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ScienceDirect

Procedia - Social and Behavioral Sciences 93 (2013) 1936 – 1939

Procedia
Social and Behavioral Sciences

3rd World Conference on Learning, Teaching and Educational Leadership – WCLTA 2012

Formation Strategy for the Young Handball Players

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Abstract

Today the formation of the handball players is accomplished in a period of about eight years. Our aim is to propose a formation strategy for the handball players with a duration of 12 years. We propose to add a third cycle by decreasing the age of the first contact with handball. We also propose to change the training objectives for each cycle. Growing the volume of the training hours by adding a third cycle determine a better fit of the specific skills of the handball players.

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Selection and peer review under responsibility of Prof. Dr. Ferhan Odabaşı

Keywords: Strategy, handball players, cycle, perspective plan

Background

The level of the handball game has now reached very high rates, due mainly of the players, whose performance ability is extremely high. As a result, in the game of handball the techniques have emerged, new field has expanded in individual and collective tactics and the solutions to various game situations have diversified (Hantău C., 2000). All these issues have important implications on training methodology from the lowest level and ending with high performance (Hantău C., 2004).

Purpose of study

We proposed to address this issue because our concerns in this area are older. The purpose of this study is the proposal to extend the period of preparation of children and junior handball players with another four-year cycle, by lowering the age of contact with organized training in this discipline, and changing the training objectives in each training cycles.

Sources of evidence

Traditional specialty literature suggests a period of eight years to prepare children and juniors in handball (Kunst-Ghermănescu I., 1982). This period is divided into two cycles of four years. The first period begins at age 11 and ends at 14, is called the period of "children" (Table 1).

This period has the following objectives:

- providing a general physical training indices motor qualities which are a definite prerequisite for future development;
- learning the basic techniques of the game of handball;
- acquiring a thorough knowledge of individual tactics.

Amount of training provided during this period is:

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2 years x 45 weeks x 3 workouts x 1.5 hours = 405 training hours

2 years x 45 weeks x 3 workouts x 2 hours = 540 training hours

Total = 945 hours

The second round of training begins at age 15 and ends at age 18, was named period "junior" (Trofin E. și Grigorovici S., 1967) (Table 1.)

This period has the following objectives:

- continuous improvement of physical training, focusing on specific physical training;
- deepening into positions specialization;
- building the integration capacity in the game;
- learning the game design, (Sotiriu R., 1998).

Table 1. Traditional formation of the handball players

Cycle	Age (years)	Objectives	Hours of preparation	
			Cycle	Total
Children	11 – 14	- providing a general physical training indices motor qualities which are a definite prerequisite for future development; - learning the basic techniques of the game of handball; - acquiring a thorough knowledge of individual tactics	945	2625
Juniors	15 – 18	- continuous improvement of physical training, focusing on specific physical training; - deepening into positions specialization; - building the integration capacity in the game; - learning the game design,	1680	

Main argument

One of the most important ways in which we try to change the methodical of the training for the handball players is changing the volume of training. This can be done in two ways: either by increasing the number of training hours or by increasing the duration of training (Hantău C., 2004). We opted for both directions. So, at the traditional training period we added a four-year cycle, so that the first contact with organized training will be at the age of 7 years. (Table 2)

Cycle I - general preparation.

Children during this time need to participate in low intensity workouts because they can not deal with the training in which the physical and mental demands are very intense. Training programs should focus on general physical development without specific sports performance. Guidelines for implementation of training programs are:

- training of basic skills through the use of means which includes running, jumping, catching, throwing, rolling, etc.;
- a lot of time granted various motion games for handball training content;
- educating of the motor qualities with emphasis on the building of coordination and speed;
- simplifying the rules of the game, to facilitate its comprehension;
- emphasizes the fun side of sports activities.

Training volume for this cycle can provide the following:

4 years x 40 weeks x 3 workouts x 1.5 hours = 720 training hours

Cycle II - sports formation

During the sports formation cycle gradually increase the exercise intensity. During this period there are variations in individual performance because of the occurrence of puberty. In this course the emphasis is on developing motor skills and qualities and not on athletic performance. As guidelines for this period include:

- gradual increase in volume and intensity;
- consolidation basic skills learned in the first cycle;
- participation in competitions, but without performance targets;
- introducing general strength exercises, especially for the lumbar and abdominal;

- the developing of the aerobic capacity;
- the introduction in the training of more complex means;
- structuring competitions so as to achieve the training objectives and to enhance the skills.

Training volume for this cycle can provide the following:

2 years x 40 weeks x 3 workouts x 1.5 hours = 360 training hours

2 years x 45 weeks x 3 workouts x 2 hours = 540 hours

Total = 900 hours.

Cycle III - specialized training

At this age athletes can tolerate more complex training and the competition requirements. During this cycle the most significant changes are taking place in practice. Towards the end of this stage it should not appear technical problems and because of this the coach can move from "teaching" to "training". As guidelines for this period include:

- checking the progressive improvement of motor qualities dominant in handball;
- growth of the specific means;
- increase the volume and intensity of training;
- increasing the importance of the specific physical preparation;
- improvement and automation elements and technical procedures, especially in adversity condition;
- improvement of individual and collective tactics;
- orientation towards specialization on post;
- gradual increase in the number and importance of competition;
- appearance at the end of the performance objectives.

Training volume for this cycle can provide the following:

2 years x 48 weeks x 4 workouts x 2 hours = 768 training hours

2 years x 48 weeks x 5 workouts x 2 hours = 960 hours

Total = 1728 hours.

Table 2. The new training strategy for the formation of the handball players

Cycle	Age (years)	Objectives	Hours of preparation	
			Cycle	Total
I	7 – 10	<ul style="list-style-type: none"> - training of basic skills through the use of means which includes running, jumping, catching, throwing, rolling, etc.; - a lot of time granted various motion games for handball training content; - educating of the motor qualities with emphasis on the building of coordination and speed; - simplifying the rules of the game, to facilitate its comprehension; - emphasizes the fun side of sports activities 	720	
II	11 – 14	<ul style="list-style-type: none"> - gradual increase in volume and intensity; - consolidation basic skills learned in the first cycle; - participation in competitions, but without performance targets; - introducing general strength exercises, especially for the lumbar and abdominal; - the developing of the aerobic capacity; - the introduction in the training of more complex means; - structuring competitions so as to achieve the training objectives and to enhance the skills. 	900	3348
		<ul style="list-style-type: none"> - checking the progressive improvement of motor qualities 		

III	15 – 18	dominant in handball; - growth of the specific means; - increase the volume and intensity of training; - increasing the importance of the specific physical preparation; - improvement and automation elements and technical procedures, especially in adversity condition; - improvement of individual and collective tactics; - orientation towards specialization on post; - gradual increase in the number and importance of competition; - appearance at the end of the performance objectives.	1728
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Conclusions

As seen from the comparison of the two tables, we see for first the growth of the period of training of handball players from 8 years to 12 years. The second issue is slightly noticeable the increase of the cycles affected the players from 2625 hours to 3348 hours. As a result, there is an increase in the amount of time for training of handball players of four years and 723 hours.

We believe that this increase in the volume of training is beneficial primarily because it gives more time to fix the fundamental skills of the game of handball. At the same time the restructuring of the main objectives of each period folds better on the age peculiarities specific to this period.

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