

**OPTIMIZATION OF PHYSICAL TRAINING AND TECHNICAL -  
TACTICAL IN THE LINE II A, LATCHES AND U18 AND U19  
JUNIOR SHOOTER**

**Grosu Bogdan-Marius<sup>1,2</sup>**

<sup>1</sup>*Ștefan cel Mare University of Suceava, Romania*

<sup>2</sup>*Interdisciplinary Research Center in Motricity Sciences and Human  
Health, Romania*

**Keywords: rugby, physical training, technical and tactical training, means**

**Abstract:** Rugby, sports game characterized by constant contact game players in both defense and attack in the game, imposed a certain type of player that differs post they occupy within the team. This differentiation from all points of view (technical, tactical, psychological, somatic type) is all the more evident and more necessary as we advance along the value chain sportive. Specialitatea strict performance was imposed by the modern game as an objective necessity for achieving performance superioare. Ținem to mention, however, that this specialization does not exclude but rather requires knowledge of basic technique and tactics of the game of rugby by individual player and athletic skills can be reached only through a deep specialization. This specialization makes the versatile player rugby player, is only possible following the "principles of modern game of rugby" technicality perfect value superior physical and tactical coordination deplină. Pornind from these considerations, the paper wanted to optimize and evaluate "qualities drawer, line II and lock in conditions of physical training and modern technical and tactical."

**Introduction:** Proper study had the subjects legitimated players Suceava Sports High School and School Sports Club Gura Humorului. Acesta aims conceperea methods and means used in antrenament. Prezenta theme also aims to analyze and differentiation in terms methodically juniors 18-19 years specializing in items prescribed by players at other ages and present certain features used in the training. Also, one of the tasks of this work is to analyze both physical training juniors 18-19 years , but rather to demonstrate that by using the best methods and means can achieve outstanding results in qualitative and quantitative terms. In preparation for juniors 18-19 years of specialized compartment advance for fixed moments of the game really does not follow a physical training excepție

as for seniors that is why I will try to link the physical preparation of the technical- tactical and pay less General physical training attention. The study objective is to demonstrate that in an important training must occupy exercițtiile and exercises presented structures which are nothing but „ moments of the game ”.

### **Material-method:**

For the preliminary data necessary for commencement of the research were used methods of observation and interview, after which were " designed " personal records for all six subjects enrolled in the experiment shown below. Data were collected at the High School sports program Suceava and CSS Gura Humor, observations were made on subjects from the youth team I and II of the two clubs. Measurement and control samples were conducted on the rugby field at the sports complex "Union " in hall in the complex mentioned above . Establishing control samples required a long period of searching so that the system can include rules to the entire arsenal as well physically and technically we need research .

Samples were included in the system of rules are these :

TESTUL SARGENT – for measuring explosive force of lower limbs .

PULL-UPS – for measuring the force of arms flexor muscle

RISING FROM GROUNDED DORSAL TORSO - for measuring the force of abdominal muscles.

RUNNING SPEED IN 50M - development indices travel speed

RUNNING SPEED REGIME IN STRENGTH 3X50M - for developing aerobic capacity .

RUNNING SPEED REGIME IN SKILL 10X5M

THROWING bollard - for measurement accuracy in throwing

Sample description:

-subiectii laying on the throw, allowed 10 attempts, the ball must hit the bars wris. Discard three 10 times in those three areas.

DISPOSAL AREA - for measuring coordination between the catcher and pitcher.

Sample description:

-on pairs margien throw from the 3 areas in 5 attempts, it notes that was caught throwing sure catcher at optimum height.

PASSING LENGTH - For measuring explosive force of the upper limbs.

Throws - Successive development indices execution speed and repetition

.Sample description:

- who catch the ball execute successive jumps or volleyball will deflect the ball when it peaked to a teammate in the side. It will forward you will throw the ball successively (10 times). Teammates are at 1-1.5m distance between them- For measuring explosive force of the upper limbs.

