

EVALUATION OF TECHNICAL, TACTICAL AND CONDITIONAL COMPETITIVE LOADS IN PROFESSIONAL MMA MIXED MARTIAL ARTS FIGHTERS

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Introduction

The basic principle concerning the design of training monitoring is carried out by means of gathering maximum reliable information on changes in an athlete during the training process – control- and competition –evaluation (Seirul-lo and Viru, 1998 and 2004). The aim of this study was to integrate the evaluation of technical, tactical and conditional competitive loads in one of the professional MMA fights of the Bellator 25 Fighting Championship 2010 held in Chicago.

Methods

The following parameters were evaluated for each fighter in every minute and in every of the three 5-minute rounds of the fight: a) tactical load (based on the difficulty of making decisions - assessed 1 to 10 by expertise judgment), b) technical-conditioning load (based on the quality, scored 1 to 10 by expertise judgment, and number of effective actions, scored 1 point for each 10 points of quality –global assessed 1 to 10), c) sum of qualities of effective actions, d) auto-evaluation by the fighter and coaches of technical-tactical execution qualities, strategies, fatigue states and psychological effectiveness. For each of the three rounds and for the total fight the tactical load (mean of each minute and round), technical load (mean of each minute and round), the conditional load (sum of the technical-conditioning load of each minute and round) were evaluated.

Results

The sum of qualities of effective actions for RLL and CK fighters in rounds 1, 2, 3 and total fight, respectively, are 69/227, 45/84, 94/235 and 208/546. The tactical, technical and conditional loads for RLL fighter in rounds 1, 2, 3 and total fight, respectively, are 6.4, 4.2, 8.2 and 6.27 (tactical load), 5.4, 2.1, 6.3 and 4.6 (technical load), and 27, 10.7, 31.3 and 69 (conditional load).

Discussion

The integration of the evaluation of tactical, technical and conditioning competitive loads in professional MMA fighters is effective to help the coach in training guide and making necessary changes in training design. In order to improve the effectiveness in competition, the most relevant analysis is the auto-evaluation of the fighter and coaches. This methodology to evaluate competition is applied to many other martial arts fighters.

References

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