

TACTICAL PREPARATION IN HANDBAL GAMES AT 13-15 YEARS

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Abstract: *Tactical training is a content element of sports training. Through tactical training the acquired technical procedures are highlighted. During the game their level of improvement is observed. Tactics tells us the purpose for which they have been used and why we need to use technical knowledge. As we want to improve the design, programming, implementation and applying the tactical handball training at the age of 13-15. We wish to know the opinion of teachers and coaches about the importance of tactical training at this age, we have carried out a questionnaire-based survey. The questionnaire was made on the website www.isondaje.ro. It was completed between 18th June 2018 – 25th July 2018. The questionnaire contains 16 questions with closed-ended answers. The people who answered our questionnaire were 112 coaches or teachers with handball specialization. The average age was 43 years. The analysis of the results was done by the statistical method, calculating the percentage for each response to the total sample. The findings of the study highlighted useful information on how tactical preparation is planned and implemented at the age of 13-15 years.*

Key words: *tactical training, age of 13-15 years, handball, sports training factors.*

1. Introduction

At present, in Romania, the children's initiation in handball game dropped until 6-7 years old. The players up to 18 years will attend 12 years of sports training. All these years, the player has to acquire the knowledge necessary to be able to take the step towards the senior. [4]

At the base of the individual and collective tactical in attack and defense

phases are the other elements of the sport training content. We took into account that a player who has good physical training and a great amount of technical procedures should be able to use them during the game.

In the two phases of the game, attack and defense, there is a fight between opponents who are in the attack phase and in the defense phase. Attack players

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are looking for solutions to score. Defense players are looking for solutions not to receive the goal and to recover the ball to go in the attack phase. The actions that players use are the [1].

In Romania, there is a model for junior and children in the attack and defense phases. This can be found on the website of the Romanian Handball Federation, but also within the vocational school program for handball. [6]

In the year 2017 at the level of the male teachers' teams they received a guideline which contains methodological aspects. They contain the knowledge that each player must acquire. They contain objectives in the attack and defense phases, individual or collective. The goals that each player must meet in the offensive and defensive game system are also reported. There is also a brief guidance methodology for implementing the specified objectives for each age category. [2]

The curriculum for sporting practice for handball discipline includes game models for the four phases of attack and defense. They contain the technical and tactical components to be achieved at each level of training. There are also models for each game post, for players who play at the 6-meter, 9-meter line or the goalkeeper. [5]

Also on the site of the Romanian Handball Federation there is the model of the game for children and juniors. It contains the particularities and principles of training the game on training levels. [6]

2. Premise and Purpose

We started this study from the premise of the importance of knowing how tactical handball training is planned at the age of 13-15. The information we receive can

help us to identify whether it is important. Investigating the opinions of other coaches can tell us useful information. Each one takes his own principles into the process of training. We believe that it is efficient to know the opinions to the other coaches about the implementation of tactical training.

3. Material and Method

The present paper is based on the results of a research, based on a questionnaire with closed answers. This was done on www.isondaje.ro after having previously created a user account and password. The questionnaire was published on the site on 18 June 2018, and could be accessed on the following link www.isondaje.ro/sondaj/615369129/.

The questionnaires were addressed to teachers and coaches with handball specialization. These have been individually completed. Each teacher or coach has gone through and answered all questionnaire questions. Questionnaires were completed by 112 teachers or coaches.

The questionnaire was designed to discover the opinion of teachers and coaches about tactical handball training at the age of 13-15. The questionnaire contains a total of 16 queries with closed response. For answers, it is a scale of 5 levels used as follows: a. Strong disagreement; b. disagreement; c. undeclared; d. agreement; e. strong agreement; the following terms were also used: a. to a very small extent; b. to a small extent; c. to some extent; d. to a large extent; e. to a great extent or following terms: a. never b. very little c. little d. much e. very much. The answers

were also formulated by: a. yes, b. no, c. perhaps d. sometimes.