Throws - Successive development indices execution speed and repetition

.Sample description:

- who catch the ball execute successive jumps or volleyball will deflect the ball when it peaked to a teammate in the side. It will forward you will throw the ball successively (10 times). Teammates are at 1-1.5m distance between them

#### SAMPLE TECHNICAL - TACTICAL

Materials required:

- cronometru
- rugby field
- 5 Rugby Ball
- 4 opponents

Sample description:

-players go together, performing what is proposed in each route.

Penalties will be noted for the couple, not the individual subject. Timer will stop when both subjects came to an end after going through all the 14 stations in the diagram below.

Technical and tactical route was determined and interpreted after some preliminary measurements. Measurements have set a limit of 90 ". This limit corepsunde a maximum score of 20 points.

We present below the assignment of points and the way penalties were awarded.Thus we:

For	90"	.....	20 points
	92"	.....	18 points
	94"	.....	16 points
	96"	.....	14 points
	98"	.....	12 points
	100"	.....	10 points
	102"	.....	8 points
	104"	.....	6 points
	106"	.....	4 points
	108"	.....	2 points
	110"	.....	0 points

Penalties were assigned such:

- collection + percussion	=1''
-pasa	=1''
- collection + percussion	=1''
-pass	=1''
-margin	=2''
-Two great indoors	=2''
- agglomeration	=1''
- pushing 1-1	=0.5''
- Rugby plywood	=1''
-margin	=2''
- percussion + placing the ball	=1''
- collection + percussion	=1''
- fight 1-1	=0.5''
-2 great outdoors	=2''
-margin	=2''
-essay rugby + diving	=1''
Total penalties	=20''

### SKILL

<b>I<sub>1</sub></b> <b>1-3x</b>	Pitcher, running against time (30 sec.) Ball is thrown in the rectangle located on the device, pause a minute.
<b>I<sub>2</sub></b> <b>1-3x</b>	Catcher will try to catch as safe and as correctly(technical) ball hung at different heights, pause a minute.
<b>I<sub>3</sub></b> <b>1-3x</b>	Catcher successive jumps 10 times trying to hit the ball with both hands. The sample is against time but it will put emphasis on technical break one minute and 30 seconds.

**SPEED**

<b>V<sub>1</sub></b> <b>2-4x</b>	Running 4x50 m T 4/4 Pause 30 seconds; 2 minutes between sets.
<b>V<sub>2</sub></b> <b>2-4x</b>	Running 50 m with change of direction from 10 to 10 mT recovery 4/4 + 100 m walk.
<b>V<sub>3</sub></b> <b>2-4x</b>	A balloon gathering, running 25 m percussion at the end of the race T 4/4, pause a minute.
<b>V<sub>4</sub></b> <b>2-4x</b>	Running on 25 m departing from lying face with arms outstretched T 4/4 , pause a minute.
<b>V<sub>5</sub></b> <b>2-4x</b>	Running the valley 25 m departing from sitting T 4/4 , pause a minute.
<b>V<sub>6</sub></b> <b>3-5x</b>	Running on 22 m with start standing , or lying dorsal T 4/4, pause a minute.
<b>V<sub>7</sub></b>	A balloon gathering, running through cones percussion at the end of the race on 50 m, rest one minute and 30 seconds.

