

**THE PRIMORDIAL QUALITIES OF THE COACH WHICH
INITIATES AND PREPARES ATHLETES WHO PARTICIPATE
IN COMBAT SPORTS (gr-rom fights, free fights, judo, karate)**

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Abstract: coaching profession requires a lot of passion and devotement, since it requires a large amount of physical and mental work , and many sacrifices. A coach 's first a teacher patiently embracing a bit of his knowledge in future performers , then he is an educator , because he has to take a permanent educational work with athletes . But he must plan and carry out performance in every sport based on a thorough knowledge of the features and capabilities of each.

The activity of a teacher - trainer in boxing is much more difficult compared to the work that takes place in the educational process to the other subjects in the department, from different specialties in the teacher / wrestling coach must meet certain criteria in terms of regulation.

The coach must also be a permanent researcher work that will find solutions and methods of preparation of athletes, will removal the negative aspects in this regard and will make a substantial contribution to the development of his sport, he is a man of science , because he cannot not be confined only to teaching knowledge learned, he is forced to always exceed the education, scientific research and experiments and to contribute to the development and improvement of their teaching knowledge, so that they have maximum efficiency in getting competitive advantage.

The talent of a fighter is not the only condition of success. It is well known that both the fighter and the coach contribute to the sporting success . It is understood that other employees participated in this success. It is not far from the truth affirmation that progress depends largely on the training level of his coach . The level of Sports is now so high that for its development we can not be content with empirical coaches, who rely solely on their experience and working regularly, but it is necessary to have trained and qualified coaches because this is a

very serious profession . Coaching profession is recognized today as any other educational profession.

In this paper I wanted to introduce you the role of a coach and his importance in the selection of sport fight both men and women plan and acquire technical and tactical procedures in preparing and perfecting their sports, paving the way for young fighters to great performance.

One of the most important concerns that should permanently be in the attention of coaches and trainers is the selection, this referring to two important aspects namely:

- tracking elements with sport fighting skills, with real prospects for obtaining performance

- selected the most valuable athletes who master certain driving skills native, physical and mental fitness for rapid acquisition of techniques, strengthening them and applying them in competitions.

It is about a permanent preoccupation covering all weight categories, from beginners to seniors to get great performance and competitive advantage.

Do not forget that in the training process is needed permanently live model, which is basic technical skills so that selection be made by weight category as any sport to have his working partner in learning the technical elements and preparation for competition.

Since currently on schedule sports leagues and competitions are conducted at all age levels, children, cadets, juniors, senior selection in combat sports is at a very early age about 5-6 years to have enough time the assimilation of the techniques and their application in the competition, the development of mobility, elasticity and other qualities driving.

Current technical level combat sports is such a way that they have become a branch of science, like all other branches of sports. Champion today cannot prepare yourself, it is supported by a team of specialists of which the most important is the coach.

A coach has a duty to work individually with each athlete to achieve the planned objectives. Preparing sports has shown that a scientific educational process properly planned cannot take place without the leadership of teacher-coach, coach, or at least the sport instructor .The training is the main link in getting sports performances and it is self-evident how important is the role of its designer and its leader and what responsibility he has.

The performance that exceeded the expectations of today's most optimistic people are made due the skill, love and perseverance that are trained, educated and guided the athletes.

The coach prepares athletes who are aware of the purpose or performance. In order to achieve performers and performances, the coach is required to scientifically specific daily activities, be receptive to "new" and seek to discover himself, to drive back measures, means and methods of modern training and seek to continuously improve.

Training and education results depend much on how the coach teaches, the way he leads the training, on the justice and perseverance made throughout his work. He must convey knowledge and experience certainly passion to succeed his athletes form correct habits. Creative work takes place in order to improve the experiment and it is vital for the work of the coach.

If the coach has a work interfering attitude and meets formally, it certainly will not get good results. In order to successfully fulfill the role, an important requirement is that the coach must work organized based on planning documents, taking into account the readiness of the workers, their knowledge of sport magnifier sex and age.

