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ORIENTATION OF THE HIGH PERFORMANCE HANDBALL PLAYERS ON OFFENSE

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Abstract

1. *The analysis of the data obtained experimentally allowed us to work out an objective evaluation of the high performance handball players' orientation activity*
2. *The high performance player's game model includes all the statistical data of the offensive game components.*
3. *Using the model showed positive results in the Romanian handball championship in the first league.*

Key words: *performance, player game, orientation.*

High development of world handball reflects the teams' special preparation. In the same time the European handball tends to develop. A telling example is the Male Handball World Championship which took place during the period 11th -27th of January 2013 in the four cities of Spain. Group “A” in Granollers with the participation of Germany, Brazil, Argentina, Montenegro, France and Tunis. Group “B” was located in Seville and the participants were Macedonia, Chile, Island, Russia, Denmark and Qatar. In group “C” in Saragossa took part Serbia, South Korea, Slovenia, Saudi Arabia, Poland and Belarus and in group “D” from Madrid the participants were Spain, Alger, Croatia, Australia, Hungary and Egypt.

Analyzing the finalists' geography, designated after the qualification competitions, we can initially reach the following conclusions:

- From the 24 teams in the final part of the world championship, 14 are from Europe, distributed in compliance with the Championship Regulations approved by the Handball World Federation and only 5 (!) were from the former Yugoslavia: Montenegro, Macedonia, Serbia, Slovenia and Croatia. Retrospectively considering the European Male Championship in 2012, we emphasized that on first and second place are Serbia and Croatia and on the fifth and sixth place are Macedonia and Slovenia, out of 16 finalist teams.

- In the World Male Championship in 2013 Croatia was on the third place, Slovenia on the fourth and Serbia – on the tenth, Macedonia – 14th

place, Montenegro – 22nd place out of 24 participants in the final stage.

An almost similar situation can be noticed in the female handball, too. In the World Championship in 2012 which took place in Serbia during the period 4th – 16th of December, the Montenegro female team wins over Spain in the final with the score 34-31 and from the countries of the former Yugoslavia, Serbia takes the 4th place, Croatia comes 13th and Macedonia 16th.

Here comes the normal question: “What lies behind the Yugoslavian success?” The answer is rather difficult, as it is a complex one, but firstly the genetic element could be taken into account, arisen during the historical development of these peoples, which did not have a very happy destiny.

The natural and social conditions which influenced the religion and the subjects' body development and also the countries' social and economic condition and their political system, marked their physical and spiritual strengthening.

From the sports activity point of view, the success is due to the national physical education and sports system and especially the training methods and the improvement of the sportsman' skills, as the high game pace as well as the intensity of the physical and psychic actions which need a rather advanced thinking process and especially an advanced orientation action.

In handball, the game consists of a quick and permanent change of confrontations and extreme emotions, of some conflict situations between the players, of some spontaneous incidents, of some minimal time limits to act in order to have results.

In the situations of rivals' serious confrontations, when the central nervous system receives a large quantity of information about a complex of dynamic objects (ball, partner, rival etc.) the game procedures must be executed correctly and quickly. In such game conditions, the orientation capacities are vital, and in the teams' special preparation the most important is the tactical talent. The tactical actions were tried to be modeled through the start on offense [2], by using exercises that model the game situations, by using performance tactical preparation means. All this had positive results, but could not solve the most difficult issues of the specific game preparation.

By theoretically analyzing the handball game, the tactical activity is devised in three main stages:

- sketching the game situation;
- analyzing the game situation;
- the motive decision of the game situation.

Lately, the specialists have considered the players, and especially the left back as an operator of the tactical actions who must correctly and rapidly:

- a) range properly the game situations;
- b) appreciate in advance the rivals' game situations;
- c) select the most rational decision.

There have been made complete game models [3] regarding the working volume, the intensity, activity, diversity and efficiency and we can quote here the Romanian specialists N. Alexe, 1998, I. Bota, 2009 etc. who present theoretically and practically these elements in their works.

The contemporary requirements regarding the high performance handball players are characterized by a high intensity reflected in the special preparation. From a historical point of view, even from 1973 at the Soviet Union championships and in other less important competitions, there were introduced amendments in the game rules regarding the time limitation in attack, canceled later, but WHF modified the game rules and returned to the soviet practice of those times.

The Romanian specialists P. Voicu and I. Constantinescu (1976) think that the individual models reflect:

- the distance covered by the player during the game and during his participation to the game;
- the quantity of confrontations on offense and on defense (with and without results)
- the number of throws in the final stages of the game (with and without scoring)
- the goals marked from different distances and from the offense types;
- the number of interceptions;
- the number of errors in defense;
- the number of regulation breaches;
- the number of goals marked through different procedures from different distances because of the goalkeeper's fault.

They became a model in creating the tactical diagrams and in the working out of the complete game models [1] which have two aspects:

- on defense – confrontation, attacks in the game space, interaction, commutation to the player who has the ball, without the ball, blockage, screening, assurance, shifting, the number of these elements, diversity, defensive procedures efficiency, game rules breaches;
- on offense – number of attacks, number of game situations, time of attack and execution of the game procedures, number of throws from different distances, the diversity of the attack (flank, 6 meter line, second line), number of errors, detours, passes, dribbling, the goalkeeper's actions).