**FORCE**

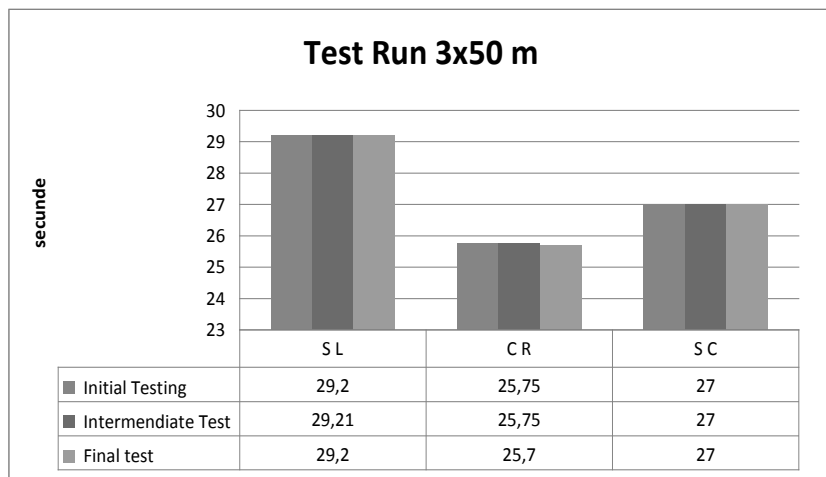
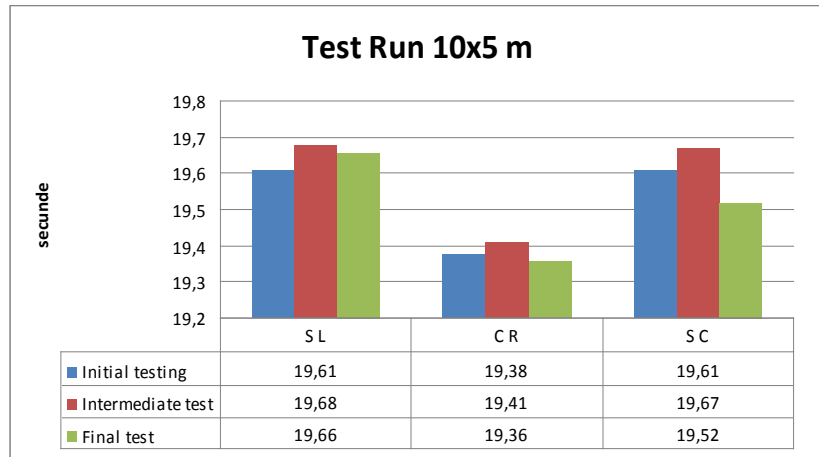
<b>F<sub>1</sub></b> <b>2-4x</b>	<ul style="list-style-type: none"> <li>• Traction from hanging</li> <li>• From sitting away with 30 kg barbell on his shoulders bending and stretching the legs</li> <li>• Lying back, lift legs and upper limbs simultaneously</li> <li>• Facial gymnastics lying on the chest, trunk extension at its end</li> <li>• Reclining rear bench gym , bending and stretching arms with the dumbbell 15-20 kg</li> <li>• Standing dumbbell away with the 15-20 kg overhead, bending and stretching arms working time 15 sec . 30 sec break between workshops. 3 minutes rest between circuits</li> </ul>
<b>F<sub>2</sub></b> <b>2-4x</b>	<ul style="list-style-type: none"> <li>• Jumping from squat to squat with dumbbell 22 m from 15 to 20 kg active break 1 minute.</li> </ul>
<b>F<sub>3</sub></b> <b>1-3x</b>	<ul style="list-style-type: none"> <li>• Sitting away with dumbbell 15 kg caught in suspension, flexion and extension arms</li> <li>• Hanging scale fixed lifting legs</li> <li>• Lying face, trunk extension and simultaneous legs</li> <li>• Standing dumbbell away with the 15-20 kg shoulders,</li> </ul>

