

## STUDY REGARDING HANDBALL PLAYERS EFFECTIVENESS OF THE EXTREME POSITION

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**Keywords: handball, effectiveness, development methods, extreme position**

### **Abstract:**

Modern handball is a very spectacular, dynamic and attractive sports game that attracts many spectators. This sport performance is assured by the team's work, materialized by the goal score, which is achieved in high speed and technical conditions. However, in the game economy there are posts that have a higher completion function than others. Thus the first player who, according to the systematization of the handball game content, can finalize is the extreme, in the content of the first phase of the attack - the counterattack. This is also the situation where you can score goals, the easiest, or even the most.

### **Introduction:**

This paper attempts to outline the extreme portrait of the handball team.

In this idea we will perform an analysis of the effectiveness of the game of the 4 extremes which have evolved in a championship edition and which was the contribution of each of them to the result obtained at the end of the season.

The characteristics of the handball game adopted as a model for all the Romanian teams will be: rapidity, dynamism, offensive and aggressive attack and defense, a high level of technicalness based on tactical reasoning, giving all individual and collective actions, real chances of success.

Developing the handball player model can ensure that the selection and preparation is made clearer, making it possible to know the motric and psychological criteria of selection, as well as the knowledge of the technical-tactical content that must be achieved by preparing for a certain period of time.

Extreme performs a function of great importance in the team gear, its role is a complex one, manifested in the entire attack situation, starting with the first phase of the attack - the counterattack, passing through

second and third phases, and reaching the fourth stage in which, in many situations, the extreme becomes the main marker, or the post from where the attack action begins. So, besides the motor skills and the appropriate technical and tactical knowledge, the extreme must have a special psychological and somatic profile.

**Material-method:** method of literature study, observation method, experiment, test method, statistical methods of data processing.

The materials used in the training were: handball balls, cones, tennis balls, soccer and other sizes, banks, gymnasium, trellises and circles etc.

Through this research paper there were followed next assumptions:

It has been assumed that by developing and applying in practice a system of handball specific methods staggered in the preparation of players from the extreme post, their performance will be favored in the bilateral game.

In this paper I have been following the evolution of the four extremes of a handball team throughout the year. The performance obtained is the result of the work together of all players, of all the compartments or posts.

The following were the four extremes that evolved into 20 games. The four pursued athletes are 16.75 years old and the height (average of 167.75cm) and the average weight of the four athletes (61.25kg) indicate the fit in the performance handball model proposed by the Romanian Handball Federation.

Figure 1. Representation of the age, height and body mass of the four players

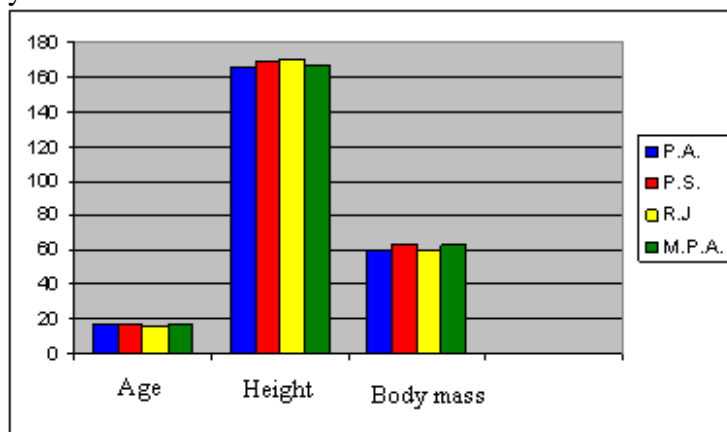


Table I. - Centralizer with Extreme Benefit

Nr. crt.	Name	Tour				Retour				Total	
		Games no.	Goals no.	Total actions	efficiency%	Games no.	Goals no.	Total actions	efficiency%	Goals no.	efficiency%
	P.A.	10	28	50	56	8	6	44	59	54	57,5
	R.J.	10	35	51	68,6	9	3	47	70,2	68	69,4
	M.P.A.	3	2	4	50	9	9	13	69,3	11	69,6
	P.S.	8	4	8	50	5	3	6	50	7	50
	<b>Total</b>		<b>69</b>	<b>113</b>	<b>56,1</b>		<b>71</b>	<b>110</b>	<b>62,1</b>	<b>140</b>	<b>59,1</b>

Analysis of these data highlights the performance of A.P. and J.R. players who played in 18 and 19 games, averaging respectively 3 and 3.5 goals per game. These two players, holding the extreme right and left positions, scored over 85% (87.1%) of the goals scored on the extreme positions, the remaining 13% being booked by the reserves.