The questions of the questionnaire were as follows:

1. What attention do you give to the content elements of sports training in the training of players aged 13-15?
2. Do you think that tactical training in the handball game for players aged 13-15 is important?
3. Do you think that tactical training is influenced by the other elements of sport training content?
4. Which of the elements of the sport training content influence more or less tactical training?
5. Do you generally plan the content of tactical handball specific actions for each level of training?
6. Which of the following tactical tactics do you consider to be learned at the age of 13-15?
7. Which defense systems do you consider effective for training players at this age?
8. Before planning the content of tactical training, consult sources of information such as?
9. In individual tactical training, do you think that are important the following components of individual tactical training?
10. In choosing the content of tactical training, do you consider the following?
11. What information sources do you use when choosing tactical training?
12. Do you think that the rules of the National Championships organized by FRH for all junior categories can influence the tactical preparation of the team?
13. Do you consider effective the implementation of a national

methodology line on tactical training of players?

14. Do you think we need to improve tactical training at this level? With reference to the current competitive level in Romania for players 13-15 years old.
15. What is the category of age that you teach currently?
16. How old is your experience as a teacher or coach in handball?

4. Research Results

To have sincere answers, the questionnaire is not signed, it is anonymous. They had given only a few details about age, level of education, coaching experience and the category of players that currently practicing. Respondents are currently active at junior or senior level teams. The average age is 43 years. Experience in the coaching activity of the participants is as follows: between 0-10 years, 54 persons, 11 - 20 years 33 persons, 21-30 years 20 persons and over 30 years of age 5 persons. Of the 112 respondents, 110 (98%) trained at junior level and 2 at senior level. We can think that the answers received relate the content of the sports training currently used.

At the beginning to complain the questionnaire, the person was assured that all answers would be used for scientific purposes. The results were analyzed by the statistical method by means of which the percentages for each response were calculated.

In the first part of the questionnaire, the questions refer to the attention given by each coach to the planning of the content elements of the sport training. The following questions relate to:

- How do other content elements influence tactical preparation?
- How do you plan tactical training at this age?
- What tactical content is planned during this period ?
- What are the means that they use to implement tactical training?
- Whether or not it is necessary to improve the level of tactical training at this age at national level?

Among the content elements of sports training at the age of 13-15, coaches pay special attention to technical training and physical training. Response to technical training responded "to a large extent" to 39.3% and "to a very large extent" to 54.5%; in physical training responded "to a large extent" 48.2% and "to a very large

extent" 34.8%, and in the tactical training responded "to a large extent" 48.2% and "to a great extent" 16.1%. Tactical training is planned by coaches according to answers, to a small extent by 3 people; to a certain extent by 37 people; to a great extent 54 people, and to a great extent 18 people (Figure 1). So we can say that tactical training is important, but it is considered the third element after technical and physical training. In the proportion of 37.5% and 16.1% respectively, coaches give "very much" attention to psychological and theoretical training, but they are not paying attention to these two elements at all. Of those who responded with "to a small extent" there were 8% and 11.6%, respectively.

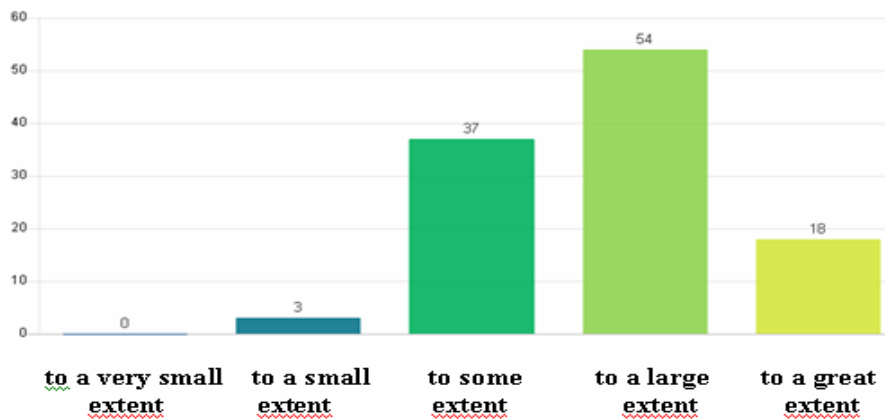


Fig.1. *Attention to tactical training from the trainers*

To question number 2, they are asked if they consider important tactical training at this age. They responded with "yes," 77.7%, "no" 6.3%, "maybe" 2.7% and "sometimes" 13.4%. Therefore, tactical training is considered important for some

coaches, and for others only sometimes. (Figure 2)

