

## THE MANAGEMENT OF MAKING THE GATE THROWS OF THE HANDBALL INTERMEDIATE PLAYERS, MORE EFFICIENT (JUNIORS I GIRLS)

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### Abstract

*The above work deals with the advantages of an applied modern management to make the gate throws more efficient. The main objective of the experiment is to prove that, by applying a modern management, the gate throws of the intermediate players will reach a maximum efficiency. Were used the observation method, the individual work and small teamwork method, the experiment method, the statistical-mathematical method, the comparison and nonetheless, the graphical method. By studying the test results, the first ones and the final ones, we noticed a progress of 3.2 scores belonging to the experimental team and only 1.8 scores belonging to the control team. As a conclusion we may say that the hypotheses of the experiment were proved and the results show that a modern management leads to the most efficient gate throws of the intermediate players during the handball game.*

**Keywords:** management, handball, maximum efficiency;

### INTRODUCTION

The progress of the modern society leads to both a quantity increase and a quality development in all the fields, performance sports included.

The performance sport activity is a way of expressing personality by the complexity of the situations he finds himself in and, at the same time, by the high level the sportsmen reach at a certain point.

One of the most dynamic and complex activities of the social sphere, which has as main purpose the perfectness of the human being is sports.

Sports, in both society and modern life, distinguishes itself by unicity, attractivity, complexity, universality and many other characteristics which give it a special role.

Therefore, we can say that, "sports is the joy of living, the wish of being free to express oneself, the wish of meeting and comparing to the people around, to the world and society we live in, and we do that by a personal commitment. It is a factor of the human maturity, of the moral and social education. It facilitates the human relationships and brings an important contribution to the civil life", (A Sport Manifestation, Rome, 1984, a quotation by Teodorescu S., 2009, page 9).

The real size and image of sports come up from social life itself which situates it next to other important ideological, economic, educational, cultural, scientific preoccupations. All these preoccupations sustain the idea that sports plays the role of a regulating and regulated sub-system on different levels.

As a general concept, approved by many specialists in our field, we can claim that, "sports is the whole

of exercise and motion games more or less spontaneous and competitive (...), and its diversification is connected to the fact that it points out values coming from contemporary lifestyles", (Teodorescu, S., 2009, pg. 9).

"Performance sports is an activity maximizing the performance capacity and putting it into value in important competitions materialized in records and titles, medals and places in the official rankings", (Teodorescu, S., 2009, pg. 11).

The sports game is a complex multitude of game-like exercise, which involves the use of a certain object such as a ball, a puck, an object with specific size, as well as a two-team competition, a competition or set-up rules.

Bayer E., in 1987, takes into account three different elements when defining the sports game and these are:

a. the player's activity;

b. the idea of a game;

c. the competition rules, (Bayer, E., 1987, a quotation by Colibaba-Evulet, D., Bota, I., 1998, pg. 10).

Where handball game is concerned, there are also the three above-mentioned elements and these are:

„What is

the activity a player actually has?"; „What does he do?"; „What is a player's behaviour during an official game?";

The game itself and the multitude of subordinate principles connected to the use of the most rational and intelligent action ways of the sportsmen/players with the aim of getting the best result and, nonetheless, the game rules make up a law for every single sport discipline which also stipulates

all the conditions and details for the good official game organisation and development.

The purpose of this work is to prove that by a good modern and scientific management during the training process, based on both the specific knowledge and the leadership knowledge of the coach-teacher, we do reach an optimisation in the efficiency of the gate throws where the intermediate player is concerned.

#### **HYPOTHESIS**

This work was meant to prove that we can get a higher efficiency of the gate throws, where intermediate players are concerned, by a better organised management of the training process.

*The Practical Approach* was a better organisation of the training process on the experimenting group, based on specific management knowledge of the coach-teacher as well as the coach-teacher's good leadership skills. We used both small teams of two-three sportsgirls and individuals a trait belonging to one of the sports training principles and that is „individualisation principle”.

