in wrestling is the competition result, which serves as the ultimate outcome of competitive performance. Victory is achieved by the competitor who accumulates the most points or secures a clear win. The wrestler's rank at the end of the competition serves as a measure of their successful participation. The higher the placement, the more successful their participation is deemed to be.

Wrestling as a sport is characterized by the rapid change of competitive situations and the necessity to maintain a high level of performance under conditions of fatigue. A distinctive feature of wrestling matches is the need to execute offensive actions within the constraints of time set by the rules and against the active resistance of the opponent. Taking these factors into account, particular emphasis is placed on the physical and technical-tactical preparation of wrestlers. Among the most critical physical qualities, the wrestler’s speed-strength abilities hold a significant position. These abilities play a vital role in ensuring the reliability of technical-tactical movements under the conditions of competitive bouts.

The distinctive general characteristics of sports activities are as follows:

- During a match, the athlete performs complex movement combinations, showcasing offensive and defensive actions within a limited timeframe. The time constraint is a crucial condition for selecting the techniques and tactics to be used in the upcoming match. It places strict demands on the athlete’s reaction speed, focus, reasoning, and moral-volitional qualities.
- The movements demonstrated by the wrestler during the match are primarily oriented towards speed and strength.
- Executing technical-tactical movements is often complicated by the active resistance of the opponent and occurs under heightened emotional excitement.
- The effectiveness of a match depends on the athlete's ability to promptly and accurately assess the opponent's actions, style, and subtle nuances, anticipate their intentions, and thereby create advantageous tactical situations.

It is worth noting that the efficiency of competitive performance serves as an integral indicator of an athlete's preparedness. Specialized skills and fundamental qualities

determine the effectiveness of motor actions demonstrated during the main elements of an athlete's competitive performance.

Adapting athletes to the extreme conditions of wrestling matches is achieved through repeated modeling of the parameters and conditions of upcoming bouts during both competition and training activities. Consequently, the importance of the competition system and regulations (e.g., matches, bouts, and the number of competitions) is steadily increasing (4, 5, 6).

Research Aim: To explore the theoretical and pedagogical significance of modeling the components of wrestlers' competitive performance in enhancing its effectiveness.

RESEARCH RESULTS AND DISCUSSION

Over the years, the theory and methodology of wrestling as a sport have seen modifications and updates to the tools and methods of athlete training. However, these changes have often been somewhat detached from the realities of competitive practices. This phenomenon can be attributed to the unique characteristics of competition conditions and the specific psychological and physical states of athletes during these periods.

Competitive practices significantly influence the athlete's body, often involving extreme modes of physical activity. These include:

- Maximum endurance and strength exertion,
- Peak velocities of movements,
- High levels of coordination accuracy and complexity,
- Presence of stress-inducing psychological and emotional tension.

Wrestlers' performances in competitions represent the final phase of their training and non-training activities, effectively reflecting their cumulative preparation. According to G.S. Tumanyan, competitive practices are primary, setting specific demands on wrestlers (7).

The process of achieving high sports results involves systematically managing an athlete's preparation, guiding them to progressively higher levels of performance. In wrestling, results are not directly measurable, necessitating the introduction of quantitative indicators that provide measurable values for assessing a wrestler's performance.

Quantifying these parameters enables an objective assessment of the athlete's condition, facilitating the precise and rational selection of training tools and methods. In sports practice, especially in preparing highly skilled wrestlers, achieving success is virtually impossible without objective indicators—model characteristics—that reflect both the current state of preparedness and the desired level the athlete is aiming to reach.

Specialists' Proposals for Modeling Athlete Preparation

Experts propose several approaches to modeling the training process of athletes, which consider various aspects, including the style of conducting a match, the characteristics of maneuvering, methods of applying force against opponents, active grips, and creating favorable conditions for executing attacks and counterattacks. At the core of these models are the fundamental requirements of specific competition activities.

When modeling **technical preparation**, it involves using rational structures and modules for executing combinations, connections, and individual techniques (4). For **technical-tactical preparation**, a wide arsenal of techniques is incorporated, emphasizing reliable defense and counterattacks.

Research findings indicate that the effectiveness of technical-tactical movements in wrestling depends on the athlete's ability to:

1. Quickly and accurately assess specific situations arising during matches,
2. Adjust the body's center of gravity relative to the support area,
3. Maintain balance under various conditions.

By analyzing the structural components of competitive activities, researchers identify generalized model characteristics. These models should reveal aspects such as:

• **Activity**: The athlete's engagement and energy levels during the match.

• **Diversity and Volume of Technical-Tactical Actions**: The range and frequency of movements utilized.

• **Efficiency**: The effectiveness of these actions in achieving desired outcomes.

Various studies have developed parameters for integrally evaluating these aspects in wrestling sports (4). These indicators serve as a basis for assessing and improving athletes' preparation, aligning training methodologies with competitive requirements.

