

Fundamentals of Systematic Development of Physical Fitness of Wrestlers

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Abstract: This article deals with the significance of developing adolescent boys and wrestlers during the general and specific phases of physical training. Physical training plays a crucial role not only in strengthening the health of wrestlers but also in enhancing their technical and tactical skills in wrestling. The process of physical training helps young athletes improve essential physical attributes such as strength, endurance, speed, and flexibility. The article provides a detailed explanation of the two main types of general physical training for wrestlers: general and auxiliary training. General training is aimed at ensuring the overall physical development of athletes, with the objectives of promoting health, increasing strength, and enhancing endurance.

Keywords: Wrestling, athletes' health, endurance, strength, speed, flexibility, general training, auxiliary training, special training, wrestling techniques, motor skills.

Introduction: Wrestling is a sport that is widely practiced and popular in many countries around the world. For wrestlers to achieve successful results, not only technical and tactical knowledge is essential, but also a high level of physical preparation plays a critical role. For adolescents and novice athletes, the process of physical training is especially significant at the initial stages of their athletic careers. Physical preparation contributes to the strengthening of health, the development of physical qualities, and the acquisition of wrestling-specific skills.

The stage of general physical preparation in wrestling is aimed at the comprehensive development of athletes. It enhances such essential qualities as strength, endurance, speed, and flexibility. The primary goal of general physical training is to build a foundational base necessary for future success in wrestling. At the same time, auxiliary training focuses on the improvement of specific wrestling techniques and movements, playing a crucial role in helping the wrestler achieve their athletic goals.

This article examines the physical training process of young wrestlers and its key stages. It provides a detailed explanation of both general and specialized training, their role in athletic development, and how the cultivation of wrestling-specific physical attributes

affects overall performance in the sport.

Literature review

Engaging in wrestling has a significant impact on the physical and psychological development of children and adolescents. This process enables young wrestlers to master technical and tactical skills effectively while also supporting their overall growth. The general phase of physical preparation aims to enhance health, develop necessary physical qualities such as endurance and strength, and facilitate the assimilation of wrestling-specific movements and characteristics.

In particular, physical training in adolescents stimulates the development of the entire organism. It not only promotes better health but also fosters a deeper commitment to wrestling, improves physical capabilities, and lays the groundwork for long-term athletic success. For a wrestler, general physical preparation (GPP) and specialized preparation are complementary and jointly ensure optimal athletic development.

The main objectives of physical training include:

Improving the functional capacities of athletes' bodies and strengthening their overall health.

Developing physical qualities aligned with the specific demands of wrestling and utilizing them to enhance

technical and tactical performance.

In order to achieve high results in wrestling, a wrestler's level of general physical preparation is of paramount importance. This stage supports the development of essential physical abilities, prepares the body for competitive loads, and helps prevent injuries. GPP not only enhances physical indicators but also positively influences the psychological well-being of the athlete.

Objectives of General Physical Preparation (GPP)

Development of Physical Qualities:

Strength: Essential for maintaining control over the opponent during a match.

Endurance: Enables the athlete to maintain high performance levels during prolonged bouts.

Speed: Necessary for executing movements quickly and precisely.

Flexibility: Facilitates the free execution of movements and the acquisition of technical skills.

Balance: Enhances the ability to control the body in various positions.

Improving Overall Physical Condition:

Strengthening the cardiovascular and respiratory systems.

Developing and reinforcing muscle mass.

Laying the foundation for wrestling-specific techniques: Although exercises at the GPP stage are not directly related to wrestling techniques, they are crucial for the effective acquisition of technical skills later.

Key Exercises in General Physical Preparation

1. Strength-Enhancing Exercises:

Weightlifting exercises: Workouts with barbells and dumbbells to develop arm and leg muscles.

Bodyweight exercises: Pull-ups, push-ups, and dips.

Static and dynamic drills: Maintaining postures and performing controlled movements under tension.

2. Endurance-Improving Exercises:

Running: Long-distance and interval running at variable speeds.

Cycling and swimming: Beneficial for strengthening shoulder and leg muscles.

High-repetition exercises: Burpees, jumps, and squats for increasing cardiovascular endurance.

