



Development and State of Women's Wrestling

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For 10 years, we can say from the first World Championships, the Japanese team has firmly held a leading position. The Japanese women's wrestling school was founded in the 90s. A training system for female athletes has been developed, which is mandatory for all specialists. A training center has been created in which hundreds of capable girls train. The training methodology is based on the formation of the character of the winning athlete. Japanese women are the most active athletes in the world. They have been using their own fighting style for a dozen years: movement - attack - speed - reception - victory. In addition, patriotism is cultivated. Discipline is the basis of training, the word of the coach is the law. Functional readiness is the main part of their training, to be above all competitors is to be better prepared functionally. Training loads are greater than in other teams. The performance of such loads is provided by the system of rehabilitation measures, science, medicine. All this systematically works at a fairly high level. Therefore, the Japanese women have the most stable composition of the team, both athletes and coaches.

The coach is obliged to analyze all competitions together with the athlete; all the main competitors are studied. They build a fight for each opponent. All this makes them the strongest in the world.

The US national team. The method of training athletes differs from the training of other teams. If athletes from Japan have strict discipline, then American athletes have more democracy. In some ways it helps them, they have no obligations - you have to be a champion, but they have a struggle and a desire to win until the last second. The issue of patriotism occupies one of the leading places among athletes, all this distinguishes American women. The fighting technique is also different. The first thing that can be noted is the attacking style; the fight is tough, designed for physical and functional training; technical training is similar in content to men's wrestling, which periodically brings success. The training process is about the same as that of other teams. The methodology differs in its approaches. This means a lot of work individually with leading athletes. Much attention is paid to the development of individual qualities.

The national team of Canada. A kind of dark horse. It is impossible to say that athletes are trained by some special method. The first feature is that they do not have a set school with their own methodology. This is due to the fact that they have mainly university students engaged in wrestling, which does not allow them to devote much time to wrestling. At the expense of what is the team formed for the world championships, the Olympics? How to explain the successful performance of athletes at the championships? Canadian coaches have adopted a lot of the methods of training

Russian athletes; An important role was also played by the fact that the coaching staff includes a significant number of coaches who were previously members of the USSR national team. An example is Coach Viktor Zilberman, who teaches our Russian wrestling school. The general thing that allows the team to confidently stand among the strongest is the passion of young people for sports, the ability of coaches to assemble a team in a rather difficult situation and perform well at competitions.

The national team of China. It has become one of the leaders over the past 5-6 years. How did Chinese women achieve victories at the World Championships and the Olympic Games, took the 1st team place at the 2013 World Cup? One of the main factors is the development of women's wrestling in many provinces; the opening of women's wrestling schools has increased the number of students several times. Invitation of coaches from different countries, including Russia. The massive development of sports in the country allows you to choose the best coaches and athletes. In terms of training methods, the coaches took a lot from the methods of Japanese coaches, athletes from the USA and Russia. The Chinese methodology is based on: discipline; patriotism; diligence; physical and functional training; study and improvement of wrestling techniques; study of advanced techniques. Along with the successes in the team, there are downturns, which is due to poor technical training, the struggle is mainly forceful, strong-willed. The lag in technology makes it possible today to win athletes from China, but a team with very great potential.

The team of Mongolia. Cultivates women's wrestling since 1995. Most of the work is carried out in the central cities. The head coach selects the main team and year-round work is carried out with them. Centralized fees are used with the involvement of athletes from Russia, China, and Japan. There is no special school or methodology, the approach to the training process is very similar to that adopted in China. Much attention is paid to physical and functional training, which periodically justifies itself. The Mongolian traditions of national wrestling significantly help.

Team India. A young team announced itself in the last 2-3 years. The development of women's wrestling is carried out through the opening of new sections, the appearance of coaches working with the women's team. Currently, the training methodology is being developed, all the best that is in women's wrestling is being studied and implemented into work, and the results are already visible. The Indian team at the 2013 World Cup took 5th place, beating such teams as Belarus, Canada, Kazakhstan. This suggests that a new team has appeared among the leaders, which is gaining experience, knowledge and skills. In the coming years, the Indian team will be a worthy competitor at the world level.

The Russian team. Takes part in all competitions in women's wrestling since 1992. Has good traditions. The fact that our men's freestyle wrestling has been the strongest in the world for 10 years is very important. Women's wrestling develops on a proven, studied basis. Most of the coaches working with women today are coaches from the men's team, and no matter how strong the method of men's wrestling is, in our opinion, it is largely unsuitable for women, and there is no proven method for the women's team. This is one of the reasons why we are not allowed to take the place of a leader.

The solution of all these issues will give a positive result. Women's wrestling is still the leading sport in Russia today and has great potential both in the development of the sport in regions and cities, and in terms of improving the methods of training world champions and Olympic Games.

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