

THE SELECTION IMPROVEMENT IN THE THIRD JUNIORS HANDBALL TEAM

Dugan Iulian¹

¹Sports High School Suceava, Romania

Key words: somato-functional, psychological, motorial, particularities puberty, selection, handball game

Summary: From 10-14 years to the child through one of the most important stage of ontogenesis. Childhood ends and begins transformation of nature: somatic-functional-mental-driving. This processor is called puberty.

Introduction

Between the age of 10 and 14, the child crosses over important onthogenesis stages because childhood comes to an end and there begins the changes that lead to maturation. This conversion process is called puberty and in some authors vision , this process follows some stages:

- puberty or the very stage before puberty (10-12 year olds)
- the prosper puberty stage (13-14 year olds)
- the after puberty stage (14-15 year olds) that concludes the biopsychical changes.

Certainly, there are cases of puberty changes that may start at the of 9 or 10, due to the „speeding - up” phenomenon. Mmeanwhile, there are situations when puberty may go as far as the age of 16 or 17, especially when talking about boys.

Material-method

Puberty intervention leads to the quickening in height, increasing in such a rhythm that is superior to all other age stages, so that, afterwards, when reaching the age of 20 or 21, the process starts to diminish.

The most intense development may be at the lower limbs, then at the upper limbs, this leading to many cases of impleasantness and ungracefulness, which become obvious when one must draw up growth charts. Due to this considerations, some authors talk about a „caricatural ” stage, when analyzing the elongation of bones and the insufficiently developed and lengthened muscles. The trunk is prolonged, the thorax is tight and the abdomen is emanciated.

On account of these somatic changes, the internal organs from the thorax are not well developed and this thing generates intricacies in the

adjustment process concerning the exertion by lacking the functional resistance.

In keeping with the above things, the articular system is also feeble when going through the consolidation process. Taking into account the fact the girls puberty is earlier installed than in boys case, the girls are far superior in value of height and weight; as a matter of fact, this is the only ontogenesis stage when girls reach somatic values superior to boys, this being conveyed by the longer trunk, and the shorter lower limbs.

As a result, this period of life may be described by functional morpho – psychic changes with a view to the gradual transition of youth.

In concordance with the above mentioned morphological development peculiarities, it has been ascertained a low adaptation ability, and cardio-vascular and breathing apparata functional resistance to an intense physical striving. At the age of 12, the essential capacity is located at approximately 2000 cm (cubic centimetre), one to the fact that the lungs are undeveloped and it rises to 3000 cm at the age of 15. The breathing apparatus, especially lungs are not that resistant to infections.

During physical effort, the heart sets down a great labour, in order to flood the organs and the systems because the vessels lumen is narrow and therefore there may be some phenomenon like fatigue, dizziness, cardiac rhythm disorder that may come into sight.

With respect to the nervous system it has been found that the size of brain hasn't increased to much but the convolutions deepen and by the multiplication of the association fibres they increase the functional connexions among different areas.

During this period of time there becomes obvious the differentiation between the sexes through the maturation of sexual characteristics.

The whole superior and nervous activity develops at a high speed reaching a high level. As a result, the thinking processes, analysis, the synthesis, the abstracting etc improve themselves, all these leading to the solving of a questionable situation.

Around the age of 11 – 12, there comes into view a new way of reasoning that doesn't refer exclusively to object or illustrative realities, but to „hypothesis”, there is, to things that allow them to conclude without asking too many questions concerning the truthfulness or the falseness of the facts, before examining the result of these entailments.

Relying on the above said things, the whole teaching technology must be reshaped, especially the methods that bring up the physical education contents, working out on an active participation and deeply acknowledged by pupils.

On account of the body development on several plans, especially the increasing of the cortex plasticity and the movability of the excitation and inhibition nervous processes, there are also enhanced the possibilities of advancement of all the motility features, especially that of speed, the distinctions being present between the 12 year old girls and the 13 year old boys.

At the age of 12, the velocity of girls is higher than that of boys, but from this age on, the index of speed goes higher for boys, outrunning the girls.

On account of locomotive apparatus development, simultaneously with velocity, dexterity increases conspicuously, this leading to calling puberty even, the age of deftness". Being conversant with the disproportion among different segments of the body, while implementing the motility actions there may be pointed out a certain „clumsiness", but the availabilities for skillfulness increasing are, yet, grown when this quality is simultaneously developed with the sense of spatial orientation, that around the age of 12 or 13 is nearing the age of an adult.

In disagreement with all the motility has the most decreased values at the age of 12- 13 for girls and 13 – 14 for boys, which makes the moves to be fulfilled at the right amplitude, this thing laying down special measures during classes.

