

IDENTIFICATION THE COACHES' OPINIONS ON TECHNICAL AND TACTICAL TRAINING OF A HANDBALL GOALKEEPER

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ABSTRACT

The purpose of this research was to identify the coaches' opinions regarding the specific training of the goalkeepers. This aspect will help us to develop a training model that will improve the technical and tactical elements of the players. In this research we started from the hypothesis that the opinion of the investigated specialists will guide us in the elaboration of the technical and tactical training program. Also, we believe that the questions addressed to the specialists will be starting points in the scientific argument of the preparation of the players on the goalkeeper position. The study was based on the survey method. The questionnaire was applied to 42 specialists, with great results in handball. The subjects are handball coaches of the junior and senior teams in Romania. The results showed that the technical and tactical training requires special attention in the training of the goalkeepers because its level conditions the obtaining of superior results of the team in the competition.

KEYWORDS: *handball, goalkeepers, survey method, coaches, technical –tactical training*

INTRODUCTION

The current preoccupations of the handball specialists demonstrate that there are various orientations and trends regarding the technical and tactical training of the goalkeeper players. The level of training of the goalkeepers conditions the performance of the whole team and significantly influences its results in competitions.

The planning of the physical, technical – tactical and psychological preparation of the goalkeepers and the choice of exercises is currently a priority to which most coaches guide their activity, because as Bota, I., and Macovei, B., (1983, p.7) said many years ago "the supremacy in the world handball was and is today on the side of the teams that presented valuable goalkeepers (...), the resounding success of the Romanian handball is due, to a large extent, to the valuable goalkeepers he had."

Regarding the preparation of the goalkeepers, the trends are given by the evolution of the defense game conception, but also by the development of the general effort capacity of the players. The trends regarding the technical and tactical preparation of the handball goalkeeper represent after Teodorescu, L., (1975, pp.48-55) "a set of specific motor skills aimed at the handling of the ball, as well as the movements of the players for this maneuver, in order to achieve maximum efficiency." Handball achieved by the performance led to positive and negative trends. Positive and negative trends are presented by authors such as Ghermănescu, I., K., (1983), Ghervan, P., (2006, pp.22-

24), Mihăilă, I., (2006), Taborsky, F., (2004), Hantău, C., (2000), Leuciuc, F., V., (2012, p.15) in their books. But after Pascual, X., (2004, pp.21-23), trends in specific training goalkeepers are:

Specific coordination area

- Fixing the general dynamic coordination aspects.
- Applying specific exercises with continued agility.
- Improving the ability to maintain balance

Technical and tactical area

- Defending balls with different segments before throwing.
- Fixing the fundamental position.
- Activities of the basic situation prior to the intervention.
- Moves to fundamental position.
- Coordinating the general movements with the goalkeeper's actions.
- Interventional trips for the defense of distance throws.
- Counter-attacking pass.
- Defending balls from the extreme, from a small angle of throw.
- Defending the balls thrown in from 6 meters.
- Two-handed defense of distance throws.
- Simulated attacks from the base position.

Regarding the technical and tactical training, it is said that at the end of the junior year, the handball players must know and apply all the technical-tactical content specific to the position they play. Moreover, at this stage, they should already have stabilized their own style of defense, materialized by the most correct use of technical elements and procedures.

The performance of the specialized player on the goalkeeper position must be constant, this consistency being given by a correct and complete technical and tactical training. In handball, the main purpose of sports training is to make a special training of the players, in order to participate in optimal conditions in competitions of any level (Baștiurea, E., 2014, pp.14-15). A well-trained goalkeeper of a team can condition the victories. It has an important role, which cannot be challenged.

The goalkeeper has the same responsibility within his team, his activity being not limited only to the defense of the goal but he participates in the whole game. Bota, I., and Macovei, B., (1983) said that "the evolution of handball has unfolded so that it can be said that, the absence of great goalkeepers from a team cannot be compensated even by the good play of the defenders. "

MATERIAL AND METHOD

2.1 Hypotheses of the research: the opinion of the investigated specialists will guide us in the elaboration of the technical and tactical training program. The questions addressed to the specialists will be starting points in the scientific argument of the preparation of the players on the goalkeeper position.

