

COACHING IN SPORTS GAMES

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Keywords: coaching, sports games, performance

Abstract: The role of sports training is to ensure an optimal development level of motor abilities for athletes, in physiological, physical, technical, tactical, psychological, theoretical terms contributing to good behavior in competitions and the achievement of performance targets. The coaching process is a systemic one that takes into account the entire life of the athletes and the entire context in which they are located and act. This is also why the changes resulting from a coaching process reverberate in all areas of their life. The essence of coaching is to facilitate change, evolution, development of athletes to a higher level so that they reach the performance they wish to get. Coaching method has important meanings in shaping the motivational profile of athletes with a key role in obtaining a high quality of training and achieving performance in competitions.

Introduction

People have always wanted to stand out in a society dependent on the performance. This is not new, however, since ancient times people tried their forces in an organized way to prove their supremacy. A good example is the Olympic Games, ancient or modern, where the dream of every athlete was / is to be the first. In all its components, personal fulfillment is achieved through awareness and strengthen of their values, building out of these attitudes, behaviors, patterns of thinking and acting in order to reach personal goals. However, behind this dream there are many hours of training coupled with a strong inner motivation, maximizing the use of resources and personal potential, the desire for self adaptation to permanent change.

Training is a "complex teaching and biological process, systematically and continuously conducted, a gradual process of adapting the human body to physical and mental efforts of different intensities in order to obtain results with certain value in one of the forms of competitive practice of exercises "(Encyclopedia of Physical Education and Sport in Romania, Volume IV, 2002 pp. 44).

Sports training or athletic training is an educational process through which athletes are trained. This process is extremely complex, with cyber

valences involving other components: biological, psychological, sociological, ethical, medical.

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Contemporary period highlights more clearly the need for technical staff to work as a team to ensure achievement of optimal and efficient training of athletes. Each component of athletes' training should have specialized staff: physical (physician), technical – tactical (head coach and assistant coach), psychological (psychologist), theoretical (computer expert), recovery (physical therapist, doctor, nutritionist). The presence of experts team involves integrated work that must contribute to reaching the goals of training and competitions.

There are two main principles of sports training: general and specific.

Teodorescu, S., 2010, pp. 46-55 and Dragnea, A., Mate-Teodorescu, S., M., 2002, p. 200-215 consider that principles of sports training guide the whole training activity. The settled principles cover the entire area of sports training features offering solutions for all variables of training (stage, level, phase, sports branch, etc.) in order to maximize athletic performance:

- the principle of adaptation to progressive demands – training involves the development of progressive physical and mental efforts leading to functional and structural adaptations of one's body;

- the principle of compensation and overcompensation – it is based on the relationship between effort and rest (pause), they underlie the preparation process, the overcompensation producing a major disruption of physiological homeostasis of the body and should be followed by compensation in order to reduce or eliminate the effects of effort in physiological terms and preparing it for further training at a higher level;

- the principle of cyclical training – it is caused by the phasic nature of sports form and its whole process of production, recovery and loss;

- the principle of individualization – that highlights the need to harness athletes' maximum potential to develop their performance capacity;

- the principle of motivation – it is the basis of sports practicing and obtaining performance, being conditioned by the aspiration level;

motivation in sports has two forms: intrinsic (represented by the athlete's inner need) and extrinsic (due to external influences).

Sports training has in its structure a number of factors (components) that require a complex solution of sports training: physical training, technical and tactical training, intellectual training, education. Physical training aimed at developing physical qualities of the athlete in order to increase the capacity of maximum effort, it should be oriented towards the development of physical qualities necessary to sports practice. Technical – tactical strategy aims at improving specific technique in conditions similar to those of competitions, being used in making tactical actions. Intellectual preparation involves continuous completion of knowledge related to sports preparation which should be useful for training and competition. Athletes' education should lead to the formation of independent individuals, responsible and useful to society (Harre, D., 1973, pp. 12-13).

Mental preparation is "the basic educational activity for developing and improving mental functions and personality characteristics of the athlete in order to ensure maximum effectiveness in sports." Mental preparation for competitions is "full adaptation to the concrete conditions of the sports struggle ... aims at providing information about the competition, about the conditions and the opponent, setting a plan as realistic, providing a good balance, emotional lucidity and rational thinking to solve problems "(*Encyclopedia of Physical Education and Sport in Romania*, Volume IV, 2002, p 297).

