

25-27 April 2018

6th International Conference on Science Culture and Sport



6TH INTERNATIONAL CONFERENCE ON SCIENCE CULTURE AND SPORT

ABSTRACT BOOK

ÖZET KİTABI



25-27 APRIL, 2018 LVIV - UKRAINE



6th International Conference on Science Culture and Sport
“Using sports, culture, and social studies as means to rediscover lost values ”

ABSTRACT BOOK

6. Uluslararası Bilim Kültür ve Spor Kongresi

“Spor, kültür ve sosyal arařtırmaları kaybedilen deęerleri keřfetmek için kullanmak”

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More than 500 people followed the colourful opening ceremony .

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International Science Culture and Sports Association (ISCSA), was established in December 2010 and started its activities in 2011. It has a strong network, almost from more than 50 countries, and its headquarters is located in Ankara, Turkey .

ISCSA hosted its 1st International Conference in 2012 within the 5th International Great Festival of **Ankara**. The 2nd International Conference was held in **Antalya**, Turkey, in 2013; the 3rd in **S arajevo**, Bosnia Herzegovina, in 2014; the 4th in **Ohrid**, Macedonia, in 2015; the 5th in **Turkestan**, Kazakhstan, in 2016. Besides, it started hosting its international Eurasian Conferences (IECSSES) in 2016, and the second IECSSES was hosted in 2017, both in **Antalya**, Turkey .

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Directions for Improving Training System in Women's Wrestling

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Abstract

The purpose of the study is to determine the peculiarities of female wrestlers training as well as to note the differences in training approaches among the experts in freestyle wrestling.

Results. There are some innovative components that are being considered in the methodology of technical and tactical preparation of female wrestlers. They are: a strong emphasis on improving individual techniques through the application of some elements of tactical training; an increase in the volume of technical and tactical training at the pre-competition stage; control over the content of technical and tactical actions as well as sports technical indicators; an increase in the amount of technical training both at typical fights and defensive actions on the wrestling bridge; an emphasis on the improvement of complex technical and tactical actions associated with significant risk. This method is based on a significant increase in the volume of repeated training in order to improve technical and tactical skill of athletes in conditions similar to the situations in real competitive matches.

The setting of high-level tasks for the specialists in wrestling calls for the development of targeted training programs, which include scientifically grounded information about the characteristics of female wrestlers training in the light of modern ideas about sexual dimorphism. In this case, it is necessary to note some mistakes of specialists, which hinder the development and implementation of such training programs:

- many specialists have negative attitude towards the women's fight;
- coaches, who start working with women, completely extrapolate training plans for the male wrestlers into the training process for women without any necessary corrections;
- coaches are lack of systematic knowledge about female organism as well as its functioning in conditions of training and competitive activities;
- some well-known specialists are still considering the possibility of prohibiting women from being engaged in wrestling, assuming the inevitability of the negative consequences for their health.

Conclusions. Methodical recommendations about the peculiarities of female wrestlers training contain only a list of differences in the female body and its functions without adapting these data to the practical aspects of the implementation into the training process. Such recommendations are not informative for coaches, since their direct application is impossible without more precise explanations.

Keywords: Freestyle wrestling, Women, Ways of training

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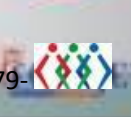
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