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Original article

IDENTIFICATION OF PREDOMINANT MOTOR SKILLS AT THE LEVEL OF GIRLSHANDBALL TEAMS JUNIORS III

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Abstract

Objective. The purpose of this study is to identify the main motor skills involved in performing specific motor actions for junior girl's handball players aged 13-15. This was done on the basis of a sociological survey conducted through a questionnaire consisting of a series of questions formulated and aimed at identifying the degree of involvement, role and importance of developing motor skills in handball teams, juniors III. During the survey questionnaire, 55 trainers with handball specialization and theoreticians from the faculties of physical education and sports with handball specialization were interviewed, the questionnaires being distributed in letter and online format.

Methods. The research methods used during this study were: the method of analyzing the specialized and interdisciplinary literature, the pedagogical observation method, the survey method, the statistical-mathematical method, the graphical method and the tabel method.

Results. The answers obtained were statistically processed and graphically represented in order to interpret them and draw conclusions.

Conclusions. The conclusions drawn from the interpretation of the answers of the interviewed specialists indicate that it is necessary to implement a unitary training concept specific to each category of juniors, as well as to apply training methods in accordance with the current requirements of the performance handball. At the same time, the general conclusion that emerges, highlights the fact that at each level of performance there are certain motor qualities that are acted upon as a priority, based on the principles of interference and transfers on the other motor qualities.

Key words: handball, juniors, motor qualities, physical training, sport training.

Introduction

Currently, the handball game includes a new methodology for training athletes, determined by the continuous evolution in recent years, which involves a particularization of the motor structure and specific technical-tactical content in all categories of athletes practicing this sport.

Physical training is a component of sports training which aims develop of motor skills, to educate functional capabilities of the body and to acquire a large number of basic and specific motor skills (Siclovan, 1977, p. 15; Matveev, Novikov, p. 352; Nicu, 1993, p. 255). This topic is quite common in specialized works, specific to the field, being present in every stage of sports training, representing, from my point of view, the „engine” of the training process on which learning, strengthening and improving other components of sports training is based.

Physical training is divided into general physical training and specific physical training, so that in the training process there must be a harmony between those two, „both forms being included in the training program of a handball player, be he a child, junior or senior, boy or girl” (Bastiurea, 2014, p. 79).

Motor qualities are defined as „the set of an individual's physical and biological potential, which is manifested by the execution at maximum parameters of a motor act or motor structure in direct relation to space and time, translated by speed, duration, load, amplitude, precision, coordination”(Savescu, I., 2009, p. 52). After studying the specialized literature, we can specify the fact that in the accomplishment of any motor act a motor quality dominates, but it does not manifest itself in isolation but together with another

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motor quality.

At the level of children and juniors, it is important that physical training occupies a leading place in their training process, because „technical-tactical executions are not mastered correctly than in the conditions in which there is or is achieved through training an optimal physical support” (Ghermanescu, Gogaltan, Jianu, Negulescu, 1983, p. 253).

In the training process of athletes aged 13-15 (juniors III) the focus will be on the development of speed, coordination skills and endurance, but will also be given a significant weight to the development of strength. At this age, specific to the

puberty period, the selection and application of the means of preparation must be made in full accordance with the age peculiarities of the subjects, the preparation phase and the structure of the dominant motor qualities.

In other words, the conceive and elaboration of training programs at this age level must be based on the continuous development of the specific and dominant motor qualities of the handball game to ensure continuity in the training process of athletes and the creation of premises leading to achieving remarkable future performances and training of perspective athletes.

