

## **IDENTIFICATION THE PLAYERS' OPINIONS ON TECHNICAL AND TACTICAL TRAINING OF A HANDBALL GOALKEEPER**

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**Keywords:** handball, goalkeepers, seniors, survey method, specialized players, technical and tactical training

### **Abstract**

The purpose of this paper is to identify the opinions of the goalkeepers regarding the specific training, an aspect that will complete the necessary information for the elaboration and experimentation of new means to increasing their sports performance. We started from the hypothesis that the argued opinions of some goalkeeper players will guide us in the elaboration of the technical and tactical training program. The study was based on the survey method. The questionnaire was applied to a number of 29 players, specialized in the position of goalkeeper. The subjects are players of the 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 superior results of the team in any competitions.

### **Introductions**

Handball is a collective sport that has a strong dynamic character because most of the time it is performed by players in speed running. The advanced handball game is played at a sustained speed, which involves a lot of physical effort. The physical qualities specific to the game are the speed of execution, the speed of movement and the reaction speed, the specific physical resistance, the explosive force of the arms, the detent of legs, the specific mobility and the flexibility and the specific skills (coordination). During a game, the players are subjected to a maximum efforts alternated with the submaximal and supramaximal ones, depending on the situations that appeared in the game.

High – performance sporting activity implies the existence of a large number of objectives to be met. In this situation, the coach should be informed about the principles that govern sports 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).

In modern handball, players have to perform many physical, technical and tactical skills. The development of these skills requires a high quality sports training. The aspects regarding sports training in handball have been permanently analyzed by the specialists dealing with the preparation of handball teams. In the contemporary period, the main characteristics that would define the handball game are: dynamism, speed, aggression in the attack and defense phases, very good technique, tactics and actions that lead to success (Leuciuc, F., V., 2012, p.15).

The evolution trends of the handball game are highlighted by the analyzes made by professionals and researchers during the Olympic Games and the World Championships. These trends determine the conception of play and the conception of training.

Handball achieved by the performance led to positive and negative trends. Positive and negative trends presented by authors such as Ghermănescu, I., K., (1983), Ghervan, P., (2006, pp.22-24), Mihăilă, I., (2006), Taborsky, F., (2004), Hantău, c., (2000) are as follows:

***Positive trends:***

- improving the technique and reducing the number of errors;
- increasing the speed of the game, accompanied by a good mastery of the technique and tactics that give the handball game greater spectacularity;
- the first two phases of the attack are basic means;
- players have perfected new and spectacular elements;
- the defense became more athletic, with a total physical commitment;
- most teams use the collective tactics with precision and safety as: crossings, blockages, starting blocks, firewalls;
- specializing in attack and defense positions has efficiency and gives spectacularity to the phases of the handball game, being an increasingly obvious trend

***Negative trends:***

- irregular game of defenders practiced in a premeditated manner;
- intentionally committed faults;
- brutal attack of the ball holder in order to intimidate and hurt most of the time.

Technical training is very important in a handball game, by which all the other constituents of the game are formed. The technique of

a game is subordinate to the tactics and supports physical training. A high level of technique gives the possibility for a tactical mastery and the maximum use of the overall training.

### **Material and method**

*Hypotheses of the research:* we started from the hypotheses that the argued opinions of the investigated players will guide us in the elaboration of the technical and tactical training program specific to the goalkeeper. Also, the answers given by the players specialized in the position of goalkeeper will complete the information needed to schedule the future training in handball game.

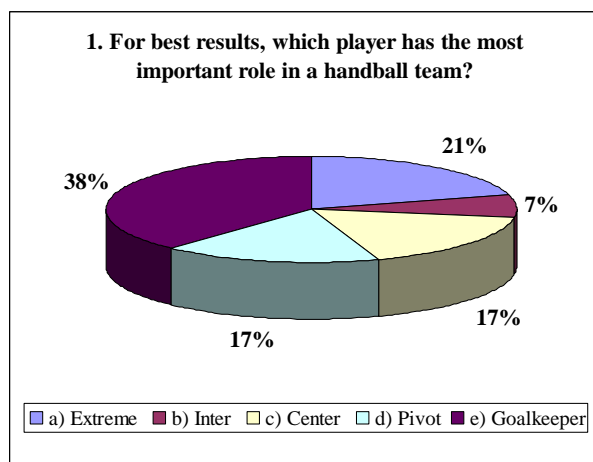
*The purpose of the research:* the purpose is to identify the opinions of the goalkeepers regarding the specific training, an aspect that will complete the necessary information for the elaboration and experimentation of new means of increasing their sports performance.

*Subjects of research:* the questionnaire was applied to a number of 29 players, specialized in the position of goalkeeper. The subjects are players of the senior teams in Romania, and their opinions can help us in developing a technical – tactical training model.

