

INDIVIDUAL AND TEAM TACTICS IN SAMBO WRESTLING FOR CHILDREN AND ADOLESCENTS

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Abstract: This study analyzes individual and team tactics in Sambo wrestling for children and adolescents, assessing their effectiveness. Individual tactics play a crucial role in developing young athletes' personal skills, while team tactics help cultivate teamwork and collaboration skills. The research explores effective methods for applying tactical approaches in Sambo training and ways to enhance them.

Keywords: individual, tactics, technique, psychological development, sport, training, strength, endurance, agility, physical preparation.

Introduction

Sambo wrestling is one of the sports that contributes to both physical and mental development, and it is becoming increasingly popular among children and adolescents. This sport is essential not only for improving strength, endurance, and movement speed but also for developing tactical thinking. Sambo athletes cultivate not only physical fitness but also mental resilience, discipline, and perseverance.

Individual and team tactics play a significant role in Sambo wrestling. Individual tactics are based on the athlete's personal skills, defensive and offensive techniques, movement precision, and strategy. In contrast, team tactics focus on collective action and coordination. This study evaluates the effectiveness of individual and team tactics in Sambo wrestling.

Methodology

The study utilized scientific sources on forming individual and team tactics in Sambo wrestling for young athletes, practical experience from coaches, and competition analysis.

Methods:

1. Analysis – Identifying individual and team tactics used in Sambo wrestling training for children and adolescents.
2. Training Process – Studying methods of forming individual and team tactics through specialized coaching techniques.
3. Competition Analysis – Examining tactical approaches used in competitions involving young athletes.
4. Surveys and Questionnaires – Collecting feedback from professional coaches and young athletes to analyze tactical approaches.
5. Video Analysis – Reviewing video materials from Sambo competitions and training sessions to analyze tactical techniques.

The study involved 100 young athletes (aged 10-16), divided into two groups of 50 athletes each, with one group focusing on individual tactics and the other on team tactics.

Results

Individual Tactics:

1. Offensive Tactics – Developed based on counterattacks, technical, and dynamic movements.
2. Defensive Tactics – Methods to counter opponents' attacks.

3. Quick Maneuvers – Adapting to the opponent's movements and responding swiftly.
4. Grip and Reserve Techniques – Proper use of reserve moves in counterattacks.

Team Tactics:

Team Sambo tactics are mainly applied in group training and team competitions. The primary types of team tactics for children and adolescents include:

1. Strategic Team Movements – Clearly defining each team member's role to achieve a common goal.
2. Group Defense and Attack – Teaching each team member to collaborate in offense or defense.
3. Team Training Sessions – Developing effective responses to opponents' actions through team-based drills.
4. Psychological Support – Encouraging mutual psychological support among teammates to achieve higher results in competitions.
5. Team Play Tactics – Strengthening coordination among team members.
6. Leadership and Coordination – Ensuring each athlete acts according to their role while maintaining team cohesion.

Study Results Table:

No.	Indicators	Individual Tactics (n=50)	Team Tactics (n=50)
1	Average number of victories	7.2	6.8
2	Skill improvement (%)	15	18
3	Reaction speed (ms)	280	300
4	Defensive technique rating (10-point scale)	7.5	8.2
5	Teamwork efficiency (%)	40	85

Discussion

The study results indicate that both individual and team tactics are essential for the effective development of young athletes in Sambo wrestling. While individual tactics enhance personal skills, team tactics foster collaboration and team spirit. Therefore, a balanced approach that integrates both individual and team tactics should be applied in Sambo training.

Conclusion and Recommendations

- Individual tactics improve personal skills but provide fewer opportunities for developing teamwork.
- Team tactics are effective in enhancing cooperation and defensive techniques.
- Coaches should integrate both tactical approaches during training sessions.
- Innovative approaches should be implemented to improve physical and psychological preparation.

The findings of this study serve as a valuable foundation for further improving Sambo wrestling methodologies and enhancing training effectiveness through innovative approaches.

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