

# Methods of Teaching Team Attack Techniques to Young Attackers in Handball Training

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**ABSTRACT:** Studing to play handball technique is to find and assimilate technical processes driving expression of the players optimal opportunities and increase their effectiveness as structured driving current game. This research was conducted at the level of junior handball teams during a competitive year in which research subjects were in training a large percentage of technical exercises, assessed by control samples prepared by federation of specialized or domain experts. To assess the level of technical training and progress have passed control samples at the beginning and end of the research.

**KEYWORD:** physical availability, handball, skills, technique, physical exercise.

**Introduction.** Young category and psychomotor development of physical availability is medium to be built technical training through a large number of repetitions of specific skills and game skills requiring high-level sensory system. Better results can be obtained only players with a perfect individual technique to cope with increasingly complex situations encountered in the game and as required by the game, often under conditions of adversity, to limit or running out of time.

2. **Purpose Research** goal is to help optimize performance capacity in terms of growth handball junior technical training and use it in training and competition.

3. **Hypothesis** If training handball teams (juniors) means of operation shall be in accordance with specified motor phase structure of the game in attack and defense, then the index will experience superior technical training.

4. **Methods** During the research, we used the following research methods: method of studying literature at home and abroad with regard to sports training in general and training in handball game at all levels of performance, in particular, as well as a series of interdisciplinary works in psychology and physiology, the method teaching observation during training lessons and competitions at all levels handball performance, test samples and control method, being applied a number of significant control 7 samples for assessing the learning of technical training: dribbling through cones placed 7 to 3 m apart at a distance of 30m, passing the wall for 30 seconds at a distance of 2.5 m displacement delta 4 tracks, handball throwing away the impetus of 3 steps; little marathon ball in dribbling, specific test developed by the Romanian Handball Federation for handball and slalom dribble bypassing the milestones that mark the corners and center of a square 5m, pedagogical experiment method implemented within a group of 16 youth participants Championship IV

National baseline and test application independent variable, statistical and mathematical method for processing results achieved by using domain-specific indicators (arithmetic mean, standard deviation, coefficient of variation, test, t "graphical representation method used means of training and the differences between the initial and final test results obtained from research subjects.



**Pic.1.Tools for teaching team attack techniques to young attackers in handball training**

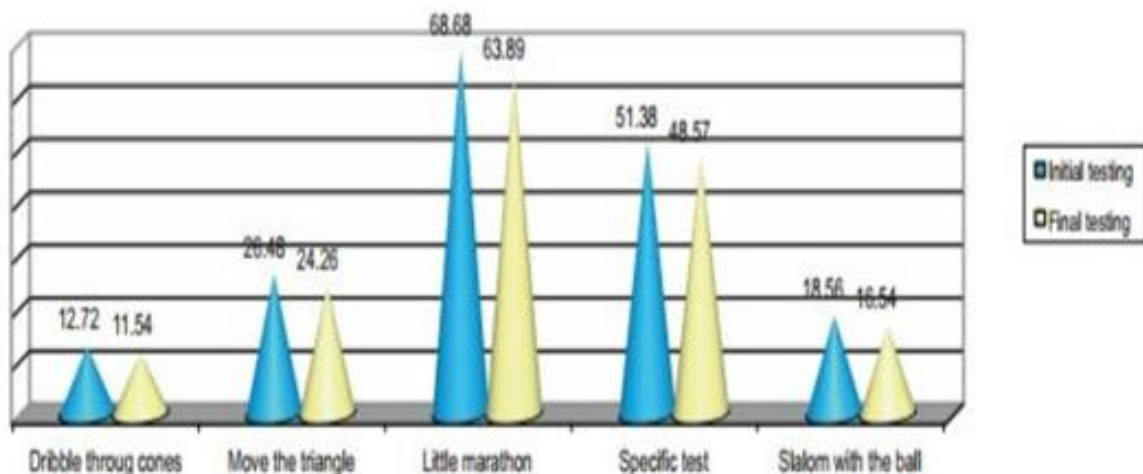
5. Discussions During the course of the experiment, the model used was much simplified game, using means of preparing attractive like structures formed in various game situations to meet the desire of emulation and competition subjects, but at the same time contributing to learning and strengthening technical and tactical procedures and their application increased efficiency in bilateral game. The exercises used in training research subjects were predominantly oriented towards learning basic technique because it offers multiple possibilities age (11-12 years) in the process of acquiring motor skills. Allocated share technical training in subjects research during the year competition respected specialists in the field and the proposed value of literature for this echelon of age. In the annual plan of training exercises used were fully consistent with the characteristics of each stage and preparation period and the peculiarities of the target group, but was put heavy emphasis on the correct execution of technical processes by analytical work. Were also used a series of intuitive design, drawings, images, video analysis, etc.), And after learning the correct technique for each, it was practiced under adversity semi-active and active and then applied in the bilateral game.

