

GROWTH FACTORS FOR THE RHYTHM OF HANDBALL GAME OBJECTIVE PRIORITY FOR NATIONAL HANDBAL TEAM OF SENIORS

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Key Words: rhythm, handball, national team, premises.

Abstract: This material is the result of collaboration readiness of the most representative factors of Romanian Handball Federation and clubs, national team coaches and club teams of seniors, juniors, children, and players with great experience. In total, 165 people were interviewed or responded to questionnaires applied differently for each category during the three years (2008, 2009 and 2010).

Following the conclusions from the consultations, we determined the following: **Causes** leading to the need to increase the rhythm of the game (national team):

First, the game trends recorded at major international competitions:

- Raising the spectacular level;
- Dynamic growth in all phases of the game;
- Increasing capacity of finalizing from a big distance from the goal;
- Specialization of some players only on the attack/defense stage – rested; players, capable of high-speed executions and risks (also taking advantage of opportunities arising through changes made in defense);
- Defense systems more compact, difficult to penetrate, so the phase II and counterattacks become more efficient solutions;
- Changes in regulation that allow rapid resumption of the game after scoring a goal;

The assessment of the rhythm game will be based following criteria:

- Number of counterattacks (direct and indirect-finished or continue with the next phase of attack) made in a game and their duration, from the moment of possession of the ball till the will be ball will be thrown to the goal or continue with the next phase of the game;

$$DI = ca TT/ ca No$$

DI = dynamic index

ca TT = total counterattacks times

ca No = numbers of counterattacks

- Number of rapid attacks (sustained counterattack) made in a game and their duration;

$$DI = TT ra/ra No$$

TT ra = total rapid attacks times

Ra No = numbers of rapid attacks

- Number of rapid resumptions
- Duration of the positional attacks
- Number of actions toward opponents / attack duration

The three-year analysis of a number of 225 games, have revealed that the best rhythm game was made by THV Kiel, at the club teams and Iceland, at the national teams, teams that made the biggest performance in those years (Championship League / third place to Beijing Olympics).

To analyze the effectiveness of a rapid game, we followed:

- Number of goals in counterattacks or sustained counterattacks;
- Number of goals after rapid resumptions of the ball;
- Number of goals scored in phase III;

Mentions:

- Dynamic and sustained rhythm of the game is not a scope in itself, but a means to obtain sports results.
- Some of those questioned said that the need to play quickly all phases of the game, it is specific to the teams with little value, that have no chance of victory, and teams with players that value must impose that convenient rhythm to gain victory.

This may be an explanation for the poor results obtained internationally by our club teams or by the national team.

Premises to increase the rhythm of the game:

In the conditions of a long absence of the Romanian team, from the big international competitions, an analysis of the performance potential of our players leads to the conclusion as individual value ranks us in the world, on the places 18 to 20.

For this, we made as an inventory list of Romanian handball players on each position and their classification according to the following criteria:

- Execution level, the diversity and efficiency techniques;
- The highest performance achieved by the team of club;

- International experience at club and at the national team;
- Sports value expressed in money (contract, annual income, etc.);
- Age and health status;

The control tests that were made to inform us about objective index regarding the speed potential of our players according to following criteria:

- Running -25 meters;
- commutation;
- complex of phases in penetration;
- complex of dribbling and ball throws at a fixed point.

Strategic priority since September 2009 is achieving a high efficiency in the practice of a dynamic game requiring players to maximum possibilities.

Requirements for obtaining a high index of speed for handball **players:**

a) Speed ability in all its forms:

- Short travels (2-3 m to 30-40 m);
- Execution techniques with and without ball;
- The decision and response-engagement;

b) Anaerobic resistance force, explosive strength, speeds in all its forms;

c) Perfect technique and ability to execute rapid techniques;

d) Perfect knowledge of the tasks within the game systems in attack and defense of own team and knowledge of game tactics of the opponents;

e) Mobilization and availability of the players for high-intensity efforts;

Fundamental requirements for achieving an increased rhythm of the game for the team are:

- The team of players to be composed of athletes with speed availability in all its forms.

