

Methods of speed development for the forwards in performance rugby

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Abstract

Background. This detailed theoretical, methodical and practical, experimental study is specific in the subject of coaching rugby players. Experimental arguments present the effects of the application of some operational models for the development of motor ability, speed, at the level of the preparing of the rugby players.

Aims. Rugby play presents a high dynamics based on force through speed and resistance, a very aggressive defense, with a quick recovery of the possession and contra tack and also hard contacts in attack and defense, aspects which require the preparing of robust players, with an adequate physical capacity. The main objective of this theoretical-methodical approach was to create favorable conditions for the improvement of the development of rugby players, members of the divisionary team “U” in Cluj-Napoca and to have an impact on the composition of physical training, more exactly on the improvement of speed, mainly in the forwards.

Methods. The sample included 8 forwards from the “U” rugby team, Cluj-Napoca, a team which plays in the National Division, many of them being members of the Romanian National team. The research took place over a period of two consecutive years using as the principal components the experimental methodology, the study of specialized literature in this topic, the method of observation, the statistical management of raw data, and the graphical representation of main study results. The preparation of the team was structured, each year, in two preparing periods and two periods of competition. This structure was repeated also in the second experimental year. The experimental study also involved stages in testing the subjects, in accordance with the established methods, for the rhythmic and continuous evaluation of speed development in rugby players.

Our study was during two years and we obtained eight testing periods (T1-T8) with biological, motor and psychological data, defined at the beginning of each period of the preparation.

We also underline the fact, that between the tests applied to the subjects, there were preparation periods and also periods of competitions, in which we directly intervened for the amelioration of the developing level of the speed through established operational models. Thus we received two different models, one specific for the preparing period and another specific for the period of competition, which took place in accordance with the project.

Results. *Choosing the speed running of 20 m* – the apparently small decrease of the obtained times values in running speed, at a very small distance is however significant, if we compare the extreme tests, T1 versus T8, where the difference is strongly significant statistically. *Speed running at 50 m* – we obtained an improvement at the moments T5 to T8 versus T1 and T4 and also from T1 to T8, due to the use of specific methods of speed development, the technical improvement of running. *Shuttle 10 x 5 m* – especially in the second part of the preparing period, in the training cycle, there were medium improvements at the “shuttle” test. *Little Marathon* – here the results progressed more evidently, the T1 – T8 difference being of seconds, respectively 4.00 sec, because of the fact that this procedure refers to the speed ca-

capacity improvement through resistance, a form which can easily be perfected.

Conclusions. The evolution of speed indicators has a spiral form, with improvement in the training periods, peaking at the end of these training cycles, and at the beginning of competition periods, and decreasing in the transitional periods from one competition to another.

Keywords: motor ability, speed development, training period, rugby, operational models.