In order to prove the proposed hypotheses and to reach the experiment aims and objectives, the following methods were used: the observation method, the individual work and small teamwork method, the experiment method, the statistical-mathematical method, the comparison and nonetheless, the graphical method.

#### **THE HANDBALL GAME**

“As a sport game, handball is, a nice combination between natural movements such as running, throws and jumps on one hand and the simple, accessible and attractive specific movement skills on the other hand”, (Ghermanescu, I., K., Jianu, E., Negulescu, I., 1983, page 59).

The handball game contributes in a positive and beneficial way to the wellbeing of the human body, to the complex development of both physical qualities and psychical capacities, to learning and perfection of certain movement skills and to special knowledge of tactics and technique.

Handball as a sport discipline or branch, has had a significant development; there are all kinds of competitions covering all aspects of performance and age, starting with groups of 8-10 year olds, nowadays.

Handball has evolved from both a quantity and quality point of view, reaching a very high performance level; the specialists have got an important role by their experience and research and they are still preoccupied with the permanent game development and perfection.

That is how a game concept has come up to suit in the most efficient way the complex requirements and situations of high world performance handball, a concept in a conyinuuous change and perfection

according to the evolution tendencies of the game at an international level.

Besides the game concept, a training concept has come up, which keeps changing and improving itself, a concept released due to applicative research done by the specialists in our field.

As a scientific discipline, handball studies the game content from a physical, technical, tactical, theoretical and psychological point of view, by generalizing the training of special results teams.

As a scientific discipline, it also studies the background and the sport evolution and it finds and makes connections to other sports games, inheriting from them certain methods and training means; it also adapts and applies to them the specific features of the handball game.

In order to have outstanding results it is necessary that the training process of the sportsmen be done scientifically, by and with the aid of modern means. Thus, the coach-teacher has to update himself to the improvement of the training process, to make up and use methods and means according to the individual physical features, the sportsmen's age and sex and the objectives aimed at by the end of the training session.

The coach-teacher has to be updated on the evolution of the sports science, thus being able to make up and use methods and means leading to a fast and visible progress in both the training process and the official games and competitions.

The last step before high performance is the Juniors I of both girls and boys. The concept of a unit training of the juniors I in the performance handball has lately become a must among numerous teachers-coaches. This concept is more necessary, now that the instructional-educational process at this stage must be in the limits of some imposed coordinates.

These coordinates need to be in accordance with both age, sex particularities and the main training objective, that is the making of valuable handball players of high performance.

The handball players at this stage, in order to get outstanding performance, need a varied and complex training in physical-motion, technical, and tactical terms, and nonetheless, a both theoretical and psychological training which is very important at this stage. This work deals with the efficiency increase of the intermediates' gate throws from outside the 9m semicircle, from a jump.

The intermediate handball players are extremely important players among the team and the game itself is played almost entirely according to them.

Due to his game tasks such as scoring from outside the 9m semicircle by a multitude of technical procedures of gate throws on the one hand, and due to his target and the many chances of actually taking part in the team game on the other hand, the intermediate player is seen as a main player among

the team, with considerable role, tasks and an increasing covering area.

The game evolution has led to a change from the strong intermediate player whose role was that of a powerful gate throw and scoring from a certain position, to a polyvalent one who masters and successfully overcomes and blocks in a defense, gets to the gate, masters well the diving throw from the 6m semicircle and gets involved in the tactical ball-player movements of the entire team.

The intermediate player has to combine his/her height and his/her skill efficiently, to be strong and tough, resistant and with a strong will, with a good speed by all means, to be as patient, fast and complex in thinking as a chess player is and best psychological qualities.

We can therefore notice a visible increase in the technical-tactical mastery of the intermediate players, which can lead to some successful specific game systems and it can also lead to less and less random playing and technical mistakes although the games are at a high speed nowadays.

The perfection of the player technique from an intermediate position has led to some tactical combinations ending up with acts of high finesse near and above the 6m semicircle, putting into value thus to the show of the game.

