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Original article

STUDY ABOUT THE LAUNCHING OF THE GAME FROM THE MARGINS STATICS PHASE IN RUGBY FOR U15-U16 JUNIOR GROUPS

POPESCU RADUCU¹, MOCANU NICOLAE RADU², TRANCĂ SORIN – CĂTĂLIN¹

Abstracts

Argument. The margin fixed moment has a special importance as the launches in the game present a large range of attack options but also the possibility to test the vigilance of the defense team. This fixed phase, besides the multitude of attack possibilities with participants on the margins, may also generate a full speed attack of the backs as the regulation specifies that the players who are not involved in the game should be placed at least 10 meters away, space which allows the players to lead the ball in any attack area. We may say that the launching of the game can have an important role in winning the game but can also grant the rugby game a spectacular touch. It is very important to pay a special attention to this fixed moment of the rugby game starting with the youngest groups of children and juniors in order to create a solid base for the senior teams and for the national team of Romania.

Methods. I have chosen as case study methods, the observation and the speaking method. I have monitored the evolution of the under 15 team from „Nicolae Rotaru” Sports High School of Constanta which played in the Junior National League during the whole competitive year, both during groups phase as well as in the finals, before and after (round-trip matches) 2018. The accent on the specific training was done between the round-trip matches especially, during the specific training in the mountains, Tusnad place. In the period between the round-trip matches, the training period included, I have followed the improvement of the margin game and I have awarded a special attention to specific training. I have insisted on reaction speed improvement and the development of the force for speed operation. To develop the force for speed operation I used intensities between 65%-95%, with 4-6 repetitions and 5-6 series in a cycle of 4-6 exercises. These exercises were performed in a space of 10 meters while trying to approach the margin fix moment positioning. Furthermore, for an increased efficiency, the exercises have been performed on a downhill and the snow helped us to raise the efficiency of the selected games and exercises.

Conclusion. After the training program, the margin efficiency increased with 13,1 %, as follows: the team benefited of more balls and more launches. The percentage was of 76,6 in the first games versus 64,5. This also led to the raise of possession. We had a 66,2 % possession in the second match versus 57,3 % in the first half of the championship, so there was a raise of 8,9%. Thus, it can be noticed the improvement between the two halves of the championship, which it was also confirmed as we won the championship at the end of the competitive year. Beyond possession, the balls won and the „won ground” thanks to this technique raised from 13,6 to 20,4 balls won each match.

Keywords: rugby, margin, won ground.

Introduction

Fixed momentary edge in rugby is of particular importance as the game launches in this phase offer us a wide range of options for attack as well as testing the vigilance of the defense team. This fixed phase, besides the multitude of attack possibilities, with the participants at the edge can also generate a full-speed attack of the three-quarter line due to the fact that the regulation obliges the non-participants at the edge to be seated at least 10 meters, a space that allows players to carry the ball in any attack zone. We can say that the game launches from the sidelines can play a decisive role in winning

the matches, but also a note of the spectacular rugby game. It is very important to pay particular attention to this fixed moment of rugby since the smallest groups of children and juniors to create a solid basis for the senior and national teams of Romania.

In order to correctly conclude the role of the fixed phase edge in the rugby game economy, a concise and efficient analysis of the data and statistics from the matches discussed is needed. During the competition the National Division of Youths 2017-2018 edition for the category under 15 years, there were several parties whose data and statistics were analyzed in this study. In particular, we analyzed the data of the High School team with "Nicolae Rotaru" Constanta Sports Program, the team

¹Faculty of Physical Education and Sport, Ovidius University of Constanta, Romania

²Liceul cu Program Sportiv „Nicolae Rotaru” Constanta, Romania

Email: raducu.popescu22@gmail.com

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that is coached by me and that this season managed to finish the championship without defeat.

Proper training and the special attention paid to the open game but also to the fixed phases have led to an increase in the value of the players and individually but especially collectively. Most of the players have chosen the correct approach in the fixed phases which gives them a decisive advantage in the game and brings them the win in the disputed games. The data analyzed below confirm that the efficiency of a team has a decisive role in its success.

In the graphs and tables below the efficiency of the L.P.S. "Nicolae Rotaru" from Constanta in the static phase and the game launches that are influenced by the percentage of success from the edge. The efficiency of the actions after the fixed phase will be monitored.

The fundamental part

Through the experiment of the proposed theme we want to make the rugby game more efficient in the category of under 15 years, by maintaining possession and permanently applying pressure on the opponents in the game launches from the sidelines. At the same time we want to improve the training and involve the players in making decisions for the efficiency of the game.

