STUDY ON THE OPTIMIZATION OF THE TECHNIC-TACTICAL TRAINING MEANS OF HANDBALL PLAYERS (JUNIORS I) IN ATTACK

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Abstract

Handball has become a highly practised sport today, with superstructure elements, no matter where it is practised around the world, a sport where passions are combined with scientific work. In this context, handball has become a demanding sport, new training methods, new systems and concepts emerging from year to year, technical elements and techniques are being improved by finding forms and means of expression.
Based on my own theoretical and practical knowledge, accumulated during the training practice and as a player, I aim to write to paper meant to solve the following tasks:

a) The systematization of the means used in training, selecting the means according to their efficiency

b) Prioritizing between physical, technical, tactical and theoretical and psychological plans in the training process, according to the training tasks and the aimed performance objectives;

c) Increasing the players’ game efficiency, by improving training and game pattern;

d) Demonstrate the importance of general and specific physical training development and improvement for the players’ efficiency, the basic element of the training process;

e) Improving the technical and tactical training through complex means, to put the players in game situations, to form the right skills to use the technical means according to the situation.

To achieve prestigious successes in the future, in order to be able to meet the aimed performance targets, which will surely be more and more difficult to achieve, our handball must occupy an avant-garde position in the field of creation and design, of theory and methodology, application of innovative ideas and consolidation of the most efficient known and established means that can ensure a maximum level of performance.

In the future (as high-performance world sports, in general, and elite handball in particular is evolving), superclass players should not be expected to appear randomly but must be systematically discovered and shaped.

There is already enough evidence that players categorized as valuable can determine the fate of a meeting or even more meetings in major competitions. It is not far off the moment when the results will be decided in favour of those teams that can bring as many superclass players as possible. This obliges rigorous measures to ensure maximum efficiency in the selection, training, education and competitive training of the elements that fall within the sphere of exceptional players.

For this purpose, it is necessary to establish precisely which are the minimum requirements that an exceptional element must fulfil in terms of somatic type, motor skills, level of technical tactical training and level of training in general.
This is the aim and the immediacy of these studies: to gain further certainty that our high performance handball will fully succeed internationally.

**Keywords:** training, physical training, systematization.