Material and method

Table 1. Questionnaire survey addressed to specialists

Questions	Answer options	No. of responses
1. What is the attention you give to physical training in training and preparation of athletes aged 13 to 15 years?	To a very small extent	0
	To a large extent	0
	Medium	13
	To a large extent	21
	To a great extent	22
2. Do you consider that physical training beneficially influences the other components of sports training?	To a very small extent	0
	To a large extent	1
	Medium	2
	To a large extent	10
	To a great extent	43
3. Do you consider that the physical training of the team was influenced by the amendment of the regulations for the National Championship organized by FRH for the junior category III starting with the 2016-2017 competition year?	Yes	24
	Maybe	20
	No	12
4. Currently, referring to the national competitive level for the category of athletes aged 13-15, do you consider that physical training needs improvement?	To a very small extent	0
	To a large extent	2
	Medium	5
	To a large extent	13
	To a great extent	36
5. To what extent do you agree with the implementation at national level of a methodical line for the development of the motor qualities of juniors?	To a very small extent	0
	To a large extent	1
	Medium	3
	To a large extent	9
	To a great extent	43

Hypotheses of the research: Applying a questionnaire based survey to investigate the opinions of specialists in our field research, can provide us with information on identifying ways to

act indispensable for a perspective preparation that leads to a high level of performance.

The purpose of the research: The aim of this study was to establish the level of development of motor skills in the youth segment at national level.

Subjects of research: The questionnaire was applied to a number of 56 specialists whose professional value was proven by the quality of their answers.

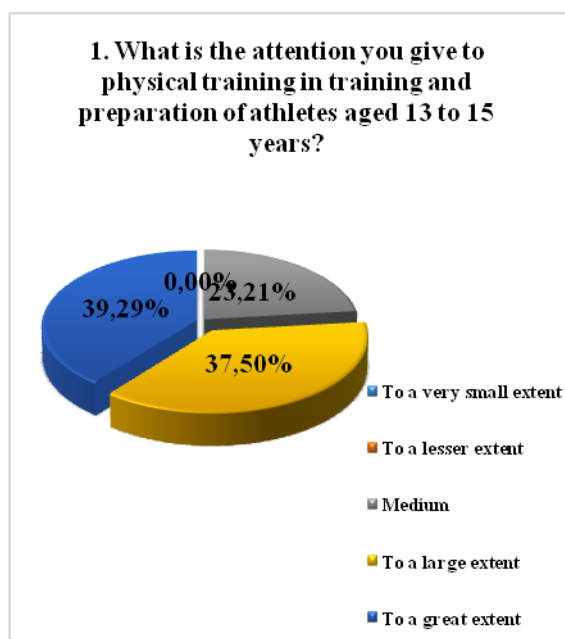
The research methods: In order to carry out the study, the following research methods were used:

the method of analyzing the specialized and interdisciplinary literature; method of pedagogical observation; questionnaire-based survey method; statistical-mathematical method; tabular and graphical method.

Results

6. In the preparation process of children aged 13-15 years you consider as a priority the development of motor quality:	To a very small extent	To a large extent	Medium	To a large extent	To a great extent
Streght	0	3	27	17	9
Speed	0	0	2	19	35
Resistance	0	2	12	22	20
Coordination skills	0	0	2	24	30
Mobility	0	3	7	20	26
7. Mention the percentage you give to physical training in a weekly cycle:					
	0%	20-30%	30-40%	45-50%	Peste 50%
Preparatory period	0	1	1	5	49
The competition period	0	1	13	35	7
Transition period	0	17	31	6	2

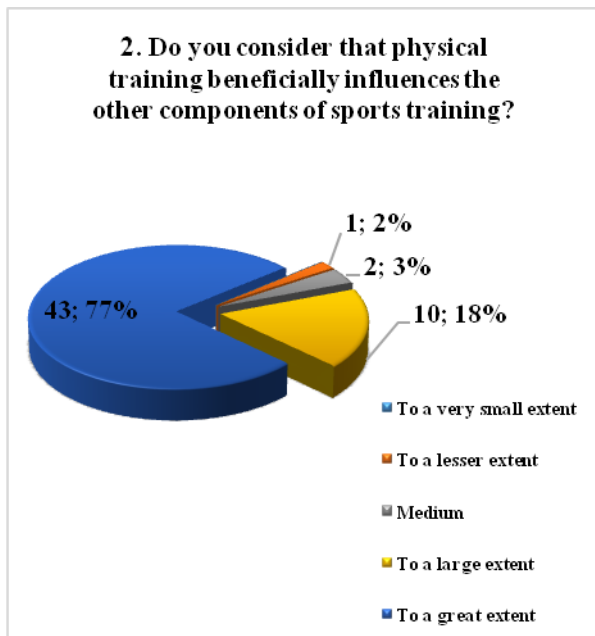
Chart no 1 - Question 1



specialists *award great extend* to physical training in the training process of athletes aged 13-15 years, 37,50% of them give a *big attention* and 23,21% *amedium attention*. We can see that these answers confirm that „at all levels handball performance, physical training is what marks the whole process of preparation leading athletes efficiency to