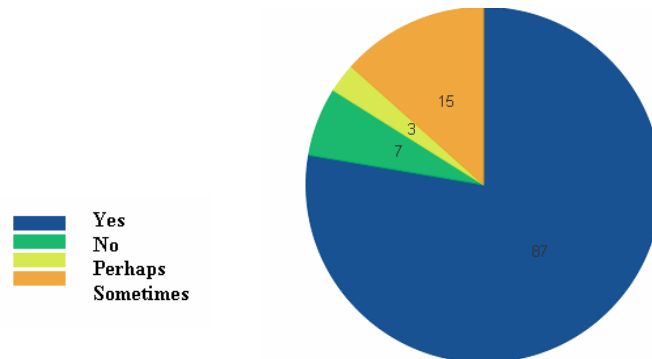


Fig. 2. *Coaches' opinion on the importance of tactical training*

The next question is about whether tactical training is influenced by some factors in sports training. On average, 4,4 of respondents consider that the other content elements infiltrate tactical preparation (Figure 3).

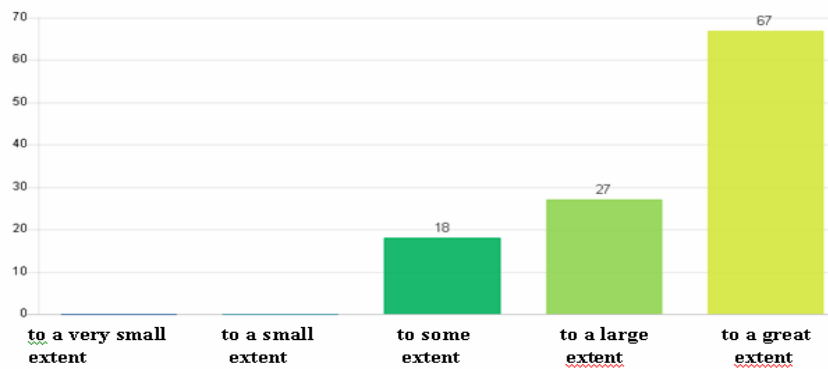


Fig. 3. *Influence of the elements of the sport training content on tactical training*

Technical knowledge is ranked first through the responses. In 54.5%, coaches responded that "to a great extent" the technical training influences the tactical training (fig.4), then the physical training recorded 25%, after the psychological training 33%, and then the theoretical training 33% .

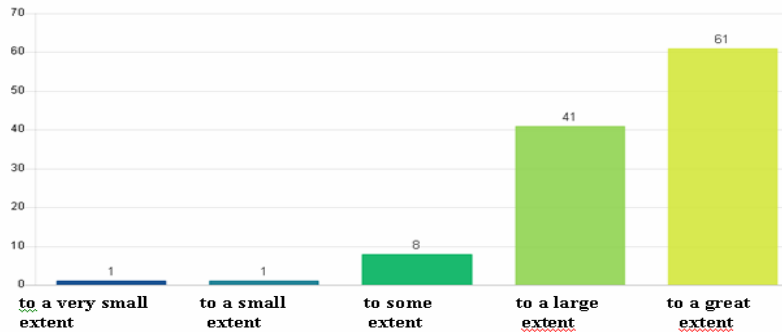


Fig. 4. Answers to the question on the influence of technical training on tactical training

To question number 5, the coaches are asked if they plan the tactical preparation in stages. 97 coaches responded that they scanned the content of tactical handball

specific action for each level of training, and 12 coaches responded only occasionally (Figure 5).