Psychological preparation aims at developing the mental qualities needed to achieve performance. Components of psychological preparation must be identified in order to be developed throughout trainings. Sports practice believes that there are four categories of mental qualities: basic (training unit, self – awareness, creative thinking, trust), performance quality (cognitive perception, focus, effort), personal development (acquisition of identity, interpersonal skills), team (leadership, communication, cohesion, team confidence) (Tenenbaum, G., Eklund, RC, 2007, pp. 288-289).

Studies of sports psychology have demonstrated the link between competitive behavior and success (success cycle) as self – determination, positive attitude and self – esteem are reflected in the evolution of competition. So the psychological/ mental preparation for the competition is essential to the athlete's personal development (Bull, SJ (ed.), 2011, pp. 138-142).

From the perspective of the sports training, the term of "coaching" - means, according to the Explanatory Dictionary, a "complex and systematic training process for that an athlete should have a good behavior in sporting competitions in order to obtain performance" or a "series of methodical exercises to develop sporting qualities. " More specifically it is a partnership based on a creative process that stimulates thinking and inspires individuals to maximize their personal and professional potential.

The purpose of coaching is to help people to define goals bolder than they initially thought to be reasonable, then develop action plans to turn them into reality.

Coaching is a professional relationship between a qualified coach and a person, a team or a group in order to obtain extraordinary results, based on settled goals. Such people focus on the skills and actions required to produce relevant personal and professional outcomes.

The coaching process is a systemic one that takes into account the entire life of the athletes and the entire context in which they are found and work. This is also why the changes resulting from a process of coaching reverberate in all areas of athlete's life. The essence of coaching is to facilitate change, evolution, development to a higher level so that athletes reach the performance they want to achieve.

Material – method

The purpose of this study is to determine the role and importance of using the method of coaching in sports games.

In carrying out this work I used the following research methods: studying the bibliographic material, graphical method.

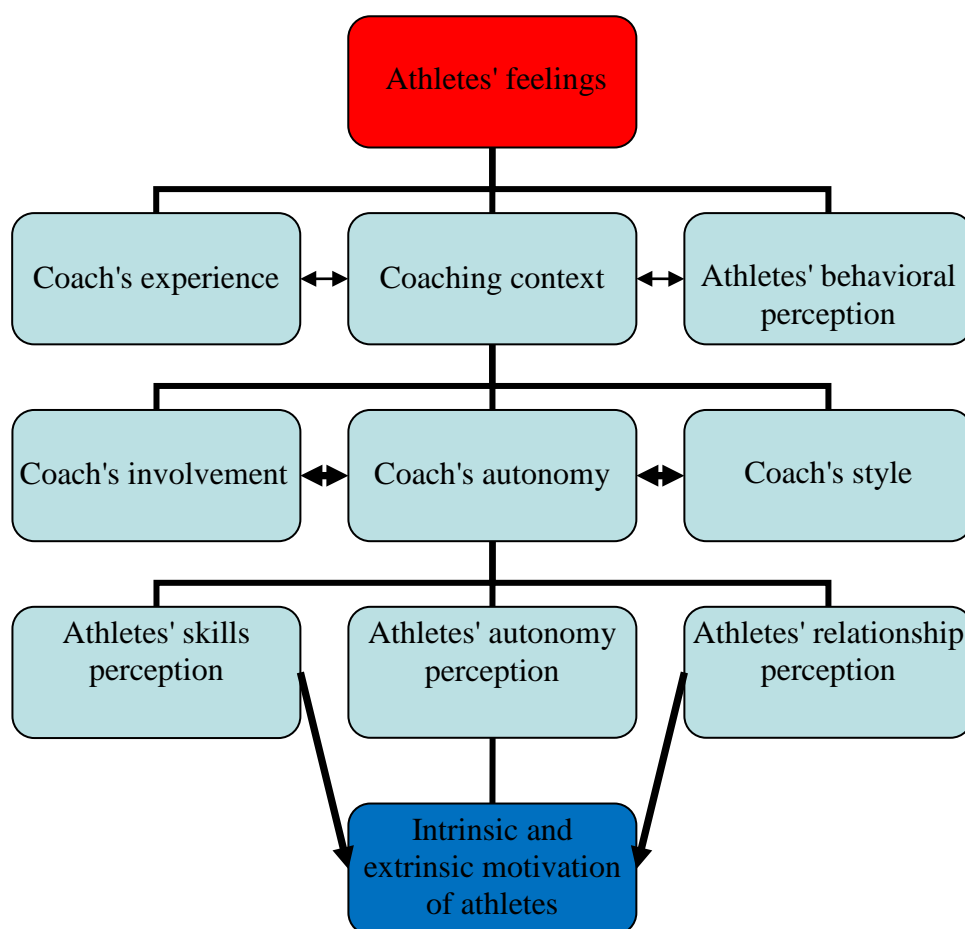
Discussions

Coaching is a psychological practice and process involving behavioral change. Coaching is a methodology with an increasing recognition that allows the construction of conversations with impact on self – knowledge, reevaluation and personal goals and building effective solutions to achieve the latter.