A handball team needs both fast and strong players; handball game is a game of physical contact between competitors.

Usually, the teams provide players who play in speed (E and P), and strong players (I and P) but who are not as fast

In this way, the coach has to consider that the players engaged in the defense position to be able to develop effective counterattacks and phase-II, and quick resumption after receiving a goal.

- Physical training will have a higher rate of anaerobic exercise (55-60%)
- Specific motile skills are learned at a level which allows their high-speed performance and maximum efficiency;

- Tactical training team oriented to quick passing from the defense position to attack (and vice versa) and to a high speed to realize tactical combinations;
- Ability to make changes after 7-12 minutes of playing, in so manner that the homogeneity and value of the game to not be affected and the relationships formed during the game to be stable leading to increased efficiency;
 - A problem in dealing with these requirements is the attitude of the players who do not always accept the intense and constant efforts;
 - This is demonstrated differently considering the age categories;
 - And these things differentiate the players with speed availability;

To increase the rhythm of the game I watched with preference following **preparation tasks:**

- Increasing of anaerobe rate effort versus aerobic and mixed efforts;
- Exercising counterattack and rapid attack as a preparation mean (it is easier to lower the rhythm if the tactical situation is asking for it)
- Exercising for tactical use of rapid resumption of the ball in the game, after every received goal.
- Maintaining of a high rhythm and in the phase III of the attack, this is replaced, in fact, by the phase IV;-
- Tactical combinations, will be based on preparing a sustained rhythm of the procedures of catching and passing the ball, while penetrating, those routes of moves of players and ball well known by all the handball players;
- Use tactical skills for quick resumption of the ball into the game after every goal;
- Maintaining the high rhythm and in phase III of the attack, that in fact is replaced by the phase IV;
- Tactical combinations will be based on preparing a sustained rhythm of the procedures of catching and passing the balls while penetrate, routes of moves of the players and the balls well known by all players.
- Assuring defensive balance and tactical use of change for the defense phase;

Conclusions:

1. The main concern in developing a training program:

- Increasing of the speed index of all the technical procedures, even if this leads to differentiate programs versus traditional programs;

- The scope may be reached only through these:

a) Knowing the individual skills of each player;

b) Organizing teams and applying specific programs to capitalize individual speed ability skills.

2. There is a need for a special preparation for a dynamic handball game and to reach the scope of purpose, during longer (2-3 years) to homogenize the physical and technical - tactical preparation of the handball players;

3. The selection of the players will be done and considering criteria of ability in achieving in both game's situations (attack and defense), and ability of rapid and efficient move from defense to attack and from attack to defense.

4. The motivation of the players to face constantly intense efforts represents the crucial aspect in realizing a dynamic handball game, and also in describing the increasing of individual values, turning to account maximum capacities of the handball players.

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Titlu: Factori de crestere a ritmului de joc – obiectiv prioritar la echipa nationala de handbal seniori

Cuvinte cheie: ritm, handbal, echipa natională, premise.

Rezumat: Acest material reprezintă rodul disponibilității de colaborare a celor mai reprezentativi factori din FR Handbal și cluburi, antrenori la echipa națională și la echipe de club de seniori, juniori, copii, precum și jucători cu mare experiență. În total, 378 de persoane au fost intervievate sau au răspuns la chestionarele aplicate diferit pentru fiecare categorie, pe parcursul celor trei ani (2008, 2009, 2010).

Titre: Les facteurs de croissance pour le rythme de jeu de handball objective priorité dans l'équipe nationale de handbal premiere niveau.

Mots cle: rythme, le handball, l'équipe nationale, les locaux.

Resume: Ce matériel est le résultat de la collaboration disponibilité des facteurs les plus représentatifs de la Roumanie Handball Fédération et les clubs, les entraîneurs des équipes nationales et clubs d'aînés, les juniors, les enfants, et les joueurs avec une grande expérience. Au total, 165 personnes ont été interviewées ou ont répondu à des questionnaires appliqués différemment pour chaque catégorie au cours des trois années (2008, 2009 et 2010).