

IMPROVING THE PREPARATION DRIVING THE HOCKEY BEGINNERS, USING MOVEMENT GAMES

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Summary

Analysis of the results obtained hockey beginners to driving tests in ascertaining the experiment, showed that in addition to evidence of the abdomen, held on 30 sec., Where subjects have investigated a number of minor increases of 0.68 repetitions, to the proposed rates of FRHG, all other physical evidence indicates the lowest results both from the national average and to the federal special rates. These results confirm the need for a methodical intervention on specific physical aspect of hockey training beginners.

Key words: motility training, movement games, ice hockey.

INTRODUCTION

The experiment pedagogic base, were tested a number of six samples of motility, who finally were compared between the two groups, experimental and control, or between initial testing and final testing for every group in part, for the analysis increases adjustments of main statistical indicators used in this experiment.

Line unit is more detailed methodology for the junior and senior. In the beginners there are concrete ways of achieving goals, there is a selection of specific means physical or technical training conducted on land or ice. Finally there is at this level, method or methods of preparing the children start.

To this end we proposed an experimental program in basic educational experiment shows:

- Application in sports training games of movement, selected according to previous classifications previous subsection;

- The training carried out on land or ice sports will have their games on the move;
- Training will have a well-defined structure, obtained from the analysis of literary sources of sociological inquiry and experience.

Week training cycle was structured sports training factors

Such movement in the share game lesson training will depend on the type of lesson.

1. Learning Lesson 10-20%.
2. Lesson of repeat-building 40-50%.
3. Lesson 50-60% improvement.

The six samples which have been driving data contained in both groups have been the same experiment for initial testing and final testing: jump in length from the place, running speed of the 50 meters flat, choosing stroke of the place, abdominal strength (flexi and extensive cramps up in the 30 seconds), mobility coxo- femoral in the previous plan sitting position, running the resistance flat rolling up the lengths 600

Table indicators statistics for evidence driving

Grupa martor		Sipl cm	Vit 50m secunde	Oina metri	Abdomen repetări	Mobilit cm	Rezist secunde
T.I	x	161.36	9.075	23.6	20.96	53.2	140.92
	S	9.669	0.788	5.780	3.061	2.415	4.873
	m	1.934	0.157	1.156	0.612	0.483	0.974
	Cv %	5.992	8.680	24.49	14.607	4.540	3.458
T.F	x	162.8	8.9796	25.12	21.88	54.44	139.64
	S	9.469	0.776	5.480	2.920	2.122	4.545
	m	1.893	0.155	1.096	0.584	0.424	0.909
	Cv %	5.816	8.647	21.813	13.345	3.899	3.254
t		0.532	0.4322	0.954	1.09	1.928	0.960
p(0,05)=2.064		>0.05	>0.05	>0.05	>0.05	>0.05	>0.05
Grupa experimentală		Sipl cm	Vit 50m secunde	Oina metri	Abdomen repetări	Mobilit cm	Rezist secunde
T.I	x	163.16	8.941	24.84	22.12	54.2	142.72
	m	2.279	0.114	0.679	0.545	0.611	3.867
	S	11.396	0.570	3.399	2.728	3.055	19.335
	Cv %	6.9851	6.3766	13.685	12.333	5.636	13.548
T.F	x	170,8	8.63	25.9	23.9	56,4	139,5
	S	9,29	0.51	2.25	1.98	3,208	14.11
	m	1,86	0.102	0.45	0.395	0,64	2.821
	Cv %	5.44	5.91	8.69	8.27	5,69	10.11
t		2.604	2.023	1.30	2.672	2,48	0.672
p(0,05)=2,064		<0.05	=0.05	>0.05	<0.05	<0.05	>0.05
t ₁		3.018	1.881	0.658	2.865	2.56	0.047
p(0,05)=2,064		<0.05	>0.05	>0.05	<0.05	<0.05	>0.05

