

# Development and Refinement of the Methodology for Improving Young Freestyle Wrestlers' Coordination Abilities

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## Abstract:

*This article provides information about the methodologies and research results used to develop the coordination abilities of young wrestlers during their sports training and activities. These coordination abilities play a significant role in enhancing physical fitness and technical skills in sports, as well as improving responsiveness in physical activities.*

*The findings and recommendations obtained in the process of developing coordination abilities in young wrestlers can be utilized in lessons and training sessions in sports schools, in lectures at physical education faculties of higher education institutions, as well as in professional development courses for physical education teachers in the general education system.*

*Keywords: Coordination abilities, development, wrestling, exercises, performance, training program, pedagogical experiment*

## Introduction

Freestyle wrestling is a complex combat sport characterized by significant variability in movements, requiring intricate coordination, agility, and speed-strength capabilities. Therefore, special attention should be paid to developing participants' coordination abilities in the initial stages of training, which consequently enables athletes to successfully adapt and organize various movements during

competition. This ensures achieving high performance levels according to the tasks assigned in competitive activities. Hence, the refinement of the educational process based on developing coordination abilities in freestyle wrestling activities for young schoolchildren is considered relevant today. Freestyle wrestling is inherently associated with the variability of movements characteristic of coordination, agility, and speed-strength types of combat sports. These indicators are crucial in enhancing athletes' coordination abilities. The development of coordination abilities enables athletes to adapt and organize various movements effectively. Therefore, enhancing coordination abilities in freestyle wrestling activities for young schoolchildren is essential for optimizing the educational process.

**Objective:** This research aims to develop the coordination abilities of young athletes in the initial stages of training in freestyle wrestling. As a result, it seeks to shape athletes' understanding of adapting and organizing various movements effectively and to optimize the educational process.

**Literary Review (Analysis):** Numerous renowned scholars have conducted scientific research on the various qualities of physical fitness and the fundamental principles, methods, and means of developing coordination abilities. Alongside, scientific works have been undertaken to enhance physical qualities and coordination abilities for elite athletes and beginners in the theory and practice of martial arts. In this regard, although the coordination aspect of physical fitness has been partially addressed in wrestling, current research demands full attention to this issue. Many prominent scholars in the field of sports (L.P. Matveeva, L.S. Dvorkina, L.D. Nazarenko, A.A. Gujalovskiy, V.N. Platonova, among others) have conducted scientific research on various physical qualities and, notably, on the fundamental principles, methods, and means of developing coordination abilities during training sessions.

Furthermore, studies by R. M. Gorodnichev, S. D. Boychenko, A. V. Yeganov, V. M. Igumenov, I. D. Svishchev, J. Raczek, and others have been identified as scientific works aimed at enhancing physical qualities and coordination abilities for elite athletes and beginners in the theory and practice of martial arts. However, these studies have only partially addressed the coordination aspect of physical fitness in wrestling and have not fully considered the current trends in competitive activities. This issue is significant in shaping the training process for young wrestlers because developing coordination abilities, precisely during this period, is crucial for enhancing physical activity.

Therefore, one of the most important issues that requires deeper learning and scientific grounding at present is the development of technologies utilized in the training process to enhance coordination abilities during the sports development stage of young wrestlers. It necessitates an understanding of the psychological characteristics and physical qualities development sensitive periods of young athletes.

**Materials and Methods:** If the review group participated in activities based on the Children's Sports School program, the research group utilized methods aimed at developing coordination abilities over a period of 4 months (from September 2023 to March 2024). The following methods were employed to enhance the effectiveness of techniques and tools for developing the coordination abilities of wrestlers: short-term maximal efforts, repetitive efforts, ballistic movements, carrying heavy loads, interval methods.

Flexible athletics exercises included jumping from a standstill to a distance, running and jumping to a distance, jumping to height, jumping sideways and upwards, specific throwing of the ball, core throwing, spear throwing, two-handed throwing forward and backward, lifting with bent knees,

dynamic relay races related to running, relays related to jumping, relays through obstacles, and sports and athletic games such as football, basketball, rugby, table tennis, and special exercises like jumping on one foot, jumping on two feet, jumping forward, jumping while bending legs, moving forward, backward, sideways, and jumping with a load (using a medicine ball).

The development of coordination abilities through the implementation of combination exercises has its distinctive aspect, as the main methodological activities focus on enhancing specific physical qualities.

The following factors contributed to the development of coordination abilities during training sessions: 1) load volume, 2) movement speed, 3) work continuity and character, 4) average duration of training sessions, 5) equal division of training session periods, 6) initial level.

The primary methods for developing coordination abilities involved performing exercises with a smaller weight against a partner and executing actions at 25–50% of maximum force at an average speed. Conducting exercises with the same weight and at the same speed helps enhance the consistency of force development, leading to improved outcomes if exercises are performed at near-maximal effort (up to the last force).