The difference between training and coaching is that training involves proper use of dosing effort in training and coaching is the methodical and psychological support to achieve sports performance following the completed training. The difference between these two concepts is listed below (Dragnea, A., Teodorescu, S., 2002, pp. 539-540):

Training	Coaching
Complex training process for getting sports performance	Systemic process of maximum exploitation of individual and collective capacities
Increased performance capacity	Enhancement of the performance capacity
Development and implementation of training programs	Develop and implement strategies to achieve performance in competitions
Developing self – confidence	The belief that the expected results can be achieved
Development of specific and general driving ability in concrete situations	Application of motric information in competition conditions
Training, specialization	Stabilization, stimulation
Analytical and global practice	Applying gained knowledge
Practice, automation	Applying in typical situations the learned information according to existing situations
Discovery, correction	Analysis, highlighting
Discussions, decisions	Clear statement of objectives
Exigency in applying training program	Conviction, discipline in training

Regarding the method of coaching, in order to maximize the performance of athletes or team, emotional factor is crucial in motivating them. Schematically, the relationship looks like (Tenenbaum, G., Eklund, RC, 2007, pp. 67-68):



The contribution of coaching to maximize athletic performance in sports games is quantifiable in each training component.

Conclusions

In the physical training, the result of applying the coaching method is identifying and understanding the role of combined and complex motor skills particular to sports games throughout trainings and competitions, coupled with the motivation of maximizing athletic performance.

Technical preparation is particular to each sports game and another unique element of these games is the existence of game posts that require training tailored to specific demands; coaching role is to ensure a methodical and psychological support.

Tactical preparation aimed at establishing the role and specific tasks of the team for making full use of individual and collective capacities.

Psychological preparation aims at developing mental qualities that promote sports training process and successful participation in competitions.

Theory aimed at acquiring expertise through discussions, views and sessions to deepen the knowledge required in sports trainings and competitions.

It can be concluded that coaching method has important meanings in shaping the motivational profile of athletes with a key role in obtaining a high quality of training and achieving performance in competitions.

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Titlu:Coachingul în jocurile sportive

Cuvinte cheie: coaching, jocuri sportive, performanță

Rezumat: Rolul antrenamentului sportiv este de a asigura un nivel optim de dezvoltare al capacităților sportivilor în plan motric, fiziologic, fizic, tehnic, tactic, psihologic, teoretic care să contribuie la un comportament bun în competiție și la îndeplinirea obiectivelor de performanță stabilite. Procesul de coaching este un proces sistemic, care ține seama de întreaga viață a sportivului și de întregul contextul în care acesta se găsește și acționează. Acesta este de altfel motivul pentru care schimbările obținute

În urma unui proces de coaching reverberează în toate ariile din viața acestuia. Esența coachingului este să faciliteze schimbarea, evoluția, dezvoltarea, sportivului spre o treaptă superioară, astfel încât acesta să ajungă să la performanțele pe care dorește să le obțină. Metoda coachingului are valențe importante în formarea profilului motivațional al sportivilor cu rol esențial în realizarea unei pregătiri de înalt nivel calitativ și obținerea de performanțe în competiții.

Titre : Coaching dans jeux collectifs

Mots-clés: coaching, sports collectifs, performance

Résumé : Le rôle de la formation sportive est d'assurer un niveau optimal de développement de capacités motrices niveler athlètes, physiologiques, physiques, techniques, tactiques, psychologiques, qui contribuent théoriquement à un bon comportement de la concurrence et la réalisation des objectifs de performance. Le processus de coaching est un processus systémique qui prend en compte toute la vie de l'athlète et l'ensemble du contexte dans lequel il se trouve et des œuvres. C'est aussi pourquoi les modifications résultant d'un processus de coaching se répercute dans tous les domaines de sa vie. L'essence du coaching est de faciliter le changement, l'évolution, le développement, l'athlète à un niveau supérieur afin qu'il atteigne à la performance que vous voulez atteindre. Méthode de coaching a des significations importantes dans l'entraînement des athlètes profil motivationnel de rôle dans la réalisation de la formation de haute qualité et de réaliser des performances dans les compétitions.