6. Results For the study experimentally selected control samples were passed initial testing at the beginning of the preparatory period, individual performances were recorded and calculated main statistical indicators for interpreting the results obtained (Table 1).

**Table 1. Norms of experimental and selected control groups**

No.	Post game	Height	Control sample						
			Dribbling through cones	Passing the wall	Move the triangle	Handball throwing	Little marathon with the ball	Specific test	Slalom with the ball
1	Goalkeeper	180	13,8	18	22,1	26,5	71,3	51,2	18,0
2	Goalkeeper	179	14,0	18	23,4	24	73,2	50,4	17,4
3	Goalkeeper	178	12,6	20	22,8	25	64,6	48,3	20,6
4	Wing	176	10,4	22	23,5	26,5	63,2	47,7	17,0
5	Wing	174	10,7	22	24,1	24	62,2	47,1	16,4
6	Wing	176	11,0	21	26,1	27	60,8	48,2	15,6
7	Wing	175	10,8	22	23,7	25	62,4	48,8	16,0
8	Back	182	11,8	21	25,1	31	61,6	50,2	16,7
9	Back	180	11,9	22	24,8	26,5	63,8	47,6	16,9
10	Back	184	11,1	20	24,5	29	60,4	46,3	14,2
11	Centerback	176	9,8	26	23,5	25,5	59,3	47,1	14,3
12	Centerback	179	10,6	22	24,6	26	62,1	48,0	15,0
13	Centerback	177	10,0	21	24,6	24	62,9	48,8	15,5
14	Pivot	175	12,5	18	27,1	25,5	60,7	49,0	17,1
15	Pivot	180	12,1	21	24,3	23	63,8	48,4	15,6
16	Pivot	176	11,5	19	23,9	26	70,0	50,0	18,3
Arithmetic mean			11,54	20,81	24,26	25,91	63,89	48,57	16,54
Standard deviation			1,24	2,04	1,21	1,99	4,06	1,34	1,62
Coefficient of variation			10,74	9,80	4,98	7,66	6,36	2,76	9,77

Control to dribble through cones sample (seconds) the arithmetic average initial testing is  $12''72 \pm 1''15$ , the coefficient of variation of 9.03%, and final testing, the arithmetic mean value is  $11''54 \pm 1''24$  (Fig. 2), the coefficient of variation of 10.74%. Value test t is 13.86 which is within the threshold of significance  $p < 0.01$ .



**Pic.2. Dribbling control (in seconds) preliminary arithmetic mean tests**

7. Conclusions The performance of junior echelon IV in order to correct technical execution and a maximum efficiency in competition, driving structures used in training to be conducted rationally and economically, the technique is directly related to the ability of each player's performance. For specific driving skills training handball game, automation of techniques and obtain the correct techniques in the training process must ensure an appropriate workload, resulted in a large number of repetitions for each subject learning and perfecting technique by using the global method of learning, as well as the analytical.

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