

HANDBALL IDEOMOTOR TRAINING

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Abstract: *Mental training, part of the "total training", was imposed in the last few decades as a complementary and extremely valuable technical and tactical preparation of athletes. Practicing this kind of training is justified at least three points of view: any means that can bring a breakthrough in how little training and performance should be used; ideomotricity is still basically unsolicited physical training, which complements; in certain situations, e.g. injury, is particularly satisfactory results. Mental training or ideomotor training is the process of maintaining and consolidating, movement and actions, resulting bands neuromuscular activation and thus increase efficiency athletes. The research hypothesis seeks to increase the efficiency of handball players in competitions.*

Key words: *psychological training, performance, handball.*

1. Introduction

Increasing the capacity of human performance is the fundamental purpose of sport preparation which includes not only the activity of training but also all measures of scientific multi-disciplinary organization of interdisciplinary studies of this activity. Even the competition system is designed to give athletes the best conditions for achieving maximum performance [1]. In this context, the improvement of the competences, abilities, maximizing physical and mental capacities of the athlete, look at training as a complex approach that touches multiple domains: is multidisciplinary, even interdisciplinary and led by a team of specialists. Increasing the performance capacity cannot be achieved without maximizing the athlete personality, in the process, technicians being forced to call in other resources and efficiency of preparation, in addition to the actual activity from your workout.

Although it is a subject used in sports, a component of training specialists, in sport psychology are few and the scheduled work with a talented athlete is extremely laborious, given by the combative personality reporting to the objectives [5].

Mental preparation is intended to achieve, by means of training and psycho-educational actions, the level of psychic ability which will enable efficient activities in athlete training and superior results in competitions. It is so to form the personality of the athlete, self-management and self-regulation. Synthetically, we say that mental preparation must ensure developing mental qualities that are requested and determines the effectiveness of sports activity.

Being a maximum request of psychic and physical capacity of the individual, it is natural that the sport to choose by the champions from among those which just have outstanding qualities and working intensely for their improvement. Contents

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of mental preparation consists in the development of those sides of the psychosocial behavioral activity of athlete can conduct to an effective training, both in terms of full adaptation to the requests, as well as with technical and tactical completion.

The directions in which the mental preparation acts for the sportsman are made up of human psychic system components. The sides of the mental preparation are:

Psychomotor preparation, as a rational division of motor behaviour, in fundamental parts in obtaining the results: the body scheme, laterality, kynesthesia, static and dynamic balance, spatio-temporal perceptions, reaction time, anticipation, speed and repetition.

Intellectual preparation is mandatory in the context of diversification of tactical actions and technical processes. Inquire here the development of attention (detection, tracking, and commutation), specialized perceptions, thinking as a process of rational and operational knowledge, but at the same time of creativity and decision-making, as well as the development of memory and imagination.

Affective preparation puts its mark on provisions, emotions, feelings and passions, so that influences the qualitative parameters of any motor activities.

Volitive preparation is focused on educating the power to achieve great efforts and very big efforts; maximum sports performance calls the qualities of the individual will.

The *formation of personality components* send to the concern of specialists in enrichment the athletes information in socialization, transmission of the values of sports and knowledge useful in the promotion of an active life.

The dynamics in the psychic development of the athlete is determined

by gender, age, experience, level of request, and level of gearing the conscious with the pedagogical skills of the coach and educational climate that knows how to create it and maintain it as a team.

Mental training or ideomotor training as it is called in the literature, may be a step within the psychotonic training or a method of independent regulating, representing the so-called activation phase, where the athlete in the state of muscular and mental relaxation focus on the various technical processes carried out at the level of ideomotor representation, obtaining in this way an activation status for the achievement of the respective processes.

Mikicin [3] noted that focus state, preparation of the response to a given stimulus (conscious attention), the response, which requires increased attention, (automated attention, unconscious attention) and alpha status, can produce similar neuromuscular effects to an actual experience. The images produced in the brain transmit impulses in the muscles to enforce imaginary movements, although the impulses may be so weak that it does not produce movement.

It is known that voluntary representation of a motor activity is an effective mean of training and restoring some motor skills in case of interruption of the activity, as a result of illness or accidents.