We chose as case study methods, conversation method and observation. We monitored the evolution of the High School with "Nicolae Rotaru" Sports Program from Constanta during the entire 2017-2018 competition year, both in the group stage and in the final stages.

The subjects were selected from the High School with "Nicolae Rotaru" Constanta Sports Program. In the case of the experiment I applied the technique of the experiment for a single sample, before and after (tour and return). The focus on the specific training was put in the period between the tour and the return, especially in the mountain training camp in Tuşnad. I insisted on developing the reaction speed and increasing the speed force.

For the development of the force in speed regime we used intensities between 65% -95%, with a number of 4-6 repetitions and 5-6 series in a cycle of 4-6 exercises. These exercises were performed on a space of 10 meters, in an attempt to get closer to the position in the fixed phase edge. Also, for increased efficiency, the exercises were performed on a slope, in the snow, to increase the efficiency of games and exercises.

In order to improve the strength in the resistance regime we performed training and playing phases with a longer duration and at an intensity of 65% -80%.

One of the exercises that helped us to improve possession over a longer period was done on the slope, on the snow-covered surface where we kept the game under attack, without stopping, for 2 minutes. The exercise was 7 against 7 and the team with possession attacked on the slope and the others defended towards the valley. Regardless of whether there was a mistake in handling the balloon, the exercise was not interrupted so as not to affect physical training. After two minutes the attacking team was defending and vice versa. In this way I had a phase of over 4 minutes of play consisting of an attack phase and a defense phase. It is very important that during this exercise, in addition to the physical training, the players learned to collaborate and organize in groups of 2 or 3 players, to give continuity to the game and avoid wasting their energy.

In addition to the 2 forward players on the sidelines and the player from the receiver's position, a forward player was also used. All 3 were chosen for their somatic and physical qualities (high and agile). This approach allows us to play in the following way:

- in zone A if the opposing player (the counterpart of the first man on the edge) is not tall or careful enough. The balloon is caught and grouped to form a mole of the 3 forward + shooter. This move forces the opponent to bring additional forces when they cannot stop the mole from advancing, which causes an imbalance of forces in another area of the ground. The moment when the opponent brings the surplus of players to stop the pressure put by the advancing mole is the sign for the attacking players to take out the ball and to take it as quickly as possible through the passes in the area where the opponents are inferior (zone 2 or 3).

- in zone B if the second player is not properly marked by his opponent. This one after catching the ball can attack directly through the aisle due to the small number of players on the edge, sustained and by the other 2 near by. On advancing them the midfielder can later opt for an attack on the closed side with a new group of non-participating players on the sidelines or open the game on the third line depending on the position of the opponents.

- in zone C with the player in the position of the receiver who can enter the lineup after the ball leaves the shooter's hands and can launch a surprising attack on the back. This fast and surprising attack most of the time creates a moment of panic and unbalance among the opponents and attracts many defenders in the near area. High chances of success after the opponents gather near the ball are if we open the ball on the third line and it is passed at very high speed until zone 3 where the wing or defender can

gain a lot of ground or even score a try. This approach has often helped our team to gain a lot of ground and gain important points in the economics of the games played.

Before and especially after the mountain training, during the championship, I observed the evolution and progress of the players at the fixed-edge moment. In the graphs and tables below we

followed the efficiency of the L.P.S. "Nicolae Rotaru" from Constantza in the static phase and in the game launches that are influenced by the percentage of success at the margin. We also monitored the efficiency of the actions after the fixed phase, the possession and the meters gained by our team in the important matches in the championship.

Edge statistics - LPS "N. Rotaru" team Constanta and opponents in direct confrontations with our team

	Total margins played	Total margins won	Total lost edges	Percentage efficiency margin	Ranking final
LPS CTA	89	72	26	73.4 %	1
Pantelimon	28	19	10	65.5%	2
C.S.S. Gura Humorului	7	3	4	42.9%	3
C.S.A. Steaua Bucuresti	19	11	8	57.9%	5
C.S. Aurora Baicoi	16	7	9	43.7%	6

Edge statistics - LPS team "N. Rotaru" Constanta between return and return

	Total margins played	Total margins won	Total lost edges	Ranking final
Championship Tour	31	20	11	64,5 %
Return of the Championship - final phase	67	52	15	77,6%
Difference between return and return	36	32	4	13.1%

