

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].

Physical training is an integral part of sports training what is the main base for all other components, it is the starting point for the whole process of preparation, and having different weights, depending on the time of preparing athletes, thus, the training time for the beginners importance and much higher than in preparing athletes are in performance.

Basic physical criteria are considered, motility (the level and pace of its development) is followed by a test system and control rules image identification and promotion of sporting talent, system that allows the comparison of results and developments driving the subjects with some default values set at the national level. Samples and standards in this system are related to the preparation stages, with separate samples for groups of beginners, advanced and performance.

These criteria are met in the driving literature, listed a number of domain specialists; motility assessment of all these children, as an expression of the degree of development of each part of the driving qualities and all in one place, making on the basis of results from samples included in a battery which test is based on the physical capacity International known "Fitness Test Standard", adopted by the International Federation for Physical Education (fief) [7, 9, 10, 11].

To assess the level of general physical preparation we tested groups investigated using 6 samples from control individuals. The results were then statistically analyzed and compared with the average national model and professional model (Table 1, Figure 1).

Table 1 the comparative results of general motor skills with specialized national model and professional model (n -26)

Sample Test	\bar{X} (E.I.)	$\pm m$	\bar{X} (National)	\bar{X} (M.S.)
Running speed 50 m, sec.	7,42	0,44	7,12	6,30
Expansion, Cm	36,45	5,38	29,25	35
Long jump, Cm	1.76	0,11	2.12	1.96
Back muscles strenght (extensions) 30", number of repetitions	36,30	2,88	30,40	32,5
Lifting body from dorsal lying 30", number of repetitions	24,40	1,81	26	19,5
Running of resistebce 600m (F)-minutes	2,19	0,08	2,15	2,12

E.I. – investigated sample (experimental group + control group, n = 26)

M.S. – specialty model

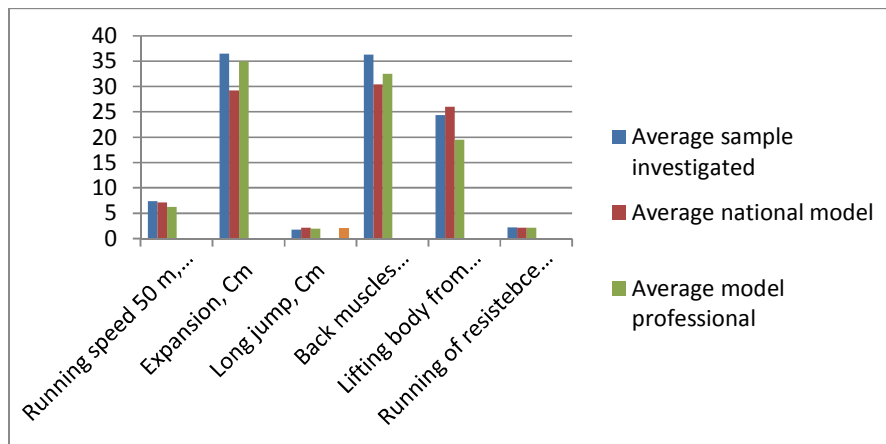


Figure 1. General motor skills training results compared to the national model and design specialist

Running speed 50 m (sec.) (Table no. 1. and Fig. 2.)

According to the literature [1, 3] is a maximal speed motor quite conservative and develops quite

difficult, however it can be developed more effectively the so-called critical period, which is between 10-11 years which coincides with the age

of the children involved in teaching experiment organized by us.

Therefore the main focus on speed development should be placed on this particular age as the means and ways that contribute in the development of this need to be multiple applied specific priorities for future growth progress basketball.

The sample investigated an average of 7.42 seconds; In contrast to the national average model

is 7.12 seconds. There is a considerable difference of time, which is 0.30 seconds for average national model.

Comparing arithmetic average specialist model, here the result is 6.30 seconds, therefore investigated sample does not exceed the average expert model, this making a difference value seconds to 1.12 seconds.

