

## IMPORTANCE AND ROLE OF THE TRAINERS IN WRESTLING

(Professional paper)

**Kasum Goran<sup>1</sup> and Gligorov Strašo<sup>2</sup>**

<sup>1</sup>University of Belgrade, Faculty of Sport and Physical Education, Belgrade, Serbia

<sup>2</sup>Ministry of Interior, Training Center, Skopje, Macedonia

### Abstract

*Often the case in wrestling sport that the experience gained by the coach through his coaching and competitive career is predominantly valued above the knowledge gained through the educational institutions. Every coach has to be trained to achieve high quality work skills with each category of a wrestler; yet each new level of competence is only provided by further improvement. Working with the pioneers is related to developing well-balanced personality and creating a significant capacity for intellectual and physical work, and it is incongruously to talk about the sports scores. In work with cadet wrestlers one should always has in mind that they have yet to become real competitors, still it does not mean that the significance of the competition should be ignored. Sometimes wrestlers build their fighting style on the model of a wrestler - trainer when he was a competitor, which does not mean that the model best suited them. Therefore, no correlation between the dominant technique of the top wrestlers and wrestling techniques that are usually used in clubs of these wrestlers are noticed. If a wrestler is expected to gain important sports achievements, the whole training process must be subordinated to the creation of preconditions for being fully expressed and maximal achieved. The attitude of the wrestler achievements should be reviewed, but not necessarily changed when it seems that the assessment was wrong.*

**Keywords:** *wrestling matches, training process, sports education, wrestling licenses, sports score, competency coaching*

### PREREQUISITES FOR THE TOP RESULTS IN SPORT

In order to properly clarify the role and importance of trainers in wrestling, we need to identify and understand the sports systems functioning in most countries. Basically, the micro structure of the sport system includes: athletes by themselves, coaches (trainers), training process and the athletes close surroundings. At micro level of the sport system it is possible to identify the individual factors of an athlete (genetic potential, psychological attributes, technique, physical condition...), as well as its environment (coaches, programs parents, school, friends, fans, etc).

Some of these factors, such as the training programs and training quality, sport – medical care or trainers competence can be controlled, while, we cannot make influence on the genetic factors. Mezzo level of sport system includes its organization and management; in this case those are the Wrestling Club, Wrestling Na-

tional Association, the National Olympic Committee, and the National Sport Council. Macro level of sport system involves the political system, economic stability of society, population size, the government and the relevant ministry. It is often claimed that the top results in sports are resulting of the macro level approach, which depends on the wealth of the society, are showing that the results achieved by athletes from small countries are suggesting that the top sports success depends on mezzo and micro level of the sport system. The international success in any sport, as well as in wrestling, predominantly depends on four groups of factors:

- the top athletes position (investing in athletes, support, social status and esteem, career prospects, etc)
- the status of top coaches (investing in a coach, recruiting and training top coaches, other support...)
- identification and talent development system (talented trainers, adjusting trainings with educational level and the residential place, identification, program

and the talented training requests).

- professionalization of relations in the sports organization (professional engagement, top training facilities, engagement of former top athletes...)

In addition, it is generally accepted that the ultimate results are made due to creating four spaces (Bergsgard, Houlihan, Mangset, Nodland, & Rommetvedt, (2007.):

1. Excellent training facilities,
2. Full athletes' commitment,
3. A competent coach and training technologies application, as well as the sports science and sports medicine,
4. Participation in competitions in which it is possible to achieve the top results.

### IMPORTANCE OF EDUCATION OF THE WRESTLING TRAINERS

Every coach has a certain level of knowledge achieved by relevant experience and education. Unfortunately, often the case in wrestling sport that the experience is gained by the coach through his coaching and competitive career is predominantly valued above knowledge gained through the educational institutions. It is undisputed that the coach can learn a lot by working and observing other's wrestling work out. However, the knowledge gained only through the experience leaves a huge understatement: coach only determines if done gave good result or not. The coach is not able to answer why something is good or is bad, or to get an outcome analysis, to explain and to make a correction within a similar situation. The ancient Greeks were very aware of the place and role of the coach, and Socrates believed that the coaches should have the "understanding and knowledge" (Ioannidis, Stefanović, Kariotu, Siljakand & Mijatović, 2008). He said that "athletes who train for the Olympic Games should work and exercise, eat and drink according to the advice of his instructors who possess an expert knowledge, and not the opinion of rest of the world" (De Boton, 2002). Philstratus, (1992), first wrote the book "The Training Science" in which, among the other things, says that the trainer, whom he called "gymnastics", knows the theory and practice of training the athletes, while Aristotle believes that the trainer has the specialized knowledge for the preparation of athletes. Even the ancient Greeks were including in sport training the special trainers and experts for sport medicine (Stefanovic, Ioanidis & Kariotu, 2008), so it is logical that, today, the trainers must have appropriate education and sports license toward operating properly. The trainer increases his competence by application of his knowledge in working with various categories of wrestlers. In educational terms, often there is no formal difference between the coaches who have trained men or women, young or old wrestler, even if they train the Greco-Roman or freestyle wrestlers, but the competence of the trainers predominantly depends on whom they work with: some are better qualified for the work with