Mental training in athletic activity shall apply to:

- accelerating and increasing the efficiency of motor learning;
- improvement of movements;
- correction of some mistakes in the movement execution; recovery of motor skills after accidents or illnesses;
- athlete familiarity with competition situations and desensitization toward its specific stressor factors.

Effectiveness of mental training is conditioned by the composition of the ideomotor training programme [2], [4]. This requires knowledge of sports technique, anatomy, physiology and sports psychology, biomechanics and also individual peculiarities of the movements of each athlete individually. Mental training program should be developed together with the athlete and his coach. An insufficiently well thought-out program may lead to incorrect execution, due to formation of erroneous or inappropriate representation of movements.

Ideomotor training can be used high performance where the results are superior to athletes who benefit from such training. This kind of training increases the ability to discriminate between the different elements of handball.

2. Material and Method

2.1. Hypothesis

Psychological preparation of woman handball players, through the ideomotor training, will influence efficiency in competitions.

2.2. The Purpose and Tasks of the Research

In this paper I will demonstrate that the ideomotor training, mean of psychological training, has a role as important in the physical training as the other components: technical and tactical training, physical and theoretical. All these components are closely linked and ignoring any of them to the maximum level has negative effects on the other. In this case, not educating its players, regarding mental qualities, causes a fall in efficiency in competition and training.

3. Results and Discussion

Procedure

The study is carried out on a senior handball team, in lineup, where homogeneity has a low percentage. After a good start in the Championship, at the moment the team occupied a middle position of the classment, regression was observed, reflected in the number of defeats. The team, together with team coaches decided hiring a psychologist and placing in the preparation the ideomotor training.

1. During these meetings was pursued the mental representation of some technical procedures, trying through this remedy errors that appear in the actual executions during workouts and games. To find out which actions are technical and tactical procedures that should be improved, was used records made during games. As a result of their study it was determined that technical processes that need to be improved are short and long throwing, catching the ball, roll gate, counterattacks and for attack and defense phase, defending the temporary area.

At the end of the first competition period, we applied a questionnaire to identify the views of sportswomen, regarding the effectiveness of the ideomotor training in personal development and action improvement.

Ideomotor training objectives:

- a. the formation of movement representations (movements are explained and the characteristics of spatial, temporal and energetic: by using the verbal and intuitive means, such as films, records, sketches, indications and recommendations);
- b. Educating the ability of concentration on one's own mental representations
- c. proper mental training (representing their own executions without the

intervention of other images/factors that disturb the representation).

It should be noted that they worked individually and on field place, each player practicing specific processes for the occupied field place: extremes and pivot practicing gate throws and a one-two's, left inter and leader of the game the one-two's and the whole team worked for phase II of the defense. In the same vein, were rehearsed short and long passing.

Thus the first stage-specific exercises will be used in the first two weeks of training and in the case of positive results to pass in the next two, in the second stage. In the first week were scheduled, in the first four days of the week microcycle, a meeting of 5 minutes per day, in which they watched the recordings with very good technical execution of deficient technical processes and tactical combinations mentioned above, with special emphasis placed on the milestones thereof. With the held of these means players have formed a clear picture of what they will have to put into practice in the context of training and games.

In the second week were carried out four sessions of 10 minutes in which were reprised several times those images as they remain inculcated in the minds of the players to be able to be put into practice, so they seek the execution of movements in a manner as close as possible to the model.

Starting with the third week was passed to the second stage of training psychic. Thus, in the third week, were carried out four sessions of 5-minute viewings, followed by tests of mental representation of the movement until it was appreciated that they know every detail of the execution.

In the fourth week, the players have performed four sessions of 10 minutes each in which the players represented in their minds several times its most successful own execution be able to try out

in practice executions just as good as many times as possible.

Starting with the 5th week was passed at the third stage, namely the mental training. This week the team psychologist has organized four meetings of 5 minutes a day in which the players represented their own executions. Depending on the position held in the team they represented the most common motor specific acts of the place field in question.

