

**CONTRIBUTION REGARDING OPTIMIZATION OF  
TECHNICAL AND TACTICAL TRAINING TO III FEMALE  
JUNIOR TEAM**

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**Key-words:** *handball, technical training, tactical training, fitness*

**Abstract:** *To reach at high performances, the young handball players which are selected after rigorous criteria must perform an organized training process for a long period of time.*

*The second important factor that leads to performance is considered to be the quality of the training process. This accelerates the process of results obtaining and depends on the teacher training, the upgrade of this training, competitive system, supporting science report, player performance motivation, level of organization reached, the material base and created conditions for training.*

*According to the new Handball developing perspectives on the world level plan, handball players have to be capable of efficiency using of all base technical processes, also an important number of special processes, in term of frequent rate changes and active movement of players in combat with the opponent. Every technical execution must be adjusted with the tactical moment and it have to fit perfectly into the requirements of the overall tactical organization.*

**Introduction**

Technical training has an significant role in achieving sportive performance. Its importance is further exacerbated through a high number of technical processes, and their use conditions during the game are very changing.

Technical mastery of handball players is subject by the acquisition and improving a large number of techniques, which than can be used in practical game requirements.

Technical and proper acquisition of Handball important elements forms the superior technical training.

New technical processes are learned after acquiring basic technical elements and along with their improving process.

Given the importance of technical training, particular importance will be given to the proper uptake of technical elements and processes, especially during the initial training period when the foundations of specific handball motor skills were laid.

Tactics are all individual and collective actions of team players which is rationally and unitary organized in order to achieve the victory.

Players are trained for observation spirit, creative initiative, determination, ability to anticipate and resolve the situation arising from tactical action outbreak, in order to develop tactical thinking skills.

Tactics aim is to maximize the player's skills and preparation in order to achieve the victory.

The tactical training purpose is learning and selective application of technical processes by the players or by the all team in order to solve certain partial or final tasks of the game.

Somatic model of handball performance is as follows:

Anthropometric indices	Optimal index of extreme	Admitted Odds	Optimal index for pivot	Admitted Odds	Optimal index for Inter	Admitted Odds	Optimal index for center	Admitted Odds
Waist (cm)	168	165-172	168	163-172	175	172-182	172	165-176
Weight (kg)	64	61-67	67	62-71	74	70-80	69	65 -73
Report Waist -10 / G	106	106	101	101	101	102	104	104
Hand opening (cm)	21	20	21	20	22	20	22	20
Wingspan (cm)	176	173-180	173	167-171	184	180-191	178	174-183
Biacromial diameter (cm)	37	36	38	37	30	37	38	37
Bitrohanterian diameter (cm)	33	31-35	34	32-36	34	32-37	34	32-36

**Table 1** Somatic model of handball players performance

### **Materials and methods**

This study was conducted on a sample of 15 subjects, female handball players, juniors III. Their average age is 15 years (changes in age of 14, 15,16 years).

Subjects included in this experimental research are athletes of LPS - CSS Suceava, participants in the Junior National Championship III 'A' series.

Material base, support facilities and equipment were provided by the endowment Sports High School - CSS Suceava (poles, balls, whistles, equipment, stopwatch, metric tape, etc.).

The venue was the sports research of LPS Suceava (dull outdoor gym) where the experimental method of physical training of junior from experimental group to optimize the players technical and tactical training has been applied.

### **Assumptions**

Through this work I proposed for confirmation the following statement: if the development and practical application of a system of specific strategies, spread into the technical preparation into the training process of young female handball players can shape and encourage their training level by:

- improving general and specific physical preparation;
- technical training improvement;
- improving the quality of their game.

Research goal is to determine by experiment the best way to schedule training objectives in order to optimize the technical and tactical preparation of female handball players, junior III.

Regarding the methodology of experimental work evaluation in an objective way we have chosen a set of samples for developing physical fitness .