girls, some to work with a young wrestlers and others to work with some talented athletes and all due to develop postulate for achieving top results. Every coach has to be trained to achieve high quality work with each category of a wrestler, yet each new level of competence is only provided by further improvement. Competence of the trainer is part of a strategy to achieve sports results by integrating theory, practice and performance:

1. Theory - Experience + Education = Knowledge
2. Practice - Knowledge + Applying = Competence
3. Effect - Competence + Coach Talent = Result

Constant developing of a trainer encourages the professional and scientific curiosity, connects and apply the acquired knowledge, analyze and develop the practice, and the facts are handled in an optimal, meaningful and scientific way (Jevtić, Radojević, Juhas, Ropret, 2005). The European professional associations and the employers associations formed a convention that defines the European quality model of a trainer and the work of the wrestling coach as continuation of the home, school and society education process. This work is related to the development of high moral standards of a wrestler by improving his physical development and working capacity in a harmonious way, improving the theoretical, technical and tactical knowledge and psychological efficiency, strengthening the health and by developing the sports hygiene habits. Also, coaches are trained to prevent the injuries, to organize and administrate the sport, to continuously evaluate the training process, and to make self-evaluation.

### TRAINER IN WRESTLING

Most of the countries pay considerable attention on working with the top-quality wrestlers. The significance of this work is undoubted, and usually it finds a way to engage a competent trainer who will work with these wrestlers. However, the problem arises in working with beginners, who are often not adequately evaluated. The role of the trainer is to motivate the students, to form the training group, to encourage their interests and develop their wrestling affinity. Although the trainer of the beginners has a different approach and goals of the trainers whose work is oriented toward the sports scores, every competent trainer must be qualified for high quality work with the both groups (Radojevic & Jevtic, 2003). The sport results of the wrestlers are the measure of competence and quality of training due to the set goal and objective levels posed to the wrestlers. Placement of a young wrestler, without great international experience, among top ten in the World Challenge Cup could be a success. However, such a rank of a wrestler in full force, which has already won medals at major world competitions, it can hardly be considered as a success. That is how is valued the work of trainers whose aims are to achieve sports results and those are the trainers of senior wrestler and an older junior. Still when we talk about cadet wrestlers trainers the situation is somewhat changed.

That's the age when the result should not represent a foreground task. Sometimes the young wrestlers, in order to achieve results in the cadet age, are exposed to extremely high intensity, so they simply "burn out" before they reached their biological maximum. Of course, such rigorous torture may lead to realization of more significant result at that age, but usually these wrestlers quickly disappear from the wrestling scene. In work with cadet wrestlers one always has in mind that they have yet to become real competitors, still that does not mean that the significance of the competition should be ignored. Competitions in this age group are actually directed toward situation model that will be repeated many times in the future career, to allow routine and gaining precious experience, but also to serve as an evaluation the current quality and encouragement to work. Sports results should be a yield and acknowledgement of quality work, not a result of a torture and pressures inappropriate to the biological age.

Working with the pioneers is related to developing well-balanced personality and creating a significant capacity for intellectual and physical work, and it is incongruously to talk about the sports scores at that age. A good and successful trainer is the one who manages to create a good ground for further work, engrafts the love and develops work habits within the young wrestlers, and not the one whose athletes in this age group won the most medals. Each work with young wrestlers begins with a physical training, continuing with the technical, tactical and psychological preparation. In the short term, too much specific wrestling training in this age provides noticeable results and those wrestlers usually rebound to their generation. However, even in the junior age, these wrestlers usually start to lose a step, and all the training gaps from the past come on the surface. Serious competitive careers of these wrestlers usually end up quickly, since other wrestlers who have developed a high capacity for work in the recent years will come in the first plan. Only then can we speak about the impact of the pioneer's trainers and a good and competent trainer whose wrestlers become quality senior athletes. A coach that within the pioneer category has a very prominent individual, of whom later, no one has made a significant wrestler's career, he made a mistake somewhere. The pioneer age should be used for general preparation of a wrestler, while the specific preparation should begin in about the fifteen years, and the top results are expected after the 19. (Bompa, 2009).

