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Original article

COMPARATIVE ANALYSIS OF HANDBALL TECHNICAL EXECUTION AND SELF-IMAGE TO JUNIOR ATHLETES AGED 12-13 YEARS

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Abstract

Problem statement. This research analyzes the quality of technical execution and processes in handball game to junior athletes aged 12-13 years, compared to self image that is highlighted by the sociological questionnaire applied.

Methods. The questionnaire contains 12 questions that relate to the level of laterality, in assessing the technical execution of passes and shots on goal. At the same time the level of technical execution has been evaluated with grades by the trainer. The target group consisted of 22 athletes from Sports School Club No.1 from Constanta.

Results. The findings have revealed that the athletes have responded honestly and the assessment of their level of laterality corresponded to the one stated in the questionnaire. From what they said they prefer to execute and actual level of technical executions were not recorded differences (questions 1,2,3,4,5,7,9,10) and where differences were assessed (questions 6, 8,11,12) between the athletes and the coach will intervene with additional exercises.

Conclusions. This study reorients technical and tactical preparation of players in terms of laterality and implicitly ambidextrous. The modern game of handball has to regard the preparation of psychomotor qualities since its infancy in this branch of sport.

Keywords: handball, laterality, technical execution.

Introduction

Handball is a team game very attractive and practiced by all ages of children and youth.

„Handball contributes to the acquisition of basic motor skills and specific knowledge of specific technical and tactical sport. It is a dynamic game and requires the subjects an intense exercise and a great psychological commitment. Handball game practiced scientifically effort contributes through the effects of the physically and mentally efforts, to strengthen health, physical and intellectual capacity, volition and moral practitioners. Handball game is considered a basic overview of human motor skills such as running, jumping, catching and throwing, with positive effects on the physical preparation of athletes from other branches.

Handball is a team game with a strong dynamic character because it takes place in a very fast rhythm” (Cicma, Mereuta, 2012).

“The handball game takes place on a background of intense physical demands, with a highly educational and formative character.

We notice a rigorous scientific organization tendency of the training process, and linked to the development of qualitative trends towards a quick game and with a series of varied and complex techniques and tactical actions” (I.T. Cicma, 2010).

“The beauty of the game is given by the explosive, in the lower limbs and by the take-off height, the one which actually ensures both the transmission of the ball from one player to another, and the vision of the opening and occupation of the goal by the goalkeeper” (G. Rață, B. Rață, M. Rață, 2010).

Mungiria Muthaa, Mwisukha, Kariuki Mbugua, Mwenda, 2013, in *Investigation of Self-Perception of Players in Sports in Meru* – was carried out to establish the self-perception of players in sports in Meru Technical Training institute by considering perception in volleyball and football. A sample of 24 players participated, where 12 were from each team. Volleyball had 14 players and football 22. A questionnaire was used to collect the data. Descriptive and inferential statistics were used to analyze the data. A majority of footballers and volleyball players perceived themselves positive as fit, active and healthy. But, volleyball players perceived themselves negative in being attractive, happy, relaxed, optimistic, successful and confident while football players perceived themselves positive in all these attributes. Arising from the results, it was recommended to have regular self-perception tests for sports participants to enhance their positive self-perception. (Mungiria Muthaa G, Andanje Mwisukha, Kariuki Mbugua, Elias, 2013).

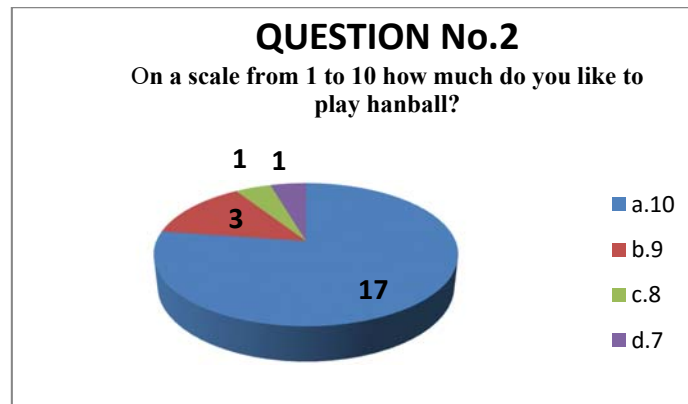
Methods

The questionnaire proves to be one of the techniques most commonly used in social and human sciences. Caplow T.,1975, examines the main sources of data in articles published in the Revue Française of Sociology (1965-1967) in The American Sociological Review (1966-1967), and believes that the interview and questionnaire surveys accounted for more than half of all published studies. In Romanian Sociology investigations based on a questionnaire are the most. A ten-year study (1972-1982) of the journal of sociology reveals that half of the research conducted, the results of which were published questionnaire used.(Chelcea,1985). A more detailed analysis, distinguishing between questionnaires with open questions, closed and hierarchical,