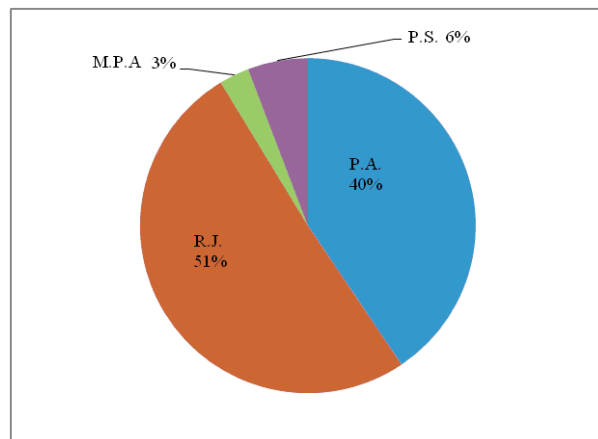


Figure 2. Contribution of each player

Figure 2 shows the weight of the scored goals of each of the four extremes studied over the duration of the entire championship. It is important to note that the evolution of the extreme performance improved significantly in the retour championship. The average efficiency of this compartment improved significantly from 56.1% in the tournament to 62.1% in the retour championship. This was done in the conditions in which the main markers (R.J. and P.A.) were injured in 3 rounds of 11. In the retour championship, the training process was efficient, resulting in a more secure performance of this compartment.

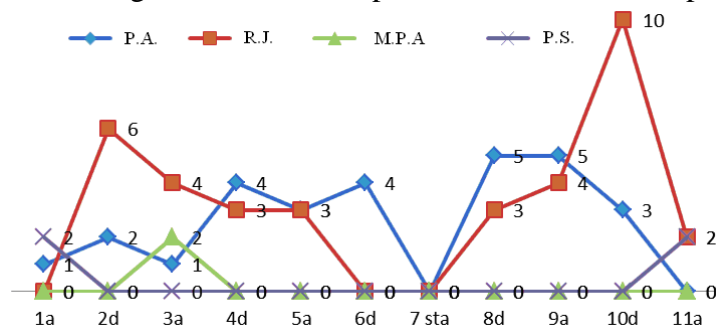


Figure 3 - Distribution of goals in stages in the championship tour

The distribution of the goals scored by the four players studied in the championship tournament is set out in graph 3, where there are several highlights, mentioning the performance of the titular players throughout the trip, while the reserves were revealed only on their own ground.

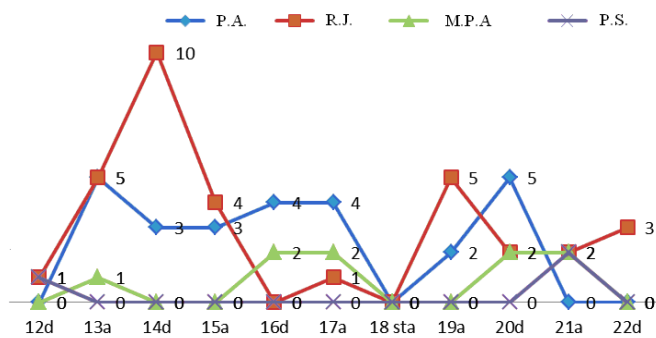


Figure 4. - Distribution of goals in stages in the retour championship

The same trend is maintained in the retour of the championship (chart 4), with the mention that the reserves have an improved performance in both home and away games.

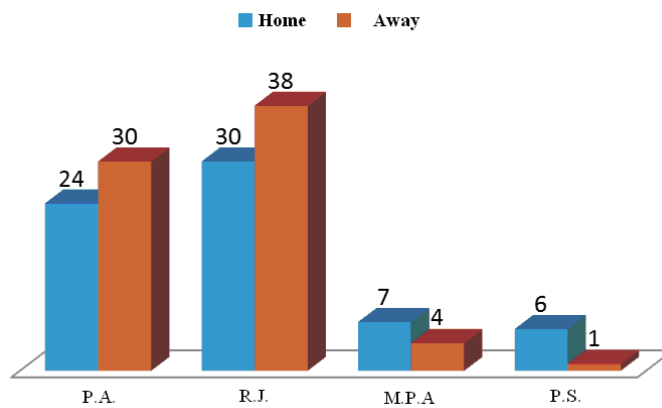


Figure 5. - Goals scored at home and away

Another aspect that I would like to insist on is the case of the titular players, who tend to be more efficient, to score more goals than to their own field, which can be seen in the case of the RJ player who scored most goals (10) in 10th and 14th away games. Also, P. A. has had a more efficient in away games performance, which is also highlighted in Graph 5. The same trend is noticed in the reserve players.