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

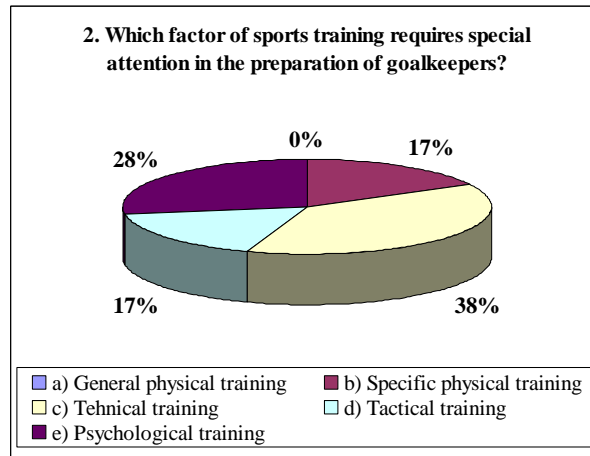
### **Results**

After applying the questionnaire of the 29 players, we started to classify the answers by categories of opinions. The following graphics highlight the response variants and the percentage of the subjects.



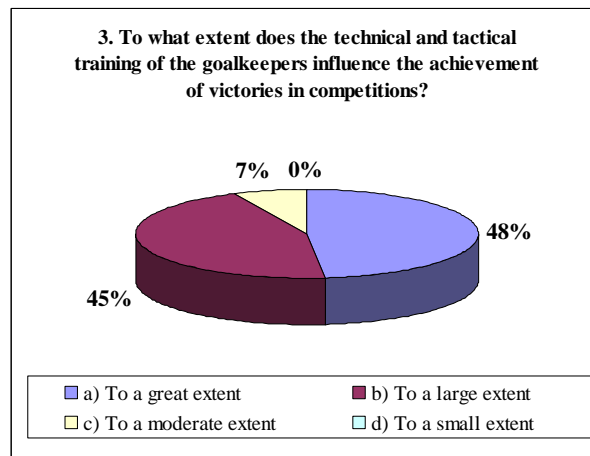
**Graphic representation 1**

We observe in graphic 1 that of the 29 players evaluated, 38% of them said that the goalkeeper has the most important role in the team. Then, 21% of the players consider that the most important place in a team belongs to the specialized player in the extreme position.



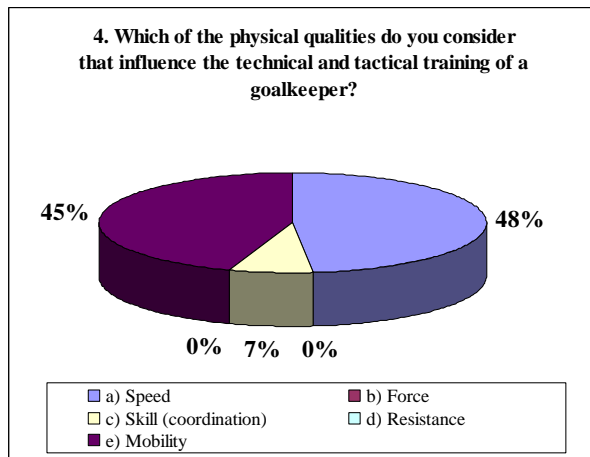
**Graphic representation 2**

In the graphical representation 2, are presented the answers of the players to the question that investigated the factor of the sports training with the most importance in the preparation of the goalkeepers. We note that 38% of the goalkeepers consider that the technical training requires special attention, followed by the psychological training with 28%.



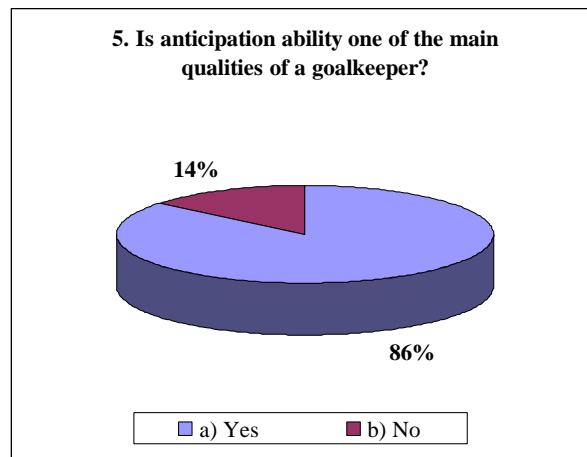
**Graphic representation 3**

Question 3 investigated the degree to which the technical and tactical training of a goalkeeper conditions the victory in competition. If, to the same question, the specialists (coaches) replied that the level of technical and tactical training of the goalkeepers determines the superior results of the team in competitions, we also note that a large number of players (48%) support the same opinion.



**Graphic representation 4**

A percentage of 48% of goalkeepers say that speed is the physical quality that influences the most technical and tactical training, followed by mobility. Thus, 45% of the players opted for mobility as a quality that conditions the technical and tactical preparation of the goalkeepers.