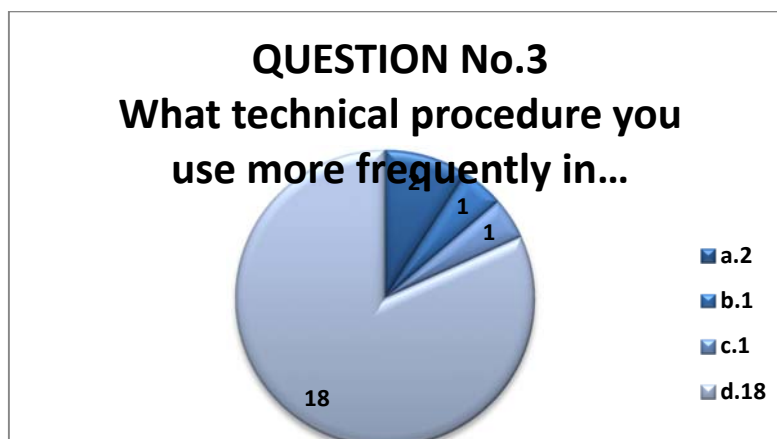
showed that the most often used are questionnaires with closed questions (pre-coded) (Giddens, 2000). The questionnaire used in the present research consists of 12 questions distributed as it follows:
Closed questions: 1, 2, 5, 6, 7, 8, 10, 11, 12.
Opened questions : 9.
Mixed questions: 4, 3.
Simple questions, dichotomous (yes/no): 1

Results

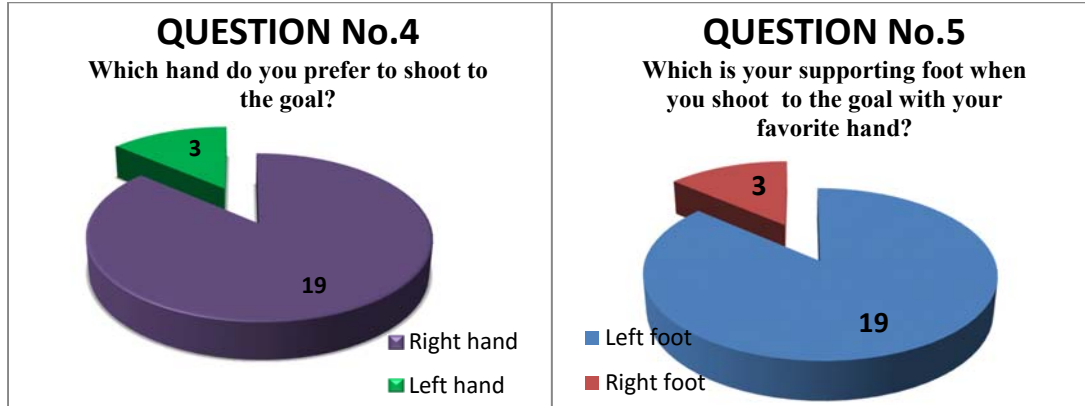
Characterization questions were placed at the beginning of the questionnaire, without having a running number. The questionnaire was applied to the handball team from Sports School no.1 in Constanța. The 22 handball players are 12-13 years old.