In the 6th week the team psychologist increased the daily mental training time from 5 to 10 minutes. This is for the players to have full well inculcated in the mind the motor act, for representations that occur in practice increasingly fewer mistakes in their execution. In the following weeks the psychologist has maintained this program to ensure that the representations in question remain in the memory of players. In the last two weeks of the championship, with the passage towards the transition period has been reduced the intensity of mental training, during the free time by inserting relaxation techniques.

2. The interpretation of responses in the interview guide. After the first phase of the psychologist intervention, we applied an interview guide, to verify the impact of this type of training (not just through improvements in the results of the competition).

Following the analysis of data from the interview guide applied to players, to identify the contribution of mental training to in-game actions and effectiveness of general condition (condition related to attitude towards competition), we have found that technical training is an important factor in the preparation, in interdependence with other factors of athletic training. Handball practitioners shall submit a physical and psychical effort very high, therefore, both during workouts and competitions may occur accidents,

which cause them to decrease the power and concentration. From research it appears that most of the casualties (74,66%) occurs during matches and only 24.44% of injuries occur during workouts. The interpretation of responses has led to the conclusion that the greatest stress factor is at match stake (43.8%), (39,62%) lack of trust in their own superior forces, (6,22%), coach's attitude and (9,55%) viewers' attitudes.

In the research we used a batch of 16 handball players, applying the "Interview Guide-The importance of ideomotor training".

The training had a positive effect on the batch, expressed through the frequency mention of the players, 80%, compared to psychological preparation done by coach. In what concerns the importance of psycho-pedagogical methods, mental training is the most effective according to the handball players (41%), relaxation (22%), positive thinking (20%), suggestion and autosuggestion (16%), autohypnosis (0,751%), hypnosis (0.25%).

We show part of the answers by highlighting the two items of the interview guide: 4 and 5.

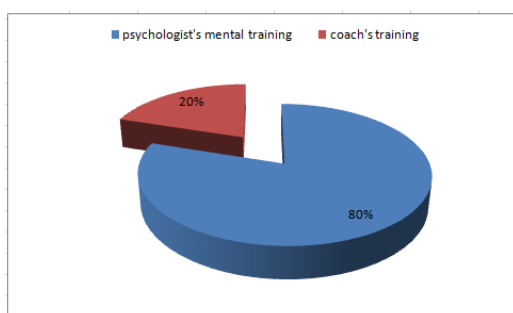
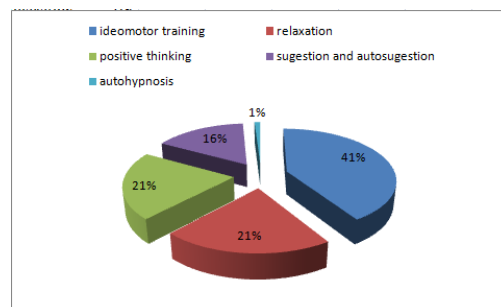


Fig. 1. *Item 4 - Do you believe that mental training is important?*

80% of the answers have led to the conclusion that the psychological preparation led by a specialist (psychologist) has helped the players to

improve their confidence and effectiveness in actions on all components of the training. Coach's influence the players' attitude in the competition, contributing to their motivation, but within other components.



Graph 2. *Item 5 -What do you think are the psychological training methods that can positively influence the efficiency?*

The players believe that mental training is how they manage to acquire the better technical procedures and to introduce them into the tactical combinations, so that their evolution to be in line with the objectives fixed.

4. Conclusions

The mental training is used in alternation with the training itself and is the process of maintaining and strengthening the movements and actions of having the effect of activation of neuromuscular bands and hence increase the effectiveness of their work.

The use of ideomotor training under the programme of training of the team has had positive effects on the technical execution of the players and the team's performance. Having formed in mind clear representation of technical processes, practical executions have improved considerably. Consequently, mental training has been used for the improvement and strengthening of technical processes.

Ideomotor training also can be used with success during recovery of an injured handball player: if it uses ideomotor training, will progress more quickly when will return to the tactical and technical trainings.

The practice of mental training also has educational effects on the sportswomen, by increasing the level of awareness of the activity through the discipline of thinking, increasing the capacity for concentration and in general by developing self-determination, conscious of their own activity.

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