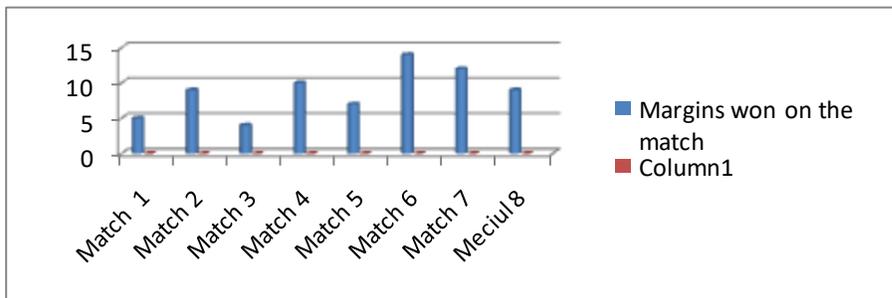


Chart 1

- In this graph we observe the number of margins won in each match and the significant increase registered in the return of the championship and in the final stages.

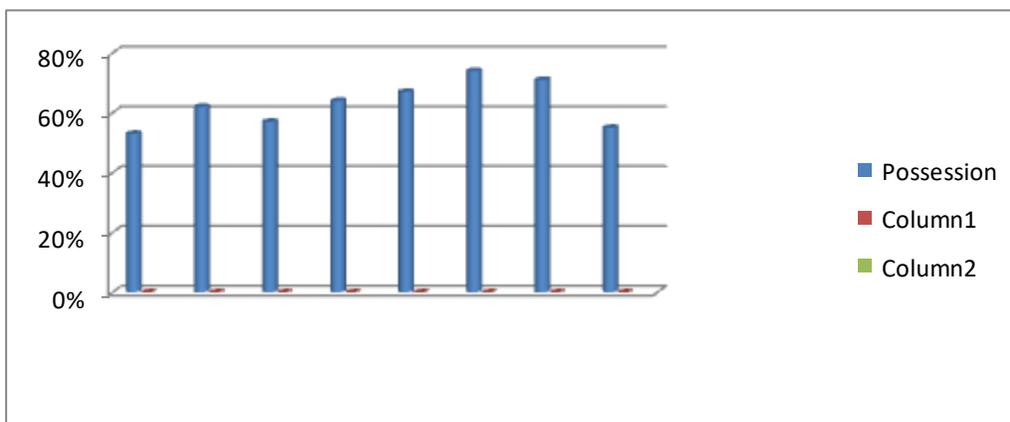


Chart 2

- The possession increased significantly in the return of the championship and in the final stages.

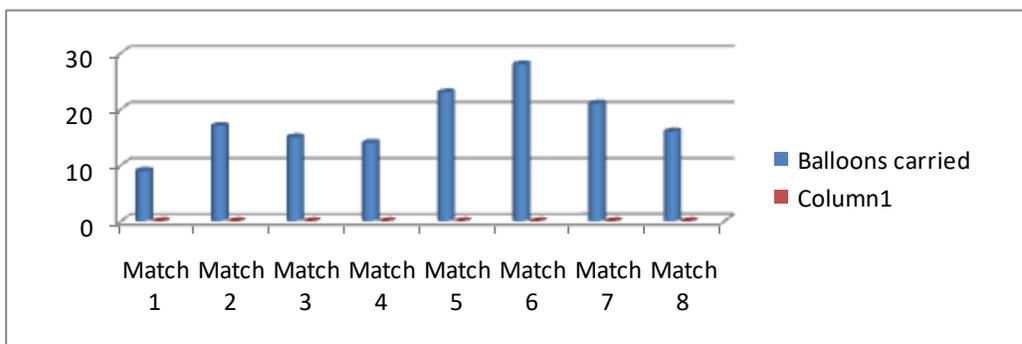


Chart 3

- The number of balloons carried has increased considerably and at the same time the gain of the field.

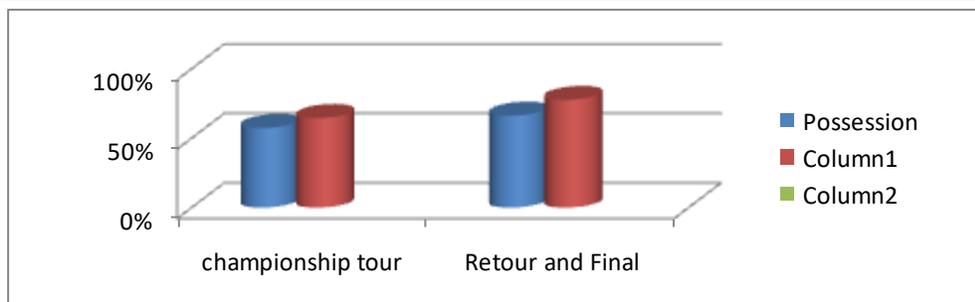


Chart 4
 - The efficiency at the margin increased by 13.1 between the matches of the lap and the return-phases.