At present a large-scale national and international level has female combat sport. Thus coaches dealing with the selection and preparation females bear a very important task in terms of their physiological processes. From this point of view must be very careful in terms of sports training and competition schedule.

Coaching profession is one of the most complex, delicate, which means making conscious of a great responsibility. Its educational side, work performance fails to persuade some young people to quit harmful habits (smoking, drinking) to make sport performance, waive amusement often attend daily training whose requirement and requirements increases with performance.

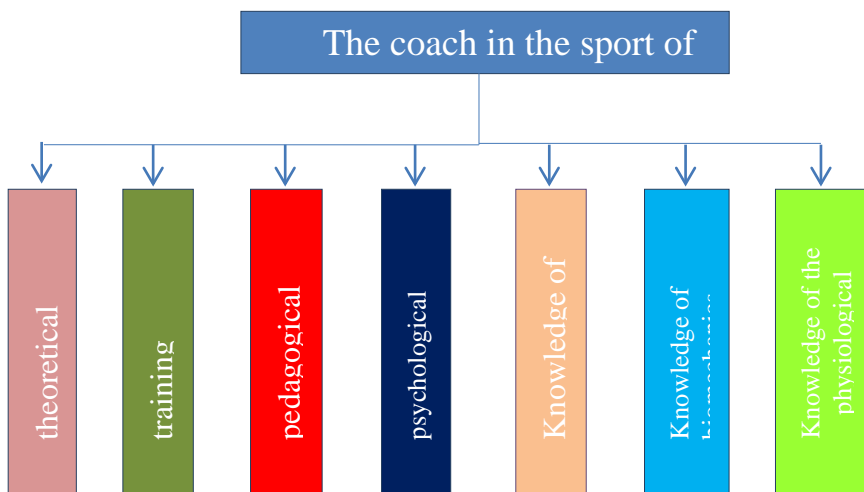
Coach undertakes in this regard and he experiences great satisfaction For the future we must take future athlete to a new way of life, so-called " sport life " that involves waivers, more order, more will and more discipline.

The way to to performance is hard and difficult. Many believe that it is enough in this sense only training hard But how many know that every athlete is a "case" that should be treated with different care shawl that has problems and needs that he has his hardships and troubles, family or social problems, etc.?

The situations arising during business coach are complex, and in many cases different, so, to solve them he must have a "tact" educational and pedagogical mobility. Tact teaching relies heavily on the sense of measure that allows the coach to full activity within a sobriety and seriousness, good joke and will still be present, so the coach has the features to establish relations with the main fair and athletes based on appropriate condescension. Demanding first to himself and then to collectively as the dignity and personality of athletes, treating athletes with attention and understanding, simulation possibilities and qualities of each, impartiality, are some of the issues which require the coach to be gain the confidence and sympathy of his athletes. In fact the coach is forced to seek by all means to approach athletes to know them better, to help them in any circumstance, especially in the difficult times.

To cause such complex tasks of training fighters performance coach today must have a thorough training, a wide general knowledge and specialized and constant desire to enrich it, he must be a good teacher and a psychologist ideological a high level, be energetic, active, courageous, sociable, full of initiative, have a creative mind to work with enthusiasm and perseverance, to be principled.

Coach must have and demonstrate knowledge in the following areas: theoretical and methodological knowledge in sports training, anatomy, physiology, sports medicine, psychology, hygiene, biomechanics, social sciences, etc.



The ideal coach involved in the preparation athletes practicing combat sports

For efficient execution of such a complex process, the coach needs to like to work together, given that the high performance fighters, the focus must lie not only in motility but also in psycho-physiological structure. Wherefore a coach must work together with the doctor, the physiologist and psychologist. These specialists provides useful information about fighters.

Love for work is reflected mainly by the specific activity of each coach, the concern to ensure all necessary conditions for conducting training and education work. Coach must come first in the gym and go past must always be ready to assist, guide and advise.

