

# COMPONENTS OF WRESTLING

The following three component areas play a significant role in the success of the wrestler. The coach is challenged to find programs and situations that will develop these areas in the wrestler.

## I. Physical:

The **six** parameters which form the physical requirements for wrestling are as follows:

**balance:** refers to the degree of adaptability of the individual to adjust his centre of mass within a base of support (or to adjust his base of support to maintain his centre of mass). One of the objectives of wrestling is to disrupt the opponent's balance (ie. moving the centre of mass outside the base of support) forcing him to make adjustments in his base. During this "adjustment phase" a temporary, unstable condition has been created which interferes with the opponent's ability to apply effective forces. In this weakened state the opponent is vulnerable to attack, hence, the procedure of disrupting balance known as a set up, often precedes an offensive attack.

**endurance:** refers to the individual's level of aerobic and anaerobic fitness.

**muscular endurance:** refers to the capacity to continue submaximal muscular contractions repeatedly. Wrestling requires muscular endurance due to the continued flow of activity and application of force throughout the match. The capacity for muscular endurance is directly influenced by the degree of strength of the muscles and the energy delivery system within the muscles itself. In addition, the cardio-respiratory system influences muscular endurance in a peripheral sense, responsible for delivering the new ingredients for muscular contraction.

**flexibility:** refers to the individual's range of movement about a joint.

**power:** refers to the individual's ability to produce maximum force within a specific time period.

**speed:** refers to the individual's ability to travel a distance in as short a time period as possible. In wrestling it is related to the individual's reaction time and movement time.

**strength:** refers to the ability of a muscle to produce tension. In wrestling--it is the capacity of the muscle to apply force in a desired direction.

## II. Technical:

The technical skills required for success in wrestling include the following three elements: **techniques:** the formal action and reaction **moves** that are used to score points in a match.

**strategy:** refers to the **global plan** associated with accomplishing a specific goal. The strategy for a specific match or opponent includes a general technique plan or a general aggressive approach.

**tactics:** refers to the **action** of carrying out a general strategy in a specific situation or match.

## III. Psychological:

Certain psychological traits are important for wrestling success. In a match of equal technical and physical skill, the winning factor often becomes one of psychological strength.

**mental toughness:** is the ability to withstand discomfort or distress resulting from physical fatigue, physical roughness, stress or disappointment.

**concentration:** is the ability to focus on one's **technique execution** during a stressful, fatiguing and often abrasive match. In addition, a wrestler must be able to handle any unexpected events (Le. a bad official's call, a minor injury, a sudden on deck call, etc).