

Figure 6 The efficiency of the all throws depending on ranking position

For the first 12 ranked teams, the goalkeepers efficiency ranged between 36.25% - 37.50%, while for places 13-24 this drops to 28% (Table 1, Figure 7).

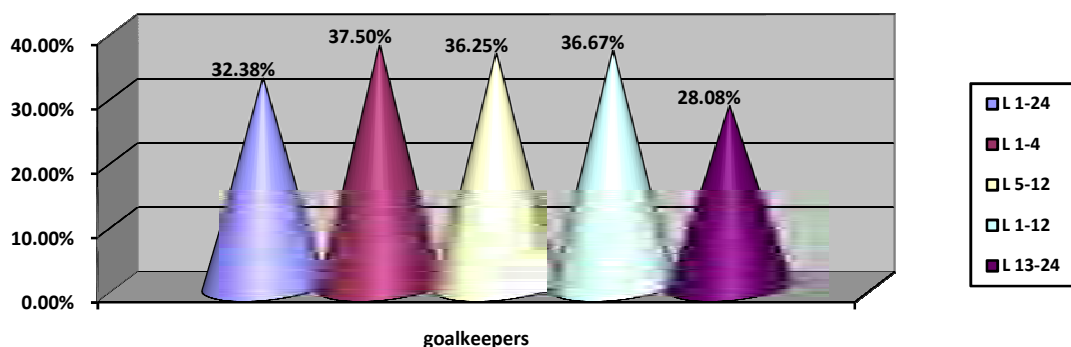


Figure 7 The goalkeepers efficiency depending on ranking position

The situation is similar in the case where blocked throws per game average was 3.3 for the first 12 ranked teams, respectively 2.2 for 13-24 places.

For interception situation is reversed, being favorable for last 12 ranked (4.6 / game) versus 4 / game for places 1-12.

This study was to benchmark data from the special literature (Taborsky F., 2001), data indicating the minimum efficiency of actions and we reported data obtained by us (Table 2):

Table 2 The efficiency of game actions in our study compared with those from the special literature

Game actions efficiency	Efficiency (Taborsky F., 2001) %	Efficiency for all participant teams (our study) %	Efficiency for places 1-4 (our study) %	Efficiency for places 1-12 (our study) %
backcourt shots	40 – 45	36,63	41	40,50
wing shots	55 – 60	49,29	53,75	55,50
6 m shots	60 – 65	59,79	66,75	63,25
fastbreak shots	70 – 75	72,75	77	76,42
7 m shots	75 – 80	70,96	75,75	74,67
attacks without shots	15 – 20	4 interceptions/game 2,5 blocks/game	5 interceptions/game 4,5 blocks/game	4 interceptions/game 4,6 blocks/game
goalkeepers	35 – 40	32,38	37,50	36,67

Table 2 is suggestive as it indicates a certain polarization of the effectiveness of the game for the first 12 ranked, they managed, on average, meet efficiency criteria recommended, but when averaged for all participating teams (24) one indicator is in the margins recommended - because of the poor results of the

teams ranked 13 to 24 whose efficiency is on average 10% lower than the first 12 ranked (minimum-6.92%, maximum-12.42%).

Conclusions

Peter Kovacs (EHF lecturer, coach at club and national teams with international results) considers that there is a certain lack of consistency in the game and from game to game, which makes between the top 10 ranked teams there are no significant differences, and errors can be decisive in the term of efficiency and occupied place in the final ranking.

In the final ranking of the competition in the first 12 teams were 11 from Europe and 1 from America, and among the last 12 have 2 from Europe, 4 from Asia, 3 from Africa and 3 from America.

The European women's handball supremacy is given so by the number of teams participating, but also by occupied places in the final ranking.

One of the concerns of participating teams was increased throws efficiency manifested by a trend towards to the top positions (Tables 1, 2).

In all analyzed parameters there is a downward curve given by their ranking.

In terms of efficiency indicators that are observed in the first part of the ranking teams they perform consistently, but teams ranked in last positions barely manage to perform in one or two of them.

The data obtained can be used as benchmarks of efficiency because they are actualy, but should be a study of a longer period of time for the analysis performed to have a high degree of veridicity and data to be used as benchmarks for the following competitions.

References

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RESEARCH CONCERNING ON THE DETERMINATION OF THE FITNESS LEVEL OF THE STUDENTS

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Abstract: Fitness or physical form is a set of motrical activities systematically conducted for the harmonious development of the body using different gymnastic exercises and apparatus; in the sphere of fitness include other activities outdoors (swimming, cycling, running, skiing) which also have an functional effect mainly and can be correlated with other factors (water, air, sun) and hygiene (sauna, massage, diet and lifestyle). The research hypothesis was that curricular and extra-curricular activities of students performing physical activities influence the physical condition of the subjects. The study involved 36