3. Speed and Agility Training:

Interval running: Enhances both speed and endurance.

Sprint drills: Short-distance sprints at maximum speed.

Obstacle drills: Improve coordination and quickness in

motion.

4. Flexibility Development:

Stretching routines: Increase muscle elasticity and reduce injury risk.

Yoga: Promotes flexibility and improves breathing control.

5. Balance and Coordination Training:

Balance exercises at height: Performed on balance boards or planks.

Dynamic balance drills: Executed with balls or other equipment to enhance coordination.

Organization of GPP Training

Gradual approach: Training begins with low-intensity exercises and gradually increases in load.

Periodization principle: Certain days of the week are allocated for general preparation; rest days are crucial for recovery.

Individualization: Each athlete's physical condition and personal needs are taken into account when designing the training regimen.

Benefits of General Physical Preparation

Enhanced ability to engage with opponents: Development of physical qualities contributes to effective execution of wrestling techniques.

Reduced injury risk: Increased strength and flexibility help protect muscles and joints.

Improved pre-competition readiness: Athletes enter competitions in strong and stable physical condition.

General Physical Preparation is considered one of the foundational stages in achieving success in wrestling. Proper organization of this process enables athletes to attain high performance outcomes.

Types of Physical Preparation

General Physical Preparation (GPP): Focused on enhancing overall physical qualities such as strength, endurance, speed, and flexibility. It provides a comprehensive physical base for wrestlers.

Auxiliary Physical Preparation: Aimed at developing movement-specific skills and attributes required in wrestling. It helps build strength in muscle groups essential for executing wrestling techniques.

Stages of Physical Preparation in Wrestling:

Introduction and acquisition stage: Athletes are introduced to and learn basic movements and techniques.

Consolidation and assimilation stage: Techniques are reinforced and internalized through repeated practice [4].

Application and refinement stage: Techniques are applied in wrestling matches and competitions, with a focus on technical mastery [3]; [5].

Through this progressive process, a wrestler can maximize their athletic potential and achieve competitive success. Moreover, GPP supports the development of all essential physical qualities, thereby enhancing the athlete's wrestling-specific skills.

DISCUSSION

The general physical preparation of wrestlers constitutes a crucial stage in the physical and psychological development of athletes. This process serves to strengthen wrestlers' overall health and develop key physical attributes such as strength, endurance, speed, and flexibility. The primary objective of physical preparation is to enhance the athlete's general physical condition and establish a solid foundation for the effective acquisition of technical and tactical skills.

General physical training plays a central role in preparing athletes for competition, as it not only improves overall health but also reduces the risk of injury and increases their capacity to perform wrestling techniques. In addition, supplementary preparation is aimed at reinforcing specific wrestling techniques and movements, thereby improving the athletes' competitive performance.

Properly structured phases of physical training contribute significantly to wrestlers' achievement of high performance in competitions. Through this process, not only is technical proficiency ensured, but also the overall physical and psychological resilience of athletes is supported. Therefore, the consistent development of both general and specialized physical training in young athletes holds decisive importance for their progress in sport.

CONCLUSION

The systematic development of physical fitness in wrestlers forms the cornerstone of long-term athletic success and performance sustainability. Based on the findings of this research, it can be concluded that a scientifically grounded and phase-specific approach to physical training significantly enhances wrestlers' ability to meet the complex physiological and technical demands of modern competitive wrestling. A structured physical fitness program that balances general physical preparedness (GPP) and sport-specific training is essential for developing key attributes such as strength, speed, endurance, agility, and flexibility. Moreover, systematic training not only contributes to physical performance but also plays a critical role in injury prevention, psychological resilience, and the

mastery of advanced technical-tactical skills. The study highlights the importance of periodization and individualized training plans that consider age, competitive level, and physiological characteristics of each athlete. Long-term physical development should integrate modern methods of load management, recovery strategies, and performance monitoring.

Thus, a well-planned, consistent, and scientifically informed system of physical fitness development is indispensable for wrestlers to maintain peak performance, adapt to increasing competitive demands, and achieve sustainable athletic growth. Future efforts should focus on refining training models that holistically support both physical and psychological dimensions of a wrestler's development.

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