Certain technical procedures which used to be exceptional and used by certain players only, are nowadays safely used by many intermediate players and the final figure is carefully prepared and thought at, with the aid of player-ball movements, and there are many situations in which the gate throws are done by surprise.

The intermediate player has to adapt quite fast and efficiently to both the opponent defense and the physical, technical and tactical features of the opponent players.

Despite all these, his/her basic role, that of a strong long distance thrower, is always his/her main task. But he/she also does quite good throws from many other positions and ground areas, sometimes even reaching the opponent intermediate player.

As a player model, the intermediate player has to combine his/her height and his/her skill efficiently, to be strong and tough, resistant and with a strong will, with a good speed by all means, to be as patient, fast and complex in thinking as a chess player is.

#### **MANAGEMENT AND SPORT MANAGEMENT**

In order to achieve a better and better performance, the sports science is looking for new methods, means and acting ways in order to reach the above-mentioned objective.

One of the modern training methods refers to managing by appropriate principles in order to

make out the best of the sportsmen and also, to reach a better and better performance.

The management, also named „the art of leadership” is actually a connection between leadership and science, so we could also name it „the science of leadership” or „the scientific leadership” of an activity belonging to a certain domain.

The word „management” comes from the Latin word „manus” meaning „moving and mastering cart pulling horses”, (Todan, I., Roibu, T., 1998, pg. 3)

In English there is „to manage” with its various meanings such as:

-to master a horse

-to administer

-to bring a task to an end

Specialists do not have a unit concept as far as concerns defining the term „management” and there are several points of view with regards to that:

-„to foresee and plan, to organise, to lead, to coordinate and to control”;

-“Taking responsibilities in making decisions, planning and regulating some people’s activities, working with a certain purpose”;

-„Working with individuals or groups, for achieving some organisational objectives”;

-„Guiding the technological, commercial and human aspects in certain situations, in order to achieve a progress”;

-„Reaching certain objectives with other people”, (Fayol, H., Brech. Hersey&Bloncherd, Drucker quoted by Todan, I., Roibu, T., 1998, page 3).

By studying the above-mentioned definitions, we can say that they all have a series of common points such as aims and objectives in a collectivity wishing to accomplish something, having a target to get to. Another common point would be the coordination of the individual efforts, the manager thus having to coordinate all these efforts in order to reach the intended goal while organising and managing the activity without directly taking part in it or doing it.

There is not only one person managing, but there is also a „collective management body” especially at training a handball team.

There is not only a coach-teacher managing, but there is also a group of other specialists in fields directly involved in the performance activity such as the team doctor, the team psychologist, the physical prep., etc.

Where sports training and managing are concerned, we can also run into terms such as „coaching” and „training”.

„Coaching” is the term which refers to the leadership and guiding of the sports training activity, especially during competitions. „Coaching” is with no doubt the key-word to the theory of the sports training and competition” (MTS, 1994, pg. 8).

The experiment took place on a 3 month period, from march 1st, to june, 1st, 2012, at „Sports High School” in Braila with the participation of 10 sportsgirls belonging to two different teams of the Junior I Stage.

The chosen testing was of 15 gate jump throws, outside the 9m semicircle, no time limit.

During the experiment the observation method was used at the beginning, then the individualisation was used, which is a main principle in the sports training. Other used methods were: the experimental method, the statistical-mathematical method and the graphical method which was used at the end.

Table 1. First and final testing results of the two groups

Crt. no	Number throws	Experimental Group				Control Group			
		Ti	%	Tf	%	Ti	%	Tf	%
1	15	10	66.67	13	86.67	9	60.00	10	66.67
2	15	9	60.00	11	73.33	11	73.33	11	73.33
3	15	9	60.00	12	80.00	10	66.67	12	80.00
4	15	11	73.33	14	93.33	8	53.33	11	73.33
5	15	8	53.33	13	86.67	9	60.00	12	80.00
Arithmetic average	15	9.4	62.67	12.6	84	9.4	62.67	11.2	74.67
Progress		3.2				1.8			

Table number one present the results obtained to the initial and final tests of the two groups, efficiency expressed at a percentage, arithmetic average and progress.

