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 Original article

THE IMPORTANCE OF PHYSICAL TRAINING IN TEAM SPORTS

MOJOIU (DIN) Mihaela Claudia¹

Abstract*

Aim. The aim of the paper is to realize a brief theoretical description of the physical training in team sports.

Physical training represents an integrated and permanent process, present at all times, in every period of the sports training. Modern team sports imply a superior physical training due to the fact that the game rhythm is steadily increasing. Defense game involves an evolved physical training. This is because the rhythm it is given by the attack team, while the defense team must adapt. Another reason that supports this idea is the movement of the ball which is faster than the players.

Conclusions. To have a better game, both in defense and attack it is absolutely necessary the permanent improvement of general and specific physical training hints.

KeyWords. Physical training, team sports, game.

Introduction

Physical training, the component of sports training, marks the entire training process, determines the performance of athletes both in training and in performance, and the evolution trends of the game world-wide indicate even an increase in the importance of this factor.

In sports activity, the level of physical training is actually represented by the ability of the athlete to perform motor acts in different regims of speed, strength, skill, resistance in order to achieve individual and collective actions that are part of the sports technique. (Simion, 2011)

In some cases, the physical training has been the secret ingredient of sports training to reaching high level performance, because team sports nowadays are characterized by complex actions as: receiving and passing the ball on and off, steering changes, jumping, shifting the temple when running,

etc. Thus, the body of the athlete must be prepared to cope with the training requirements, to highlight an optimal evolution in order to achieve better results.

The main objectives of physical training are to increase the physiological potential of the athlete and to develop his qualities to the highest level.

Physical training develops in the next succesion:

- general physical training;
- specific physical training
- high level of motive qualities. (Dragnea, Teodorescu, 2002 ; Bompa 2001)

The athletes develops the first two stages during the preparatory phase, when they are building a solid base. The third phase is specific to the competitive stage, when the main objective is to mentain what they have achieved and improving the necessary qualities.

Table 1. Development of physical training

The phases of preparation	The preparatory phase		Competitive stage
Development stage	1	2	3
Objective	General physical training	Specific physical training	Specific improvement of motive qualities

¹PhD Student at University of Pitesti, Faculty of Sciences, Physical Education and Informatics

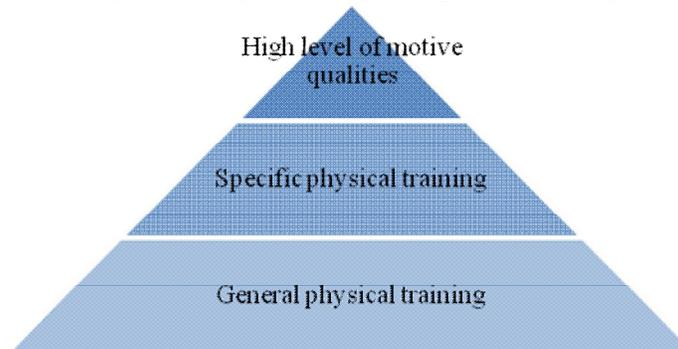
E-mail adress: mojiuclaudia@yahoo.com

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The longer the first phase is, the better the performance is in the competitive stage

Figure 1. Components of general physical training



From this point of view, physical training is a highly complex process, that requires a certain methodology for its realization.

General physical training in sports training, includes a unitary system of means and requirements regarding the performance of the athlete in training and competition. It enriches the general background of driving skills, ensures harmonious development without which no team sport can be practiced.

From this point of view, the general physical training is done with means and methods of general character, borrowed from other branches of sport, by means of transfer phenomenon, so-called non-specific means.

The main task of general physical training is to enlarge the physical training indexes so that the athlete does not encounter difficulties in making the effort actions. (Bompa, 2001)

The more and solid the general physical training is, the higher the level of motive qualities can be reached by the player. It's very important to highlight through general physical training. For young perspective athletes, general physical training it's about the same in all branches of sports individual or team sports. For advanced athletes, the general training correlates with the needs of the sport and with individual characteristics of the player.

The means for general physical training are taken, adapted and used from many sport branches or created and adapted by specialists.