The results of the games played by L.P.S. "Nicolae Rotaru" Constanta
 -The possession increased considerably- 8.9% between return and return.

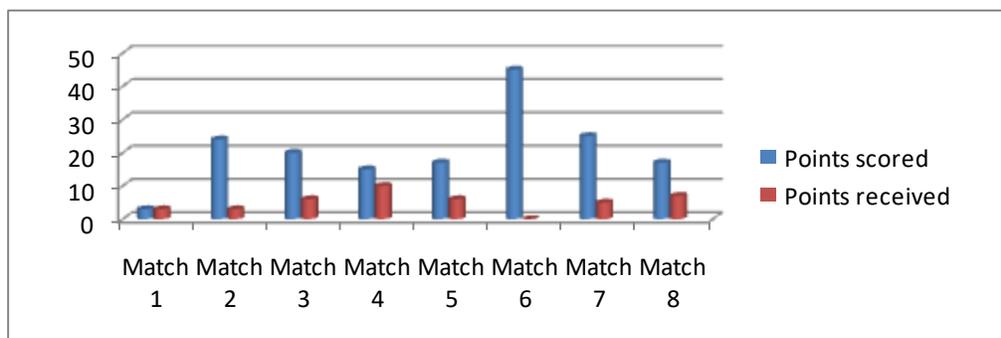


Chart 5
 -This graph shows the points scored and received throughout the championship.

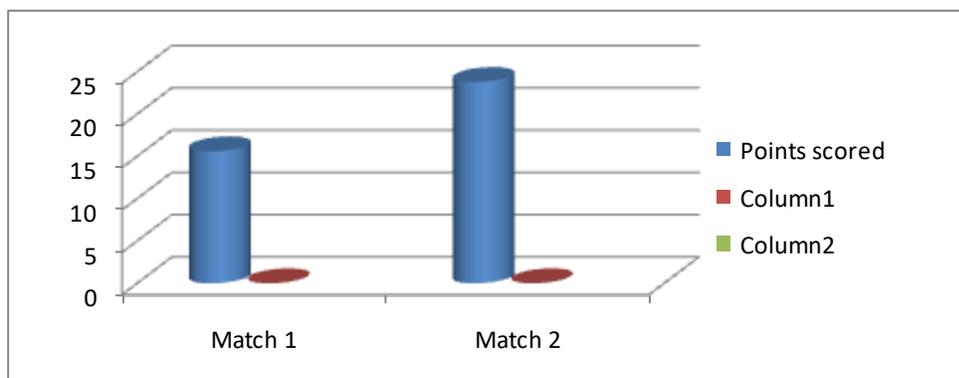


Chart 6
 - The average of the points scored on the match shows the consistent increase between the round and the return.

This increase was influenced by all the values recorded in the previous charts and led to the winning of the championship.

Final ranking of the 2017-2018 season

1. L.P.S. "N. Rotaru" Constanta - National champion
2. C.S.O. Pantelimon - National Vice Champion
3. T.L.C. The mouth of humor
4. T.L.C. The union of Iasi
5. C.S.A. Steaua Bucharest
6. C.S. Aurora Baicoi
7. T.L.C. Barlad
8. T.L.C. tecuci

From all this data the following results:

- from the teams participating in this competition and from the matches played by L.P.S. "Nicolae Rotaru" Constanta sees clearly that the percentage of success in the static phase phase has increased in the teams that occupied the first positions in the standings.

- the rest of the teams have a lower percentage of success on the sidelines in direct meetings with our team.

- in all margins the team of L.P.S. "Nicolae Rotaru" Constanta used a small number of players to have higher chances of success but also the opportunity for more dynamic game launches.

- the mole was used as a continuation at the edge but not as a goal in itself but to create panic in the defense and then the game was moved very quickly to another area of the field. .

- In 75% of cases the mole was very efficient and important meters were gained.

- team L.P.S. "Nicolae Rotaru" Constanta had a percentage of over 75% success on the sidelines, which led to many dynamic game launches and later scoring at many points.

-75% of the margins with full cash were played directly outside for the third quarter line

- the very high success rate at the static phase of the first two teams ranked is an indicator of the importance that must be given to this phase.

- The margins used gave the players a lot of decision power, which makes us hope that in the future we will have capable and intelligent players.

- The players made quite a few mistakes and managed to maintain possession for a long time, reaching the remarkable performance in the semi-finals of playing 2 minutes and 15 seconds (15 phases) without stopping, an action ended with a try (a very rare thing in this category. of age).

