

## INTEGRATED TRAINING IN SPORTS GAMES

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**Key words:** integrated training, collective games, preferential connections.

**Abstract:** Sports training is the process which aims at improving athletes' performance, in order to obtain an optimal physical shape for competitions. Achieving this goal requires simultaneous action on all factors for obtaining a good shape. The fundamental objective of integrated training is to create conditions as close to those of competitions. It was found that there are "preferential connections" and that not everything can be integrated or rather, the integration of training should follow a few basic ideas.

### Introduction

Sports training is the process which aims at improving athletes' performance, in order to obtain an optimal physical shape for competitions. Achieving this goal requires simultaneous action on all factors for obtaining a good shape.

In this regard, the first step to be done is developing a deep and comprehensive analysis of this branch of sports to see specific details and to have an overview of what it should be taught, trained and corrected.

Both theory and practice of sports training indicate five areas where action must be working through specific methodologies to achieve sports performance, with adequate means and methods: physical training, technical training, tactical training, psychological training and theoretical training. The synergistic and coordinated action of the means used for each of the components must have as purpose training and developing of players.

### Material-method

In order to obtain good results, team players must develop their ability to solve specific problems that arise during the competition, by creating conditions similar to training lessons. This implies interdependence and interaction of training factors at all levels. As a result in the specialized terminology it has emerged the concept of

"integrated training" – with the purpose of improving sports performance through simulation in training of actions as close to those of the game conditions.

As the definition says, the fundamental objective of integrated training is to create conditions as close to the competition. Structuring training in such a manner greatly contributes to the development of players, forming the necessary skills to resolve specific situations of the game. In addition to this objective there are a few of secondary importance:

- variety of physical training during the preparation process for competition;
- improving physical, technical and tactical training in conditions of fatigue.

Athletes' training must be very precise for achieving specific objectives of the integrated training. Although it appears that during the game everything is "mixed", over time and methodological thinking in this area it was discovered that there are "preferential connections" and that not everything can be integrated or rather, the integration of training should follow some basic ideas.

We note three preferential connections:

1. strength – strategy;
2. reaction speed – individual strategy;
3. resistance - game system.

Next we will examine one by one these three preferential connections.

Strength –strategy

The connection between strength and strategy depends to a large extent on the strategy. Selection of content for different types of strength should be based on technical measures used by players. Thus, instead of traditional forms such as strength-resistance, maximum strength, explosive strength, the specific types of strength in handball are the following: throwing strength, fighting strength, detachment and displacement strength, so that working to develop various forms of strength manifestation will directly address to muscle groups involved in achieving specific technical actions.

Reaction speed –individual strategy

This is the most important of the three and still be given the slightest attention. The reaction speed requires specific stimuli, specificity that depends on the ability of response compliance to which it is associated.

If the desire is to integrate training for speed development, the association with specific visual stimuli is not enough, but these stimuli should be identical to those of the competition. As well as strength training, the specificity of the response is conditioned by the manifestation forms of speed that occur while executing individual, technical and tactical actions.

Resistance – game system

To ensure an optimal integration of resistance, this must be closely related to the game system used, and especially related to systems used for developing anaerobic resistance.

In handball the action of attack and defence are variable as length, that is why every coach should precisely explore those times and evaluate both the duration and intensity with which players must work and to adapt their game systems to such needs.

## **Results**

It is difficult to integrate the content if technical and tactical level is not high enough, or better said where there is no tactical availability. Some content of the training could be integrated if players have a certain training level.

As for the training guidance the attention should be oriented to meeting demands in this direction and adapting technical and tactical requirements to opponents' potential. When we talk about tactical and technical guidance in training, the physical preparation content is complementary and we should not worry about this too much when objectives are quite different. There is no doubt that preferential connections listed above must be followed to ensure an optimal integration of training.

Integrated training is not a panacea, it can not be used for the entire period of a large cycle.

## **Discussions**

The basic objective of sports training is to achieve a high performance level at some point, usually during the main competition of the year, based on a correct development of physical shape. Good physical shape is manifested when there is a high level training that provides sports performance.

About periodization we can talk of two ways: annual plan and driving skills.

Periodization of the annual plan is divided into short training phases, easing planning and conducting a program to achieve peak performance in the main competition of the year. Dividing the annual plan has the main effect of improving the organization of training and allows the coach to conduct a systematic activity. Generally a competitive season is conventionally divided into three main periods: preparatory (pre season), competition (season) and transition (post season) (Bompa T., 2002, Dragnea A., Mate-Teodorescu S., 2002 ).

The periodization of driving skills refers to structuring training periods to achieve the highest level of speed, strength and endurance as well as combinations of these depending on the requirements of the practiced sports (Bompa T., 2001). An effective preparation will require planning and periodization. However, we must make operations (Espar X., 1995, Colibaba-Evuleț D. Bota, I., 1998):

- knowing the best results of the team and the trends of sports branch;
- analysis on the action carried out previously;
- analyzing and organizing data to achieve a competitive model in the season that follows;
- drafting the training project.

As for the periodization with two annual cycles, specific for handball, we can act to decrease sports shape by using a lesser extent of competitive specific exercises leading to resource-saving body, increasing the effort intensity by modeling full training according to rules of future competitions.

The conclusion resulting from this analysis is that each branch of sports should settle a periodization model to promote an increased efficiency in competitions and the effort dynamic, means and methods are those which lead to the ability of performance.

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**Titlu:** Antrenamentul integrat în jocurile sportive.

**Cuvinte cheie:** antrenament integrat, jocuri sportive, relații preferențiale

**Rezumat:** Antrenamentul sportiv este procesul prin care căutăm să îmbunătățim randamentul sportivilor, având ca finalitate obținerea formei sportive maxime pentru participarea în competiții. Realizarea acestui deziderat necesită acțiunea simultană asupra tuturor factorilor ce condiționează fenomenul de obținere a formei sportive. Obiectivul fundamental al antrenamentului integrat este de a crea condiții cât mai apropiate de cele competiționale în antrenamente. S-a descoperit că există anumite „relații preferențiale” și că nu poate fi integrat totul sau mai bine spus, integrarea antrenamentului trebuie să urmeze câteva idei de bază.

**Titre:** Entraînement intégré dand des jeux de sport.

**Mots – clés:** entraînement intégré, jeux de sport, connexions préférentielles.

**Résumé:** L'entraînement sportif est le processus par lequel on cherche à améliorer la performance des athlètes en vue d'atteindre la condition physique maximale de prendre part à des compétitions. Atteindre cet objectif exige une action simultanée sur tous les facteurs qui sont une condition pour l'obtention de cette condition physique. L'objectif de l'entraînement intégré est de créer les conditions au plus près à ceux de la compétition sportive. On a découvert des «connexions préférentielles» et que tout ne pourrait pas être intégré ou plutôt, l'intégration de l'entraînement devrait suivre quelques idées principales.