In team sports there are exercises from athletics, gymnastics, dumb-bell that are used with frequency, and bring an improvement to the technique actions, training skills, body resistance, functional capacity in

order to adapt to different efforts, high speed and improved efficiency.

With the passing of time, while the training gets better, the level of general physical training has to reach, also, high standards.

At the end of the preparatory phase, the share of general physical training decreases, leaving its place to specific physical training.

Specific physical training - it's built on the basis of general physical training. Its main objective is to continue with the players physical development according to the team sport that they have been chosen. The improvements made to physical potential of the player, leans the path to higher effort volume during trainings and finally in contests or competitions. Except that, having a very good base in physical training helps in recovery, which is done much quicker.

Within the structure of modern sports training, specific physical training has an important weight since the second half of the preparatory period - towards its end - and throughout the precompetitive and competitive period. (Nicu, 1993)

The major role of this type of training is to make a decisive contribution to the quality training of athletes.

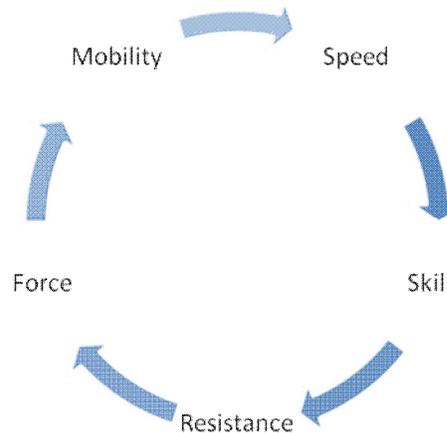
However, the only one can't saturate the requirements of improving the qualities, skills required by each sport branch, and hence the ability of the body to cope with various specific efforts.

Between the two types of physical training, there is a relationship of interdependence, both of which contribute to achieving superior sporting results by increasing the performance of the athlete and adapting the body to effort.

In the physical training process it is assumed that, although in very different proportions, all the motoring qualities are developing. It aims to achieve

higher performance availability for each individual motive quality. (Pradet, 1996)

Figure 2. Motive Qualities



In team sports, the development of *speed*, it's influenced in the physiological growth of the player. The same as for the other qualities, the training it is efficient only if it intervenes at the right age, mainly between the ages of 7 and 12 years.

The process of speed development it's complex and has to have other important elements, like the level of mastery of exercises and technical procedures.

For developing speed, at team-sports exercises will be preferred, from technical procedures and technical-tactical actions executed in contest conditions, game sequences, fast attacks, counterattacks, technical procedures, stacks, dynamic games. The breaks between repetitions have to be big enough in order to ensure a good recovery and to be prepared for the next exercise. (Ghermănescu, Gogăltan, Jianu, Negulescu, 1983)

Skill can be developed at younger ages. Progress is much higher than speed. The optimal periods of influence are between 6 and 10-11 years.

The importance of skill lies in the following:

- greatly influence the learning and perfection of papers new engines and their stability over time;
- promotes effective action and action under various conditions;
- determines the movements in optimal rhythm and tempo;
- promotes the superior capitalization of other motor skills;

- promotes the restructuring of the movements in the training phases high performance and in improving driving skills basic and applicative.

In sport training, the following measures are required, and methodical guidelines for skill development:

- the emphasis in training will be put on mastering as many numbers as possible great motor skills;
- exercises must present a high degree of difficulty; as the subject becomes accustomed to an exercise, it will increase its difficulty enhancing the demands on the precision of the movement, full motion coordination and its components; and the spontaneity of changing the situation;
- long enough breaks should be provided to allow complete recovery of effort;
- the workload in a lesson will be small, instead it will program a large number of lessons with development goals the various components of skill;
- the most favorable periods for skill development are childhood, puberty and adolescence when the body possesses it higher plasticity than in adulthood. At 6-7 years, it can work well on balance, joint mobility and muscle strength (local) which makes it possible to acquire a great number of skills motors. (Bompa, 2003)

Resistance, the quality that allows sustaining physical activity for long periods of time, is important in those sports that last longer than 1 minute. It is necessary to have a good resistance in all team sports from volleyball to football. The main advantage of resistance in most sports is that it helps



the athlete to tolerate the demands of training and competitions. An athlete with a good base of resistance will cope much more easily with training, competitions, contemporary sports.

