

## SPEED IN WRESTLING

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It is reported in competitive sport/game that if some changes are made to the rules of sport/game, particularly change in time, there is always potential for change in performance structure of that sport/game.

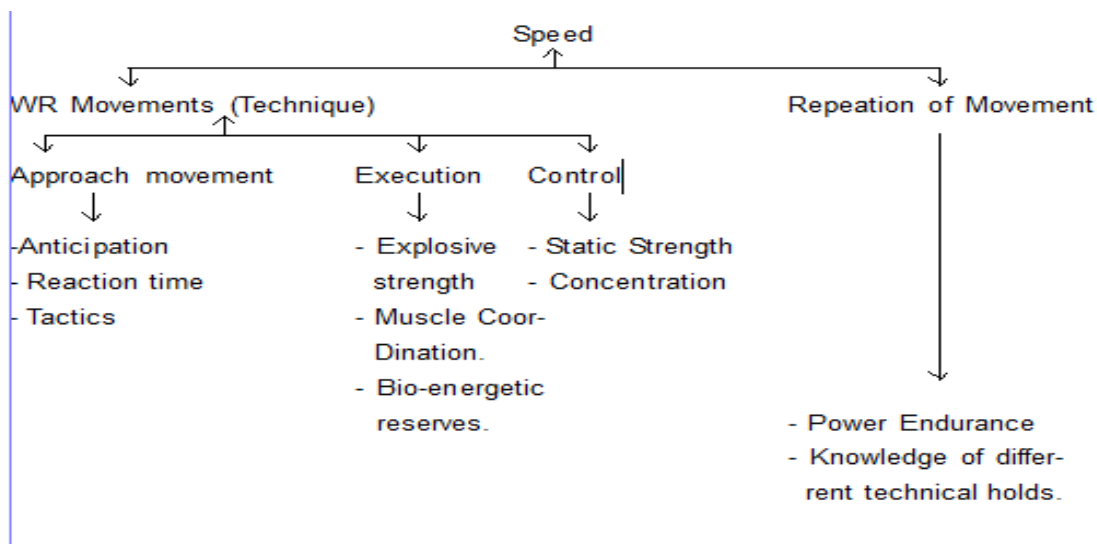
At present in wrestling regulated time has been reduced to 6 mins with 30 Sec. Rest in between. So, in the present form of wrestling speed plays a significant role.

Of course speed is a conditional ability but it can be improved to lesser extent. As we know speed is a highly sport/game specific ability therefore, first of all we have to study bio-energetic and bio-mechanical demand of our sport wrestling.

In wrestling all three systems (ATP-PC, lactic acid, & aerobic system) of energy liberation are used in competitive wrestling. But 90% of energy comes from anaerobic system (ATP-PC & lactic acid) while 10% from aerobic. It shows that explosiveness in our wrestling movements is very essential.

“Speed in wrestling is the ability or a wrestler to carry out the wrestling movements in minimum of time throughout the stipulated time.”

If we analyze the wrestling movements (technique) and contributory factors, it depict –



(i) Wrestling movements (techniques) have three parts :

**(a) Approach movement :-** To execute any movement (technique) first of all a wrestler has to reach upto his opponent. To fulfill this task he requires anticipation, quick reaction and tactics.

**(b) Execution :-** Once a wrestler has reached then he has to execute the technique, here, he has to face resistance and body rengh, muscle coordination and Bio-energetic reserves.

**(c) Control :-** This is the last stage of technique and a wrestler has to held his opponent



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is a particular position so he require static strength and concentration.

(ii) Repetition of movements : To accomplish this task a wrestler require power endurance, knowledge of different holds (Techniques).

Methods to develop speed :-

**A. Direct methods.**

i) Intensive spurt wrestling bout e.g. ground wrestling spurt of 30 to 40 sec. Repetitions 5 to 8.

A B/C                      B C/A                      C A/B

ii) Wrestling with lighter weight wrestler within a limited time.

iii) Technique practice against time with preference or dummy.

e.g. Time - 30 to 40 sec.

Repetition - Maximum

**B. Indirect methods.**

i) Short sprint (20 to 30m.)

ii) Repetition of short run on signal.

iii) Bridging, rolling, diving from squat position, on that mat on signal.

iv) Explosive strength training (Free weight) with proper load dynamics.

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