The analysis of the answers to the first question (chart no. 1) shows that 39,29% of the interviewed

Chart no 2 - Question 2



training and competitions” (Mihăilă, I., 2014, DOI: 10.1016/j.sbspro.2015.02.262).

To the question no. 2 (chart no 2) a number of 43 specialists among those surveyed consider that physical training *greatly* influences the other components of sports training, which represents a percentage of 76,79%, 10 of them believe that the influence of physical training is *high*, representing a percentage of 17,86%, 2 of them we find *consideraverage* level, representing 3,57% and only one is of the opinion that the influence of physical training is *small*, representing 1,79%.

Chart no 3 – Question 3

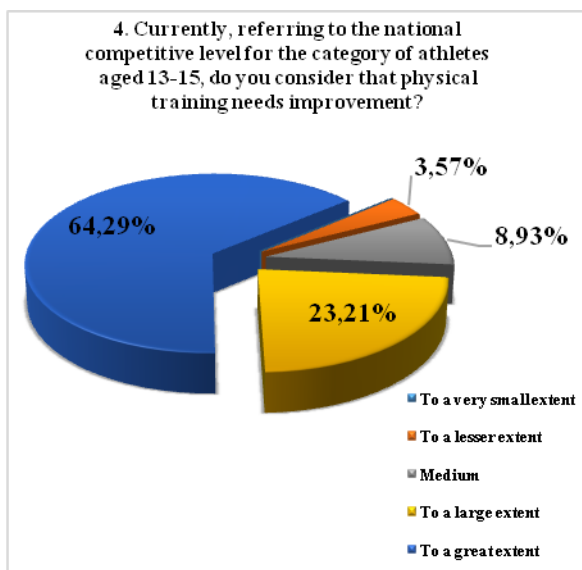
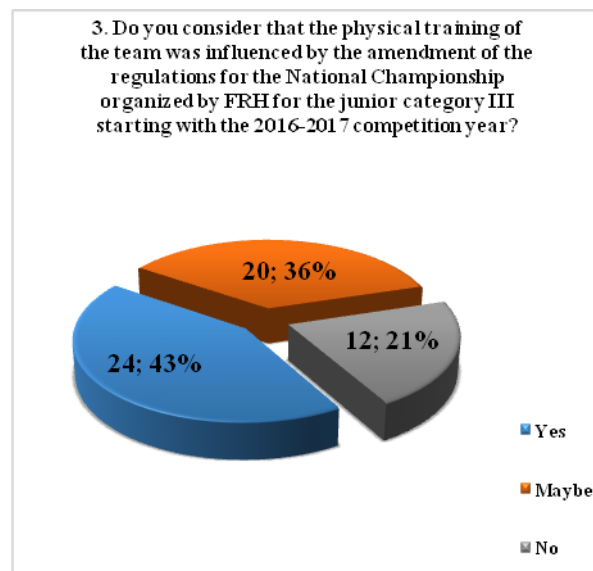


Chart no 4 - Question 4

Analyzing the answers to question no. 3 (chart no 3) we notice that, 42,86% of the respondents consider that the changes brought to the regulation of the National Handball Championship at Junior III *influenced* the physical training of the teams, 35,71% of them answered *maybe* yes and 21,43% consider that the amendments to the regulation did *not* influence the physical training of the teams at all.