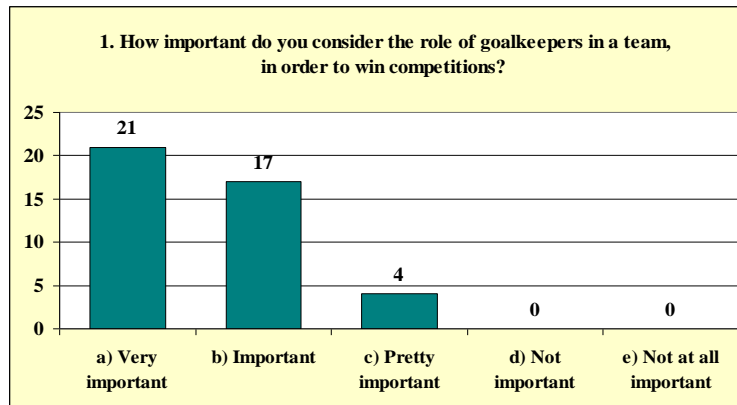
2.2 The purpose of the research: the purpose is to identify the coaches' opinions regarding the specific training of the goalkeepers. This aspect will help us to develop a training model that will improve the technical and tactical elements of the players.

2.3 Subjects of research: the questionnaire was applied to 42 specialists, with great results in handball. The subjects are handball coaches of the junior and senior

teams in Romania, and their opinions can be important for us in the planning of the technical and tactical training of the handball goalkeepers.

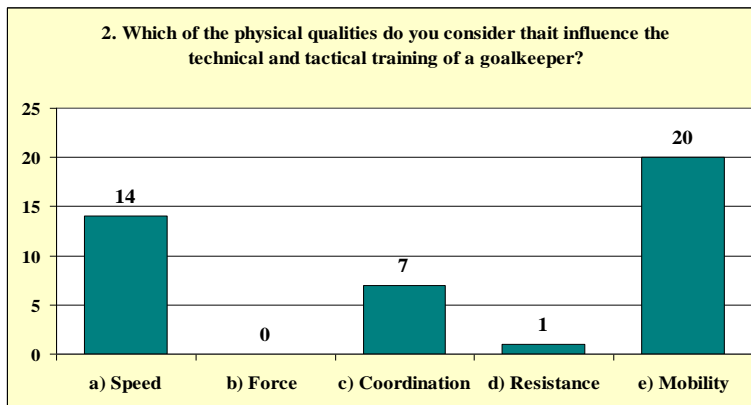
2.4 The research methods: method of study of specialized literature, method of analysis, survey method based on questionnaire, graphical method, tabel method, statistical – mathematical method.

2.5 Results: After applying the questionnaire of the 42 specialists, we proceeded to classify their answers by categories of opinions. The following graphs highlight the answer variants and the number of people for each answer variant separately.



Graphic representation 1

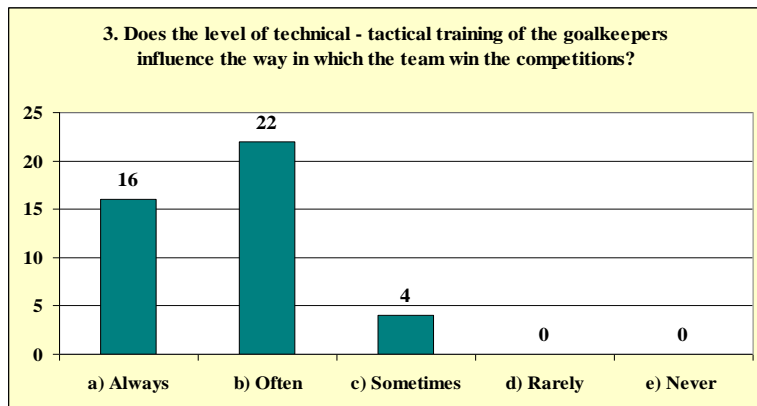
At the first question it was found that most specialists consider that the role of a goalkeeper in a team is "very important" for it to win victories in competitions of any level. Then, 17 of the specialists said that the role of the goalkeepers is "important". None of those being investigated have not disputed the role of goalkeepers in victories.