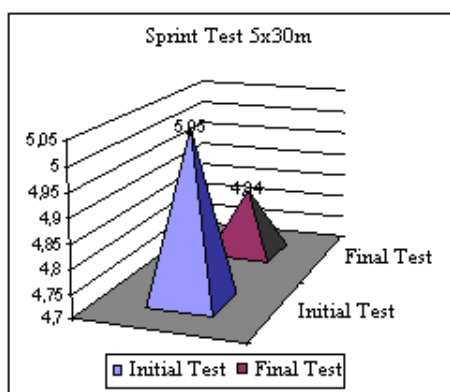
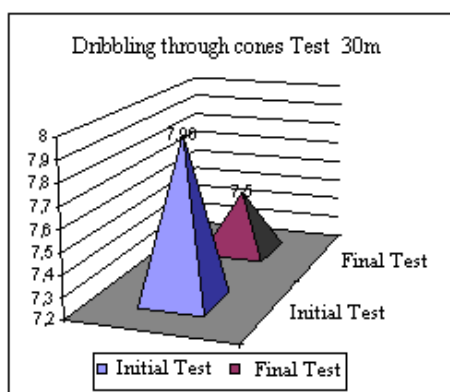
1. Sprint 5x30m;
2. Standing long jump;
3. Handball ball throwing;
4. Dribbling through cones;
5. Shifting the triangle (3 trails);
6. Ups 30";

Between initial and final testing, handball players followed a program of exercises, routes and games especially chosen to develop

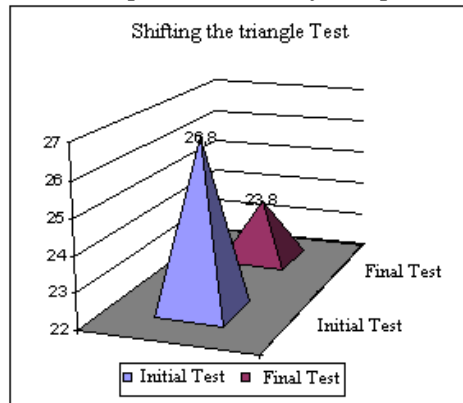
motor qualities chosen to improve general and special physical preparation.

*The evolution of physical condition*

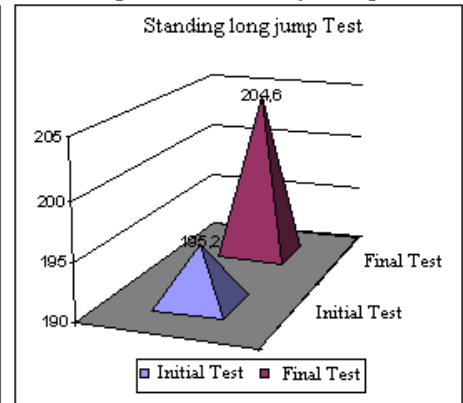
Name	Dribbling through cones (sec)		Sprint 5x30m (sec)		Shifting the triangle (sec)		Standing long jump (cm)		Ups 30" (sec)		Handball ball throwing (m)	
	I	F	I	F	I	F	I	F	I	F	I	F
A.O.	8	7,6	5,2	4,8	25	23	195	199	20	23	29	34
A.C.	7,9	7,5	5	4,6	27	24	190	196	19	22	28	32
B.D.	8,1	7,6	4,9	4,5	26	23	195	200	17	20	30	35
F.A.	8,2	7,7	5,2	4,8	28	24	197	210	19	23	29	31
F.A.	7,9	7,5	5	4,7	29	25	199	210	18	21	27	30
H.S.	8,2	7,7	5	4,8	28	24	198	205	17	20	28	32
H.A.	7,8	7,4	4,8	4,7	27	23	200	208	18	21	29	34
I.C.	8	7,5	5,3	4,8	29	24	194	200	19	23	28	32
I.O.	8,1	7,6	5	4,9	26	24	196	201	16	20	30	35
M.A.	7,9	7,4	5,1	4,8	28	25	190	209	19	23	28	32
O.C.	7,6	7,3	4,9	4,7	25	23	191	210	20	23	27	30
P.L.	7,7	7,3	4,8	4,7	26	23	193	212	20	24	27	31
S.O.	8,1	7,6	5,2	4,9	26	24	197	200	19	24	28	31
V.G.	8	7,5	5,3	5	27	25	199	210	18	20	29	35
V. L.	7,9	7,4	5,1	5,9	25	23	194	199	17	20	26	30
M.A.	7,96	7,50	5,05	4,84	26,8	23,8	195,2	204,6	18,4	21,8	28,2	32,26
S.	0,16	0,12	0,18	0,30	1,32	0,74	3,12	5,26	1,2	1,51	1,10	1,80
C.V.	0,02	0,01	0,03	0,06	0,04	0,03	0,01	0,02	0,06	0,06	0,03	0,05



