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## EXECUTION SPEED SPECIFIC TO THE HANDBALL GAME FOR FIFTH GRADE PUPILS

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**Abstract:** *This study refers to an experimental analysis of the speed of execution of some technical procedures specific to handball game. Two groups of fifth-grade pupils were tested, the results obtained revealing positive aspects for the children who were part of the experimental group. The general conclusion was that the use of handball in physical education classes increases the attractiveness of the lesson, the development of motor skills, the strengthening of motor skills, the strengthening of health, the participation of pupils in the lesson, not only as an object but also as a subject of education.*

**Key words:** *tests, handball, speed execution, pupils.*

### 1. Introduction

Global sports are the means through which students come into contact with the surrounding reality in all its complexity. They form an appropriate framework for thorough preparation on multiple levels, and concrete form correct representations about some actions that need to perform. Games learned on the sports field will positively influence the development of individual lifetime [2].

Handball is spread in school activities due to optimal simple movements made easy, plants that can be obtained quite easily and does not require special conditions [11], [13]. By practicing specific means this game can optimize lesson, with a significant contribution to achieving the objectives of physical education and in terms of anatomical and psychological

ensure normal development of children [1], [7], [9], [12]. The many facets of handball explains its inclusion as a means of physical education lessons in content, in all grades of secondary school. Handball is a variant of the game activity, it is also obvious means and a method of education. Only by analyzing the essence and content of handball we realize the immense educational value. Its functions can be identified with the social integration own educational phenomenon. The pupil knows and adopts the motric reality and consciously directing the body movements, prepares for work and life, acquiring motor capacity, quality driving and operating with them, they form their attitudes towards motor activity. In this complex student is active: observe, think, updates

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creator, seeks and finds solutions that ensure success, acting in interrelation with colleagues or opponents.

For physical education tasks through the game requires that the educational process to unfold with the principles of teaching. The main requirements that must be taken into account in organizing and preparing the game are: age, gender, development and physical training, health, the venue atmospheric conditions. Due to professional requirements of students, reducing the number of hours of physical education per week, as the position of physical education lessons in time, sometimes enroll late in the day, the presence of students in these classes is in a state of increased physical and mental fatigue, which adversely affects students' participation in physical education classes, especially in terms of dedication and participation in exercises full potential psychomotric available. Precisely for this reason to provide emotional content needed to be done in all lessons, the teacher has the duty to select the appropriate means to ensure an optimal climate activity. In this respect we recommend to call the specific means handball that can arouse students' interest and also to increase the efficiency of physical education lessons because it is accessible, attractive and spectacular attributes that stimulate students' interest in physical education and sport [6], [9], [16].

Handball occupies a prominent place in sports games, enjoyed and still enjoys a great popularity. Observations and statistical processing of records conducted

by research teams at the last world championships, European and the last Olympic Games, revealed positive and negative trends that have emerged in high performance handball competition. Knowing the stage of development of the game should be permanently reunited with his knowledge of evolutionary trends that directly influence the game design and preparation. Among the positive trends we highlight the increasing technical and tactical skill of the players, permitting accurately systems play in attack and defense.

## 2. Material and Methods

The experiment was conducted for 34 weeks, so 68 hours of physical education. The two groups (experiment and control) are made up of two grades of the fifth from different schools [8], [13], [15]. Over the course of the research, the experimental class was additionally administered a variety of handball-specific means to increase the efficiency of the physical education lesson by developing the speed, while the classes in the control class were in line with the curriculum.

The objective of the research was: Optimize the speed of the motorcycle by using handball specific means.

In conducting the experiment two tests (initial and final) were conducted that focused on:

- catching the ball, and handball the bird held in pairs in 30 ';
- dribbling the ball in a straight line distance of 20 m;
- handball target throwing.

