

ANALYSIS OF COMPETITIVE ACTIVITY OF QUALIFIED HANDBALL PLAYERS

Tyshchenko V. A.

Lviv national agrarian university

Annotation. The results of competition activity of leading masculine handball commands are considered on Olympiad-2012 on the basis of estimation of efficiency of throws on a gate. Protocols of games are studied. Viewing of the videotape recordings of matches and analysis of reports of complex scientific groups which worked on Olympiad is conducted. The results of estimation of efficiency of throws of ball on a gate, executed from different positions are got. It is set that for 8 conducted games olympic champions (France), executed 363 throws on a gate (on the average 45,38 throws for a game), hammered in 229 goal (28,63 goal for a game) and attained the greatest effectiveness - 63%. It is set that efficiency of throws of handball commands is expressly up-diffused in a descending order, in obedience to busy on Olympiad places. Directions the correction of the programs of preparation of skilled handballers and control of their implementation are offered for the collapsible command of Ukraine.

Keywords: skilled, handballers, efficiency, throws, ball.

Introduction

Demand in efficient participation of sportsmen in competition activity during long period of time, in combination with the demand in their preparedness level support and improvement, condition urgency of scientific-practical task concerning perfection of techniques and tactics of qualified hand ball players at the account of increase of efficiency of sports results.

Sharpening of competitiveness in high level sports forms demand in perfection of sportsmen's preparedness in different kinds of sports. Discrete character of scientific researches, oriented on studying of qualified sportsmen's training systems is unquestioned.

The level of requirements to sportsmanship of men handball teams both in Ukraine and on international level, which is continuously growing, requires adequate correction of qualified sportsmen's training system [8]. High tension of actions, which requires maximal muscular efforts, is a peculiarity of outdoor games. Besides the above mentioned, the skill to manifest them in various situations, which have rather large scope of movements, rising intensiveness of game, athletic struggle at all parts of site, unevenness of physical loads and interchange of work and rest put forward a question concerning correction of qualified handball players' training programs [4].

Theoretical-methodic principles of sportsmen's training are of common knowledge; they are realization of sportsmen training systems' perfection [1]; strict compliance of sportsmen's training systems to specific requirements of the chosen for specialization kind of sports [4], orientation on individual bents and skill of every sportsmen [2, 6]; achievement of training and competition loads' balanced combination [7]; orientation on reaching of competition activity's optimal structure [8].

Great number of specialists [4, 5, 7, 8] note that at the present stage of handball development, sportsmen shall re-evaluate their individual technique and tactic actions in attacks that is connected with growing competitiveness and sportsmanship of adversaries. The quantitative structure of throws from different attacking lines has substantially changed for the last historical period of time [3]. Great number of attacks is executed from "back" attacking line. To large extent it is connected with the fact that players practice oftener active defensive actions and power techniques together with attacking players. With it, throws from 6 meter attacking line requires continuous growing of sportsmen's skills and perfection of attacking tactics and techniques schemas [4, 8]. This was required by the research of tactic & technique elements of qualified handball players for correction of their preparation.

Parameters of tactic & technique activity of men handball teams – prize-winners of Olympic Games 2012, were not the subject of scientific researches. That is why, analysis of tactic & technique activity's efficiency of leading men handball teams of Olympic Games 2012, concerning throws' efficiency, was not described in available scientific-methodic literature.

The research has been fulfilled as per plan of scientific & research works of physical education department of Lviv national agrarian university on subject "Perfection of forms and methods of physical education and sports training organization".

Purpose, tasks of the work, material and methods

The purpose of the work is analysis of competition activity of international leading men handball teams at Olympic Games 2012, on the base of goal throws' efficiency evaluation.

The tasks of the research:

1. Studying of peculiarities of leading men handball teams' competition activity at Olympic Games 2012;
2. Studying of attacks' efficient indicators of qualified handball players' tactic & technical attacking actions;
3. Evaluation of goal throws' efficiency, which were executed by qualified handball players at Olympic Games.

The researches have been carried out on the basis of analysis of reports of leading international men handball teams' games, review of matches' video, studying of complex scientific groups' reports from Olympic Games 2012.

The methods of the research: theoretical analysis; documentation and reporting; pedagogical observation.

Results of the researches

Sports activity has a number of specific features and it reflects in solving of practical questions concerning improvement of realization efficiency. Sports results depend directly on a number of important components of competition activity, which, to certain extent, are independent from each other.

In order to obtain objective information in the process of qualified handball players' competition activity's research we registered significant indicators of technical and tactic activity after analyzing of goal throws, which were fixed, considering total number of throws.

