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The junior II male handball players' progress after the operational training programme

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Abstract

This paper presents the progress recorded during the technical-tactical drills after applying the operational objective-based athletic training programme on the junior II male handball players at the Bacau School Sports Club. The purpose of this research was to test the subjects throughout the competition season by applying a series of technical-tactical tests. It was presumed that after applying the operational objective-based athletic training programme in the junior II male handball players, progress in the technical-tactical drills would be ascending, recording superior final results, these being conditioned by an optimal training programmme. Data were gathered from three control drills and from the assessment of the players' actions during the game. Generally, an uneven evolution was noticed, with some stagnation, and even some regress in certain parts, but with an obvious progress in the final tests, in all drills and regarding the assessment of the players' actions during the game.

Keywords: Junior II, handball, training, male players.

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1. Introduction

This paper tries to present the progress recorded during the technical-tactical drills after applying the operational objective-based athletic training programme for the junior II male handball players at the Bacau School Sports Club. This is a sub-chapter from C. Sufaru's doctoral thesis published at the State University of Physical Education and Sports of Chisinau, Republic of Moldova.

The progress was conditioned by the programming of the athletic training; during the training sessions, we intervened each time through the operational objectives, for improving the training process.

2. Problem statement

The objective of this study was to prove that the progress of the Bacau School Sports Club junior II male handball players in the technical-tactical drills was correlated with the operational objective-based programme.

Hypothesis: It was presumed that after applying the operational objective-based athletic training programme in the junior II male handball players, the progress in the technical-tactical drills will be ascending, recording superior final results, these being conditioned by an optimal programming of the training.

3. Purpose of study

The purpose of this research was to test the subjects throughout the competition season by applying a series of technical-tactical tests.

4. Methods

In order to emphasise the progress recorded in the technical-tactical training, we gathered data from three control drills and from the assessment of the players' actions during the game (Table 1).

The data referring to the technical-tactical training are presented in Table 1 and Figures 1–5. It reflects the progress of the players throughout the competition year during three tests and during the assessment of their actions during the game, from a technical-tactical point of view. For a correct interpretation of the players' technical-tactical training, we conducted a series of initial and final tests, and three intermediate tests.

5. Findings and results

5.1. The triangle movement drill

From an average result of 14.92 ± 0.53s, obtained during the initial testing, we arrived at an average result of 13.18 ± 0.44s, recorded during the final testing, obtaining a progress of 1.74s. Intermediate testing: 14.40s, 13.70s, 13.58s.

Figure 1 presents us a constantly growing, but uneven progress between the second and the third intermediary tests, when the evolution is very slow, recording a stagnation of the performance.

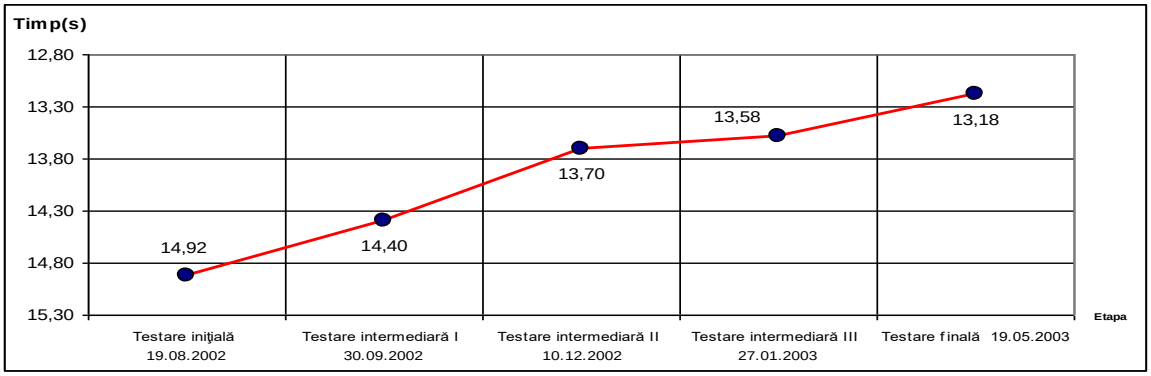

Figure 1. Progress dynamics for the triangle movement drill

Table 1. The dynamics of the technical-tactical training indices – witness group and experiment group

