

NOVEMBER 17-20, 2004

**The 10th ICHPER • SD EUROPE
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SPORTS SCIENCE CONGRESS**

ABSTRACT BOOK

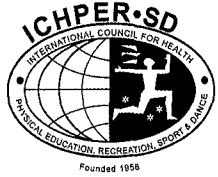
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IN TECHNICAL AGE THROUGH HPERSD "*

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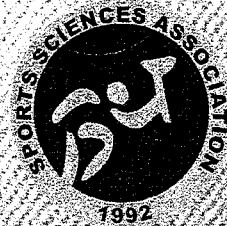
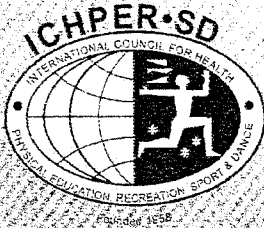
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46. DÜNYA GREKO-ROMEN GÜREŞ ŞAMPİYONASI MÜSABAKA TEKNİK ANALİZİ

M. Türkmen* O.İmamoğlu* M.A. Ziyagil** Ş.Kolukısa***

ÖZET

Amaç:2001 yılında Yunanistan Patras'da yapılan 46. Dünya Greko-Romen Güreş Şampiyonası müsabakaların teknik analizi ile başarıda etken kriterleri belirlemektir.

Metot:Bu çalışma için 46. Dünya Greko-Romen Güreş Şampiyonasında toplam 334 güreş müsabakası kamera ile filme alınarak videoda analiz edildi.

Bulgular:Genel olarak maçların büyük çoğunluğu normal sürede ve sayı ile sonuçlanmıştır. Genele göre ilk sekizi belirleme maçlarında sayı ile ve normal sürede biten maçların oranı artmıştır.Ayrıca daha fazla maç uzatmaya gitmiştir. En çok kullanılan teknikler sıralamasında ilk sekizi belirlemede; çırpma, salto, supless ve salto paratı yer alırken, klasman grubunda; çırpma, çırpma paratı, tekkol ve bele girme öne çıkmış ve supless hiç yapılmamıştır. Maç başına düşen teknik sayısı genelde 3,94 ve alınan puan sayısı 6,67 iken ilk sekiz belirleme maçlarında teknik sayısı 3,71'e ve puan oranı 6,28' düşmüştür. Pasivite sayısı ise genelde maç başına 1,77' den ilk sekiz maçlarında 2,35' e çıkmıştır. Yine salto bağlama sayısı da maç başına 0,34' den 0,45' e çıkmıştır. Türklerin en çok uyguladığı oyunlar çırpma, supless ve künde iken maruz kalınan teknikler; çırpma, solto ve künde paratı olarak öne çıkıyor.

Sonuç: Müsabakalarda en çok çırpma , suples ve bele girme uygulanmıştır. Güreşçilerin riske girmeden puan alma yolunu seçtikleri ve şampiyon olmak için ortalama yaklaşık maç başına 6 puan almak gerektiği görülmüştür. İhtar ve pasivite durumlarında yerde partner pozisyonu alınması yer tekniklerinin önemini ve sayısını artırmıştır. Türkiye uyguladığı tekniklerde Amerika'dan daha etkisiz kalmıştır.

Anahtar Kelimeler: Güreş, Teknik, Puan, Pasivite

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COMPETITION ANALYSIS OF 46. WORLD GRECO-ROMAN WRESTLING CHAMPIONSHIP

SUMMARY

The aim of this study was to analyze the competitions in 46. World Greco- Championship, and to examine the technique values of the National Turkish Team competitions. Also the aim was to analyze the competitions that determine the first eight teams (FETC) too. The Greco-Roman Championship was in the city of Patras in Greece at 6-9 December 2001. 334 greco-roman competitions were recorded, and the analysis were done by these recordings.

In this championship, most of the greco-roman competitions finished in official time and by points in all weight categories. Same status is validity for the Turkish team, USA team, FETC and the classifying competitions. More competitions finished in prolongation and by points in FETC competitions than the total competitions. In the greco-roman wrestling, total 1317 techniques were applied and 2231 points were taken; 593 passivity and 114 tying salto were performed. In the FETC competitions 238 techniques were applied; 402 points were taken. In the classifying competitions, 54 techniques were applied; 88 points were taken. Approaching to the final, the techniques and the points ratio were decreased. The Turkish Greco-Roman Wrestling Team applied 51 techniques took 84 points and exposed to 37 techniques gave 62 points . USA team applied 101 techniques took 140 points and exposed to 40 techniques gave 62 points . Most executing techniques were gut wrench, tying salto in the FETC competitions. In the classifying wrestling, most executing techniques were gut wrench, tying salto too. Wrestlers choosed to take points without risk and to be successful it was necessary to take 8 points in greco-roman for one competition. To win a competition it's important to apply and not expose to a technique. The National Turkish Greco-Roman Team was unsuccessful to apply a technique. They didn't wrestle as offensively as their successful rivals. For the coming championships; it's necessary to train right and left offensive and

defensive techniques. According to the position, advantages and disadvantages of the techniques have to be taught to the wrestlers. The trainers can regulate the wrestlers' training programs by considering the techniques used by the general, and also semifinalist and champion wrestlers in the championships.

Key Words: Wrestling, competition, analysis.