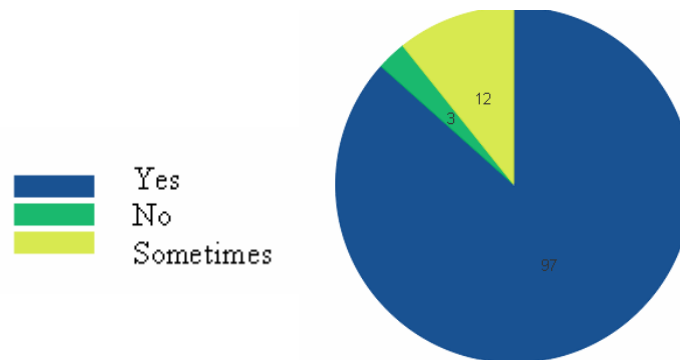
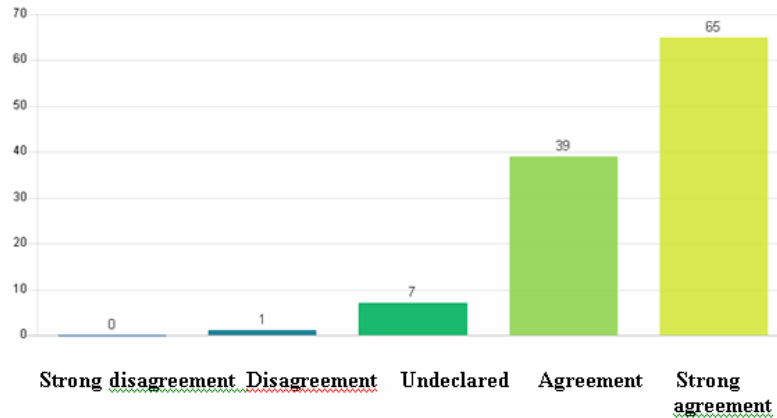
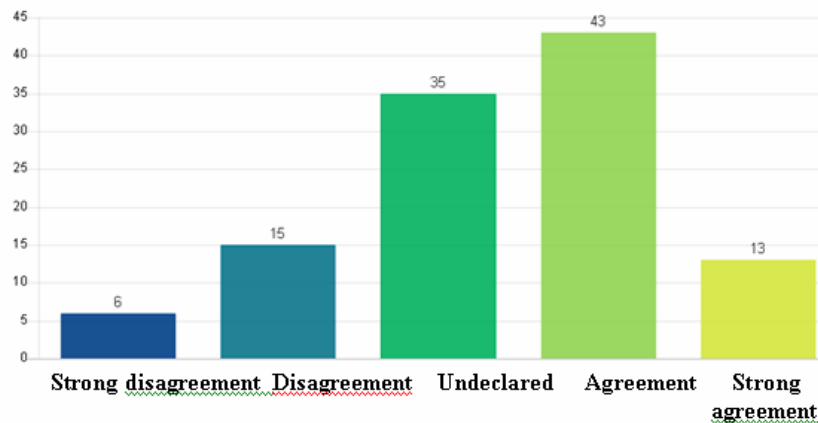


Fig. 5. Coaches' opinion on staged tactical preparation

According to the answers to question number 6 where coaches must specify which tactical actions are planned during this period. It is noted that specific tactical actions are considered necessary at the age of 13-15 years. It was over 40% that tactical individual attack and defense tactics were planned. After that, collective actions of attack and defense registered a lower proportion than the individual over 30%.

Regarding the defense systems considered effective for training players at this age, they responded with a strong agreement to offensive defense systems, 65 responses, 58% (fig. 6) and defense systems 13 responses, in proportion of 11.6% (Figure 7). So the vast majority of respondents agree that offensive defense systems are more effective to implement at this age.

Fig.6. *Answers on Offensive Defense Systems*Fig. 7. *Answers on Defensive Defense Systems*

For question 8 on the planning of tactical training content concerning the source of information it consults, 60% of coaches consult specialized books and specialist sites. In proportion of 40%, they take into account the requirements of the Romanian Handball Federation. In smaller proportions, they take into account the school curriculum, for the handball discipline issued by the Ministry of Education and a 25% proportion take into

account the methodical line imposed by the Club.

At the question number 9, "In individual tactical training, do you think the following components of individual tactical training are important?" More than 50% of coaches consider them very important and responded "very much" in the following order:

1. The rules of play that players must observe both in the offensive and in the defense stage, 67.9%

2. Psychic qualities: attention, will, practical intelligence, tactical thinking, memory, creativity, 64.3%
3. Placement of players on the field, on the playing stations, the role and tasks of each player on the playing field, 59.8%
4. Individual tactical actions in the attack and defense phase, 56.3%
5. Basic and combined physical skills such as execution speed, decision speed, reaction speed, displacement speed, explosive force, spatial orientation capability, adaptability and readjustment capability, etc. 53.6%
6. Other components that you have not found above, 32.1%

To question number 10 "Do you consider the following in choosing the content of tactical training?" In choosing the content of tactical training coaches takes into account several aspects. In the order of the answers received "very much," the order is as follows:

1. Composition of our own team 67%
2. The technical processes that the players have mastered 65.2%
3. Player's driving qualities 64.3%
4. The knowledge of the players of their own team 58.9%

5. Game requirements imposed by the competition regulation 58%
6. Composition of the adverse team 38.4%
7. The knowledge that the players of the opposing team have 34.8%
8. Requirements of the school curriculum 25.9%.

