

CONTRIBUTION REGARDING THE OPTIMIZATION OF BALANCE BETWEEN NATIONAL HANDBALL ATHLETES AND COACH

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Abstract

Increasing the requests on all levels and the number of competitions and games leads to loading athlete's overall program, which generates fatigue, discomfort and tension that have effects on the general climate and team results. Developing a framework program of the national team, flexible on the limits and on the conditions set by the internal rules of the lot helps to optimize the relationships between athletes and technical management of the national team. The analysis of the request level of players value reported to the assumed performance targets, but also to the time resource that we have available were prerequisites to achieve optimal program, taken by all participants on the national team actions.

Keywords: *national team, request, program, optimization, performance.*

INTRODUCTION

In achieving the highest sportive performance the experts attribute on the one hand the most important role to the athlete and his native qualities and the coach and his training system, on the other hand. Sportive training process that are conducted by and under the direction of coach vision, has the primary purpose obtaining the athlete adaptation effects to competition requirements, trying to capitalize on maximum resources at its disposal:

- Athletes qualities and their characteristics.
- The facilities and sports equipment.
- Time (up to competition with the main objective or untill the intermediate competitions).
- Capability and its professionalism level.

Some current development trends of the handball game, we note an increasing density regarding the number of competitions and games, both nationally and internationally, as well as an increase regarding the training volume required to keep pace with game development rate in all its aspects. This agglomeration of athletes and coaches program under constant pressures of the intermediate / general performance attainable aims, leads to physical fatigue and generating a poor mental state, the feeling of discomfort and even frustration felt by athletes.

Because of the busy schedule and solicitant national championship that continues with the national team program, athletes almost always accuse the short time they have available for themselves and for their family. This feeling is reinforced by the idea that athletes who were not called that communicate with those who were called in the national team are enjoying a few days rest in the training program and their presence in the family. Major athletes in which has been invested confidence and competitive experience, trying to evade the batch actions, citing the most diverse or worse reasons, is

presented to the national team, but manifests apathy or hostility towards all that is (coach, teammates, rules, schedule, etc.). Players incentives in the national team actions is even more difficult, given that the only advantage of belonging to the group is the one of image but some athletes no longer cherish due to the club consistent pay scales.

Also, shortening the batch training periods, creates an additional state pressure for the technical staff which should include to solve the same training task in a much shorter time. Depending on the individual characteristics of each coach and its communication capabilities, these states come to influence more or less the team climate and comfort, imperative to capitalize the player skills on international confrontations.

In these circumstances, international handball coaches with great experience and notoriety have changed the national team concept of training, adapting it to the new circumstances, the main resource is time, in which must be based in the other parts of the business management with the national team.

Therefore, in the management of Romanian Handball Federation was decided obligatory presence of a psychologist to assist coaches in their activities with athletes to determine behavioral problems and to communicate with both parties in order to solve these kind of problems.

Following individual meetings with athletes and coaches and analyzing these discussions the teams staff members (2009) adopted several measures to clarify and resolve this situation, both the reality of the players situation, but also its ratio to the preparing requirements of national team with the assumed goals.

Athlete-coach relationship in national teams, should be regulated by stipulations specifically expressed (or attached) in the team rules, based on:

- Assumed objectives (stage / period / that campaign).
- Analysis of the value and athletes performance ability.
- Financial and material resources that we have (the sport and materials, equipment, medication and recovery conditions, technical informatics and so on).
- Human resource conditions (athletes): age, fatigue, club calendar, individual peculiarities, and so on;

Any internal rules national teams must adjudicate the rights and obligations of those who participate in the batch actions, resulting in a daily / weekly program, displayed in a visible location known to all concerned (coaches, athletes, medical, computer, psychologist, and so on).

This program should be designed by the coach, drawn together with the first mate / her chief mates discussed with other members of staff and athletes or necessarily with the most representative of them (captain of team, formal / informal leader, most / the most experienced athletes, etc..) before posting it. Once you know all of those mentioned positions, the coach (or technical director) decide the final shape of this program who assumes it personally.

We must not forget that performance depends largely on psychological comfort resulting in required mobilization sports confrontation, but especially the acquired potential through training and every sport games. We now know that because of the short time, the group can not compensate for the possible lack of training of the athlete, so the role of the coach (during convocation) is to ensure the training content and program activities to obtain maximum potential of athletes until the game in relation to the preparation that comes from the club. No athletes group are not coaches slaves, as wel as coaches are not at the mercy of various trends of athletes convenience.

Thus, according to the way in which the activities program is designed, making everyone involved to accept it, taking into account all the arguments and positions that are taken in the interest of common outcome, the coach can create a favorable performance climate, an appropriate level of group discipline, being the first to report on the program developed / undertaken / displayed.

This applies to the entire staff, athletes, administrative staff (accommodation, meals, recovery, etc..), and his failure must be charged uniformly, with announced sanctions (can be part of it).

The weekly designed program (Table1), will include:

1. control samples: 50 min
2. training (common): 650-770 min
3. training (individuation) 150-180 min
4. theoretical and video (common) 120-160 min
5. theoretical and video (Individual) 150-170 min
6. recovery / treatment / medication specific: 120-180 min
7. game (official / training / certification / school 130-150min
8. individual discussions or antren. training and sports psychologist and sports 360min
9. 1730' – 2020' (29-34 hours)
10. administrative activities: 300 min
11. cultural and recreational activities: 120-150 min
12. meal: 560 min
13. rest: 70-77 hours
14. free time (individual program / group athletes choice): 14-17 hours 6020'-6650' (100-110 hours)

Table 1. The weekly designed program

WEEK	October 8 - 14 2006 (step 5, week 15)						
DAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
DURATION							
Control tests	50'						
Training (common)	100'	120'	100'	90'	120'	120'	Official game
training (individuation)		30'		40'		40'	
theoretical and video (jointly)		30'		30'	30'	30'	
theoretical and video (individual)			50'		50'	50'	
Recovery / treatment / medication specific			30'		120'	30'	
game (official / depreg. / check. / school)				30'		100'	

individual	3x20'	3x20'		3x20'	3x20'		3x20'	3x20'		
cultural and							120'			
administrative	30'	30'	30'	30'	30'	30'	30'	30'	30'	30'
Meal	80'		80'		80'		80'		80'	
Rest		11h		11h		11h		11h	11h	
free time (individual program / group)		90'		90'		180'		90'	90'	

WEEK	October 8 - 14 2006 (step 5, week 15)								
DAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
DURATION									
Control tests		50'							
Training (common)	100'	35'	120'	100'	90'		120'	120	
training (individuation)			30'		40'			40	
theoretical and video (jointly)			30'		30'		30'		30'
theoretical and video (individual)				50'		50'		50'	
Recovery / treatment / medication specific				30'		120'			30'
game (official / depre. / check. / school)						30'		100'	
individual discussions and	3x20'	3x20'		3x20'	3x20'		3x20'	3x20	
cultural and recreational							120'		
administrative activities	30'	30'	30'	30'	30'	30'	30'	30'	
Meal	80'		80'		80'		80'	80'	
Rest		11h		11h		11h		11h	
free time (individual program / group athletes)		90'		90'		180'		90'	90'

Total activity = 129-144 hours
7 days x 24 hours / day = 168 hours
The difference of 24-39 hours (3-5 hours / day) can be a flexible program according to fatigue, mental status, restoration needs / recovery emerging, etc. and will not be allocated to training (activities 1-8). In my opinion, this difference must be the only resource solely at the discretion of the primar coach, the way he manages depending the whole team atmosphere.

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