- the special attention paid to the static side phase helped and made the difference most often in

the game of our team. Players have often opted for game launches that involve as many players giving up individual play.

- the high percentage of success on the sidelines but also the small number of errors clearly shows that it is the right way to a competitive and future team.

Very important in all these cases is to play at very high speed and be a very good coordination between the players. Quick and accurate runs give the possibility of efficient game launches that put pressure on the opposing defenses and most of the time forcing them to produce imbalances in the defensive block. This pressure and the imbalances created between the opponents if they are continued with a dynamic and collective game lead to points and implicitly to the winning of the parties.

The most important thing is that young players understand from the age group of 15-16 that rugby must be creative and play at very high speed in order to put pressure on the opponent permanently. As the game is more dynamic and better thought out, both opponents are subject to mistakes. It is extremely important for players to understand why they do these things and let them decide how they will launch the game and what continuation is needed to take advantage of the created advantage. These decisions help them to be confident players and able to make decisions at critical moments or with a high load.

There doesn't have to be a lot of game options in the beginning to keep from upsetting them. But as their confidence increases and they become more masters of themselves, various technical artifacts can be added to enhance their vision in the game and increase their range of knowledge. If they are loaded from the beginning with a lot of information they can make a lot of mistakes and then the confidence and the pleasure of playing can disappear.

This information should be delivered in the most enjoyable way through various exercises and games that help them increase their enjoyment of playing.

At this age, the desire to win should not be a priority. Team play should be encouraged and players should be encouraged to play as many roles as possible.

The L.P.S. "Nicolae Rotaru" Constanta did not aim to win the championship. The main objectives were:

- The trainings and the matches will be pleasant for the children and they will come with the greatest pleasure.

- To help the children discover the mysteries of this sport and to love it.

-To build a pleasant environment of understanding and respect between the players but also with the staff.

- Last but not least, we offer young people sports education.

Conclusions

It is clear from the data obtained and processed that between the round and return matches we have a significant improvement of the game in all the chapters related to the margin and game launches.

The efficiency in the margin increased by 13.1% so the team benefited from more balloons and game play. The percentage was 76.6 in return compared to 64.5 in the tour. This also led to the improvement of possession. We have 66.2% possession in return compared to 57.3% in the championship round, so an increase of 8.9%. Here you can see the improvement between the round and the return, a fact confirmed by the ranking in the first place in the championship at the end of the year. In addition to the possession, the number of batons worn and the land gained through this process increased from 13.6 to 20.4 balloons per game.

- in more than 75% of cases the mole was very efficient and important meters were gained.

- team L.P.S. "Nicolae Rotaru" Constanta had a 76.6 percentage of success on the sidelines, which led to many dynamic game launches and later scoring at many points.

In the modern game, the static phase is actually a very dynamic moment in the game that can give teams the chance to launch a wide range of attacks. The game launches from the edge give the possibility to a variety of attack variants and highlight the motor and physical qualities, but also leave room for the creativity of the players.

In the modern game the static phase is actually a very dynamic moment of the game that can give teams the chance to launch a wide range of attacks. The game launches from the sidelines give the opportunity to a multitude of attacking possibilities and showcases the motor and physical qualities but also leaves room for the creativity of the players.

The margins and launches of the game from the edge place a decisive imprint on the dynamics of the game and on the final result of the games. Not infrequently, these moments played a decisive role in the designation of the winners.

It is a certainty that the implementation of modern methods already used and demonstrated at a

very high level by the most powerful teams in the world, can help us to increase the level of sports with the oval balloon in Romania, especially for groups of children and juniors.

Training methods must lead to the formation of dynamic but also creative and intelligent players who know how to adapt to the demands of the modern game. If we do not let the little athletes make decisions and become actively involved in the game strategies we will have in the future some robots that will play without thinking and will not be able to climb to high performance. As the information palette is richer the younger players will be able to find the necessary methods to open any defense but to counteract the various surprise situations created by the opponents.

It is very important for the Romanian coaches to adopt modern methods and to involve the players in the creation of training exercises and subsequently in discovering the game strategies and the good decisions to make during the matches.

Current rugby requires very good preparation on all levels. If in the past the players were prepared to face only the requirements of the position they play, nowadays they have to show a very good training but also adaptability to be able to fulfill any role in the game of rugby.

About the players involved in this study we can say that they have made great progress and that they prove their efficiency in the game, a fact demonstrated by the results obtained. Their decisions on the field and their manifestations have most often led to a spectacular and enjoyable game for the public. All these give us hope that we will have quality rugby in the future that will attract more practitioners and bring more people to the rostrum.

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