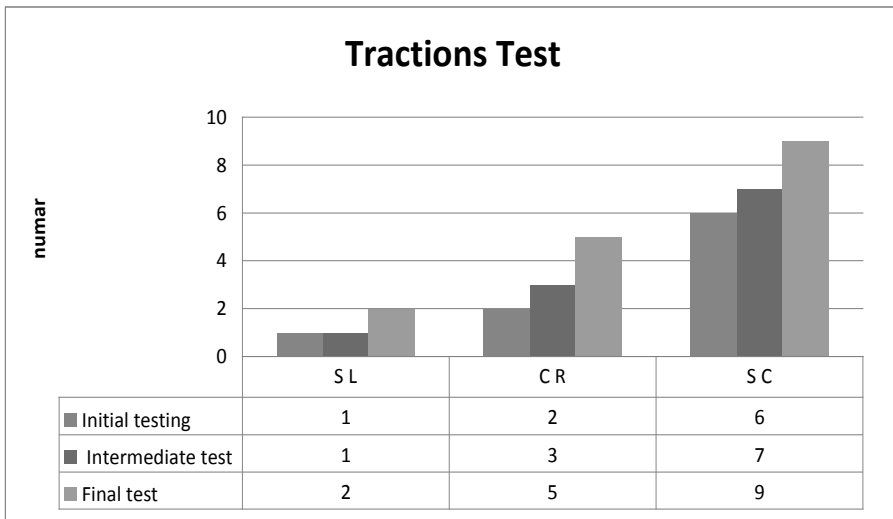
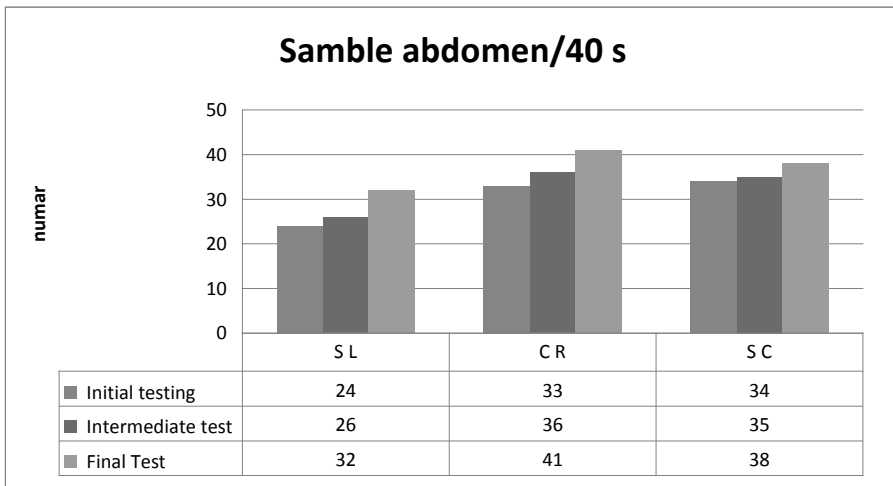
	<p>bending and stretching the legs to jump</p> <ul style="list-style-type: none"> <li>• Throwing and catching a medicine ball 2kg</li> <li>• Standing dumbbell away with the 15-20 kg shoulders sideways twists</li> </ul> <p>- working time 15 sec. - 30 sec break between workshops. - 3 minutes rest between circuits</p>
<b>F<sub>4</sub></b> <b>2-4x</b>	Standing dumbbell away with the 15-20 kg shoulders, torso bending at 90 degrees; 10 repetitions , rest 30 sec .
<b>F<sub>5</sub></b> <b>1-4x</b>	Ascents and descents on a bench with a weight of 10-15 kg 15 15 ascents on the left leg and right , break one minutes
<b>F<sub>6</sub></b> <b>1-3x</b>	Sitting departed, trunk bent at 90 degrees, arms stretched forward, lifting a 20kg barbell by bending and stretching the arms 15 to 20 repetitions , rest 30 sec .
<b>F<sub>7</sub></b> <b>1-3x</b>	Support for parallel bending and stretching arms, 15 to 20 repetitions, rest 30 sec
<b>F<sub>8</sub></b> <b>1-3x</b>	Push the yoke position, successive shocks 5-10 sec., Break one minutes
<b>F<sub>9</sub></b> <b>1-3x</b>	Sitting departed, dumbbell from 15 to 20 kg per shoulders, arms bent at the shoulders grab bar, stretching and bending arms 10 times, rest 30 sec .