Efficiency is a coefficient reflecting the reliability of an athlete's attacking actions. It is calculated using the following formula:

Сишонч=ΣТТҲбах.ΣТТҲC_{ишонч} = \frac{\Sigma ТТҲ_{бах.}}{\Sigma ТТҲ}Сишонч =ΣТТҲΣТТҲбах.

Where:

• ΣТТҲбах.\Sigma ТТҲ_{бах.}ΣТТҲбах.: The total score of all technical-tactical actions evaluated by referees.

• ΣТТҲ\Sigma ТТҲΣТТҲ: The total number of all evaluated and unevaluated technical-tactical actions.

Reliability of Defensive Actions is calculated using the formula:

Сишонч=ΣТТҲ−ΣТТҲбах.ΣТТҲС_{ишонч} = \frac{\Sigma ТТҲ - \Sigma ТТҲ_{бах.}}{\Sigma ТТҲ}Сишонч=ΣТТҲΣТТҲ−ΣТТҲбах.

Where:

• ΣТТҲбах.\Sigma ТТҲ_{бах.}ΣТТҲбах.: The total number of evaluated defensive actions.

• ΣТТҲ\Sigma ТТҲΣТТҲ: The total number of defensive actions.

Activity is measured as the number of various evaluated techniques (the total number of all attacking actions per unit of time). The parameters include:

• **Real Attacks (RHC)**: The number of successfully executed attacks.

• **Relative Real Attacks (RHCнисб.RHC_{нисб.}RHCнисб.)**:

RHCнисб.=RHCtRHC_{нисб.} = \frac{RHC}{t}RHCнисб.=tRHC

Where:

• ttt: Time unit (e.g., minutes per match).

• **Evaluated Attacks (BHC)**: The number of attacks scored by referees.

• **Attack Interval (AI)**:

AI=tRHCAI = \frac{t}{RHC}AI=RHCt

Where:

• ttt: Time unit.

Diversity refers to the number of techniques applied (or the ratio of applied techniques to the total number of available techniques).

These parameters provide a quantitative and qualitative framework for assessing the performance of wrestlers during matches, enabling coaches and athletes to identify areas for improvement and optimize preparation strategies.

In the process of technical-tactical training, it is essential to work on combinations of different techniques and develop strategies for conducting matches. According to V.A. Podlivaev, three key areas should be focused on when modeling competition activities:

1. **Mastering all actions and their entire set** (reconnaissance, maneuvering, attack, counterattack, defense, demonstrating activity, etc.).

2. **Individualizing technical-tactical preparation** (developing a personal approach to conducting matches).

3. **Forming an algorithm for the wrestler's actions during the match** (combining individual movements into cohesive complexes). For example, maneuvering—gaining an advantage, maintaining that advantage, and using a favorable dynamic situation to capitalize on it.

In conducting competitions and monitoring, the following algorithm for achieving victory is recommended (sequential order):

- **Against a weaker opponent**: achieving a clean victory or winning with a technical advantage without giving points to the opponent.
- **Against a stronger opponent**: winning by gaining a points advantage.

Specialists believe that when modeling competition and training activities, it is crucial to take into account the **psychological and physical state of the athlete**, their **preparation level**, **technical-tactical skills**, **opponent's abilities**, and **physical and morphological characteristics**, as well as **attack, counterattack, and defense movements** (1, 7).

CONCLUSION

The analysis of specialized literature on the training and competition activities of wrestlers indicates that the modeling of competition and training activities is a highly relevant and complex issue. Resolving this problem will help improve the effectiveness of wrestlers' performance in competitions.

In our research, we have taken into account that the technical-tactical training of skilled wrestlers should be implemented based on the accumulated experience of experts and practitioners in sports training modeling and prediction. Additionally, to improve the effectiveness of competition activities, it is essential to further study the individualization of wrestlers' technical-tactical preparation, as well as their strategies in attack and counterattack. Research should also focus on the personal, sensomotor, physical, psychological, and volitional qualities and abilities of wrestlers.

Thus, the analysis of works aimed at improving the effectiveness of wrestlers' competition activities leads to the conclusion that the quality of technical-tactical actions can be most effectively improved by utilizing pedagogical models. Any training task consists of three interrelated components: organizational, technical-tactical, and psychological. The organizational component involves creating and structuring models of match situations specific to competitions. The technical-tactical component refers to the level of conscious control over the execution of technical-tactical actions. The psychological component focuses on improving the adaptability of wrestlers in various conditions.

The position of a wrestler in competition determines their success in participation. Based on this criterion, the main characteristics of competition activity are identified, which define the success of a wrestler’s performance in competitions. These include: activity, performance, reliability of attack, reliability of defense, variety, and effectiveness**.**

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