Legend

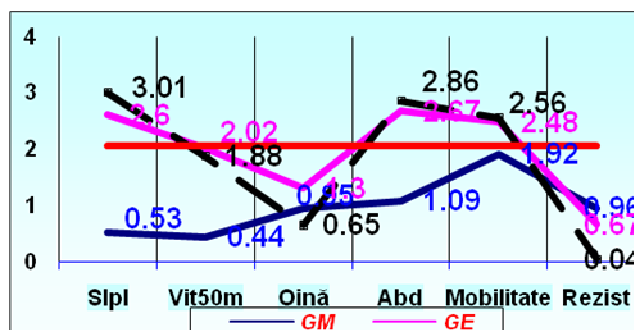
"t" - It has been calculated between original and final indicators of each group

"t₁" - It has been calculated between groups of customer's indicators blank and experiment

"p"-is that of Fisher table to reach the significance of 0.05 in accordance with the sample investigated;

They calculated the indices and "t" "t₁", to determine the significance increases adjustments between the two groups or between the two tests. The threshold of significance of 0.05 was taken from his table and Fisher is 2,064 Still we will

present a detailed analysis of the results recorded in samples testing of the six to appreciation level of physical training beginners hockey employed in the pedagogic experiment basis.



Evolution coefficient of significance t and t₁, driving in tests

FINAL CONCLUSION on driving samples show generally increases adjustments to both groups participating in experiment, larger for experimental group. The trials of experimental group likewise indicates increases value greater than group witness, values the most significant infrastructure group them experiment to test samples of the length of the jump seat, speed 50 flat rolling up the lengths, mobility coxo- femural and the test of strength abdominal carried out in 30 seconds.

The results will be explained by the fact that these qualities driving, with a significant growth I, as opinions specialists: Cârstea G., (1993), Dumitru Colibaba Evuleț și Ioan Bota, (1998), Bompa T.O., (2001), Dragnea A.C., Mate-Teodorescu S., (2002), the most for the development of their at the age of 9-11 years.

On the test of strength and detenta (force speed) for arms, he knows that time is opportune for their development around age of 13-14.

Games to move applied years within the pedagogic experiment basis, showed a positive impact significant physical samples tested for the majority.

Such games can be concluded that the movement used, with specific content or on the ice, can be

applied with success in the sports training conducted by land or on the ice, the level of inceptorilor age 9 to 11 years.

Regarding the results indicate the driving of the two groups obtained in the basic educational experiment, we see increases higher values for the experimental group, both in initial testing and final testing and compared with the control group at final testing ($p < 0.05$). Outcomes are due to positive transfer phenomenon driving qualities in the application of movement in preparation hockey games beginning in the experimental group.

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THE OPTIMISATION OF THE PROCESS CONCERNING THE ACCURATE ACQUISITION OF ICE-SKATING SPECIFIC MOVEMENTS THROUGH MOTRIC GAMES

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Summary

If sportsmen assume a correct execution of specific ice-skating movements used in hockey, this will allow further development and improvement regarding this sport. The greatness and technical skill in hockey are, in the end, subject to speed, skill and safety when slipping on ice. Success in learning and perfecting this sport resides in performing a large number of exercises and repetitions.

Keywords: the coach's role, amateur ice-skating, motric games

INTRODUCTION

All training activity is closely related to the correlation between effort and rest, through which it is acted on the child's body, prompting the pace in progress.

For training lessons to be effective, the volume of effort must influence positively the child's physical development, from both a physiological and anatomical point of view. Training lessons whose effort volume is not appropriate, does not contribute to the formation or strengthening both the motor skills and physical qualities, therefore it does not reach their goal. For making a certain amount of effort, certain energy consumption is required, and the body's recovery is

achieved by rest. Fatigue is a normal physiological phenomenon. Rest is equally important for children as effort, it is the condition needed to restore the exercising capacity.

A correct assessment of the relationship between effort and rest, together with a good distribution of effort both during lessons and after their completion, and during a whole series of lessons, is a major problem of the coach's work with children.

The elements on which the adjustment of effort is made during the lesson are primarily the volume and the intensity of effort.

The beginners' training lessons take volume as a basic element in order to adjust effort.