### RESISTANCE

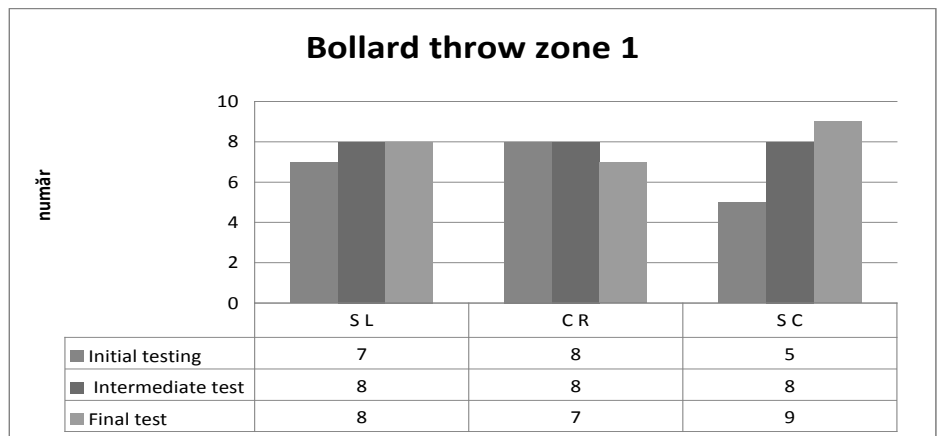
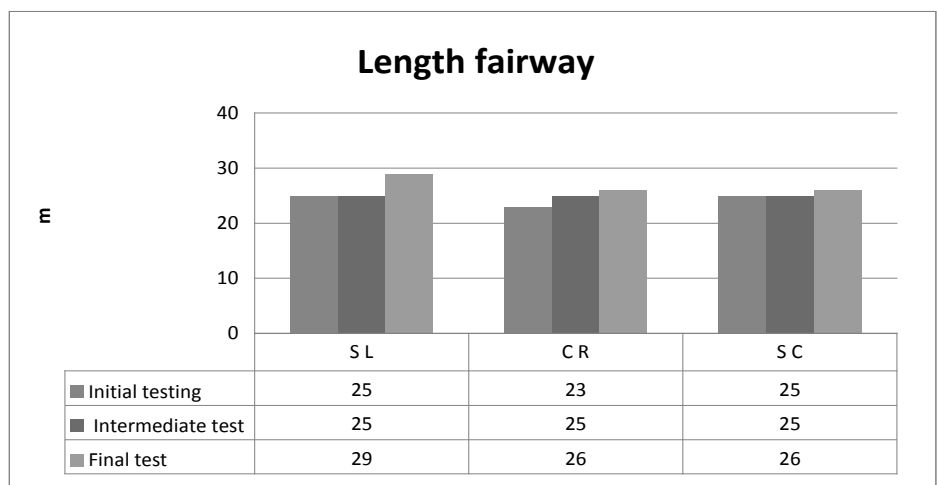
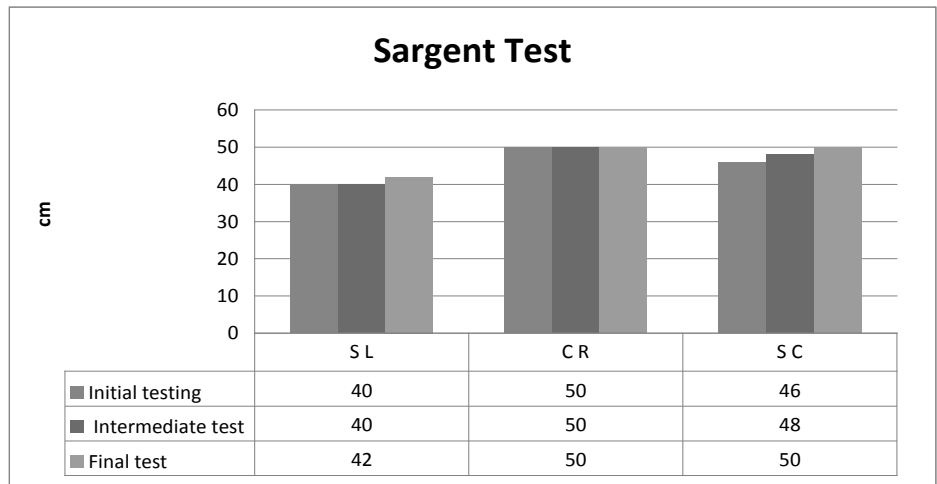
<b>R<sub>1</sub></b> <b>1-3x</b>	Running T 20 4/4 sec. + 10 sec battle 1-1. Running T + 3x + 40 m ¾ thrust 1-15 sec. , 3 minutes break between series
<b>R<sub>2</sub></b> <b>1-3x</b>	Running Running 40 m + 20 m T ¾ /T 4/4 + 2/4 + Running 30m/100m/20 m Running gone recovery + T 4/4 with plywood, 3 minutes break
<b>R<sub>3</sub></b> <b>2-4x</b>	Running 70 m ¾ T + 10 seconds thrusts 1-1 m + 10 + 20 m sprints T went 2/4 + 4/4 + 20 m Running t fight 1-1 20 sec. + Walking + running 20 m 70 m 20 m Running T ¾ + T 4/4, 3 minutes break
<b>R<sub>4</sub></b>	Running 20 m T 2/4 + T4/4 + 40 m running 10 seconds. Running battle 1-1 + 20 m T + 5 sec 2/4. Running thrusts 1-1 + 60 m ¾ T + 5 sec. Running thrusts 1-1 + 20 m T 4/4 , 3 minutes break