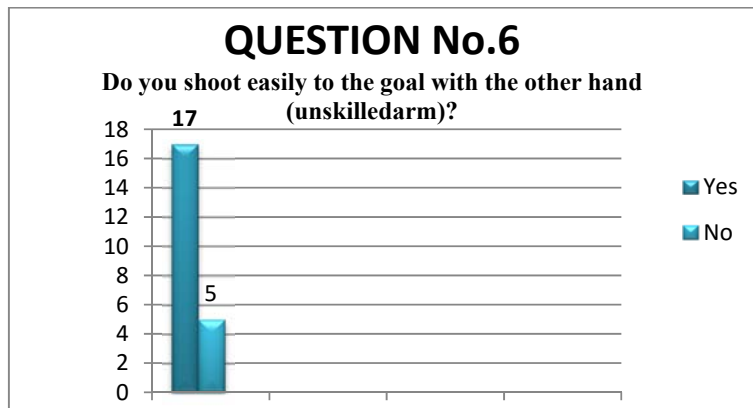
Graphic nr.1- question no.2



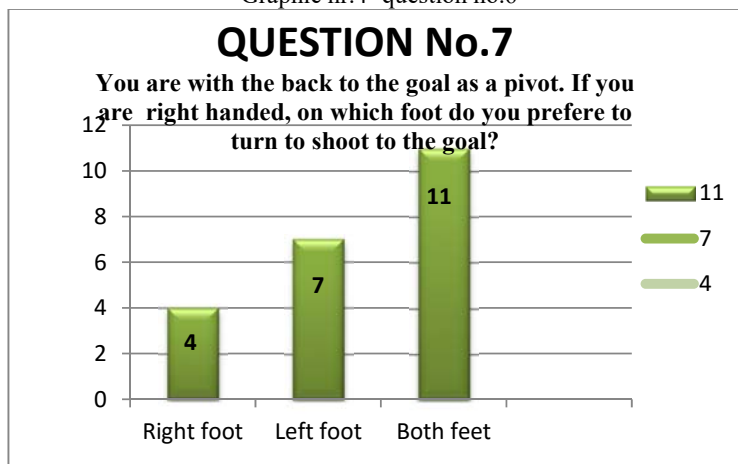
Graphic nr.2- question no.3



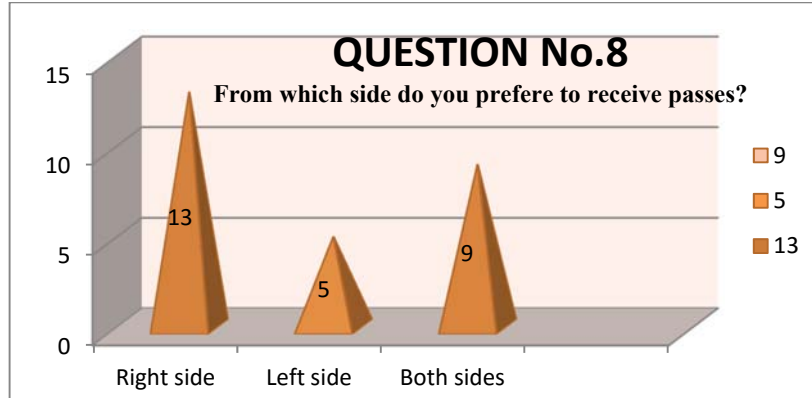
Graphic nr.3- question no.4 and 5



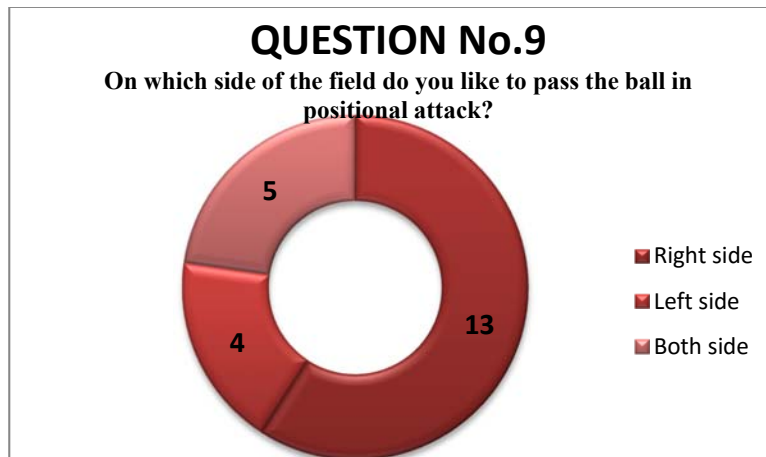
Graphic nr.4- question no.6



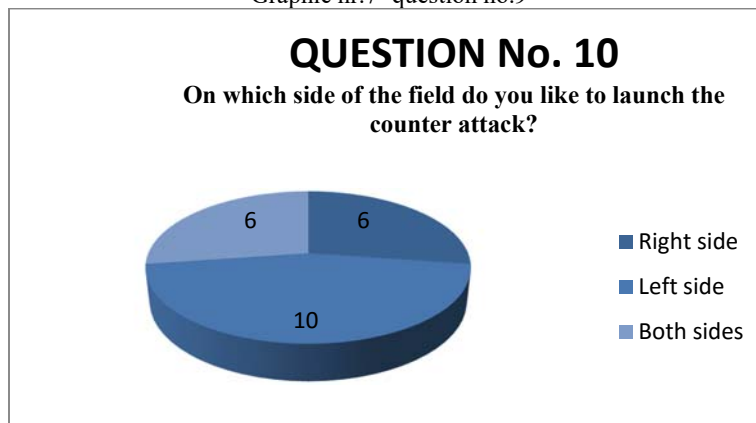
Graphic nr.5- question no.7



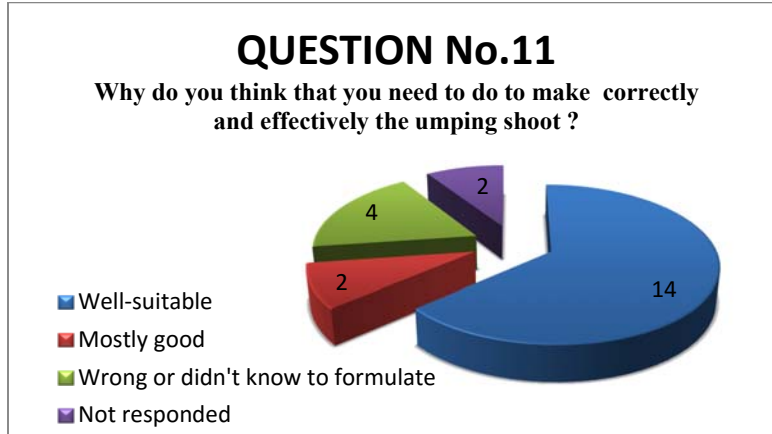