Building of the personal and professional codex should be an integral part of trainer's education. The work of the trainer must be tailored toward the individual characteristics of a wrestler, but the main goal should be toward developing a high ethics, commitment and willingness, and readiness to bear with the psychological efforts. A good wrestling trainer insists on independent and conscious overcoming of the obstacles they come across. The trainers often are too tied toward the wrestlers who show a remarkable quality, while all of

their obligations they perceive as their own. The coach needs to know that the family life of their competitors, their behavior off the training, leisure time activities, success in school should help the wrestlers, but also, it is very important for wrestlers to be aware of their responsibilities and be engaged in their solutions. This way we achieved a properly educated wrestler from the young age due to form a healthy and responsible personality, who is able to control and orient by him. From an early age one should strive for perfection, and insist to bring up a maximum in all they work.

The trainer must insist on the educational requirements, to point out and correct the mistakes, still the approach must be individual. The access depends on the type of the mistake, toward the nature of a wrestler, but also on the competence of the trainers. From the earliest days it is necessary to fight against the mediocrity, and the other negative phenomena. It is necessary to notice and oppose of many negative phenomena, such as simulation, profanity, cheating, jealousy, bad behavior, laziness in training, whim of "a star", the negative impact of famous athletes, stubbornness, greed for money, indolent approach to work and studies, biases, fatalism... The training process must have its own continuity, regardless of the eventual change of the trainer. This does not mean that the new trainer has to work similarly toward the previous one, but he certainly has to accept what the previous trainer has done so far and link his own work toward the previous one. Changing the trainers and working methods can be quite useful for a wrestler, because every trainer has its own characteristics by which he is particularly good. Of course, each trainer must be fully qualified to work with all ages, classes and types of wrestler, but, then, most of the coaches are very good in a certain aspects of work. Sometimes wrestlers build their fighting style on the model of a wrestler - trainer when he was a competitor, which does not mean that the model best suited them (Kasum, 2007). Besides that, the change of the working method requires adjustment of the wrestler, while that going through that process of adaptation will represent a kind of a base for his further development. It is therefore recommended that a wrestler may change more trainers, as well as different approaches which will make him more complete and universal, without changing his dominant wrestling style characteristics. Though it seems there is a very high correlation between the trainer's dominant throwing techniques as former top wrestlers and the wrestling techniques they use to coach (Kasum, 2007.). This correlation is related only to trainers who have worked out with them at the time when the wrestlers start forming their fighting style. However, the change of a trainer or a wrestler's changing the club, did not affect the change in their "specialties". Therefore, there is no correlation between the dominant technique of the top wrestlers and the wrestling techniques that are usually used in clubs of these wrestlers (Kasum, 2005.). It is therefore extremely important that the coach, despite the individual characteristics of each wrestler and

their development, is guided towards the improvement of the wrestler's dominant characteristics. That is why, it is very important for the trainer to notice the individual characteristics of each wrestler due to guide the wrestler toward developing and improving his dominant characteristics. Still, early specializing and grinding techniques or a group of dominant techniques, due to make faster progress of their competitors, is often mistake made by the trainers. Well improved "specialty" of a young wrestler usually provides better results in this age, but its development usually leads toward improvement neglecting of other aggressive and defense techniques. Trainers who work with young wrestlers must be patient and have maximum extended repertoire of techniques that their wrestlers should develop. It is said that the best period for building up and improving "specialty" are ages between the 15 and 17 years, while still trainer should not go with it before a wrestler completely master all wrestling techniques. To give a quality respond to all of these requests, trainers must constantly improve themselves and be maximally cooperative and open to correlate and exchange experiences.

In the process of creating a wrestler, the personal example of the trainer has a very important role. Sometimes it happens that the trainers talks one and behave in a completely different way. Such behavior is not favorable because it leads to confusion and mistrust among wrestler and erosion of trainer's reputation. Young wrestlers usually accept far more what they see than what they are have been told to, and rational and appropriate trainer behavior leaves a far more positive mark on a wrestler than hours of lecturing. Many psychologists believe that behavior is conditioned by the consequences caused by this behavior. This means that the certain behavior or performing of certain skills will be strengthened if is rewarded, and weakened or eliminated if it's been sanctioned. Awards in wrestling are medals, diplomas, cups, applause, praise and attention of the trainers, still the specific prize presents only a successful execution of the throw, or a feeling of satisfaction of successfully executed project. The lack of critics itself sometimes stimulates a wrestler who is often exposed to critics. Each new successfully performed grasp or exercise should be praised, and the best effect is achieved when the praise is received immediately after a good performance. Also the effort that leads to the desired goal should be praised, as well as an experienced trainer should motivate the behavior of a wrestler, not just the results of the efforts. This is especially important in the period of crisis or stagnation in progress, but also to a wrestler who completely automates movement should be occasionally praised and that way show him that he works well. In the initial stages of training to good performing should be "rewarded" more often, and when a wrestler accepts the procedure or exercise only occasionally. The trainer needs to know that kind of praise and rewards have the best effect on a wrestler. Praise has to establish a certain behavior, a sense of punishment