Regarding the answers to question no. 4 (chart no 4) shows that 64,29% of specialists consider that physical training at the level of athletes aged 13-15 years needs improvements to a *great extent*, 23,21% of them believe that this component of sports training needs a *larger* improvements, 8,93% *medium* improvements and 3,57% *lesser* improvements.

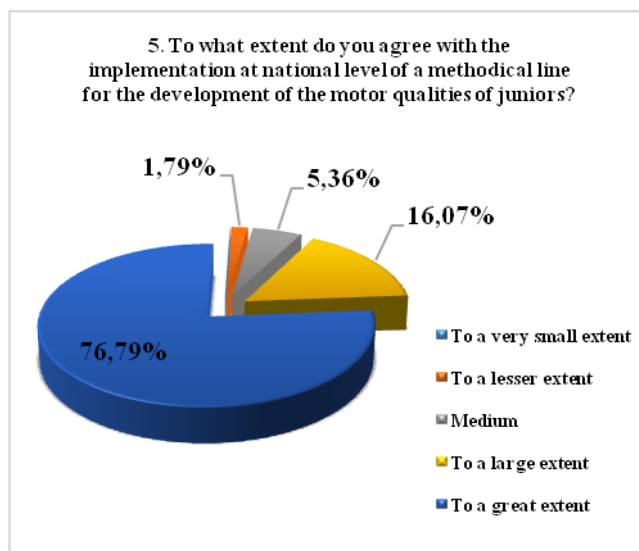
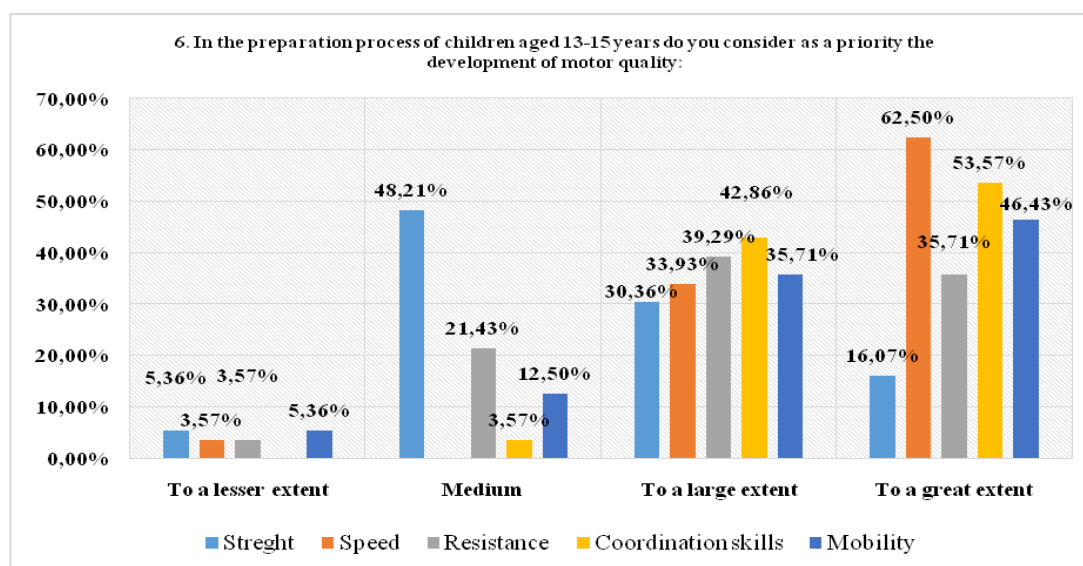


Chart no 5 - Question 5

To the question no. 5 (chart no 5) we can observe that, 76,79% of the surveyed specialists consider that there is a *very great* need to implement a methodical line at national level in all