Referring to the weight of the team game, as a quantitative aspect, in the game economy, we notice that in the strategy of the team the extrema compartment is of special importance, accounting for an average of about one-quarter (24.69%) of the team's goals.

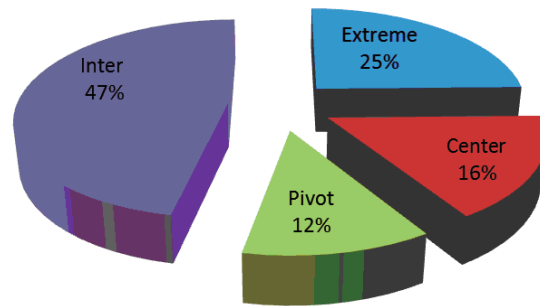


Figure 6. - Share of scored goals

Analyzing chart 6, we see that the extreme post is the main post on which the team scores, after the interior compartment, providing about 75% of the total number of goals scored throughout the competition. This structure diagram shows the game's conception set by the technical leadership of the team, which focuses more on the two double compartments of the team's attack: the inters and the extremes.

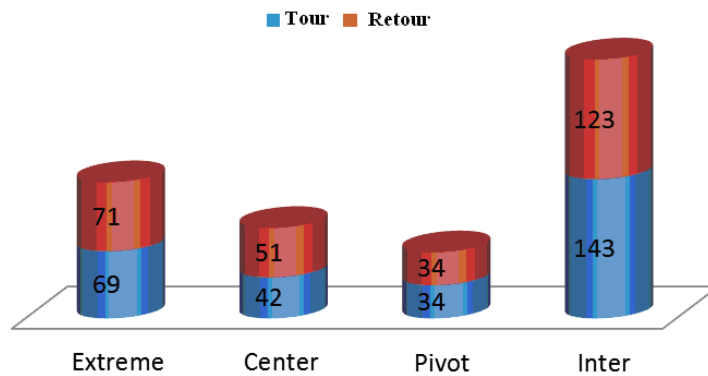


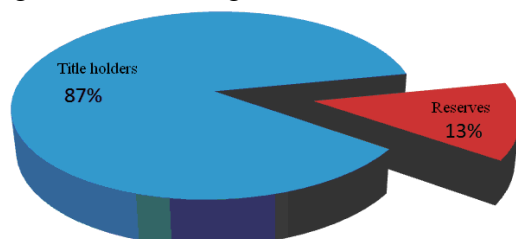
Figure 7. - Distribution of scored goals in positions

We have to mention that both extremes and interactivity represent 66% of the total players in the attack (2 + 2 extreme), which provide over 70% of the team's goals (graph 7).

The breakdown of the goals scored in the four positions, and referring to the two phases of the championship: tour and retour, we notice an increase in the number of goals scored by the extremes and the centers in the championship retour, while the intents decreased in effectiveness. At the same time, we have to mention that the state of health of the extremes suffered in return, however, a small increase is observed overall.

### Conclusions:

1. In the game economy the extremes are of particular importance, registering 24.69% of the team's goals in the championship season.
2. The high difference in the value of the title holders vs. the reserves evidenced by the small number of goals scored by the reserves against the holding



3. Title holders players have the tendency to score more goals in their away games than on their field, while this trend does not occur to the reserves players.
4. In the retour of the championship, the game of extremes was significantly more efficient, especially since the basic players suffered injuries that led to their absence from 3 games.
5. Good progress in the championship return can be due to a thorough physical training

### References:

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## **STUDIU REFERITOR LA EFICIENTIZAREA JUCATOARELOR DE PE POSTUL DE EXTREMA IN JOCUL DE HANDBAL**

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**Cuvinte cheie: handbal, eficientizare, metode de dezvoltare, extreme**

### **Rezumat:**

Handbalul modern este un joc sportiv deosebit de spectaculos, dinamic și atractiv, care atrage mulți spectatori. Acest spectacol sportiv este asigurat de prestația echipei, concretizată prin înscrierea de goluri, reușite care se realizează în condiții de mare viteză și tehnicitate. Cu toate acestea în economia jocului există posturi care au o funcție de finalizare mai accentuată de cât altele. Astfel primul jucător care, conform sistematizării conținutului jocului de handbal, poate finaliza este extrema, în conținutul fazei I a atacului – contraatacul. Aceasta fiind și situația de joc în care se pot înscrie goluri, cel mai ușor, sau chiar cele mai multe.