

The development of the strength of forward rugby players using operational methods

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Abstract

Background. It starts with the strength developing premise importance of the rugby players from the forward division in order to obtain superior performances during The Championship. The strength developing methods can be improved during practice by applying some general and specific operational methods.

Aims. The study follows the improvement of forward rugby players' work by using strength operational models. Supposing that during the planning and programming preparation of the forward rugby players' training are being used strength developing methods well directed and objectivised, the manifestation of this quality would considerable improve.

Methods. There were used strength developing and testing methods using bar balls and some special rugby methods. The testing had been made upon 20 forward players from Cluj-Napoca University team from National Division 2003-2005.

Results. A statistic analysis of the results shows a constant and significant grow of the medium value after 2 years of training. There are important differences between the medium values of the T1 and T4, T5-T8 and T1-T8 and between T4 and T8. There are conclusive grows of the test results after the preparing periods. However there are no substantial improvements between T4-T8 tests.

Conclusion. During the training periods the objective is strength development using general and specific operational methods with high volume. During the competitions the number of practices that use operational methods of strength development reduces. The maximum levels of the strength development are realized in the end of training periods and in the beginning of the competition periods.

Keywords: rugby, forward compartment, strength, operational methods.