In sports, tiredness is the number one enemy. Athletes who do not actually deal with fatigue have all the chances of poorly evolving, lose the match or the game. The tiredness also affects the power of concentration, as evidenced by the technical and tactical mistakes and the inaccuracies of execution. This explains why, at the end of a match, visible mistakes are becoming more and more numerous. Athletes who want to improve their game need to develop their capacity of resistance.

As well as the speed, the resistance - is heavily influenced genetic, because the proportion of slow and fast muscle fibers determines to a good extent the potential for resistance of an athlete. Genetic baggage and biological structure represent up to 70% of the final performance in a sport. However, the mere fact that an athlete has natural qualities for resisting physical activities does not mean that he will always be the best performer. Ethics in preparation, determination and motivation to work hard can often fill the lack of talent.

Force is simply defined as the ability to overcome a resistance. Strength increases the level of performance and manifestation of many sports skills. All the skills that athletes have to perform to defeat different forms of resistance will gain from strength improvement. Preparing for strength not only helps the athlete to prevent injuries, but also assures a strong base for subsequent phases at high performance. A misconception about strength training is that it would be profitable only for bodybuilders and weightlifters. As demonstrated in the past two decades, many athletes have improved their performance with strength training faster than insisting on the qualities specific to the sport discipline chosen.

Power training is an integral part of the training of athletes: footballers, handball players, basketball players, etc. Nowadays the theory has changed so much that some believe that no one can be fast ahead of being strong, that no one can make a higher bounce or breakout without preparing the force and that no one can throw or kick the ball without having strong arms or strong legs. Indeed, strength training has gained an important place in most sports. (Nicu, 2003)

Force can also be combined with other factors, such as speed and endurance. In the first case, force and speed result in power, that is, the extent to which

force can be generated. It is usually a quick combination, the explosive force - the force of detachment at the jump. The second case, strength and resistance, is called muscle strength and defines the ability to perform many repetitions against a resistance.

In addition to improving performance and assuring injury, strength training is also beneficial for health.

The advantage of strength training can be both social and psychological, in the sense that this type of workouts sets the individual discipline and the mental determination to perform a task. Moreover, a strong person releases more self-esteem and more confidence in his own forces. (Harre, 1973; Ozolin, 1972)

Mobility targets the amplitude of movement around a joint. Improving mobility plays a fundamental role in the training program for the young athlete, as good mobility allows it to easily execute various moves and skills and contributes to the prevention of injuries.

The ability to perform well a wide range of moves and skills depends on the aptitude of the movement, which must be higher than it requires the specific skills of the sport. For example, to take a high kick with a ball in a soccer match, players must raise their legs to the chest level and for this they must have sufficient mobility. If they do not have so much mobility, they will not be able to absorb and perfect the various movements practiced in this sport.

Training on mobility is also a strategy to prevent injuries. In most sports there are repetitive movements, often of low amplitude, which can lead to muscle contractions and possibly stretches or breaks of muscles.

The development of mobility therefore aims not only to meet the demands of a sport but also to expand the amplitude of the movement normally required in the sport.

The best moments for stretching exercises are the end of the general warm-up, the rest interval between the exercises and the end of the training lesson.

Conclusions.

- Physical training is one of the most important factors in athletic training in order to achieve great performance
- Developing and training the body for activities and movements with applicative character is one of the main objectives in physical training;



- Through this training process is being pursued the strength and maintaining a good health of the players, increasing the resistance of the body;
- Through physical training a player reaches an improvement of motor skills and an increased ability to adapt to any new process or any difficult situation to improve the technique and tactical action;
- The process aims for improving the physical fitness of speed, force, skill and resistance;
- It is being watched getting a general degree of training as high as possible and easier entry into sports form;
- To have a better game, both in defense and attack it is absolutely necessary the permanent improvement of general and specific physical training hints;
- With a good physical training a team can face the attacks of the opponents without losing the pace and perform at a high level;
- A good physical training helps the players to have a better recovery after effort actions, trainings, competitions and prevent the unfortunate injuries;
- Physical training must be done by qualified people, following a well-established training plan;

Acknowledgments

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