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FACULTY OF PHYSICAL CULTURE AND SPORTS

POST DIPLOMATIC-MASTER STUDIES

THEME:

**FORCE EXERCISES IN SERVICE OF IMPROVEMENT AND  
MAINTENANCE OF PHYSICAL PREPARATION IN WRESTLING  
SPORTS**

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Prishtine, 2014

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## INTRODUCTION

Force represents important components for the achievement of sports results in all competitions. Not all sports disciplines are equally depended by the same level and type of force. In sports literature there is a categorization of sports based in the inclusion of force for the achievement of results. According to this division there are sports where the force is present, sports where the force is important and sports where the force is necessary or the main factor for the achievement of sports results. Force represents the main motion ability but at the same time the most diverse ability. There are different types and forms of the manifestation of force and by this different ways and methods for its training as well. All sports in general and combat sports in particular cannot be imagined without a fitness studio, therefore for the achievement of high results, special importance have the exercise equipments. Wrestling sports are complicated disciplines which require intensity, endurance of loads with high intensity where the moves are performed in quite variable conditions in all directions. According to the criteria of Structural complexity, all wrestling sports are categorized in the group of poly structural and acyclic sports in which are included the moves of one or the two participants in confrontation. During the fight it is required from the contestants to use the force in different forms of its manifestation (maximum, explosive, recidivist) and in different conditions (static, dynamic). In one fight the conditions of the manifestation of force are changed constantly where is required the static force (seizures, holdings, defensive and offensive positions) and dynamic (jumping, rotations, strike with fist and leg) and this requires from the contestant to constantly create new offensive and defensive programs at all times.

Within the equality of specification of combat sports (Maric and others. 2003) they put in the first place the (maximum, explosive and static) force then the speed, coordination, the balance and flexibility.

(Kraemer, 2004) they have listed the most important abilities in combat sports: Dynamic and Isometric force, aerobic and anaerobic stability, explosive force, coordination and flexibility. These abilities are important for the fact that almost in all combat sports are taken into account the complex moves where is required that except the carrier muscle commitment of the move should also be included the muscles which help stabilizing different parts of the body on the occasion of positioning of the contestants for enabling the advantages in confrontation with the opponent. This confirms the high impact that the exercises of force have to succeed in wrestling sports, and by this also the need of preparation of a qualitative program for the development of force which will help to achieve success in these disciplines. Therefore in this paper are mainly represented the basic exercises for the general physical and specifically physical preparation. In this case focusing in combat sports like: Wrestling, Boxing, Karate, Judo etc. Through illustrations, pictures, mirrors and different charts I have tried to represent the main elements for the achievement of force as a motor attribute in the above mentioned sport branches, therefore I think that in a way I have reach my goal without pretending that everything is perfect. Coaches are constantly looking for new ways to improve abilities for their athletes in order to achieve

better results. In these attempts were performed a large number of training methods, especially of those who have to do with the establishment and improvement of force. Considering the fact that wrestling sports are poly structural and acyclic activities, whose purpose is to develop the general abilities of the whole parts of organization where are taken into account the high level of power, the coordination, balance and proprioceptors sensitivity. Combat sports also require a harmonic development on both sides of the body and this requires a synchronization of choosing appropriate methods of the development of abilities and especially the development of different force components.

The biggest problems that occur in these athletes come as a result of using the wrong training programs implementing programs of bodybuilders and weightlifters.

Even though the technique and exercises that can be used by the athletes of combat sports in fitness studios by the structure are the same ones which are used by different categories of athletes, the mastery of their use stands in knowing the appropriate combination of all elements of these exercises and also the appropriate placement of these exercises within certain training phases and their combination with functional exercises of these athletes in order to use these exercises in maximum to improve the general state of these athletes.

## **CONCLUSION WITH RECOMMENDATIONS**

Starting from the role and special importance of the force as a motor ability generally in sport and particularly in combat sports, in this paper I have explained the force as a notion, methods, ways of training, different advanced programs and also my personal 35 year-experience as a graduate trainer in the sport of bodybuilding and fitness. I have consulted the contemporary literature in English and French of the authors with worldwide renowned regarding the exercise to develop the force as a motor attribute.

The lack of literature in Albanian language has affected that in the training practice of many athletes of wrestling sports in Kosovo including: Judo, Boxing, Karate and Wrestling to reduce the involvement of the exercises of force, especially those exercises that are practiced in the gym and with the use of outside equipments. Often in absence of new scientific knowledge, the fear of the wrong use of these exercises affected that within the training programs of these athletes to be completely eliminated the exercises of force performed in fitness studios. As a result of this in most cases the talented athletes haven't performed the maximum of their potential.

Starting from different provided models I believe that this document represents a useful summary for all those enthusiasts, athletes or coaches which in different ways are involved in the practice of wrestling sports. This paper offers a fundamental material in the Albanian Language which can be transferred easily in parts of training programs of many of our athletes, especially in the part of programs which has to do with the training of force.

I gave special care to the different levels of (beginners, average, and advanced) athletes. Through exercises, means and tables where is shown the frequency, series, repetitions and the intensity during different phases of the training process. Starting from the best practices that are analyzed by different local and foreign authors and coaches we can recommend as in following:

Since the force significantly influences the achievement of sports results of the competitors of wrestling sports then it should be given special attention to the placement for the improvement of this competent.

In order to give importance to the component of the maximum force in the process of transformative work not only with qualifies athletes but also with different categories (younger generations). Especially it's important for the fact that this component is in conditional relation with other successful components.

Within the training processes, the work in the establishment of all force components should be okay and quite well programmed, and now way to be avoided, but always to be taken into account the requests of the relevant sport and the characteristics of the athlete which we train.