Graphic representation 2

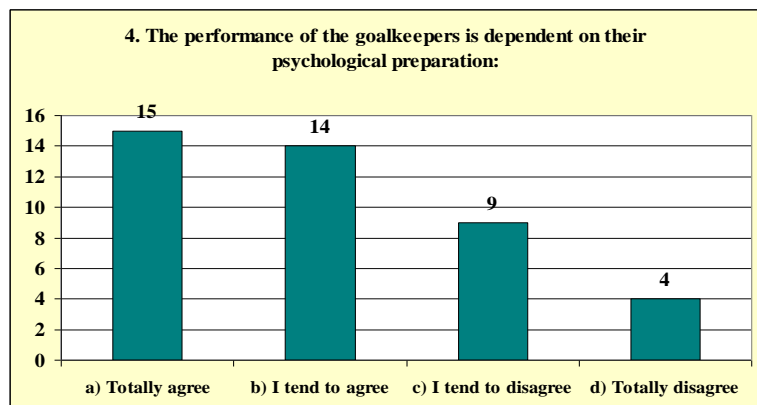
We see in graphical representation 2 that most of the coaches investigated responded that, the physical quality mobility influences to a large extent the technical and tactical training of the goalkeepers. Then, 14 coaches responded that physical

quality speed influences goalkeeper preparation, followed by physical quality coordination.



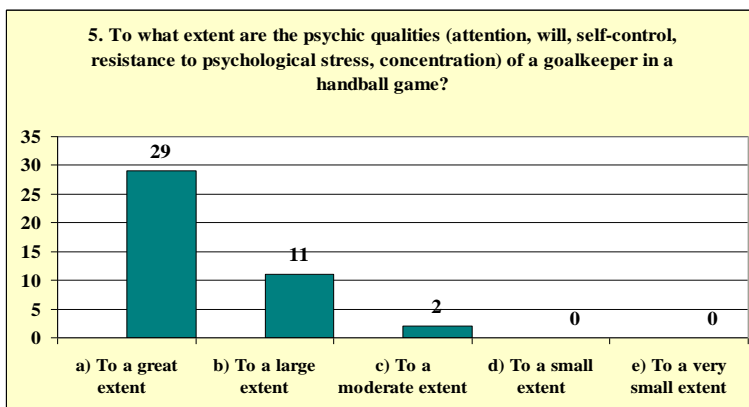
Graphic representation 3

According to the several coaches, the level of the technical and tactical training of a goalkeeper determines the winning of the matches. There are also very few specialists who have said that the degree of preparation of the goalkeepers does not have significant importance in gaining victories in competitions and does not influence the overall performance of the handball team.



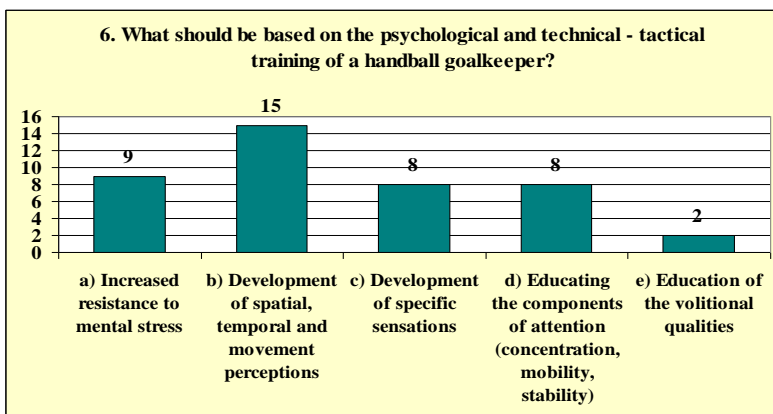
Graphic representation 4

In the graphical representation 4 we observe the number of answers to the question that investigated the connection between the psychological training and the performance of the goalkeepers. So, 29 of the coaches consider that the performance of the goalkeepers is closely linked to their psychological training, and they answer that they "totally agree" or "tend to agree" with this statement. Some coaches believe that goalkeepers are not closely linked or conditioned by psychological training.