Graphic nr.6- question no.8



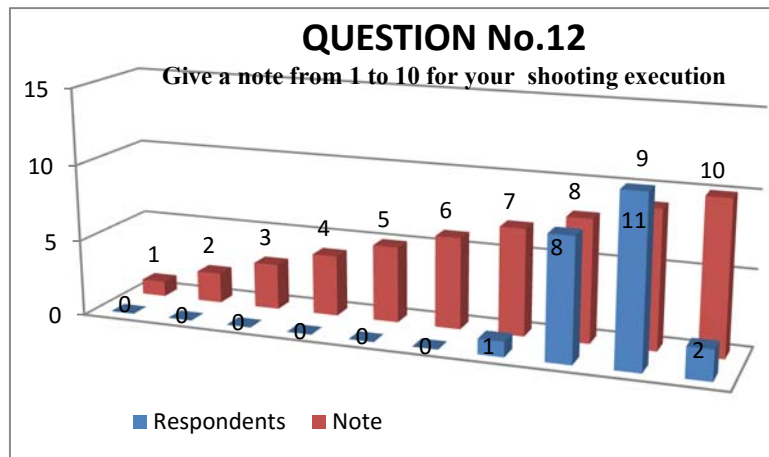
Graphic nr.7- question no.9



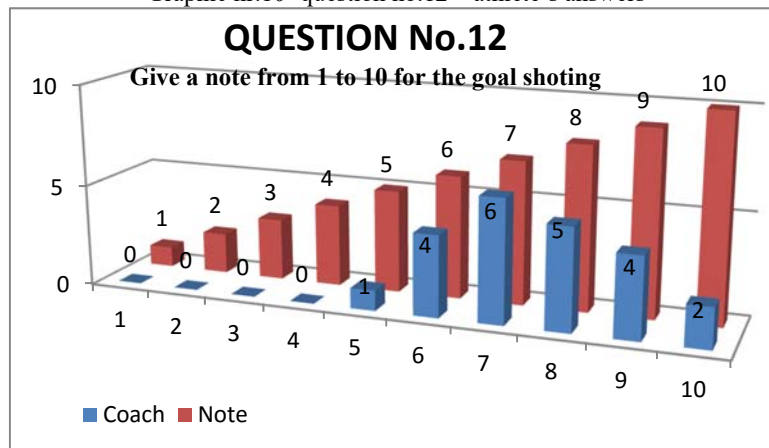
Graphic nr.8- question no.10



Graphic nr.9- question no.11



Graphic nr.10- question no.12 – athlete's answers



Graphic nr.11- question no.12 – coach's answers

Discussion

The analysis of the questionnaire applied to the handball girls team from Sports School No. 1 Constanța:

