



14<sup>th</sup> International  
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# “Movement in Human Life and Health”

## PROCEEDINGS

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# Dynamics of indicators of competitive activity in the Greco-Roman wrestling at the Olympic Games

**Yuriy Tropin, Julia Kovalenko**

Kharkov State Academy of Physical Culture, Kharkov, Ukraine

Corresponding author: Yuriy Tropin, e-mail: tropin.yurij@gmail.com

## **ABSTRACT**

**PURPOSE:** To carry out a study and comparative analysis of the competitive activity indicators of the Greco-Roman style wrestlers of a high level of skill at the Olympic Games to identify trends in the dynamics of technical actions and technical and tactical preparedness. **METHODS:** Analysis of protocols and videotapes of the final fights of Greco-Roman wrestlers at the Olympic Games (1996, 2000, 2004, 2008, 2012, 2016 years). In total, 117 final matches of high-qualified athletes were analyzed, the following indicators were recorded: duration of bouts; number of technical actions; efficiency of standing and parterre techniques; effectiveness of defense in standing and parterre; productivity of standing and parterre techniques. **RESULTS:** Analysis of technical arsenal of wrestlers at the Olympic Games made it possible to identify 12 main technical actions that are most often used: turnovers (32.7% of all technical actions), reverse turnovers (4.9 %), back belt throws (15.1 %), reverse belt throws (5.3 %), counter hold in parterre (8.5 %), pins (4.1 %), takedowns (5.7 %), twisting throws (2.,0%), back arch throws (2.5 %), knocking over (10.2 %), pushing out of mat (5.7 %), counter hold in standing position (3.3 %). Analysis of the competitive activity of wrestlers at the Olympic Games showed: the composition of effective technical and tactical actions was significantly reduced and the tactics of conducting the bout became simpler; offensive actions prevail in the composition of competitive technology, the pace of fight is constantly high; holds are carried out after the previous preparation and in that case if the athlete is sure that hold will be performed; high-class wrestlers conduct more technical and tactical actions in parterre than in standing position, all this significantly reduces the entertainment of the modern Greco-Roman wrestling. **CONCLUSIONS:** It has been established that for now there are significant problems for Greco-Roman wrestlers in the need to modernize competition rules in order to increase the effectiveness and spectacularity of wrestling bouts.

**Key words:** elite wrestlers, comparative analysis, technical actions, technical and tactical preparedness.

**Conflicts of interest:** the authors declare that there is no conflict of interests.