

Individualization Training of Players on Positions at the Level of Handball Junior Teams

Pitigoi Gabriel

Department of Education and Sport,
University of Medicine and Pharmacy 'Carol Davila', Bucharest, Romania

Abstract: Problem statement: Starting from the observation that for the handball players, who finished the junior state in hard to integrate in senior teams due to a low level of preparation. I hypothesized that at this level we can use all organizational forms of individual training (frontal relation, group level, individual). Using individual records, performance behavior characteristics of the players to positions, were revealed from the actual game or by test and according to findings reported in this document were developed customized training programs. The custom programs were done due to praxiological model circuit: objectives - content - strategies - evaluation. This circuit creates an extern and intern feedback that enables a true didactic path generating quality and efficiency. **Approach:** To emphasize the efficiency use of individual forms of training, two groups of subjects were made consisting of 10 boys each, aged 17 -18 years of relatively equal value: the control and experimental group. Players from control group were prepared using exclusively frontal form of training and the players from experimental group used in addition individual training forms during the championship retour totalizing 60 hours of individual training. **Results:** After the experimental approach developed in study was concluded that handball players clear improved of all indicators covered by individual plans, especially of general and specific motility (measured by grades or measurable performance). We find a significant increase of the following parameters: speed 0.10s, expansion 0.09m, 4.31s relative strength, abdominal strength 2.7 the number of repetitions, arms outer muscle strength 1.9 and explosive force of arm 4.2 m, coxofemural mobility 1.8 cm, 0.5 skill, speed of the passes execution 0.6 points, 0.5 spatial perception, in relation to control group. The result was an increased in efficiency and collective game behavior. **Conclusion:** In handball is necessary since junior age to use individual forms of training in both collective training as well as outside it, so the player can have maximum efficiency in competition activity. The development and structure of individual forms of training can be generalized and applied successfully in practice. Based on our findings we may develop a guidebook containing detailed prescriptions for junior handball teams. My target in future projects is to verify its applicability in other team sports.

Key words: Individualization, individual training, handball, juniors, methodological, training problems, instructional objectives, fundamental, psychometrical

INTRODUCTION

Justifying of research: Currently, the exigencies of the great importance international competitions imposed the reconsideration and the restructuration of the entire selection road and formation of performance sportsmen. Consequently, the formation process of the performance sportsmen receives a stage character and is issued by the forms of differentiated training. The differentiated training aims the cooperation and organization relation of the training forms. In this respect, in the educational sciences, generally and in the sport science, especially, the following forms were traced:

- The frontal relation, which means trainer-team
- Relation of competence trainer-group or the training level groups

- The relation of trainer-pair of partners who mutually support and help
- Relation of trainer-sportsman, with the individual training forms
- The training as training autotelic form

The specialty literature, specific to the handball game is very poor with respect to the individual training. The only paper works (of handball), where the individualization concept is presented (as principle and as method) are the work papers of certain known authors or specialists in the handball domain. Further, other work papers appeared, issued by Fook and Sidhu (2010); Zakaria *et al.* (2010) and Letafatkar *et al.* (2009).

We will further present some of the opinions of certain known authors.

The individualization principles are realized into practice in two main directions: General training and specialized training. In the general training, this principle leads to the appropriation of a minimum obligatory of knowledge and of a training level for all the sportsmen. In the specialized training, the principle leads to the thorough training in the selected sportive discipline. The content of lessons is established by the individual skills of sportsmen and by talent

Training problems in sportive games, Sports Travel Publishing House "individualization is made depending on the following categories of particularities

Biological:

- Physical development (girth, robustness, weight)
- Predominant movement qualities (speed, force, skill and ration between them)
- Type of nervous system (balanced, unbalanced, lymphatic)
- Sex and age

Psychical:

- Temperament and character
- Perceptive quality
- Moral and will capacities
- Integration ability in the collective activity
- Skills, predilections
- Feature of sportive training and knowledge realized by trainer; considered on training factors and besides them
- Physical training
- Technical training
- Tactic training
- Theoretical training
- Political-moral training
- Cultural level

These features have a valid general character for any sportive branch. Although, for the sportive games, we also meet a series of particularities like:

- Game behavior (attack, defense, middle)
- Player's profiles on position
- Charges of players on claimed positions by the game diagrams
- Attack and defense game charges
- Technical-tactic individual behavior, collective and the team game

Individualization on positions and generally the individualization of training process is provoked by the following reference marks:

- Fundamental requirements of the game
- Exigencies imposed by the handball requirements, practiced in great importance competitions (J.O, C.M, C.E)
- Exigencies of positions occupied in the game systems, attack and defense
- Particularities and characteristics of players (evaluation of the existent ones and compensation of the inexistent ones)
- Individual training level
- Sportive form
- Game special duties
- Specific conditions imposed by the scientific management (medical control)
- Accidents and illnesses
- Other situations-training conditions; accumulated tiredness or overstraining in competitions; professional obligations; autotelic motivations

Zakaria et al. (2010): They used 2 equal value groups, experimental and control group that were tested and in the end they have observed an increase of all studied parameters but contrary to The Effects of Cooperative Learning on Students' Mathematics

Achievement and Attitude towards Mathematics' research ,where the cooperative work gave positive results, in my research every player is individual trained according to his deficiencies and then he can be included in the team to rise the collective game efficiency.