1. The handball players have answered affirmative 100% to the first question: "would you like to



participate in a study and answer as correctly as possible?".

2. Surprising for the coach were the answers for question No. 2 due to the fact that two handball players have granted 7 and 8 for the level of pleasure with which they practice handball, with mention that those two players were not poor athletes.

3. At question No. 3, 18 handball players answered with throwing to the goal while jumping although 5. Question No. 5 verifies the level of laterality and appreciation made by the athletes is according to the reality

6. As shown, to question No. 6, 17 the athletes answered that they easily throw to goal with the unskilled arm, which is overrated.

From the coaches records results that only six athletes throws easily with the other arm to the goal. The explanation for the incorrect appreciation of the athletes is that they are constantly working for ambidextrous, with movement games and effectively with throws to the goal.

7. Question No. 7 has been addressed to the athletes in order to harness the answers so that during workouts to run as many sets of shoots both the preferred side and the non-preferred side, game situations asking quite often to find technical and tactical solutions to avoid the opponent's defender and completion of this posture.

8. At question No. 8 the athletes answered in accordance with the execution required in training but their degree of sincerity and here is distorted because it is easily observed that all athletes prefers the passes coming from the direction of the skilled arm. (correct answer-19 from the right and 3-from the left)

9. At question No. 9 the athletes have answered more realistic, if we consider the fact that they answered to the right, 13 of the 19 right-handed athletes, 4 to the left and 3 are left-handed, and the other 5 have no problems with the direction from which the pass comes. We consider appropriate this question because the coach will be able to refocus the methods in order to achieve an improvement of this technical element, both to the preferred direction and the non-preferred.

10. Most of the answers (n = 10) of the athletes, to question No. 10 were for the "b" version - to the left. Taking into account that the vast majority are right-handed, we realize that the technical execution of the long pass is easier and is preferred to the opposite direction of the skilled arm.

11. It is noted that to question No. 11, the majority of the athletes have theoretically acquired the method of execution, the problem is that at this point, the coach believes that in proportion of 100% the technical procedure is not executed yet, correctly.

the execution technique is not so good at this age and it is not ruled very well by them.

We believe that the answers were induced by the fact that in training are required to throw a lot with the long pass. At question No. 4, the athletes responded correctly, 19 among them were right-handed and 3 of them left-handed. We can say that they have correctly assessed the level of laterality.

12. The degree of subjectivity of the handball players is observed by comparing the two tables where they give themselves notes from 7 to 10 and the coach from 5 to 10.

The findings have revealed that the athletes have responded honestly and the assessment of their level of laterality corresponded to the one stated in the questionnaire. From what they said they prefer to execute and actual level of technical executions were not recorded differences (questions 1,2,3,4,5,7,9,10) and where differences were assessed (questions 6, 8,11,12) between the athletes and the coach will intervene with additional exercises.

Conclusions

This study reorients technical and tactical preparation of players in terms of laterality and implicitly ambidextrous. The modern game of handball has to regard the preparation of psychomotor qualities since its infancy in this branch of sport.

As a result of the conducted study there are the following conclusions:

1. The handball players have answered with sincerity and assessment of their level of laterality corresponded to that stated in the questionnaire

2. Between what they said they prefer to execute and the actual level of technical executions are not big differences (questions 1, 2, 3, 4, 5, 7, 9,10).

3. Where the differences were considerable (questions 6, 8, 11, 12) between the athletes and the coach's opinion it will intervene with additional exercises

4. The present study is reorienting the technical and tactical training of the players regarding the laterality and so implicitly the ambidextrous.

5. The modern game of handball must have in mind the preparation of psychomotor training since their debut stage in this branch of sport.

Acknowledgments

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