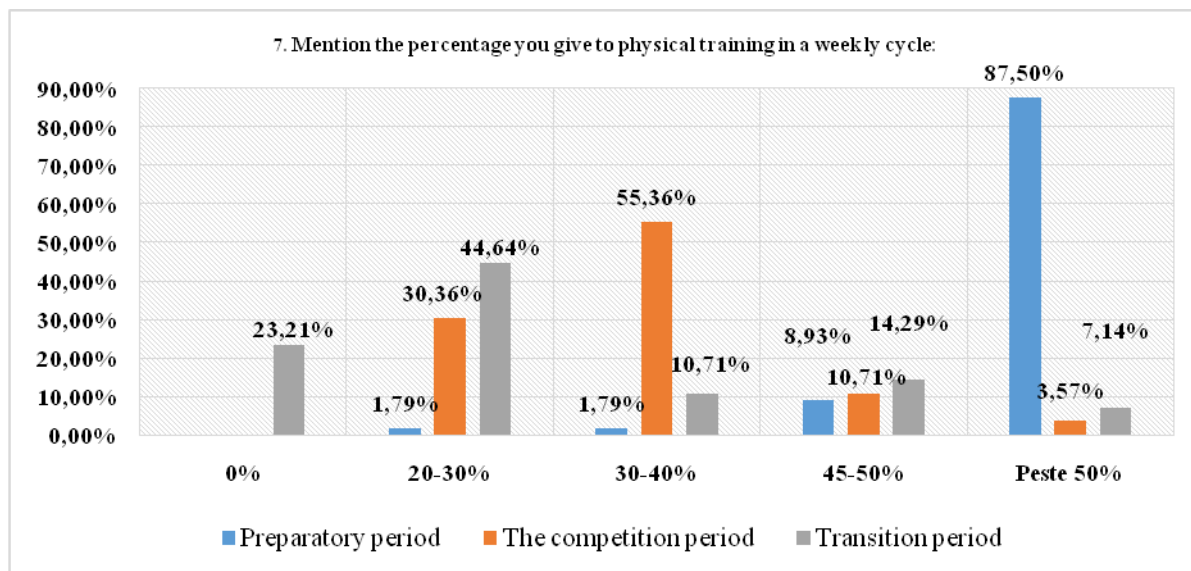
categories of juniors, 16,07% answered that it is necessary to a *large extent*, 5,36% on *medium* and 1,79% to a *lesser extent*.



Graphic no 1-Question 6

Analyzing the answers to question no. 6 (graphic no 1) we will highlight the highest percentage given by the 56 specialists surveyed for each motor quality. Thus, in the preparation process of children aged 13-15 years they consider that: speed can be developed to a *great extent* with

a percentage of 62,50%, also coordination skills can be developed to a *great extent* (53,57%) together with mobility (46,43%), endurance can be developed to a *large extent* (39,29%) and strength can be developed at a *medium level* (48,21%).



Graphic no 2-Question 7

Regarding the question no. 7 (graphic no 2) regarding the percentage given to physical training in a weekly cycle, the analysis of the answers given by specialists shows the following: in the preparatory period 87,50% of specialists grant to

physical training a percentage of over 50%, in the competitive period 55,36% of them grant to physical training a percentage between 30-40% and during the transition period 44,64% grant to physical training a percentage between 20-30%.

Discussion

Following the analysis of the answers that investigated the level of development of motor skills at the level of junior handball teams III, we established the following main conclusions:

- In the training process of athletes aged 13-15 years, physical training plays a major role, having positive influences on the other components of sports training, which confirms the data collected from the literature on the fact that physical training is a indispensable factor for mastering the technical elements and tactical actions specific to the game of handball.
- Following the amendments of the regulations for the National Junior Championship III, the answers of the surveyed specialists confirmed that these changes had repercussions on the physical training of the athletes.
- The answers of the interviewed specialists, to the questions no. 4 and 5 confirmed that at the

level of athletes aged 13-15 years it is necessary to improve the components of physical training, as well as the implementation of a unitary training concept specific to each category of juniors, by applying training methods in close accordance with the requirements current performance of handball and the age peculiarities of this echelon of performance

- At this age specialists in the field consider, as a priority, should be developed speed followed by: coordination skills, mobility, endurance and strength. Although at present the game of handball at the level of performance is based on the motor qualities of strength-speed, we consider even at this age the motor quality can be successfully developed in order to achieve a solid training to support all the content elements of the next sporting stages.



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