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DEVELOPING THE PHYSICAL ACTIVITY OF HANDBALL PLAYERS THROUGH ACTION GAMES

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Abstract: Physical coaching of young handball gamers is one of the most essential components of sports education and is understood as a system aimed at comprehensive development of the body, strengthening health, enhancing bodily skills and creating a strong useful base for all other types of training. Developing the physical activity of handball players through action games was discussed in this article.

Keywords: Handball players; physical activity; action games; comprehensive development; health.

Handball is a professional and Olympic sport performed through two groups of seven gamers (six field gamers and one goalkeeper) on a court of forty × 20 m. The game is characterised by using fast-paced offensive and shielding actions and frequent body contact, with the last objective of scoring more dreams than the opponent at the stop of two 30-minute periods. Therefore, the gamers should be physically organized to produce moves to beat their opponents and to keep the game's velocity and depth throughout a match. During the games, the gamers have to function one of a kind conventional actions (walking, running, jumping and altering directions) and handball-specific actions (passing, catching, throwing and blocking); specifically, in elite handball, there are extraordinary playing positions (backs, pivots, wings and goalkeepers) with unique functions inside the team, which generates one-of-a-kind motion patterns and bodily demands for each position. Coaches ought to optimise specific factors to attain the maximum performance (i.e., players' technical, tactical, psychosocial, and bodily characteristics). Thus, understanding of the physical needs is one of the most relevant elements of the game. Understanding the physical needs is indispensable in order to optimise bodily coaching (e.g., strength, speed, and endurance), minimising the appearance of fatigue and lowering damage risk. Moreover, to individualise training, it is well worth nothing that enjoying positions, gender and opposition degree impact physical demands.

It looks that the best way to enhance the electricity of a handball player is to use plyometric exercises. Regular use of these exercises will increase muscle tolerance to sizeable eccentric loads and approves for better use of the stretch shortening cycle. However, this kind of education is regarded controversial. Many studies confirm the effectiveness of plyometric workouts in increasing the strength and energy of athletes. However, subject is raised by using immoderate overloading during such exercises, which may additionally have destructive results on the athlete's health, specifically accidents to the joints, ligaments, and muscles.

In addition, research on competitive athletes, which regularly operate jumps at some point of training and competition, indicate that the use of plyometric education does not significantly enhance athletic performance. This may additionally be due to the fact that for group players in volleyball, basketball or handball, performing jumps is a everyday part of most training sessions, hence additional plyometric exercises might also be an inadequate stimulus for the neuro-muscular system. This raises the question about the legitimacy of the usage of additional plyometric workout routines in such group sports activities training.

It should also be noted that energy training produces different outcomes than those resulting from explosive resistance training. Depending on the fee of the utilized load, energy education may additionally fluctuate in its have an effect on on the direction of the strength-speed curve. Training based on massive masses increases the stage of power. Training explosively with small-loads can expand the charge of pressure development, thus, improving the power degree at low resistance. It seems essential that coaches recognize the load extent to which athletic competitions take vicinity in their specific self-discipline in order to improve muscular strength of athletes with external resistance characteristics for that sport. Nonetheless, this is now not always convenient due to the fact electricity requirements regularly fluctuate within a discipline. In handball, an athlete need to generate large strength regarding both small (e.g., throws) and massive (e.g. warfare for a position on the field, defence) exterior forces. Therefore, when designing a handball resistance training program, one can't center of attention totally on power, bypassing maximal strength training.

To optimize the effectiveness of resistance training, it should be harmoniously integrated into the general training program developed for a precise sport discipline. Although muscle energy and power are extremely important in handball, they are no longer the solely elements figuring out success in this sport. Basic handball coaching is directed at enhancing technical and tactical skills. The periodization of electricity training in handball is an extraordinarily important issue. Under the prerequisites of high motor needs positioned on the athlete in aggressive sports, it is fundamental to carry out systematic energy coaching over the route of the entire annual education cycle. This is specially important in disciplines such as handball, the place a classic division of the annual macrocycle takes vicinity and the gamers take part in competitions all 12 months round.

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