

Ways of developing skills in handball training of children, 10-11 years old

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Abstract

Background. The specific efforts in handball playing are very complex and that is why there is a need to develop physical conditions at high levels. To perform the technical elements in a correct way with a high level of security, both during the training and the competition, requests a continuous and intensive execution. Using different ways of information, we selected some aspects referring to the physical skills. Almost all information was general with reference to physiology and psychology. This helped us to understand the relationship between them and practicing handball. All the obtained information underlines the importance of the skills in quick learning and in using the physical experience through skill transfer. It also stresses the genetic roots of this capacity and the relative possibility of improvement in comparison with other physical qualities. Special references concerning the development of skills in playing handball underline the attention given to the initial preparation.

Aims. The aim of the study was to follow the evolution of the development of skills in handball training with beginners from a group of 20 girls, aged 10-11 years.

Methods. In order to measure the level of the skills we suggested a test having 11 specific items. Handballs were the auxiliary materials. The study covered a period of 20 months, while three tests took place (initial, progress and final).

Results. The term “physical skill” shows a continuous increase of the values through the three tests. The differences between the results of the progress test and the initial one had higher values than those between the final and progress tests.

Conclusions. The results of the experiment proved that the exercises used to develop the physical skills are efficient and we suggest their use in preparing groups of beginners. These exercises must be adapted and completed, having in mind the age of the children, the material conditions and the level of performance.

Keywords: handball, physical skills, training, children.