

## TRENDS IN THE GAME OF HANDBALL

*Doru Tugurlan<sup>1</sup>*

*<sup>1</sup>Highschool with Sportive Programme Suceava, Romania*

**Key words:** Handball, skill, competition, team, training

**Summary:** The main targets in the discipline called **Sports Practice Training** are to develop bio-psycho-motive skills and to form certain abilities so that pupils could use these abilities at maximum value in competitions (these competitions should fit the pupils' age and the training level, eventually giving them a good health, a harmonious physical development for a proper social and professional orientation).

The discipline called **Sports Practice Training**, through different types of exercises, contributes to pupils' preparation in key areas of competence, defined at European level: speaking in their mother language, speaking in a foreign language, mathematics and science, IT and communication, learning how to learn, interpersonal, intercultural and civil competences, entrepreneurial spirit and sensitivity to culture.

### **Trends in the game of handball**

#### **Introduction:**

Handball may be considered one of the sport games which can influence human being multilateral development. The game takes place under considerable request of the nervous system, with vegetative reactions which facilitate appropriate skills development.

During the game, certain types of movements are used, claiming a rapid appreciation of the situation, taking important decisions, having reactions that are appropriate to the situation.

Handball supposes a physical contact, very close to the adversary. Because of this handball has become very popular.

Among other countries which have a tradition in handball, Romania has imposed itself and has succeeded in dominating the international handball, making its own school – whose characteristics have been studied, analysed and applied by many of our adversaries.

#### **Material – method:**

Exactingness in game design and training is one of the factors which led to the maturation of Romanian handball school in establishing a concrete content and unit.

Long practice theorization through the eyes of our technicians resulted in our evolving conception of the game, in concordance with the

nowadays handball requests, learned from the analysis of major international competitions.

Unfortunately, as it was proved in many international competitions, lately, few Romanian trainers have tried to implement the principles of this concept in daily activities of their teams. This has naturally resulted in the orientation of scratchy methods of instruction, the gap created between the demands that are in front of our representative teams and the level at which some club teams perform in domestic competitions.

### **Results:**

The tendency for high average players is remarked at all the teams, both in national and international competitions.

Male teams tend to have an average of 190-195 cm and also to have 3 or 4 players near 2 m. Female teams tend to an average of 175 cm, having 3 or 4 players of 180 cm or more.

It should be pointed out that besides size, players must have excellent driving skills and also remarkable technical and practical knowledge.

Sports performance largely depends on the quality of human material, the selection of players, selection which is made after a well formalized system. For this reason, the Federation has imposed to the junior and senior teams waist requirements, rules of evidence and control without which they have no right to perform in the domestic championship. A series of criteria have been established: medical biological criteria, overall functional status criteria, etc.

Taking into consideration the defensive game, the teams play very actively and rebounding, attacking the forward player with the ball aggressively and keep hold opponents until it becomes a player without the ball. Defensive game tends to improve the application of more accurate account of the game systems, depending on the particularities of the opponent team.

Individual defensive game has become athletic, masculine, with a total physical commitment. The defenders' movements on the field are in evident progress, but without achieving the speed of reaction and execution that are necessary to annihilate the adversary.

Individual technique needed to achieve the correct marking has improved a lot. Compared with specific technical game of attack, defence technology is still lagging behind.

The defenders are able to lead the fight directly to the opponent individually. Defence is established in different forms depending on the

opponent, the tactical situation of the moment, the solutions that take the team to counter the actions of the adversaries.

The defence game is tough, the referees being tolerant to the players who want to possess the ball by technical and tactical means. Following the ball and not the man the defender uses his gauge and his qualities. Regardless of the defence that a team practice, there is a tendency for an active and an advanced game, with an evident individual responsibility.

In attack most teams play a realistic game, subordinated to the final goal. The players' technique is complex, sure, without useless things and highly adaptable to the game. The improving technique contributed to the occurrence of high fineness combinations. The attack final phase is well prepared with the circulation of balls and of players prior to the right tactical means of completion, and disposal at the gate executed by surprise.

The tactical combinations are used in an appropriate manner with the aim of creating relationship numbers in favour of the player and the emergence of clear situations to throw at the gate.

The rhythm of the game is varied, triggering and sustaining the counter attack is carried out in high-speed, the same happens in the 2<sup>nd</sup>, the 3<sup>rd</sup> and then the 4<sup>th</sup> phase.

Each team has players who want to take responsibilities on their own – this means individual actions.

### ***General notions about physical, technical, tactical and psychological trainings***

#### ***Physical training***

In a scheduled programme, the *physical training* is developed as follows:

- The general physical training;
- Specific physical training;
- Improve specific driving skills.

*The general physical training.* The sportsmen improve the first two phases during the training period, when they build a solid base. The 3<sup>rd</sup> phase is specific to competitions, when the goals are to maintain what has been won before and to improve the required qualities.

The longer the 1<sup>st</sup> phase, the better the performance. A large amount of moderate intensity training must predominate. As the program progresses, the intensity increases, depending on the needs of handball.

The physical training main goal is to improve the effort capacity.