Emphasizing these aspects helped creating real possibilities of working out the game models and the competitions showed which of them have an orientation action on offense and on defense.

The practical activity in this field allowed us to structure the orientation actions on offense of the high performance handball players (diagram 1).

In the practical given succession, the orientation actions influence the offense, and especially the team's shift from defense to offense, the actions organized on defense or those of rapid attack. It is important to specify that even in the high performance players' game it is not necessary to ask for a positive result or a victory from the beginning. It is more correct to execute in a slow pace all the procedures and game diagrams announced by the trainer, and then with intensifications close to those of the game, they consolidate and in time become stereotypes and will allow the manifestation of individual capacities for reaching the team and group objectives.

To properly end the game models working out, the results obtained in the special preparation are compared to the most successful models in the world. This is confirmed by the above mentioned teams from former Yugoslavia.

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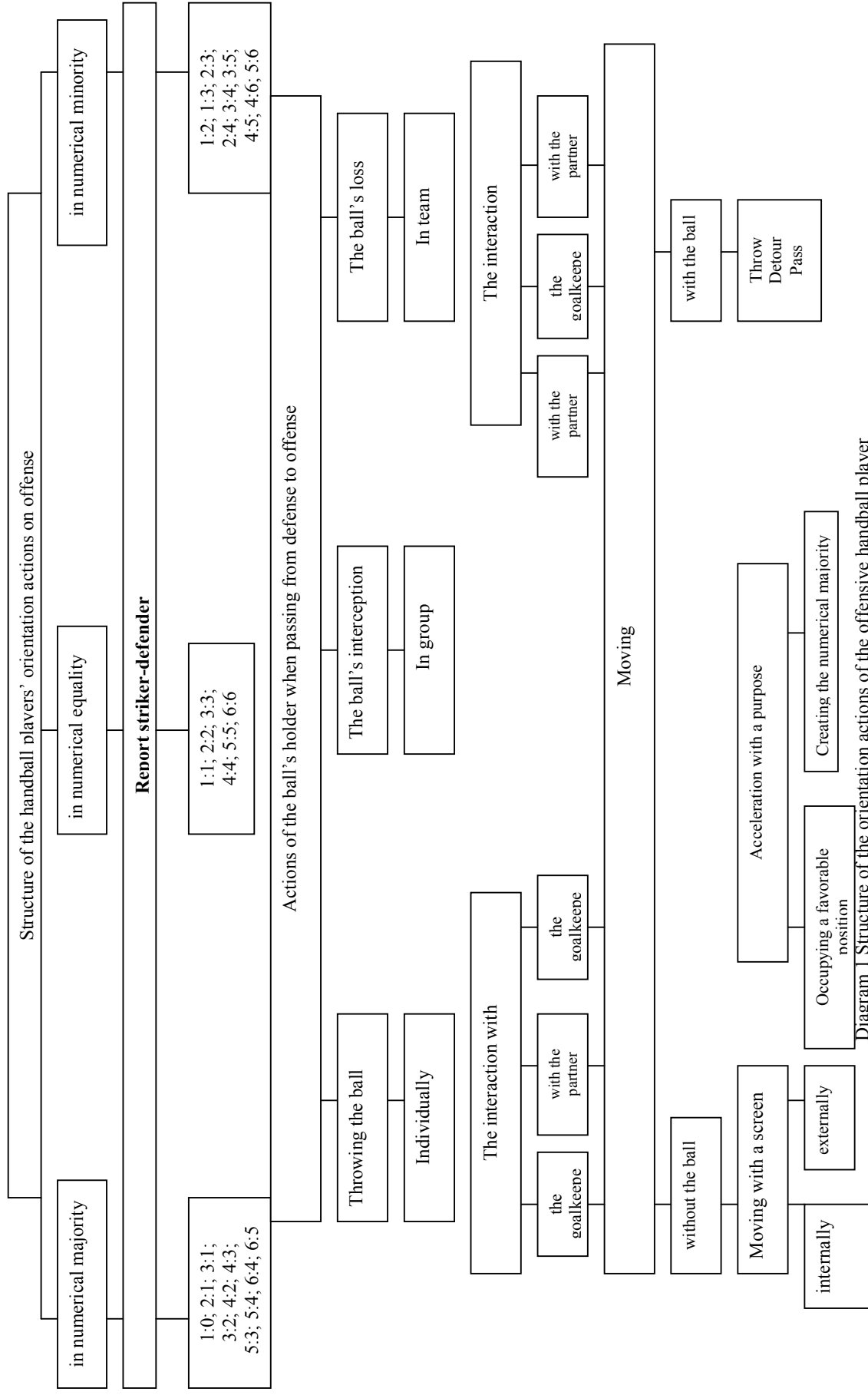


Diagram 1 Structure of the orientation actions of the offensive handball player