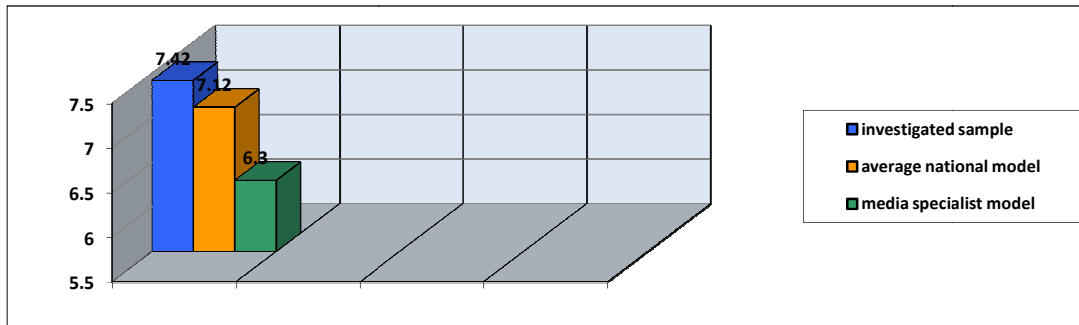


Fig. 2. Running speed 50 m (sec.)

Expansion, Cm. (Table no.1 and Fig. 3) (Table no. 1. and Fig. 3)

Expansion, another sample reflected the presence of labor as the predominant quality, plays an important role in getting athletic performance basketball future.

The sample investigated an average of 36.45 cm, in contrast to the national average model is 29.25 cm and specialty media model is 35 cm.

It is noted differences between the models, so the difference between the sample and the national model is 7.2 cm, and to the special pattern having a difference of 1.45 cm. These difrent reflected progress of our sample with the two models compared average; difference is greater for the sample investigated.

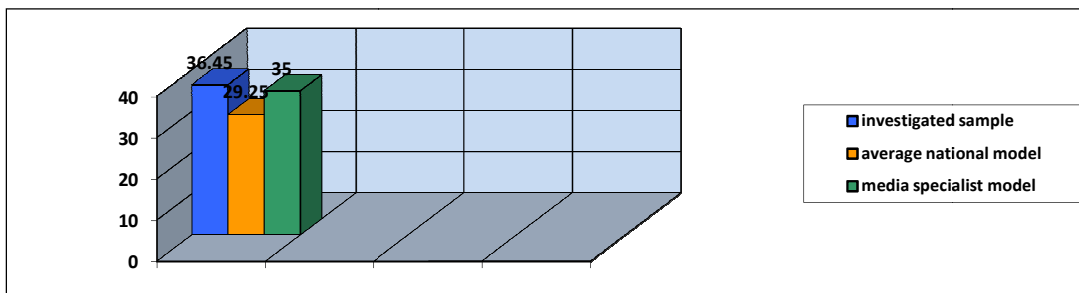


Fig. 3. Expansion (cm.)

Long jump off place (cm.) (Table no. 1 and Fig. 4)

The presence of muscular motor activity is one of the most important qualities you can not miss the move, it is manifested in many forms.

Explosive force, as defined by Harre D., quoted by Mitra Gh. și Mogoș A. „as” the quality of the neuromuscular system to overcome resistance by increased contraction speed” [11, p. 103], is conclusive evidence in the long jump and important to this branch of sport.

The sample investigated an average of 176 cm, in contrast to the national average model is 212 cm and specialty media model is 196 cm.

It is noted differences between the models, so the difference between the sample and the national model is 36 cm, and to the special pattern having a difference of 20 cm. These differences bring out the best values of the average national and specialist model.

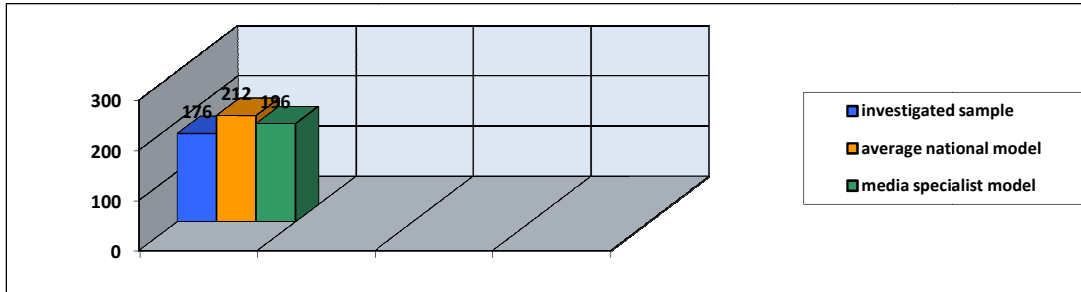


Fig. 4. Long jump off place (cm.)

Raising the trunk of the facial bed (no. repetări/30sec.) (Table no. 1 and Fig. 5)

The investigated sample average value of 36.30 repetitions and the national average is 30.40 repetitions model. Comparing the average values of the two notes that the force back the investigated sample is 5.90 higher reps.