To question 11, "What information sources do you use when choosing tactical means?" In the order of the answers to the "To a great extent" answer, the following order was recorded:

1. I use exercises learned in my career as a player 64.3%
2. I invent exercises related to the theme of sports training lesson 47.3%
3. I use exercises taught at the training courses 46.4%
4. I use exercises published in specialized books or posted on the internet 38.4%
5. Other sources 25%

Coaches take into account in the tactical training of the team the regulations of the National Championships organized by FRH for the junior categories. Thus, on a scale of 1 - 5, there was an average of 4.09 of respondents (Figure 8).

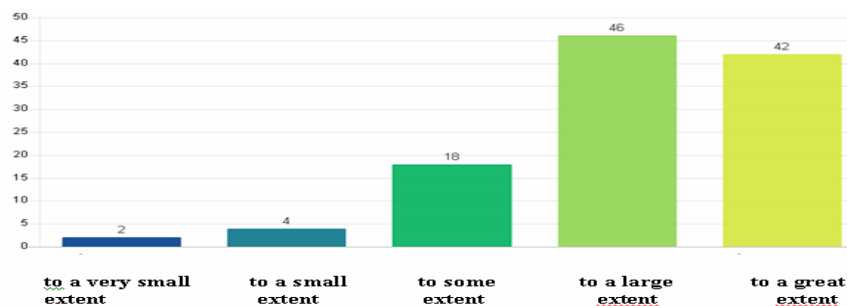


Fig.8. Answers received on the choice of coaches to take into account the regulations of the National Championships organized by FRH

To the question "Do you consider training?" On a scale of 1-5 there was an effective implementation of a national methodology line on player tactical

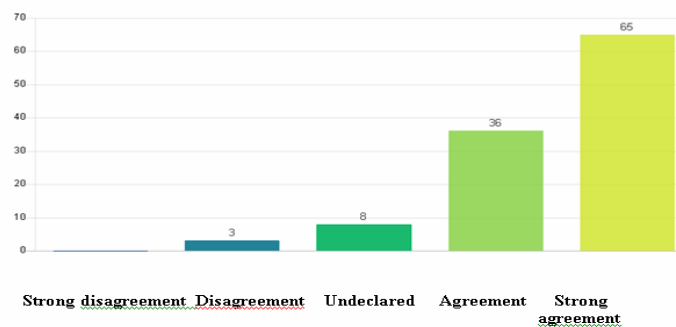


Fig. 9. *The response to the implementation of a tactical training methodology line*

To question number 14 "Do you think we need to improve tactical training at this level? With reference to the current competitive level in Romania for players aged 13-15 years.

"Also very high by an average of 4.3, it is noted that they agree that there is a need to improve tactical training at this level, referring to the current competitive level in Romania for athletes aged 13-15 years (Figure 10).

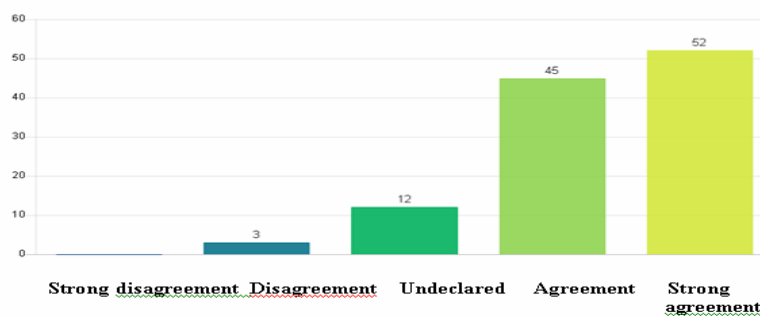


Fig. 10. *Results for the question "Do you think we need to improve tactical training at this level? With reference to the current competitive level in Romania for players aged 13-15 years. "*

5. Conclusions

The analysis of the answers received reveals the necessity to improve the tactical preparation of the junior level

At the age of 13-15 years of junior age, the training objectives should mainly aim at acquiring technical elements, developing motor skills, and acquiring

tactical individual, but less collective, tactical actions.

The vast majority of respondents had similar opinions. There are also small interferences, but almost all agree or all disagree with the answer. There are also middle answers, but in few cases. We can say that those who completed this questionnaire follow the same steps. Most coaches agree that there is a need for a methodical line for training players, and that tactical training is needed at junior level.

Response analysis has provided a positive feedback on how each trainer implements the methods of tactical training at children with aged 13-15 years.

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