The requirement to self is a particularly necessary work as a coach in combat sports to team sports so he can instill proper conduct in his fighters. The coach must therefore always be an example for athletes to demonstrate punctuality and great fairness, be the first to comply with the requirements hygienically and to avoid any indulgence in this sense.

Spirit of discipline is a will quality of a great importance in combat sports and it should characterize both the coach and the athlete.

In conclusion the coach must always be at the height of his task, he must be trained and be aware of modern methods of training. Without knowledge of already quoted he can not reach a higher professional level, to understand certain phenomena own sports activities performance, to understand certain physiological and biochemical phenomena etc. that occur in day-to-day athletes as therefore performance will suffer. Routine work is outdated and can not lead to results even at this level of training beginners, all the coaches and instructors must have their permanent concern to supplement their knowledge they have to acquire knowledge in the areas mentioned above, because even some temporary successes will not cover long these gaps.

Regarding side expertise, each coach and instructor should deepen technical training issues, physical, tactical, theoretical, psychological, competition regulation, to keep abreast of all that is new in the field of practical activity country and abroad. Here an important role and great responsibility lies with the Romanian Federation of specialized combat sports (wrestling and free, Judo, Karate, etc.) which must edit pamphlets informing permanent in time with what is new.

One important thing which raises the prestige of the coach is the common knowledge that he has, he must be here an example for athletes looking to enhance their general knowledge and maintain discussions with them in various fields. Some general knowledge will ensure a high level and authority to team sports. We emphasize that each coach has a duty to add to his vast knowledge an arsenal of pedagogical knowledge of , that forms pedagogical beliefs ,make them believe in education and training methods they use, and creates them a sort of craftsmanship in order to be able work with human material .The pedagogical skill of a coach, however, is the synthesis of his ideological orientation , of his general knowledge ,professional knowledge and personal experience.

Coaching profession requires a lot of passion and devotement, since it requires a large amount of physical and mental work and many sacrifices.

Often the coach works even sacrificing his free time, we include additional lessons for customization or recovery, additional training with pupils and students, Saturdays and Sundays filled with matches or watching their future opponents, travels to competitions.

This is what a coach must do for performance , this man as a teacher, a mentor, confidant, parent, doctor and psychologist. In this paper we presented only some of the problems and they were outlined regarding the role and importance of the coach to achieve the main directions of the training process in combat sports.

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**CALITĂȚILE PRIMORDIALE ALE ANTRENORULUI
CARE INIȚIAZĂȘI PREGĂTEȘTE SPORTIVII CARE
PRACTICĂ SPORTURI DE LUPTĂ
(Lupte gr-rom,lupte libere,judo,karate)**

Cuvinte cheie: antrenor, antrenament, sporturi de luptă, selecție , pregătire tehnică.

Rezumat: Profesiunea de antrenor presupune multă pasiune și abnegație ,având în vedere că necesită un volum mare de muncă fizică și intelectuală, dar și multe sacrificii.

Antrenorul este mai întâi profesor, învățător, înglobând cu răbdare câte puțin din cunoștințele sale în viitori performeri , apoi el este educator , deoarece trebuie să ducă o permanentă muncă educativă cu sportivii. Dar el trebuie să planifice și să realizeze performanță cu fiecare sportiv, plecând de la o temeinică cunoaștere a particularităților și posibilităților fiecăruia.

Profesorul antrenor, antrenorul, instructorul sportiv trebuie să fie și un permanent cercetător științific, munca prin care va găsi soluții și metode noi de pregătire a sportivilor, va îndepărată aspectele negative în acest sens și își va aduce o contribuție substanțială la dezvoltarea sportului său, el este deci un om de știință, deoarece nu se poate mărgini numai la predarea cunoștințelor învățate, ci este obligat să se depășească mereu prin studii, cercetări științifice și experimente și să își aducă aportul la dezvoltarea și îmbunătățirea cunoștințelor ce le predă, astfel încât acestea să aibă o eficiență maximă în obținerea avantajului competitiv.