Graphic representation 5

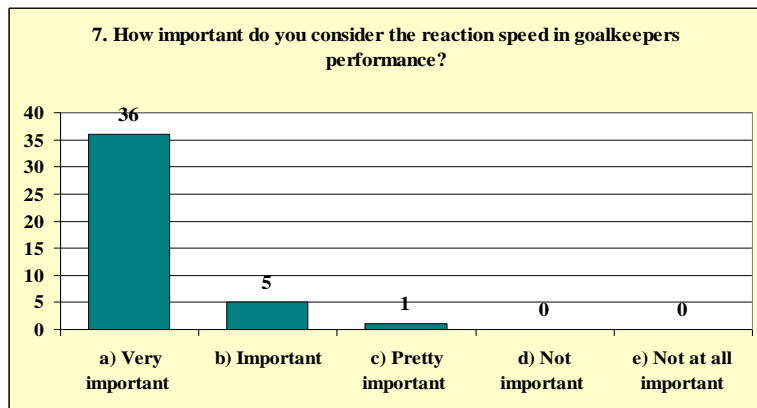
In the graphical representation number 5 we observe the coaches' answers to the item through which we continued to investigate the opinions regarding the factor of the sports training (psychological training). We find that most coaches consider those qualities of psychic nature as attention, will, self-control, resistance to mental stress, concentration, etc. of the goalkeepers are of great importance in a sports game. Thus, the psychological qualities influence the performance of the goalkeepers during a match.



Graphic representation 6

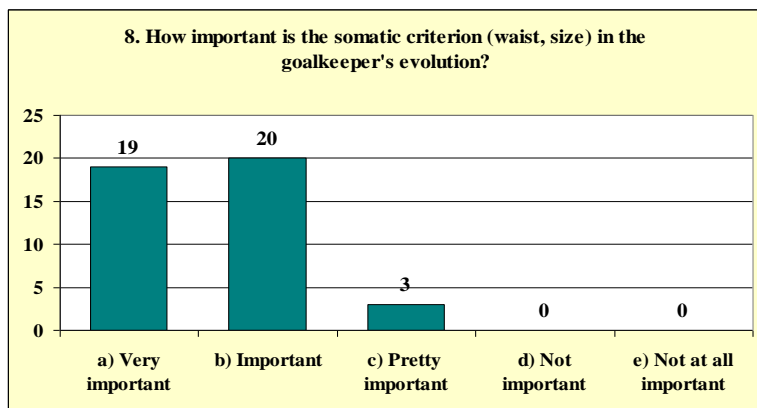
Psychological training is considered, together with technical - tactical training, an important factor in the training of the goalkeepers. As we can see in graphic representation 6, most of the specialists say that the training of a goalkeeper must be based on the development of spatial, temporal and movement perceptions, then 9 of them say that the training must be based on the increased resistance to mental stress.

Then, we notice that 8 coaches say that the training should be based on the development of the specific sensations and 8 consider that the training of the components of attention (concentration, volume, mobility and stability of the attention) must be insisted.