Below we present the graph for each sample separately which includes three tests (initial , intermediate and final ) for three pitchers from the sidelines.

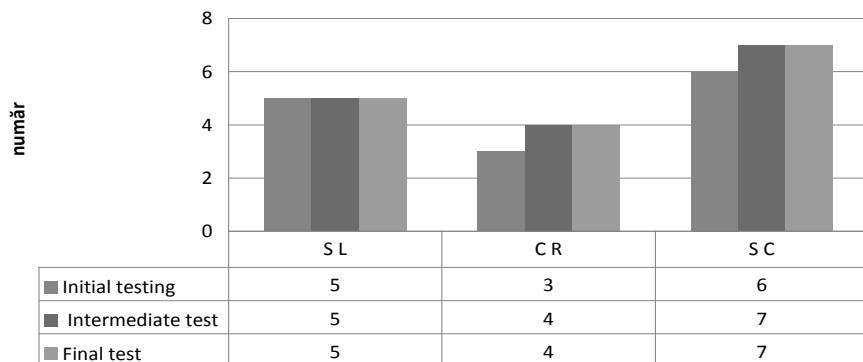




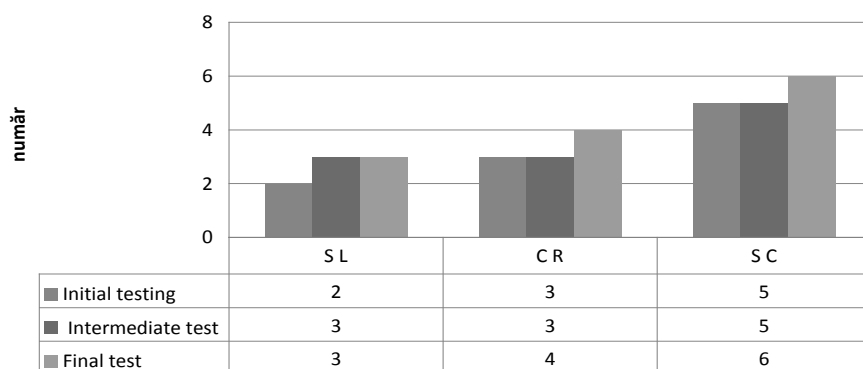




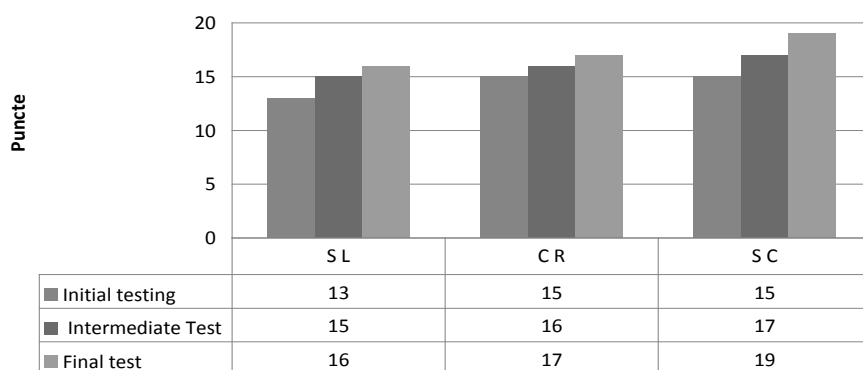
### Bollard throw zone 2



### Bollard throw zone 3



### Tehcnical and tactical sample



### **Conclusions:**

- Based on the methods and means used in training was reached favorable results in both physical evidence and especially in the technical and tactical.
- Circuits designed technical and tactical players liked and final testing samples show a remarkable increase tactical and technical proposed for verification
- Preparing couple showed an upward trend here both quantitative and qualitative.
- Rugby is accelăși regardless of the age at which it is practiced , the difference between preparing the juniors 18-19 years and seniors is both to adapt the training program to the stage where players are in training and weight factors: physical, technical, tactical, psychological .
- In the physical training of juniors 18-19 years it is absolutely necessary drills and exercises to be conducted structures generally balloon (under Skill) because at this age not only performance but watch the players training for performance. Through proper preparation of players specialize hooker, tight line and lock II, we can limit the technical deficiencies that can lead cursivității interruption of play and physical training not so pointless .
- In preparation juniors are in this age group must insist less on general physical preparation , we need to use more specific training, its share in the training must increase, this trend fiind and internationally.
- Given that we are dealing with young players who are still in junior age are recommended to capture their interest, exercises as games, stage races, tactical and technical circuits of the most diverse.
- We must always bear in mind and psychological preparation, it is imperative to follow the junior development combative spirit, courage, will, perseverance, qualities needed, perhaps more as in other sports, a good rugby players.