Media specialist model has a value of 32.50 reps which shows an increase in the number of repetitions of the investigated sample mean with a difference of 3.80 repetitions, so the progress and overcoming obvious professional model.

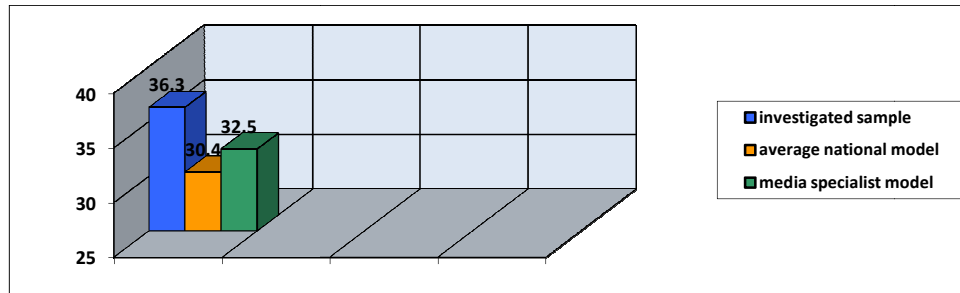


Fig. 5. Raising the trunk of the facial bed (no. repetări/30sec.)

Closure of lying dorsal trunk (no. repetări/30sec.) (Table no. 1. and Fig. 6.)

Strength training is done in all stages of childhood carefully claiming that most specialists and coaches " training for workforce development can begin at the age of 8-9 years, observing the work in increments of effort, individual characteristics (morphological and functional) of athletes "[11, p 325]. This statement leads to an argument that at this age, muscle mass has a significant share in relation to the body weight, which allows early effort force approach.

The investigated sample average value of 24.40 reps and the national average is 26 repetitions model. Comparing the average values of the two notes that the force back the sample investigated is lower by 1.60 repetitions.

Media specialist model has a value of 19.50 repetitions which shows an increase in the number of repetitions of the investigated sample mean with a difference of 4.90 repetitions, so the progress and overcoming obvious professional model.

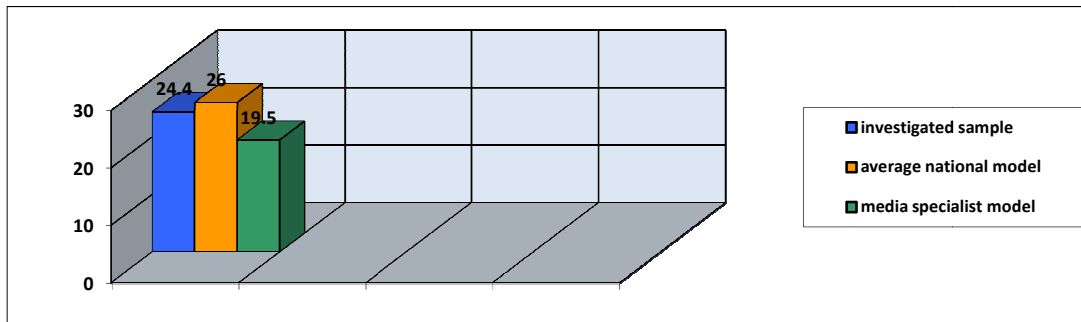


Fig. 6. Closure of lying dorsal trunk (no.repetări / 30sec.)

Running resistance 600m (min.) (Table no. 1 and Fig. 7)

Resistance regarded as a quality motor perfectible maintain high levels for a long period. This quality motor parameters has a great influence on performance capacity, and by increasing resilience and stability are guaranteed to protect general health.

Addresses this quality basketball peculiarities motor through body requirements by executing elements systems and techniques specific to this game. Resistance contributes to a better, efficient and accurate execution driving the various actions

required by rules and how to operate the opponent. Because resistance is a very important quality motor which coincides with the age of children involved in teaching experiment, solution was used and proper means for its development.

The sample investigated an average of 2.19 minutes in contrast to the media model is specific to 2.12 minutes. A difference of 0.07 minutes aerobic resistance development for specialized model.

Regarding national average model, acesta are o valoare de 2,15, fiind ușor mai mare decât eșantionul investigat cu 0,04 secunde.