Graphic representation 7

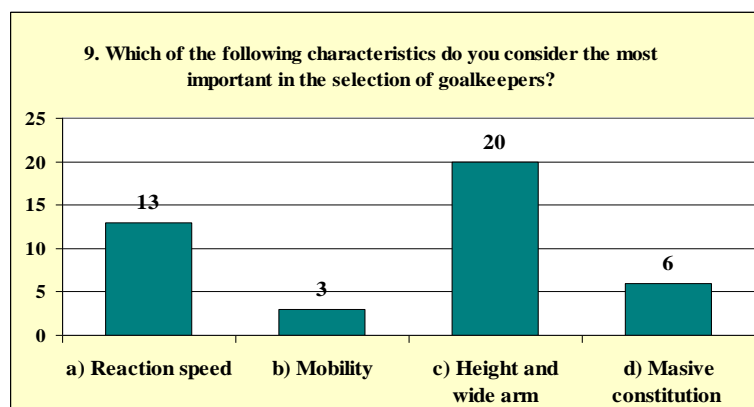
The reaction speed is very important in the performance of the goalkeepers. We found that 36 of the coaches investigated considered this quality as the one that conditions the performance of the goalkeepers. Also, in the graphical representation 7, we observe that very few coaches do not consider the reaction speed a predominant quality of goalkeepers.



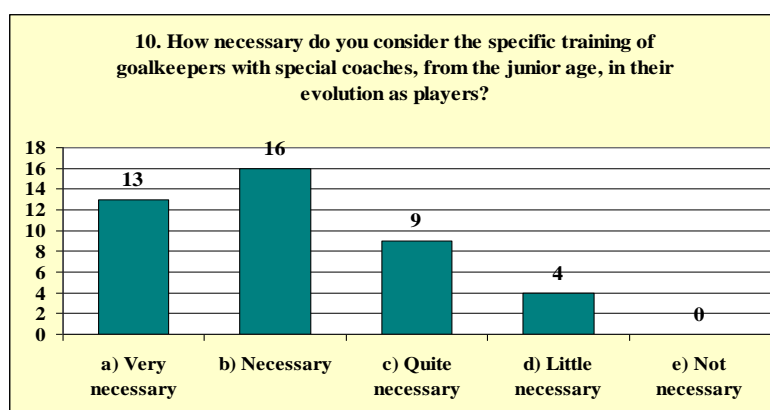
Graphic representation 8

According to 39 of the coaches, the somatic criterion (waist and size) is a "very important" or "important" aspect in the evolution of the specialized player on the goalkeeper position. Then, we see in the graphical representation 8 that 3 coaches said that the waist and size does not have a great importance in the evolution of a player specialized in the position of goalkeeper.

Question 9 investigated the characteristics of the goalkeepers followed by coaches in the selection process. Most coaches said that somatic characteristics are the most important in the selection of goalkeepers. 13 said that the reaction speed is an important physical quality pursued in the selection process, only 6 of them answered the "massive constitution". Also, fewer coaches said mobility is an important physical quality.



Graphic representation 9



Graphic representation 10

The last question investigated the necessity of the specific training of the goalkeepers from the age of the junior. Of the 42 coaches, 29 said it was "very necessary" or "necessary" to orientate the specific training of goalkeepers with special coaches from the junior age. Only 13 of them do not consider it very necessary to prepare with special coaches the goalkeepers starting with the junior period.

CONCLUSIONS

Most specialists consider that the role of a goalkeeper in a team is very important for it to win victories in competitions of any level. The technical and tactical training of the goalkeepers greatly influences their performance in competitions. Also, the physical qualities mobility and speed influence to a large extent the process of technical and tactical training of the goalkeepers. These qualitys condition the training of a goalkeeper.

Most coaches highlighted the strong link between psychological training and goalkeeping performance. The performance of a goalkeeper is closely linked to their psychological preparation. The psychological qualities of a goalkeeper such attention,

self-control, resistance to mental stress influence their performance during a match. Psychological training is considered, along with technical and tactical training, a very important factor in the training of the goalkeepers. The psychological and technical and tactical training of a goalkeeper should be based on the development of spatial, temporal and movement perceptions, mainly, and then on increasing the resistance to mental stress. After that, the training should be based on the development of specific sensations and on the education of the components of attention (concentration, mobility, stability).

Reaction speed is very important in the performance of the goalkeepers, representing a predominant quality. Along with the reaction speed, the anticipation capacity is another important quality of the goalkeepers. In the selection process of goalkeepers, waist and size (somatic characteristics) are the most important, followed by reaction speed. The somatic criterion is an important aspect in the evolution of the goalkeeper player.

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