- Also, coaches must constantly inform of news in the field to transmit these players, rugby is a game that is in constant evolution.
- The proposal that it is clear from the ranks of the paper is that in the future an important role in training these circuits may have presented us with actions game play captured in the model for these positions

**References:**

1. Teofilovici A., 1971, *Ghidul antrenorului și jucătorului de rugby*, Editura Stadion, București
2. Pădureanu N., 1982, *Rugby: noțiuni de bază din tehnica și tactica jocului*, Editura Sport-Turism, București
3. Manoileanu D., 1979, *Exerciții de gândire rugbystică*, Editura Sport-Turism, București

**OPTIMIZAREA PREGĂTIRII FIZICE ȘI TEHNICO – TACTICE  
LA NIVELUL LINIEI A II-A, ÎNCHIZĂTORULUI ȘI  
TRĂGĂTORULUI LA JUNIORI U18 SI U19**

**Keywords:** rugby, pregătire fizică, pregătire tehnico-tactică, mijloace

**Abstract:** Rugbyul, joc sportiv caracterizat printr-un contact permanent al jucătorilor atât în jocul de apărare dar și în jocul de atac, a impus un anumit tip de jucător, diferențiat după postul pe care îl ocupă în cadrul echipei. Această diferențiere din toate punctele de vedere (tehnic, tactic, psihic, tip somatic) este cu atât mai evidentă și mai necesară cu cât înaintăm pe scara valorică a performanței sportive. Specialitatea strictă a fost impusă de jocul modern ca o necesitate obiectivă pentru atingerea performanțelor superioare. Ținem să precizăm însă că această specializare nu exclude ci dimpotrivă impune cunoașterea tehnicii și tacticii fundamentale a jocului de rugby de către fiecare jucător în parte, iar măiestria sportivă poate fi atinsă numai printr-o profundă specializare. Această specializare ce face din jucătorul de rugby un jucător polivalent, e posibilă numai urmărind „principiile jocului modern de rugby”: tehnicitate desăvârșită, valoare fizică superioară și coordonare tactică deplină. Pornind de la aceste considerații, lucrarea de față și-a dorit să optimizeze și să evalueze „calitățile trăgătorului, liniei a II-a și închizătorului, în condițiile unei pregătiri fizice și tehnico-tactice moderne”.