No	Test	Witness group *n* = 19						Experiment group *n* = 19					
		Initial testing		Final testing		Student test*		Initial testing		Final testing		Student test*	
		$\overline{X}$	*m*	$\overline{X}$	*m*	*t*	*P*	$\overline{X}$	*m*	$\overline{X}$	*m*	*t*	*P*
1	Pole dribbling drill (seconds)	6.99	0.22	6.81	0.19	1.00	0.05	6.74	0.19	6.14	0.15	4.00	0.001
2	Triangle movement drill (seconds)	15.35	0.67	14.85	0.63	0.86	0.05	14.92	0.53	13.18	0.44	3.95	0.001
3	Throwing the handball (*m*)	31.35	1.97	33.17	1.90	1.05	0.05	31.70	1.94	38.62	1.88	4.07	0.001
4	Game assessment - attack (grade)	5.63	0.32	6.22	0.30	2.18	0.05	6.29	0.33	7.38	0.17	4.19	0.001
5	Game assessment - defense (grade)	5.53	0.31	6.09	0.28	2.15	0.05	6.42	0.35	7.29	0.21	3.10	0.01

*

Note: The interpolation table for the test *t, f* = 18

P	0.05	0.01	0.001
t	2.10	2.88	3.92

5.2. The pole dribbling drill

From an average result of 6.74 ± 0.19s, obtained during the initial testing, we arrived at an average result of 6.14 ± 0.15s, recorded during the final testing, obtaining a progress of 0.6s. Intermediate testing: 6.57, 6.47, 6.44s.

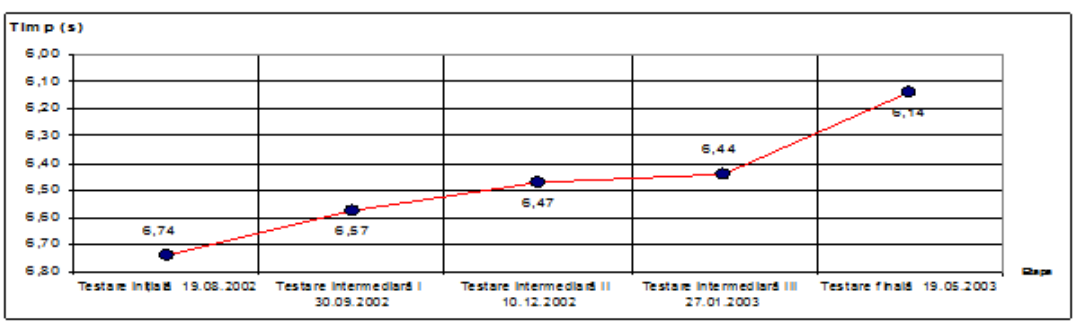

Figure 2. Progress dynamics for the pole dribbling drill

As can be seen in Figure 2, there is very good progress during the first and the last periods of the competition year, and stagnation in the performances between the second and third tests (present also during the transition period); we recorded here a continuous progress.

5.3. The 'throwing the handball' drill

From an average result of 31.70 ± 1.94m, obtained during initial testing, we arrived at an average result of 38.62 ± 1.88m, recorded during the final testing, obtaining a progress of 6.92m, which is very good performance for the team. Figure 3 shows a non-uniform progress, and even an involution between tests 2 and 3.

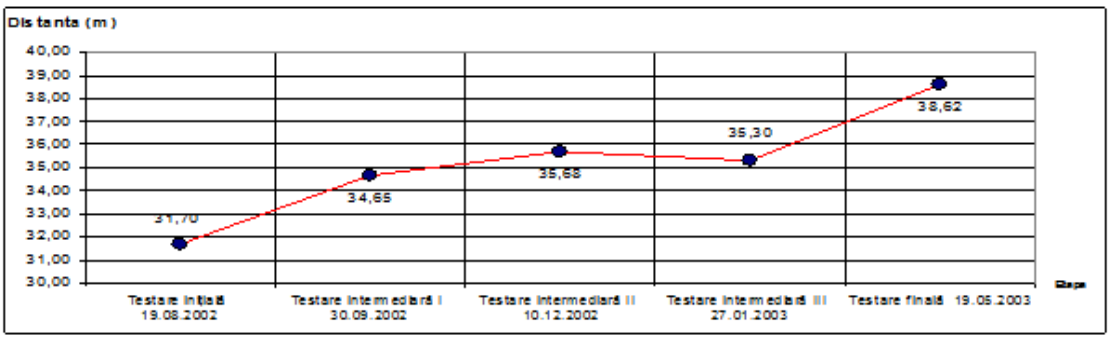

Figure 3. Progress dynamics for 'throwing the handball' drill

5.4. Assessment of the players' behaviour during the game

During attack – the data show good progress, from a grade of 6.29 ± 0.33 recorded during the initial testing, to a grade of 7.38 ± 0.17 during the final testing. The 1.09 points progress shows that the players have had in that competition season an evolution that allowed them to be in the first place during the National Junior II Championship.

