

TRAINING AND OBTAINING THE SPORTIVE SHAPE OF THE HANDBALL GOAL KIPPER

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Key words: goal kipper, sportive shape, handball, training.

Abstract: The training of the goal kippers is made by combining three factors: the main coach, the coach for the training of the goal kippers and the goal kipper himself.

The main coach establishes the game system and the team according to the characteristics of the opponent and its own team, the qualities of his own goal kipper, the stake of the game, etc.

The training plan of the team has to comprise situations that could not allow the opponents to show their strengths, the goal kippers and the defenders will diminish the frequency of the actions agreed by the opponents and they will lead them to actions from inconvenient positions, less practiced, where the goal kipper and the defenders have better chances to counteract.

Introduction:

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The coach of the goal kippers together with the main coach elaborates the weekly training course (the content of the training under physical, technical-tactical, theoretical aspect as well as the means to adjust these contents according to the evolution and the effects of the initial program). The video analysis of the opponent, that follows, has the purpose to bring information regarding the characteristics of the backcourt, wingmen and pivots and they will be realized by coaches and goal kippers together and will be on the basis of the training plan for that game.

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Material – method:

Fundamental rules (principles) in the selection and training of goal kippers:

1. *Focus on the ball.* The eyes of the goal kipper have to be always focused on the ball (attention, focus capacity).

2. *The goal kipper interposes himself on the ball trajectory thrown at the goal,* with the whole body and with its segments. The thrown ball has to touch/hit the goal kipper in order not to enter the goal (courage, reaction speed, execution. Photo)

3. *The efficiency of the goal kipper is directly proportional with the capacities of complex coordination,* dynamic equilibrium, focus capacity, mobilization and gearing, spatial and temporal orientation. Photo.

4. *Articular mobility and muscular resilience* determine the quality of the actions of the handball goal kipper – the amplitude of the defense technical procedures. Photo.

5. *The technical-tactical training has to correspond with the individual particularities* of every player. The physical development (height), especially the height and weight indexes and their report, the segment length and the report between the length of the superior and inferior members, etc. represents important marks regarding the training type and the genre of the adopted technique.

6. *There are two types of goal kipper technique,* as well for the throwing from the distance and the throwing from crescent.

- *At covering* – in collaboration with the defenders and anticipation

- *At ball* – watching the ball and on reflex. Photo

The sportive shape of the handball goal kipper

The sportive shape represents a main concern of the goal kippers, and its obtaining and maintenance, as well as the conducted loss of the sportive shape has to be realized based on scientific arguments.

Manifestation of the loss of the sportive shape

- lack of capacity to focus on the ball;
- fundamental position and inadequate placement regarding the position on the field of the attacker and the ball;
- the execution of the procedures is long anticipated (lack of faith in his own capacities)
- the execution of the procedures is delayed (over-preparation, under-preparation);

- he does not attack the throwing arm at the throwing from crescent (he does not show courage and sacrifice spirit – intrinsic motivation, personal causes);
- the tendency to begin the procedure by taking the arms in front of the body or of the head;

Results:

Causes that lead to the loss of the sportive shape

- Limitation – training and participating at competitions of the same type (*without “event” games*); *at the top teams, after they surpassed the derby games, when there follow games with known opponents and met many times in the last period, games with less prepared opponents, etc.*
- Speed barriers – training with high intensity and volume on a long period of time:
- Insufficient challenges (as intensity and volume) on long periods of time;
- Long absence from training and games; *injuries, different personal problems, etc may lead to the loss of shape. Sometimes the absence for a short period of time (two-three days) may lead to the growth of the wish to come back and one can establish a momentary growth of the efficiency, based on the increased wish to play.*
- The lack of the specialized coach for goal kippers; *he is the nearest counselor and also the one who sees the potential or attitude changes, that can be shared with the main coach in order to operate the changes needed*
- The inadequate planning or lack of planning in the goal kipper training
- Personal problems; the ones related to own health, problems of family members, opening of own businesses

Factors that contribute to achieving and maintaining the sportive shape:

- Rigorous planning of the goal kipper training, by respecting the individual particularities and ensuring the adaptation to the momentary physical condition; *having as a rule three or four goal kippers, not all of them have the same demand regime, participating in different ways at the games.*
- Changing the training means when there are evident and constant decreases in the goal kippers capability; *limiting or speed barriers*

can be avoided or removed by using new, attractive, easy to assimilate methods, so that they could be executed with speed;

- Concentration on fundamental elements of the goal keeper technique: watching the ball, placement according to the spot of the player with the ball, executions with maximum speed, etc. *Usually losing the shape takes place because of the lack of concentration to the ball, closing the eyes at the throwing from crescent, inadequate or belated placement, and in order to get back into shape the attention must be concentrated the correct execution of these technical elements;*
- Regulation of demands so that the anaerobe effort to be the dominant one; *identification of some objective trial matches to accentuate the level of specific physical (muscular) training as support for the efficient execution of technical procedures: defense procedures of the throwing from different positions, rapid recuperation of the ball, counterattack, etc.*
- Awareness and consolidation of the grounds and training motivation (personal, group grounds regarding the perspective)

Discussions:

The weekly training cycle

Days 1-3

- alactacid anaerobe effort (6-11 sec with pauses for rebound 80-90 %)
- lactacid anaerobe effort (6-20 sec, pause for rebound 65-75%)

There are recommended the means to maintain the level of specific physical preparation as well as the means for technical preparation in regime of anaerobe resistance

Days 3-6

- alactacid anaerobe effort (6-11 sec with pauses for rebound 90-95 %)

There are recommended play means with the purpose to increase the reaction and execution speed indexes and the level of concentration capacity and physical mobilization

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Titlu: Pregătirea și obținerea formei sportive a portarului de handbal

Cuvinte cheie: portar, forma sportivă, handbal, formare

Rezumat: Pregătirea portarului se face prin combinarea a trei factori: antrenorul principal, antrenorul pentru pregătirea portarului și portarul însuși.

Antrenorul principal stabilește sistemul de joc și echipa în funcție de caracteristicile adversarului și de echipa proprie, calitățile portarului, miza jocului, etc.

Titre: Formation et obtenir la forme sportive de la gardien de but de handball

Mots-clé: Gardien de but, la forme sportive, handball, formation

Résumé: La formation des gardien de but est faite par la combinaison de trois facteurs: l'entraîneur principal, l'entraîneur de la formation des gardien de but et le gardien de but lui-même. L'entraîneur principal établit le système de jeu et l'équipe en fonction des caractéristiques de l'adversaire et sa propre équipe, les qualités de son propre gardien de but, l'enjeu du jeu, etc.