

### METHOD OF IMPROVING TECHNICAL MOVEMENTS BY DEVELOPING WRESTLERS' QUICK STRENGTH QUALITIES

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#### Abstract:

This article explores a method for enhancing technical movements in wrestling by improving the quick strength qualities of wrestlers. The author discusses the importance of quick strength in executing effective moves and provides strategies for developing this attribute through various training techniques.

**Keywords:** wrestling, technical movements, quick strength, training techniques, skill development.

#### INTRODUCTION

Wrestling is one of the most physically demanding sports. It requires a high level of strength, speed, agility, and endurance. Technical movements are an integral part of wrestling, and wrestlers need to execute these movements with precision and speed to gain an advantage over their opponents. However, developing these technical movements is not an easy task.

One of the key factors that can help wrestlers improve their technical movements is quick strength qualities. Quick strength refers to the ability to generate force quickly. It is an important quality for wrestlers as it allows them to execute quick and explosive movements with precision. The ability to generate force quickly is also essential for wrestlers to overcome their opponents' resistance and execute their techniques effectively.

In recent years, there has been a growing interest in developing quick strength qualities among wrestlers. Coaches and trainers have recognized that improving quick strength can help wrestlers improve their overall performance and gain a competitive edge. There are various methods that can be used to develop quick strength, including plyometric training, explosive lifting, and reactive training.

Plyometric training involves performing exercises that involve rapid stretching and contracting of the muscles. These exercises help to develop explosive power and improve the speed of muscle contractions. Explosive lifting involves lifting



heavy weights quickly. This type of training helps to develop the ability to generate force quickly and improve overall strength.

Reactive training involves performing exercises that require quick reactions to external stimuli. This type of training is particularly useful for wrestlers as it helps to develop their ability to react quickly to their opponents' movements and execute their techniques with precision.

In conclusion, the development of quick strength qualities is an essential aspect of improving technical movements in wrestling. Coaches and trainers should incorporate methods such as plyometric training, explosive lifting, and reactive training into their training programs to help wrestlers improve their overall performance. Through consistent and dedicated training, wrestlers can develop the quick strength qualities necessary to execute their techniques with precision and gain a competitive edge.

## METHODS

In this article, we will discuss the various methods that can be used to improve technical movements in wrestlers by developing their quick strength qualities. Technical movements require a combination of skill, speed, and strength, and it is essential for wrestlers to develop their quick strength qualities to improve their performance on the mat.

One effective method of improving quick strength qualities in wrestlers is through plyometric training. Plyometric training involves explosive, high-intensity movements that help to increase muscle power and speed. This type of training is particularly effective for wrestlers as it helps to develop explosive movements in the legs, hips, and core, which are essential for executing technical movements on the mat.

Another effective method for improving quick strength qualities in wrestlers is through resistance training. Resistance training involves using weights or resistance bands to build muscle strength and endurance. This type of training is particularly beneficial for wrestlers as it helps to develop the specific muscles used in executing technical movements, such as the legs, hips, and shoulders.

In addition to plyometric and resistance training, wrestlers can also benefit from agility training. Agility training involves performing quick and coordinated movements, which helps to improve balance, coordination, and reaction time.



This type of training is particularly useful for wrestlers as it helps to develop the quick reflexes and agility needed to execute technical movements during a match. Another effective method for improving technical movements in wrestlers is through video analysis. By reviewing footage of their matches and training sessions, wrestlers can identify areas where they need to improve their technique and make adjustments accordingly. This type of analysis can also help wrestlers to identify their strengths and weaknesses, allowing them to focus their training efforts on areas where they need the most improvement.

Finally, it is important for wrestlers to engage in regular conditioning exercises to improve their overall fitness and endurance. This can include activities such as running, cycling, or swimming, which help to build cardiovascular endurance and improve overall physical fitness. By incorporating these methods into their training routines, wrestlers can improve their technical movements and overall performance on the mat.

In conclusion, developing quick strength qualities is essential for improving technical movements in wrestlers. By incorporating plyometric and resistance training, agility training, video analysis, and regular conditioning exercises into their training routines, wrestlers can enhance their performance and achieve success on the mat.

### CONCLUSION

In conclusion, it is evident that the development of wrestlers' quick strength qualities is an effective method of improving technical movements in wrestling. Through the use of various training methods such as plyometrics and resistance training, wrestlers can enhance their explosiveness and power, which is essential for executing technical movements with speed and precision. This approach not only improves performance on the mat but also reduces the risk of injury.

Research has shown that incorporating quick strength training into a wrestler's training regimen can lead to significant improvements in their technical abilities. Additionally, this type of training can also improve their overall physical fitness, including speed, agility, and endurance. As a result, wrestlers who prioritize the development of their quick strength qualities are more likely to achieve success in their sport.

Furthermore, coaches and trainers should emphasize the importance of proper technique when incorporating quick strength training into a wrestler's regimen.



This ensures that the athlete is executing movements correctly and efficiently, maximizing the benefits of their training. Additionally, wrestlers should also focus on their nutrition and recovery to support their training and enhance their performance.

In conclusion, developing quick strength qualities is a critical aspect of improving technical movements in wrestling. With proper training, athletes can enhance their explosiveness and power, ultimately leading to improved performance on the mat. Coaches and trainers should prioritize the development of these qualities and emphasize proper technique, nutrition, and recovery to ensure their athletes are performing at their best.

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