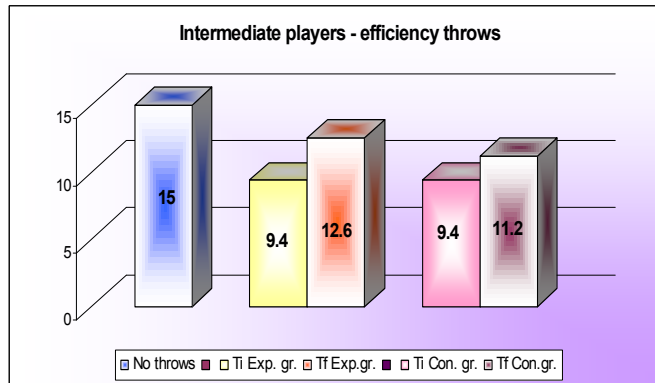


Figure 1. Results to initial and final tests

Figure present graphic of results to the initial and final tests of experiment.

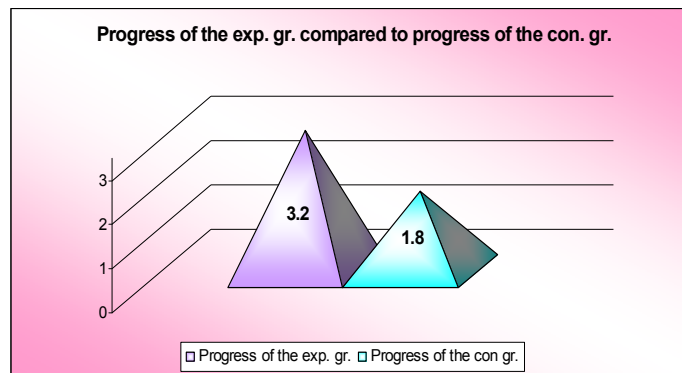


Figure 2. Progress of the experimental group compared to progress of the control group

## CONCLUSIONS

Based on the results which were registered, studied and given an interpretation, we can say that the objective was reached so we can conclude that a good management, on a scientific basis during the training, can lead to an efficiency of the gate throws by the intermediate players.

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# COMPARATIVE STUDY OF APPRECIATION LEVEL PHYSICAL TRAINING IN BEGINNERS BASKETBALL PLAYERS WITH NATIONAL MODEL AND MODEL OF THE ROMANIAN BASKETBALL FEDERATION

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## Abstract

*Physical training this age is a starting point and a basis for addressing other components of training. In training for beginners, the importance of physical training is a priority in time for its content, its specificity; it is support for increased performance.*

**Keywords:** *physical training, technical training, performance, national model, professional model, basketball beginners.*

## INTRODUCTION

Athletic training is a long process with great complexity and variety of means and methods that involve paying attention and observing certain methodical.

Content preparation must reach the respective sports specific stress conditions or even higher than those claimed by the competition; these conditions given the volume and intensity of effort, improving technique and tactics in specific circumstances and background contest effort "Ambience, the atmosphere of competition, timing of hours of training with the program the races, biorhythm body adapt to the demands of exercise, etc." [9, p.462].

Training sport through his educational background is embodied in the careful analysis of the content of training, a combination of the actual and also the manifestation of art, tactics, content elements of physical and mental preparation; they guided us to

the distinct features of this sport. All this is due to the presence of a certain percentage and content of the physical, technical, tactical, psychological and theoretical and interrelations established between each of them [5, 7].

Another subject of our research base compartment with beginners basketball was the motor training, physical training or named yet. This section outlines a whole system of measures that ensure high functional capacity of the body, the high level of development of basic motor skills and specific, optimal values of the indices morpho - functional, fully control the exercises used and perfect health.

The concept of physical training should not be limited to the development of motor skills, motor components of performance. Physical preparation is also based on anatomical and physiological premises and coordinating capacity of adjustment, so the capacity conditional [1, 2, 3, 4, 5, 6, 8, 12].