The *specific physical training* is built on the foundation of the general physical preparation. The specific physical training main goal is to continue the sportsman's development in concordance with handball particularities. The selection of the right training means is extremely important for the final success. The tasks and duties of this phase require a reduction in volume and an increase in the intensity and complexity.

*Improve of specific driving skills* are required during competitions. The main training methods will be applied in terms of increase or decrease of the load conditions. If the tasks get bigger, the force develops.

### ***Technical training***

Technique is a set of driving skills specific in form and content, which refers to the ball handling and the players' movements.

Technique is formed by very efficient structures and actions - which were previously established – resulting in certain technical elements. Handball technical elements are fundamental movement actions which characterize the attack or the defence games. Some examples: throwing at the gate, passing the ball, etc.

Each technical element contains a number of technical procedures.

The technical training has a concrete execution and it can be executed with or without the ball.

### ***Training tactics***

Handball tactics consist of organizing and coordinating the actions of the players so that success could be reached.

In the same time the regulation must be respected.

Tactics has a decisive role in handball, especially when the two teams are equally valued. Individual tactics is the amount of principles and rules that are followed by a player when he meets a defender or when he collaborates with one or two of his mates.

Individuality leads to a collective game. This feature is very important nowadays because in order to sustain a collective game each player should perform individually.

Collective tactics in defence sum up the rules and principles which are being followed by the players in order to stop the adversaries' actions.

### ***Psychological training***

The psychological training includes an overview of general and specific measures that aim to develop psychological features that are required in sport.

The psychological training sums up all the psychological influences made intentionally during sportsman's training. It generally

confined to sporadic actions, and the information about them is quite small.

The handball player has to know how to adapt himself to different things: inside the team, with his mates, with his adversaries, referee and public.

The training ends with the sportsman's knowledge of the post he will play in. This information is provided after the final training.

#### ***The topic in literature***

For a better background of the theme we need to study the literature which deals with the topic.

Therefore I studied some a series of works (with Romanian and foreign authors), certain magazines.

All the works have provided a scientific content and have been the selective bibliography of this paper.

The specialists in the field consider that the remarkable performances could be obtained only by a permanent raise of the training efficiency and if the body has been adapted to different types of effort.

#### **Bibliography:**

Paul Cercel, *Handball* - Optional Course, Iasi, 1978

Paul Cercel, *Handball, male teams training*, Sport Turism, Bucharest, 1983

Paul Cercel, *Handball, phases of the game exercises*, Sport Turism, Bucharest, 1980

Paul Cercel, *Driving skills in handball*, Sport Turism, Bucharest, 1975

Ioan Kungst Ghermanescu, *Handball – course*, M.E.I. – I.E.F.S., Bucharest, 1977

Ioan Bota, Maria Bota, *Handball – 500 exercises to learn the game*, Sport Turism, Bucharest, 1987

Ioan Bota, Maria Bota, *Handball*, Sport Turism, Bucharest, 1987

Ioan Bota, Bogdan Macovei, *Handball – the goalkeeper training*, Sport Turism, Bucharest, 1983

**Titlu:** Tendințe în evoluția jocului de handbal

**Cuvinte cheie:** Handbal, abilitate, competiție, echipă, antrenament

**Rezumat:** Obiectivul general al disciplinei *Pregătire sportivă practică* într-o disciplină sportivă constă în dezvoltarea aptitudinilor bio-psiho-motrice și formarea capacității elevilor de acțiune asupra acestora în vederea valorificării lor la nivel maxim în activitatea sportivă competițională, specifică categoriei de vârstă și nivelul de instruire, pe fondul menținerii permanente a stării optime de sănătate, asigurării unei

dezvoltări fizice armonioase și manifestării unei capacități motrice favorabile inserției profesionale și sociale.

Disciplina *Pregătire sportivă practică* contribuie, prin exersarea cunostintelor, abilităților și atitudinilor pe care le dezvoltă, la pregătirea elevilor în domeniile de competență cheie, definite la nivel european: comunicarea într-o limbă maternă, comunicarea într-o limbă străină, matematică și științe, tehnologia informației și a comunicațiilor, a învăța să înveți, competențe interpersonale, interculturale, sociale și civice, spirit antreprenorial și sensibilitate la cultură.

**Titre:** Tendances de l'évolution du jeu de handball

**Mot-clé :** handball, habileté, compétition, équipe, entraînement

**Résumé :** L'objectif général de la discipline « *Préparation sportive pratique* » dans une discipline sportive consiste dans le développement des aptitudes bio-psiho-motrices et la formation de la capacité des élèves d'agir sur celles-ci pour les mettre en valeur au plus haut niveau, pour assurer un développement physique harmonieux et manifester une capacité motrice favorable à l'insertion professionnelle et sociale.

La discipline « *Préparation sportive pratique* » contribue, par l'étude des connaissances, des habiletés et des attitudes qu'elle développe, à la préparation des élèves dans des domaines de compétences-clé, définis au niveau européen : communication dans une langue maternelle, dans une langue étrangère, mathématiques et sciences, technologie de l'information et de la communication, apprendre à apprendre, compétences interpersonnelles, interculturelles, sociales et civiques, esprit d'entrepreneur et sensibilité à la culture.