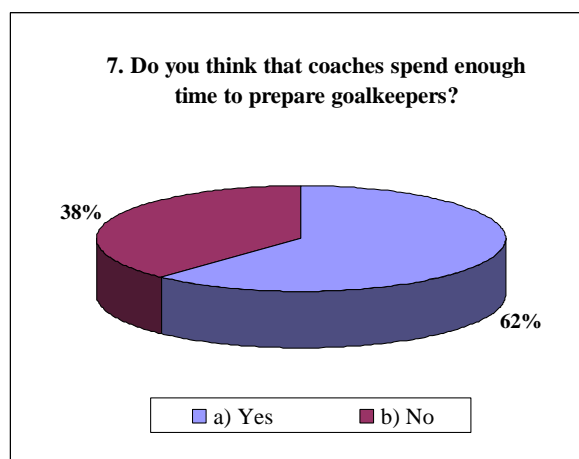
Graphic representation 5

Through question 5 we investigated the importance that players attach to the anticipation ability. If the specialists considered that, the anticipation capacity represents, along with the reaction speed the most important qualities of the goalkeepers, we see in the graphical representation 5 that of the 29 players, 86% of them responded similarly.



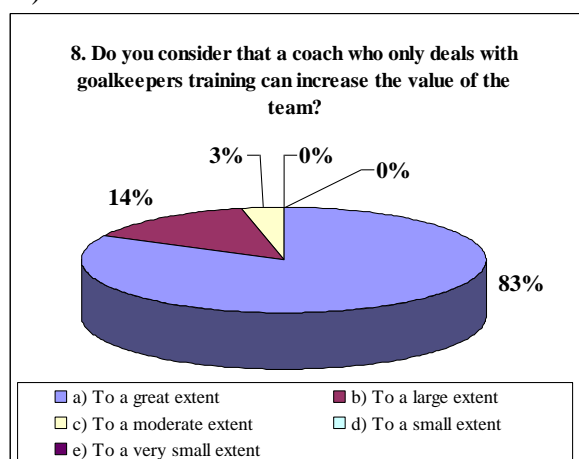
Graphic representation 6

We see in the graphic representation that 48% of players say that goalkeeper training must always be individualized, at any stage of preparation. Also, 38% believe that the training should be individualized not permanently, but most of the time, and after 14% of the investigated players, the training should be individualized only "sometimes".



Graphic representation 7

The goalkeepers surveyed (62% of them) claim that most of the time, coaches do not pay enough attention and enough time to prepare the goalkeepers and only 38% say that the coaches allocate sufficient time to the players specialized in the goalkeeper position (graphical representation 7).



Graphic representation 8

From the analysis of the answers, it was found that 83% of the investigated goalkeepers believe that training of a goalkeeper with a special coach can lead to the growth of the team "to a very large extent". Further, only 14% of the goalkeepers responded "to a great extent".

### Conclusions

Evaluated players said that the goalkeeper has the most important role in the team, then the most important place in a team belongs to the specialized player in the extreme position. The technical – tactical training requires special attention in the training of the goalkeepers, followed by the psychological training.

Most of the times the degree of technical – tactical preparation of the goalkeepers determines the obtaining of superior results of the team in competitions of any level. Speed is the physical quality that influences the most the technical and tactical training of the goalkeeper players, followed by physical quality mobility. Anticipation is a very important quality of goalkeepers.

For the majority, the preparation of the goalkeepers must always be individualized, at any stage of the training, and others consider that the training must be individualized not permanently, but most of the time. Goalkeeper training must be different from that of other players.

Coaches do not pay much attention and enough time to the goalkeepers. The training of the goalkeepers with a special coach can lead to a great increase in the value of the team.

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## IDENTIFICAREA OPINIILOR JUCĂTORILOR PRIVIND PREGĂTIRE TEHNICO – TACTICĂ PE POSTUL DE PORTAR ÎN HANDBAL LA SENIORI

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**Cuvinte cheie:** handbal, postul de portar, seniori, metoda anchetei pe bază de chestionar, jucători specializați, pregătire tehnică – tactică

### **Rezumat**

Scopul acestei cercetări a fost de a identifica opiniile portarilor privind pregătirea specifică, aspect ce va putea completa cunoștințele necesare elaborării și experimentării unor noi mijloace de creștere a performanței sportive a acestora. În cercetarea de față am plecat de la ipoteza că opiniile argumentate ale unor jucători portari ne vor ghida demersul de elaborare a programului de pregătire tehnico-tactic. Studiul a avut la bază metoda anchetei pe bază de chestionar. Chestionarul utilizat a fost aplicat unui număr de 29 sportivi, specializați pe postul de portar. Rezultatele au scos în evidență că pregătirea tehnico – tactică necesită o atenție deosebită în antrenamentul portarilor pentru că nivelul acesteia condiționează obținerea unor rezultate superioare ale echipei.