COMPARATIVE ANALYSIS OF HANDBALL TECHNICAL EXECUTION AND SELF-IMAGE TO JUNIOR ATHLETES AGED 12-13 YEARS

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Abstract

Problem statement. This research analyzes the quality of technical execution and processes in handball game to junior athletes aged 12-13 years, compared to self image that is highlighted by the sociological questionnaire applied.

Methods. The questionnaire contains 12 questions that relate to the level of laterality, in assessing the technical execution of passes and shots on goal. At the same time the level of technical execution has been evaluated with grades by the trainer. The target group consisted of 22 athletes from Sports School Club No.1 from Constanta.

Results. The findings have revealed that the athletes have responded honestly and the assessment of their level of laterality corresponded to the one stated in the questionnaire. From what they said they prefer to execute and actual level of technical executions were not recorded differences (questions 1,2,3,4,5,7,9,10) and where differences were assessed (questions 6 , 8,11,12) between the athletes and the coach will intervene with additional exercises.

Conclusions. This study reorients technical and tactical preparation of players in terms of laterality and implicitly ambidextrous. The modern game of handball has to regard the preparation of psychomotor qualities since its infancy in this branch of sport.

Keywords: handball, laterality, technical execution.
Methods

The questionnaire proves to be one of the techniques most commonly used in social and human sciences. Caplow T., 1975, examines the main sources of data in articles published in the Revue Française de Sociologie (1965-1967) in The American Sociological Review (1966-1967), and believes that the interview and questionnaire surveys accounted for more than half of all published studies. In Romanian Sociology investigations based on a questionnaire are the most. A ten-year study (1972-1982) of the journal of sociology reveals that half of the research conducted, the results of which were published questionnaire used. (Chelcea, 1985). A more detailed analysis, distinguishing between questionnaires with open questions, closed and hierarchical, showed that the most often used are questionnaires with closed questions (pre-coded) (Giddens, 2000). The questionnaire used in the present research consists of 12 questions distributed as it follows:
Closed questions: 1, 2, 5, 6, 7, 8, 10, 11, 12.
Opened questions: 9.
Mixed questions: 4, 3.
Simple questions, dichotomous (yes/no): 1

Results

Characterization questions were placed at the beginning of the questionnaire, without having a running number. The questionnaire was applied to the handball team from Sports School no.1 in Constanța. The 22 handball players are 12-13 years old.

Graphic nr.1- question no.2

GRAPHIC nr.2- question no.3

QUESTION No.2
On a scale from 1 to 10 how much do you like to play handball?

- 10
- 9
- 8
- 7
- 6
- 5
- 4

QUESTION No.3
What technical procedure you use more frequently in...

- 2
- 1
QUESTION No.4
Which hand do you prefer to shoot to the goal?

Right hand
Left hand

QUESTION No.5
Which is your supporting foot when you shoot to the goal with your favorite hand?

Left foot
Right foot

Graphic nr.3- question no.4 and 5

QUESTION No.6
Do you shoot easily to the goal with the other hand (unskilled arm)?

Yes
No

Graphic nr.4- question no.6

QUESTION No.7
You are with the back to the goal as a pivot. If you are right handed, on which foot do you prefer to turn to shoot to the goal?

Right foot
Left foot
Both feet

Graphic nr.5- question no.7
QUESTION No.8
From which side do you prefer to receive passes?

- Right side: 13
- Left side: 5
- Both sides: 9

Graphic nr.6- question no.8

QUESTION No.9
On which side of the field do you like to pass the ball in positional attack?

- Right side: 13
- Left side: 5
- Both side: 4

Graphic nr.7- question no.9

QUESTION No.10
On which side of the field do you like to launch the counter attack?

- Right side: 6
- Left side: 6
- Both sides: 10

Graphic nr.8- question no.10
**Discussion**

The analysis of the questionnaire applied to the handball girls team from Sports School No. 1 Constanța:

1. The handball players have answered affirmative 100% to the first question: "would you like to..."
participate in a study and answer as correctly as possible?”. 

2. Surprising for the coach were the answers for question No. 2 due to the fact that two handball players have granted 7 and 8 for the level of pleasure with which they practice handball, with mention that those two players were not poor athletes.

3. At question No. 3, 18 handball players answered with throwing to the goal while jumping although

5. Question No. 5 verifies the level of laterality and appreciation made by the athletes is according to the reality

6. As shown, to question No. 6, 17 the athletes answered that they easily throw to goal with the unskilled arm, which is overrated. 

From the coaches records results that only six athletes throws easily with the other arm to the goal. The explanation for the incorrect appreciation of the athletes is that they are constantly working for ambidextrous, with movement games and effectively with throws to the goal.

Question No.7 has been addressed to the athletes in order to harness the answers so that during workouts to run as many sets of shoots both the preferred sideand the non-preferred side, game situations asking quite often to find technical and tactical solutions to avoid the opponent's defender and completion of this posture.

8. At question No. 8 the athletes answered in accordance with the execution required in training but their degree of sincerity and here is distorted because it is easily observed that all athletes prefers the passes coming from the direction of the skilled arm. (correct answer-19 from the right and 3-from the left)

9. At question No. 9 the athletes have answered more realistic, if we consider the fact that they answered to the right. 13 of the 19 right-handed athletes, 4 to the left and 3 are left-handed, and the other 5 have no problems with the direction from which the pass comes. We consider appropriate this question because the coach will be able to refocus the methods in order to achieve an improvement of this technical element,both to the preferred direction and the non-preferred.

10. Most of the answers (n = 10) of the athletes, to question No. 10 were for the "b" version - to the left. Taking into account that the vast majority are right-handed, we realize that the technical execution of the long pass is easier and is preferred to the opposite direction the skilled arm.

11. It is noted that to question No. 11, the majority of the athletes have theoretically acquired the method of execution, the problem is that at this point, the coach believes that in proportion of 100% the technical procedure is not executed yet, correctly.

the execution technique is not so good at this age and it is not ruled very well by them. We believe that the answers were induced by the fact that in training are required to throw a lot with the long ju4. At question No. 4, the athletes responded correctly, 19 among them were right-handed and 3 of them left-handed. We can say that they have correctly assessed the level of laterality.

12. The degree of subjectivity of the handball players is observed by comparing the two tables where they give themselves notes from 7 to 10 and the coach from 5 to 10.

The findings have revealed that the athletes have responded honestly and the assessment of their level of laterality corresponded to the one stated in the questionnaire. From what they said they prefer to execute and actual level of technical executions were not recorded differences (questions 1,2,3,4,5,7,9,10) and where differences were assessed (questions 6, 8,11,12) between the athletes and the coach will intervene with additional exercises.

Conclusions

This study reorients technical and tactical preparation of players in terms of laterality and implicitly ambidextrous. The modern game of handball has to regard the preparation of psychomotor qualities since its infancy in this branch of sport.

As a result of the conducted study there are the following conclusions:

1. The handball players have answered with sincerity and assessment of their level of laterality corresponded to that stated in the questionnaire
2. Between what they said they prefer to execute and the actual level of technical executions are not big differences (questions 1, 2, 3, 4, 5, 7, 9,10 ).
3. Where the differences were considerable (questions 6, 8, 11, 12) between the athletes and the coach's opinion it will intervene with additional exercises
4. The present study is reorienting the technical and tactical training of the players regarding the laterality and so implicitly the ambidextrous.
5. The modern game of handball must have in mind the preparation of psychomotor training since their debut stage in this branch of sport.
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