By the improvement of muscles quality, especially that of functional side that conditions speed, the capacity of strength enhances under the shape of swing.

As an outcome of the decreasing functional possibilities the capacity of resistance is low especially under its shape of cardiovascular endurance, which doesn't kinder but imposes the systematic activity with well dosed methods for its advancement. The attention will be turned on the development of resistance as a matter of speed of strength, which gets into gear the large muscular groups and allows the unhampered activity of the cardio respiratory apparatus without eliciting it to its maximum means.

With regard to the motility qualities of the secondary school pupils, especially around the age of 12 – 14, there needs to be mentioned the fact that it is necessary to claim attention concerning the careful methodic measures in the process of strength and toughness development, which leads to the rise of this exquisite attributes.

As far as is concerned the age of secondary education, this thing doesn't show obvious distinction between boys and girls, but only some characteristics that must be taken into account for a different treating.

These peculiarities are dwelled on the degree of motion maturity, their thrifty and fluency, their pace and expressiveness. Boys tend to do strength exercises, occasionally bringing them out carelessly, looking up for vanquish, guiding themselves towards the increasing of efficiency, while girls are in favour of suggestive moves.

Some scientists say that the most applied habit is that of running. The volume of running decreases concurrently with the advancement in age. With regard to the throwings, these are approachable.

The haps aren't implemented properly efficacious because of the morphological development.

Results:

Selection is a process of discovering, attracting and gearing into an organized activity is addressed to practicing sports abilities. The selection is found in every area of activity.

Experience in practice shows us that in the case of an unwise and careful selection, sportsmen could not get over the limits that were placed more under the level of high performance.

Therefore the later performance of a team really relies on the quality and a selection is made. Ascribing the selection process to a national scale, we can say that its quality depends a great deal on sports quality and in the same time it depends on the national school.

The activity of selection was a reason for several specialists and technicians concern. Practical, experience and research made especially for this, improved gradually the selection activity aiming at the ensurance of a scientific basis. This thing offers a plus of objectivity and accuracy inselection actions

The fastening of activities and selection process actions comes from the pattern of the future handball. As a consequence an outline, of the main characteristics of the player that we have in view, is required.

Concerning this thing, the pattern already settled needs to be placed in its exact time. Having a clear vision of the things that we want to state, a vision of the future handball/ player, we shall come back to,, present days” and we shall lay down the type of young man that needs to be the subject of an adequate instructive and educative process, reaching the pattern earlier discusse.

Discussions

Sports school and high schools are educational institution with a special character whose main purpose is to work in the same time with

children ability in sports and their education in school, in order to achieve high sports performances.

Suceava Sports High school works with pupils from the first grade. Sports High schools following sports branches athletics, football, handball, volleyball, greco – Roman wrestling and swimming.

This branches tally with the functioning rules of every sports high school and, in the same time the way sports school are organized, tend to avoid the sports branches that are active in clubs and associations that have junior departments.

The selection is made among the school from Suceava but there is always welcomed any sportsmen that come from other regions and towns. Admittance in secondary school and high school is made according to rules made by the Education and Research Ministry.

Classes are led by teachers that are well trained, in most of the cases first degree teachers.

Pupils that on the track of school evaluations don't prove to be valuable and a highly perspective are suggested to transfer in any other of the Suceava schools.

Pupils transfers from sports classes is made according to the general of transferring pupils. The pupils, irrespective of the level of sport grounding, must take part in each and every of the sports classes that are stipulated in the education plan, for every level.

Sportsmen from Suceava Sports High school take part in the National Championship for first, second and third Juniors. After graduating, most of the pupils attend the senior teams when admitted in universities, army, police etc.

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Titlu: Optimizarea selecției la echipa de handbal juniori III

Cuvinte cheie: Particularități somato- funcționale/psihice/motrice, pubertatea, selecție, joc de handbal.

Rezumat: Începând de la 10-14 ani copilul parcurge una din cele mai importante etape din ontogeneză. Se încheie copilăria și încep transformări de natură:

- somatice
- funcționale
- psihice
- motrice

Acest proces transformator este denumit pubertate.

Titre: Optimizer de la selection de l'equipe de handball junior III

Mots cle: particularites, sommato-fonctionnelles/psychiques/motrices, puberte, la selection, le jeu de handball.

Resume: De 10 ans a 14 ans l'enfant parcourt l'une des plus importantes etapes de l'ontogenese. L'enfance s'acheve et on commence des transformations de nature :

- somatiques
- fonctionnelles
- psychiques
- motrices

Ce processus de transformation est denomme puberte.