

## Abstract

### **An analytical study to identify effective skills and complex motor phrases in Roman wrestling world youth championship for different weights in Tallinn, Estonia ٢٠١٩**

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This research aims at analyzing the Roman-wrestling world youth championship matches ٢٠١٩ in Tallinn, the capital of Estonia Republic, Northern Europe. Researcher used the descriptive methodology (content analysis) as it suit this research nature and objectives. Sample included (٢٤٦) from championship matches. (٥٢) games at preliminary stage excluded from main study, some of it used in the pilot study related to recording and analysis form. Researcher prepared a match analysis form for wrestlers participating in world youth championship ٢٠١٩, for technical skills in various conflict situations (Stand, Par-Terre and takedowns positions). The most important conclusions revealed existence of variations in skills types and compound motor phrases, in terms of using frequency and effectiveness in sample matches for different weights. So researcher recommends the need to train on most uses skills and motor phrases to make it more effective (scoring points) for different weights.

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