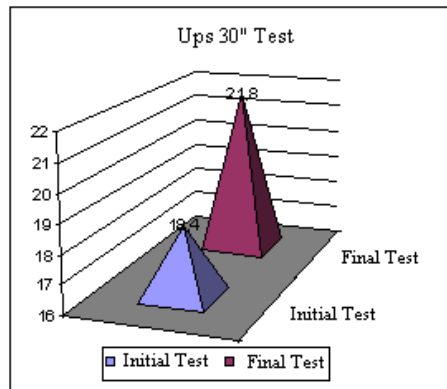
**Diagram 1**  
*Representation of sample 1*



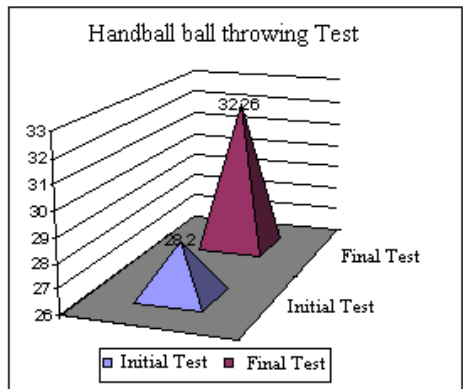
**Diagram 2**  
*Representation of sample 2*



**Diagram 3**  
*Representation of sample 3*



**Diagram 4**  
*Representation of sample 4*



**Diagram 5**  
*Representation of sample 5*

**Diagram 6**  
*Representation of sample 6*

**Conclusion:**

Following the results interpretation, there were established the following:

- young female handball team includes a high somatic level, but still do not reach the optimal requirement selection model;
- the fitness development level is also lower than the model selection, but the results are satisfactory, if we mean that the model has maximum values for selection.

Addressing this issue was caused by the finding that handball activity in Romania is crossed by an acute crisis of results, evidenced by the performance of increasingly weak especial at junior III, female. Conclusions largely capture the order in which scientific investigations were conducted and are central elements of the working hypotheses that abundantly confirms.

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**Titlu:** Contribuții privind optimizarea pregătirii tehnico-tactice la o echipă de juniori III feminin

**Cuvinte cheie:** handbal, pregătire tehnică, pregătire tactică, condiție fizică.

**Rezumat:** Pentru ca tinerii jucători, selecționați după criterii riguroase, să ajungă la performanță, este necesar să parcurgă un proces organizat și îndelungat de pregătire.

Calitatea procesului de antrenament este considerată a fi cel de-al doilea factor important al performanței, deoarece accelerează obținerea rezultatelor și depinde de capacitatea profesională a profesorului, modernizarea antrenamentului, sistemul competițional, raportul științelor ajutătoare, motivația jucătorului pentru performanță, nivel de organizare atins, baza materială și condițiile create pentru pregătire.

Conform noilor tendințe de dezvoltare a handbalului pe plan mondial, handbaliștii trebuie să fie capabili să folosească cu eficiență toate procedeele tehnice de bază, precum și un mare număr de procedee

speciale, în condițiile unor frecvente variații de ritm, cu o circulație activă a jucătorilor în luptă cu adversarul. Fiecare execuție tehnică trebuie să fie adaptată momentului tactic și încadrată perfect în cerințele impuse de organizarea tactică de ansamblu.

**Titre:** Contributions pour optimiser la formation technique et tactique pour l'équipe équipe féminine de handball, Junior III.

**Mots-clés:** handball, la formation technique, la formation tactique, aptitude.

**Résumé:** Pour les jeunes joueurs sélectionnés après des critères rigoureux qui atteignent les performances requises pour suivre une formation longue organisée.

Qualité de la formation est considéré comme le deuxième facteur important de la performance que l'accélération de prestation et dépend de la formation des enseignants, la mise à niveau de formation système concurrentiel soutenant rapport scientifique, la motivation la performance du joueur, le niveau de l'organisation atteint le matériel et les conditions créées pour la formation.

Dans le cadre des nouvelles tendances du développement du monde de handball, le handball devrait être en mesure d'utiliser efficacement toutes les techniques de base et un grand nombre de procédures spéciales en termes de changements fréquents de rythme, avec un mouvement actif de joueurs dans la lutte contre l'ennemi. Chaque mise en œuvre technique doit être adaptée lorsque les exigences tactiques et s'intègrent parfaitement dans l'organisation tactique.