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## Speed in wrestling: Unleashing the key to victories

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### **Abstract**

Speed is an indispensable attribute in the sport of wrestling, enabling athletes to seize control, execute attacks, and defend against opponents effectively. This research paper delves into the significance of speed in wrestling, analyzing its impact on performance and exploring the physiological and psychological benefits it offers to athletes. By understanding the importance of speed in wrestling, coaches and athletes can design training programs tailored to enhance this critical attribute and gain a competitive advantage on the mat.

**Keywords:** Wrestling, analysing, impact, performance

### **Introduction**

Wrestling is an ancient sport that demands a unique blend of strength, technique, and mental prowess. Among the numerous attributes that contribute to success, speed stands out as a vital element that can make or break an athlete's performance. A wrestler's ability to swiftly initiate offensive and defensive maneuvers often determines the outcome of a match. This paper investigates the multifaceted role of speed in wrestling, exploring its various benefits and the potential implications for athletes seeking to achieve excellence in the sport.

### **Benefits of Speed in Wrestling**

#### **Quick Execution of Techniques**

Speed empowers wrestlers to execute takedowns, escapes, and reversals swiftly and efficiently. Rapid implementation of techniques can catch opponents off-guard, providing crucial opportunities to gain an advantageous position.

#### **Superior Agility and Footwork**

Speed contributes to enhanced footwork and agility, enabling wrestlers to maneuver around their adversaries effectively. Quick lateral movement allows for better positioning and evasive maneuvers, minimizing the risk of being pinned or taken down.

#### **Enhanced Reaction Time**

Speed enhances a wrestler's reaction time, enabling them to respond promptly to an opponent's actions. Quick reactions facilitate the successful counter of an opponent's attack, leading to advantageous situations during a match.

#### **Psychological Advantage**

Wrestlers possessing superior speed often instill fear and uncertainty in their opponents. The psychological edge derived from being perceived as a fast and elusive opponent can lead to increased confidence and dominance on the mat.

#### **Improved Endurance**

Training for speed demands rigorous conditioning, ultimately improving a wrestler's overall endurance. Enhanced aerobic capacity enables wrestlers to maintain their speed throughout a match, preventing fatigue-induced lapses in performance.

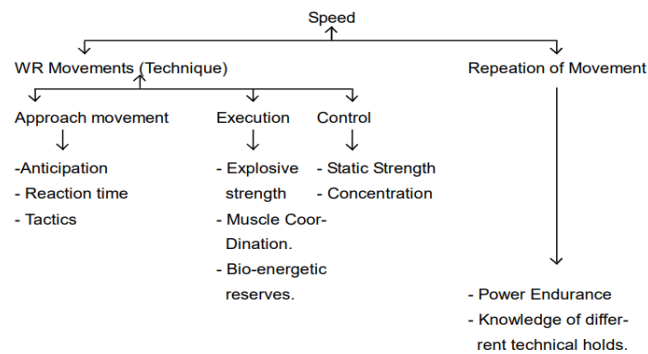
It is reported in competitive sport/game that if some changes are made to the rules of sport/game, particularly change in time, there is always potential for change in performance structure of that sport/game.

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 analyse the wrestling movements (technique) and contributory factors, it depict –



**1. 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 fulfil 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 length, muscle coordination and Bio-energetic reserves.

**(c) Control:** This is the last stage of technique and a wrestler has to held his opponent is a particular position so he requires static strength and concentration.

**2. Reparation 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.  
Repeations 5 to 8.  
A. B/C  
B. C/A  
C. A/B
- ii) Wrestling with lighter weight wrestler withing a limited time.
- iii) Technique practice against time with preference or dummy.  
e.g. Time - 30 to 40 sec.  
Repeation - Maximum

**B. Indirect methods.**

- Short sprint (20 to 30 m).
- Reparation of short run on signal.
- Bridging, rolling, diving from squat position, on that mat on signal.
- Explosive strength training (Free weight) with proper load dynamics.

**Conclusion**

Speed is a critical attribute in wrestling, influencing an athlete's ability to control a match and secure victories. From executing quick techniques to maintaining agility and reaction time, speed plays a pivotal role in the success of a wrestler. Understanding the significance of speed in wrestling can assist coaches and athletes in developing training programs that prioritize the improvement of this key attribute. Ultimately, harnessing the power of speed in wrestling can lead to a competitive edge, bringing athletes one step closer to achieving excellence in this challenging and captivating sport.

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