In table 1 there are presented indicators of efficiency of total throws quantity in all games at Olympic Games 2012.

Table 1

Quantity and efficiency of throws of teams prize-winners of Olympic Games 2012

| Place, taken by team | Country of combined team | Quantity of games | Relation of goals to the quantity of throws | Efficiency of throws % |
|----------------------|--------------------------|-------------------|---|------------------------|
| I | France | 8 | 229/363 | 63 |
| II | Sweden | 8 | 228/370 | 62 |
| III | Croatia | 8 | 230/382 | 60 |

Having processed the statistic data and analyzed the obtained results, we make the following conclusions. For eight games, Olympic champions – combined team of France, scored 229 goals (28.63 goals per one game) and made 363 goal throws (in average 45.58 throws per one game) and reached the highest efficiency – 63%.

Comparing with silver prize-winner – Sweden combined team, it turned out that in total French player scored only by one goal more. Scandinavians made 370 throws with goal realization – 228 (47.75 throws and 28.75 scored goals per one game correspondingly). Croatia team made 382 throws in the same quantity of games (in average 46.25 throws per one game) and scored 230 goals (28.5 per one game), that was 60% of efficiency.

It should be noted that the quantity of scored goals of all prize-winners is nearly equal with difference only one goal. However the efficiency of handball teams' throws is clearly distributed in regressive order, in compliance with taken at Olympic Games places.

We have analyzed not only total quantity of throws and percentage of realization at Olympic Games, but attack throws from different position in game: from 6 and 9 meters lines, from corner.

In table 2 there are presented quantitative indicators of attacks' efficiency of France, Sweden and Croatia combined teams concerning positional attacks.

Table 2

Quantity of positional attacking throws of teams – prize-winners and their efficiency at Olympic Games 2012.

| Place, taken by team | Country of combined team | Quantity of games | Throws from 6 m line | Realization of throws % | Throws from 9 m line | Realization of throws % | Throws from corner | Realization of throws % |
|----------------------|--------------------------|-------------------|----------------------|-------------------------|----------------------|-------------------------|--------------------|-------------------------|
| I | France | 8 | 54/69 | 78 | 69/140 | 49 | 31/59 | 53 |
| II | Sweden | 8 | 43/61 | 70 | 55/143 | 38 | 42/62 | 68 |
| III | Croatia | 8 | 40/64 | 63 | 63/136 | 46 | 39/70 | 56 |

The winner of Olympic Games 2012 in handball was combined team of France; it had advantage over other prize-winners in quantity of scored goals, which were scored from 6 meter and 9 meter lines, though it yield other two combined teams in the quantity of goals, scored from corner. By efficiency of attacks from 6 and 9 meters lines French combined team is rather ahead of two other combined teams – the quantity of efficient throws equals, correspondingly to 78% and 49%, while silver prize-winner Sweden combined team has results – 70% and 38% correspondingly and Croatia had 63% and 46%.

By the last indicator the players of Croatia combined team were rather ahead of Sweden and approached closely to France. The greatest quantity of throws was made from 9 meters line by all teams, but their efficiency is the lowest: 38% - Sweden, 46% - Croatia and 46% - France. It witnesses that in the teams there are extra class attacking players, who successfully attack from close position.

From the other side, it is symptomatic that the least throws quantity concerns to corner throws, though their efficiency is much higher than of "9-meters" goals: 53% - France, 56% - Croatia and 68% - Sweden. It is also interesting that the quantity of "corner" and "9-meters" goals of all three teams is nearly equal. Of course, the highest efficiency of 6 meters throws is unquestionable, because this position is the most favorable for goal.

Conclusions

The results of research of qualified handball players' sportsmanship witnessed the differences in general teams' indicators and in quantitative indicators of positional attacks' efficiency of France, Sweden and Croatia combined teams.

We have confirmed that improvement of rules of competitions and directly competition activity, continuous new efficient technical elements and tactic actions form the demand in optimizing of qualified sportsmen's training and are an urgent scientific-practical task.

In our opinion, the main reason of high efficiency formation of technical and tactic actions of qualified handball players could be improvement of special physical preparedness in combination with sportsmen's understanding of their responsibility for efficiency of their actions at game site. It undoubtedly will positively influence on increment of such physical abilities as coordination and speed endurance.

The prospects of further researches imply correction of training programs for qualified sportsmen and control over implementation of these programs, that will facilitate increase of efficiency of qualified handball players' competition activity.

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Information about the author

Tyshchenko V. A.: ms.valeri71@mail.ru; Lvov National Agrarian University; Vladimir the Great str., 1, Dublyany, Zhovkva, Lvov region, 30831, Ukraine.

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