Indicators established before and after the research were presented in a 1-3-2 table. The dynamics of the observed results in research and monitoring groups demonstrated the positive impact of focused studies on the main topic and its subsequent positive impact. The research results indicated the superiority of the program aimed at developing coordination abilities over conventional methods.

The development of coordination abilities among young wrestlers was confirmed at an increased level of results in the research and monitoring groups. The utilization of the vestibular analyzer's resistance to angular acceleration in physical exercises conducted by the research group demonstrates the perfected function of maintaining balance (confirmed by the research group) as a result of using exercises in angular acceleration.

Through this methodology, the improvement of balance and coordination during exercises, the formation of sports skills, and, consequently, the positive outcome of competitive destinies are possible. As a result of the research, the research group achieved higher results compared to the monitoring group in all performance indicators.

1. When performing the "handover from hand to hand, moving to the partner" for 30 seconds with an equal partner weight, the performance indicator increased by 3.58 % in the monitoring group, while in the research group, it reached 9.89 %.
2. When performing the "grasping from above the hand (with resistance) and transferring to the partner" for 30 seconds with an equal partner weight, the performance indicator increased by 3.37 % in the monitoring group, while in the research group, it reached 9.54 %.
3. When performing the "grasping and raising the hand and body from the waist (bidro)" for 30 seconds with an equal partner weight, the performance indicator increased by 3.61 % in the monitoring group, while in the research group, it reached 9.65 %.
4. When performing the "grasping and lifting the hand and waist from the belt and throwing it away" for 30 seconds with an equal partner weight, the performance indicator increased by 3.41 % in the monitoring group, while in the research group, it reached 10.6 %.
5. When performing the "grasping and lifting the hand and waist from the belt and throwing it over the shoulder" for 30 seconds with an equal partner weight, the

performance indicator increased by 3.84 % in the monitoring group, while in the research group, it reached 11,5 %.

6. When performing the "grasping the opponent's collarbone and hand from above and lifting over the head" for 30 seconds with an equal partner weight, the performance indicator increased by 3.79 % in the monitoring group, while in the research group, it reached 9.08 %.

**Changes in the performance indicators of the monitoring group's monitoring test results.**

No.	Testing Exercises	Prior to Research	Post-Research	Change
1.	Transfer from hand to partner for 30 seconds (count).	7.16	7.41	3.58
2.	Lifting partner by pulling from above the hand for 30 seconds (count).	7.41	7.66	3.37
3.	Raising and twisting partner's hand and body from above the waist for 30 seconds (count).	6.91	7.16	3.61
4.	Lifting partner by pulling and twisting hand and waist from the belt for 30 seconds (count).	7.33	7.58	3.41
5.	Lifting partner by pulling and twisting hand and waist from the belt and throwing over the shoulder for 30 seconds (count).	6.5	6.75	3.84
6.	Lifting partner by pulling from above the collarbone and hand and throwing over the head for 30 seconds (count).	6.58	6.83	3.79
<b>Average percentage change</b>				<b>3.6 %</b>

**Changes in the indicators of control tests in the research group.**

No.	Testing Exercises	Prior to Research	Post-Research	Change
1.	Transfer from hand to partner for 30 seconds (count).	7.07	7.76	9.89
2.	Lifting partner by pulling from above the hand for 30 seconds (count).	7.23	7.92	9.54
3.	Raising and twisting partner's hand and body from above the waist for 30 seconds (count).	7.15	7.84	9.65
4.	Lifting partner by pulling and twisting hand and waist from the belt for 30 seconds (count).	7.3	8.07	10.6
5.	Lifting partner by pulling and twisting hand and waist from the belt and throwing over the shoulder for 30 seconds (count).	6.07	6.76	11,5

6.	Lifting partner by pulling from above the collarbone and hand and throwing over the head for 30 seconds (count).	6.84	7.46	9.08
<b>Average percentage change</b>				<b>10.04 %</b>

**The significance level of the control test results presented in the research.**

Groups	At the beginning and at the end of the research.	Control tests					
		Exercise 1	Exercise 2	Exercise 3	Exercise 4	Exercise 5	Exercise 6
Observation	Before the research	7.16	7.41	6.91	7.33	6.5	6.58
	After the research	7.41	7.66	7.16	7.58	6.75	6.83
Research	Before the research	7.07	7.23	7.15	7.3	6.07	6.84
	After the research	7.76	7.92	7.84	8.07	6.76	7.46

**Summary:** According to the research findings, the coordination abilities of wrestlers have been significantly developed during the training sessions. This enhancement provides athletes with improved coordination, organization of movements, and enhances their sports skills.

The indices were analyzed by the monitoring and research groups. The results show that the coordination abilities of wrestlers in the research group have been significantly improved compared to the control group. This improvement enhances athletes' abilities to coordinate their movements, organize themselves, and improve their sports skills.

Overall, this study highlights the positive results of practical technologies developed to enhance athletes' coordination abilities during training sessions.

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