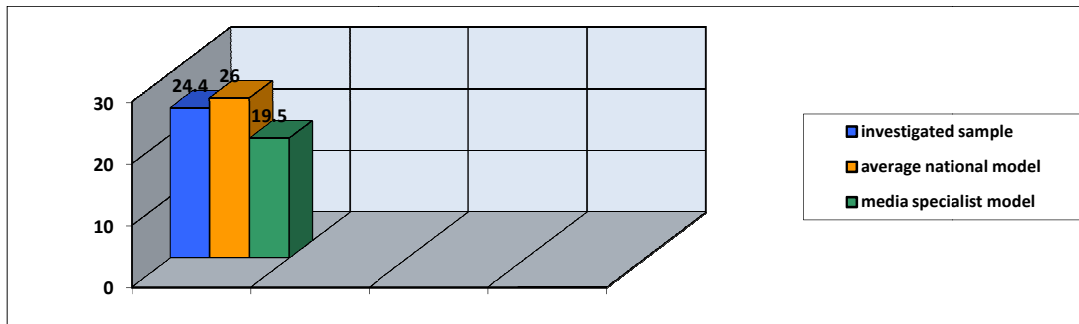


Fig. 7. Running resistance 600m (min.)

CONCLUSIONS

The analysis of the level of general physical training teams included in the experiment teaching, it is demonstrated that all the tested samples preparation investigated sample preparation and development team brings a good contribution in terms of value and progress.

Findings of statistical results and averages the values were compared with the national model and professional model highlighted the progress level of basketball players motor starters.

The comparison has been done in our research highlights the positive influence of other components of training they have made positive contributions to the driving component being provided technical training bases.

Even if our progress is not achieved for all samples general physical component and value not exceeding specialized model or national, investigated sample subjects have good development which positively influence the progress and results of technical training.

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STUDY CONCERNING THE PSYCHOLOGICAL COPING SKILLS OF FOOTBALL PLAYERS LEVEL C

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Abstract

Football, similar with other sports, requires not only a high level of physical performance, but mental preparation and psychological skills. Psychological characteristics of football players were analyzed by Junge et al., (2000) in relationship with injury risk factors. Junge and his associates believed that identifying the psychological factors that influence soccer performance could provide important information to improve the athlete's preparation for the game, influence the occurrence of injuries and lead to intervention methods to improve fair play.

Keywords: *football, coping skill, team game*

INTRODUCTION

In the modern days of scientific knowledge, man is making rapid progress in all areas of life including that of sports and games. This progress in sport performance may be attributed to the scientific investigations for the better performance of sportsmen and sportswomen, for improved scientific and specific training methods used by the coaches and also for the better understanding of the human body and functions.

Today, it is important for the sport coaches as well as athletes to recognize that science of psychology plays an important part in the field of sports. The psychological preparation on the basis of psychological characteristics of the sport, the competition conditions and the personality structure (profile) of the sportsmen, is planned and carried out with the aim of enabling the sportsman to be in an optimum psychic state at the time of competition so that he can achieve the maximum possible performance.

Many researches underline that psychological characteristic of exemplary sport participants may allow identification of the strengths and weaknesses of individual athletes, and could, with strategic interventions, facilitate performance enhancement.

Football, similar with other sports, requires not only a high level of physical performance, but mental preparation and psychological skills. While coaches are skilled in identifying the physical characteristics needed to succeed athletically, they may lack the skills to make a psychological assessment (Humara, 2000). Sports psychology provides an essential theoretical basis for understanding both individual and team athletic performance.

In the same time sport psychology offers practical and effective methods for team building and sharpening individual athlete and team focus. "Knowledge of sports psychology will help a coach find solutions to problems encountered by the athlete, the team, and the coaching staff during training and competition" (Jonathan Reeser, Roald Bahr, 2003, p. 211).

One research study involving peak performance and successful athletes showed that the psychological profile of peak performing athletes included high self-confidence, energy, feelings of control, concentration, positive attitudes, determination, and commitment (Krane & Williams, 2006).

Psychological characteristics of football players were analyzed by Junge et al., (2000) in relationship with injury risk factors. Junge and his associates believed that identifying the psychological factors that influence football performance could provide important information to improve the athlete's preparation for the game, influence the occurrence of injuries and lead to intervention methods to improve fair play.

The Junge's study clarified that the psychological characteristics of players who did not talk or listen to an opponent during a game were almost the opposite of those who did. Players, who refrained from verbal interaction with the opponent more often prepared mentally for the game, and coped better with adversity than the players who talked or listened to an opponent during the game.

Psychological skills assessment in conjunction with physical skills may have a significant impact on the identification of those athletes that may have future athletic success (Humara, 2005).