During defense – the progress was at 0.87 points, starting from a higher grade (6.42 ± 0.35). We can see a lower score in the final tests for the defense (7.29 ± 0.21), in comparison with the attack numbers (7.38 ± 0.17), meaning that success during the official competitions is highly determined by the players' game in attack (this team becoming the National Champion). Figures 4–5 emphasise an evolution of the technical-tactical training that is continuous, but uneven.

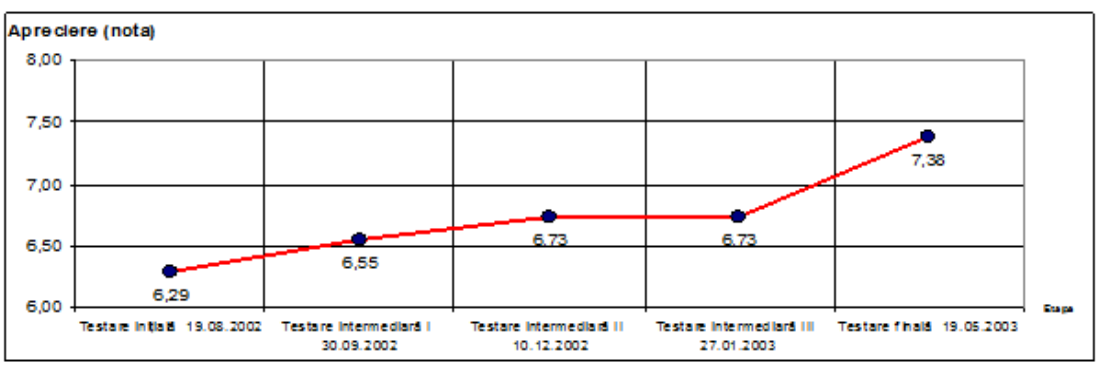

Figure 4. Progress dynamics – attack results

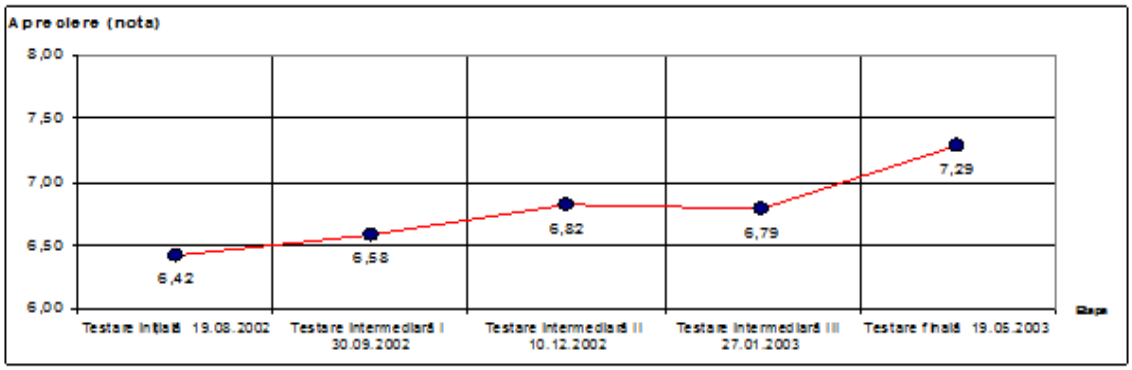

Figure 5. Progress dynamics – defence results

6. Conclusions

The more prominent progress during the first part of the competition season is due to the technical training, while the sufficiently prominent progress in the last part of the season is due to the tactical training, a fact that results from programming of the operational objectives – the ones for the technical training are more in the first part of the season, while those for the tactical training are in larger numbers in the second part of the season.

Generally, it was observed an uneven evolution, with some stagnation, and even some regress in certain parts, but an obvious progress in the final tests, in all drills and regarding the assessment of the players' actions during the game. The evolution of their actions during a game is important, going from 6.35 (the average between the attack and defense marks) in the initial test, to 7.33 (the average between the attack and defense marks) in the final test. The players' progress gained them a first place in the Junior II National Championship. The final assessment recorded a high mark for attack (7.38), and a lower score for defence (7.28); this resulted in the team being more effective in attack, which led to winning results during competitions.

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