which should lead toward eliminating or reducing the effect of something negative. The punishment can be in forms of a reproach, warning, disqualification from the match, expulsion from the preparation, banned competition, but also a deprivation of certain privileges which are essential to a wrestler. You do not punish the individual, but the behavior and there is a need to offer an alternative behavior. The punishment also may be the trainer's criticism and dissatisfaction, but effective punishment usually means expulsion of the athlete. Many things that young wrestlers do well should be rewarded, most of the bad things should be ignored, punishments should be used rarely and only if some behavior must be stopped immediately.

From the wrestler should be requested to explore and discover new grasps and variations and various combinations. The trainer supervises, corrects, puts the issue, and criticizes the poor imitation, new fangled and throws out the stereotypes. This way the training becomes intellectual, and the wrestler is developing a critical and constructive thinking. A wrestler needs to develop the friendship spirit, the unity, self-criticism, mutual assistance, order, discipline and sport model of life. The trainer has to know the nature of his wrestlers, their characters, power of will, life attitudes and preferences, behavior and habits. The work should be based on the positive characteristics of a wrestler and therefore avoiding futile critics and reproaches. Form of work always needs to be fresh and interesting, age-appropriate and culturally-leveled toward wrestlers, their attitudes, the nature and type of errors that occur. Coach educate not only with their words but also with their behavior, tone of voice, gestures and mimicry, smile and humor...

Wrestling trainers, apart of operationally, have to plan and anticipate the long-term development, the range and capabilities of competitors. It is not rare case that the trainers, due to some casual and less important goals, significantly threaten the possibility of achieving far more important goals. Careers of promising wrestlers are seriously disturbed by the pressure of the club's interests and pushed to perform in the weight category that does not match the weight of their bodies. These wrestlers become collectors of valuable points for the club, but on the international scene, fail to achieve any notable success. Actually, they do not have time to undergo serious trainings as they are constantly in the body weight regulation process or recovering of this process. If a wrestler is expected to gain important sports achievements, the whole training process must be subordinated to creation of preconditions for it to be fully express and achieve the maximum. The attitude of the wrestler achievements should be reviewed, but not necessarily changed when it seems that the assessment was wrong. Frequently changing of wrestlers in which we believe is not good solution, and if it really must be done then there has to be very good reason for doing it. To create a superior wrestler is a long process, so it is much better to spend more time in the training process and with

less quality wrestlers, than to eliminate really promising athletes. Good choice of wrestlers will be confirmed later with good results and the good wrestler's results are raising the ratings of their trainers. By constant observing and assessment, the trainers develop the ability to notice the details, which sharpens his senses, improves and becomes a better trainers and they have more time to work better with the wrestlers. The trainer also must continuously take precautions to prevent or minimize the number and severity of injuries. This implied a clean, tight awning, removing items that can cause a risk of injury, to well organize the training, to provide proper equipment and more. It is important to constantly educate the young wrestlers, indicate the standards of responsible behavior, caring out about others and about themselves. Some typical injuries, such as the impact on the skin, subcutaneous tissue and muscles, and wrestling ear (Bojović, 1978.) can hardly be totally avoided, but still it is necessary to take measures that the number and severity of these injuries to be as small as possible.

## CONCLUSION

Wrestling is sport in which trainer's work is often not adequately evaluated. For the trainers who work with the top wrestlers there can be usually found a solid solution, however, specific problem is present of improvised unprofessional work with the youth. Young wrestlers are often trained by trainers who do not have any sport education and their work is only based on personal experience and sense. Therefore it happens that a large number of young competitive wrestlers finishes career at a time when they actually need to enter the most productive period, and the wrestlers who continue to compete in senior ages often are not prepared to adequately deal with the psychological and emotional pressure and to keep up with trainings and the competitive efforts. A significant step due to solve this problem should represent as engagement of the sport qualified trainers, as well as the continuing education and training of trainers who are already working in wrestling. Doing so will significantly improve the professional work and provide high level of the competition results.

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#### **AUTHORS' NOTES**

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#### Correspondence:

Kasum Goran  
University of Belgrad  
Faculty of Sport and Physical Education  
Str, Blagoja Parovića 156, 11030 Belgrade, Serbia  
E-mail: goran.kasim@bg.ac.rs