**3. Results**

Table 1

*Handball specific evidence on Initial testing for Experimental group*

Crt. No.	NAME AND SURNAME	Catching-Passing		Dribbling/ 20m(sec)		Shotting on target		Final mark
		Number of passes	Mark	Perform.	Mark	Score	Mark	
1	B.A.	15	8	6"50	7	130	8	8
2	C.M.	12	7	7"50	6	90	6	6
3	C.M.	10	6	7"98	6	95	6	6
4	D.A	12	7	7"06	7	70	5	6
5	I.A.M	13	7	10"56	4	160	9	7
6	I.F.	12	7	7"06	7	35	4	6
7	T.F	14	7	9"10	5	130	8	7
8	M.A.	16	8	4"59	9	110	7	8
9	M.D.	13	7	6"52	7	125	8	7
10	N.D.	16	6	4"34	10	160	9	9

Table 2

*Handball specific evidence on Initial testing for Control group*

Crt. No.	NAME AND SURNAME	Catching-Passing		Dribbling/ 20m(sec)		Shotting on target		Final mark
		No. of passes	Mark	Perform.	Mark	Score	Mark	
1	A.B.	11	6	7"32	7	90	6	6
2	B.R.	8	5	4"52	9	110	7	7
3	C.C.	11	6	4"28	10	60	4	7
4	C.C.	9	6	5"62	8	85	6	7
5	C.I.	11	6	4"45	10	105	7	8
6	D.A.	11	6	4"26	9	130	8	8
7	G.L.	11	6	5"03	8	100	6	7
8	S.D.	10	6	4"84	9	45	4	6
9	R.D.	11	6	4"93	9	140	8	8
10	S.I.	12	7	4"59	9	199	6	7

Table 3

*Handball specific evidence on final testing for Experimental group*

Crt.No.	NAME AND SURNAME	Passing (30 s )	Dribbling (20m/8s)	Shooting on target	I.T.	F.T.	DIF.
		Number of passes	Perform.	Score			
1	B.A.	17	4"27	140	8	9	1
2	C.M.	14	6"21	95	6	7	1
3	C.M.	14	7"10	105	6	7	1
4	D.A	17	6"82	90	6	7	1
5	I.A.M	18	8"97	165	7	8	1
6	I.F.	14	7"00	60	6	6	0
7	T.F	17	8"19	150	7	8	1
8	M.A.	22	4"19	170	8	10	2
9	M.D.	15	4"78	150	7	9	2
10	N.D.	22	4"09	180	9	10	1

Sample	Specific samples of handball	
	I.T.	F.T.
Testing		
X	6.95	8.2
As	0.85	0.84
Cv.%	12.37	10.31

Table 4

*Handball specific evidence on Final testing for Control group*

NR.CRT	NAME AND SURNAME	CatchingPassing	Dribbling 20m/8s	Shooting on target	Mark		Dif.
		Number of passes	Perform	Score	I.T.	F.T.	
1	A.B.	13	5"13	110	6	8	2
2	B.R.	14	3"91	120	7	8	1
3	C.C.	13	4"00	80	7	7	0
4	C.C.	14	4"49	95	7	8	1
5	C.I.	13	4"45	115	8	8	0
6	D.A.	13	4"32	140	8	8	0
7	G.L.	13	5"31	100	7	7	0
8	S.D.	18	4"12	65	6	8	2
9	R.D.	13	4"72	160	8	8	0
10	S.I.	15	4"54	125	7	8	1

SAMPLE	Specific samples of handball	
	I.T.	F.T.
Testing		
X	7.21	8.04
As	0.79	0.82
Cv.%	11.03	10.25

#### 4. Conclusions

1. Handball game is a precious asset for developing speed, general motricity, and personality training.
2. By using handball-specific means, but with smaller leather or rubber balls, the initiation process can be carried out in good conditions within the physical education lesson.
3. Introducing a complex technical-tactical content that includes various forms of running, throwing and jumping, due to its instructive-educational attributions as well as the use of easily accessible sporting materials and facilities, this game can be practiced during physical education classes in our school.
4. The popularization of handball in schools is also facilitated by the fact that providing immediate statistics due to features such as accessibility, simple technique, the possibility of displaying natural qualities in the direct fight with the opponent can lead to attracting large children to practice this game.
5. By means of handball students can highlight their physical qualities, speed, strength, strength and especially skill, as well as mental qualities such as perseverance, courage, initiative, spirit of collaboration, spontaneity, will. An interesting definition says that handball is "athletic" with the ball and in support of this statement comes the

fact that the practitioners of this sports game run in all directions, jump as high as possible and throw strongly at the goal.

6. The phases of the attack as well as the phases of the defense carry the imprint of speed in thought and action, because only the players with fast-paced, fast-paced, passion for safe running at intercepting the ball are so exact at their passing.
7. Mastering the technique of handling the ball in high speed execution and displacement with aggressive opponents, increased physical and mental fatigue.

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