Letafatkar et al. (2009): We must be careful that in the individual training program the effort is gradual to avoid muscle fatigue that is determined by lactic acid increase, this leading to performance decrease ,this aspect was studied in 'The Effect of Exhausting Exercise Induced Fatigue on the Double-Leg Balance of Elite Male Athletes' research.

Purpose of work paper: Rethinking and restructuring of individual training process on concordance positions with the requirements and exigencies of sportive international competitions at the level of handball players-juniors.

Objectives of research:

- Study of specialization literature and scientific research works related to the treatment of the selected theme
- Theoretical synthesis regarding the current stage of knowledge and research of the discussed theme

- Identification of circumscribed problems in the research theme and the approach content of research
- Preliminary study regarding the differentiated forms of training organization with the evidence of issues related to individualization and individual training
- Evaluation of the initial training level of junior handball players with whom the experiment develops for the identification of specific instruction objectives of each and every player
- Elaboration of individual training plans
- Experiment of individual training plans
- Final evaluation of the training level
- Data statistic interpretation with the writing of issued progresses. The Experiment group compared to the control Group
- Conclusions and methodological prescriptions

Scientific investigation methodology: Target group-junior handball players at the Sportive Club Steaua București.

Research hypotheses:

- In the context of contemporary training the differentiated training gets a special importance for the maximization of the performance capacity. In this respect, we issue the presumption that, if at the level of junior handball players we will use, with a bigger rate, the organization forms of individual training, then the performance capacity of each sportsman will highly increase
- If we concluded individual files for each and every player and we develop the teaching-learning activity on the praxiologic circuit made of: Objectives-contents-strategies-evaluation, then the quality and efficiency of training will evidently improve

Operational demarche:

The research was registered on the following road:

- Study of the current stage for the theoretical foundation of work paper
- Establishment of evolution tests of the training levels for the establishment of individual files of players and of the training programs
- Issuance of individual files and plans of training
- Application into practice of issued planning documents
- Measurement of quality and efficiency of the training program by the way of objective report issued, proposed objective

- Statistic interpretation of data obtained by the registered progression remarking
- Elaboration of a guide with methodological prescriptions for the junior handball teams

Used methods and techniques of research: Study references, direct and indirect observation, measurement and testing method, the method of modeling, mathematical statistics, experimental, case study.

Results obtained and their interpretation: So far there have been achieved the following objectives and activities:

- A preliminary study was conducted to identify the differentiated forms of instruction at junior level and especially the extent to which individual training shapes are used in the junior handball team
- A poll was conducted among handball coaches on the extent to which individual training shapes are being used
- We identified the performance behavior of subjects investigated by the official match registration protocol
- Anthropometric motor driven general and specific measurements were made to identify the level of physical, technical and psychometrical preparation
- Personalized sheets were developed for each player individually in order to determine individual training process objectives. Thus, were taken into consideration such factors as: Indicators of behavior performance game, game design requirements, the job requirements of the team in each player works, physical, technical, tactical, psychological, weaknesses in theory that layers have, other conditions found.
- There were developed some personalized plans (projects) for each player individually. Drafting was done by observing the praxiologic circuit: Objectives-content-strategy-tests to assess the proposed instructional objectives.

The structure of these plans or individual projects is as follows: Personal data strictly necessary, the requirements of the position held in a team game, operational instructional objectives set out after the analysis of the factors determining the behavior of each player individually, the content of the training process focused on operational objectives, operational strategy (means, methods, materials, principles, rules), assessment tests of achieving its goals.

CONCLUSION

- For the development of the training individual projects it is necessary to establish high performance athletes profile on their position to serve as reference models for the junior athletes. It is necessary to identify the parameters of the game to then identify the extent to which each player exactly matches the requirements of the job held in the team. It is necessary to identify potential biometrical parameters of the disputed athletes. It is also required to have the indicators of the level of training. All these indicators are fundamental methodological benchmarks for determining the elements of the praxiologic circuit: objectives-contents-strategies-evaluation
- Regardless of the organizational form of personal training, the main part of project design is to establish instructional objectives and their expression in an operational form (which is equivalent to a notable feat behavior)-to this effect, the origin of these instructional objectives inspiring the personal training forms are: The requirements of the modern handball game, game tactical design requirements of the team, requirements of the job held in the team, particularities of the players, preparedness, athletic shape, accidents

and illnesses, other situations. After establishing individual training objectives, there will be the fixing of contents operation (for physical, technical, tactical, physical training) as well as of the training and evaluation strategies. All these methodological requirements were translated into action through the 10 training projects that are implemented in practice.

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