

## THE TRANSFORMATION OF THE TWO – PIVOT PLAYER ATTACK GAME, IN CNE RÂMNICU - VÂLCEA - UNDER 17 TRAINING PROGRAM

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**Abstract:** The handball game and everything that is needed and conditioned by it is constantly changing and evolving, with a permanent progressive dynamics. The competition at the top is a tough fight and the professionals are always observing and investigating ways and solutions to improve the game, as well as the training process, trying to surprise the others.

The study is structured on the constitutive elements of a methodical concept of learning and improving the attack game (system transformation), as a way of adapting it to the conditions imposed by the characteristics of a modern game. We mention that the conditioning elements are aimed at increasing the efficiency of the attacking game.

The methodological line used is based on observations made over a period of about one year, training the C.N.E. Râmnicu Vâlcea under-17 junior players, and it aimed at the acquiring of the handball content, but also at obtaining relevant results in official competitions attended.

Thus, the means selected and presented were based on a concept used methodically, over a period of one year and according to the time of preparation allotted, they had different results.

We appreciate the practical results achieved, using the training, methodical concept and its elements are viable, ensuring a clear increase in the level of the technical and tactical actions ownership and use in the game.

**Keywords:** *training, transformation, attack-system, players.*

### Introduction

Handball is a team sport that has an intermittent character, which requires considerable physiological and physical attributes, such as aerobic profile. High aerobic capacity is very important to maintain a high level of performance during the 60 minutes of the game [1]. The handball game is a "strenuous contact Olympic team sport that places emphasis on running, jumping, sprinting, arm, throwing, hitting, blocking, and pushing" [2]. Since the Olympic Games from Montreal in 1976, the female team played on each Olympic competition [3]. The performances in the modern sport activity require a continuous improvement of all the sides of the training of the players, during each stage of it. The demands manifested in the high performance handball require a thorough training of the attacking game in order to make it more efficient. During the training sessions, the coaches must use sufficient time to develop the relationship between the pivot and the players from the 9 m and extreme line. Players need to understand the role of the pivot in order to take advantage of their work. [4] Obtaining performances of superior parameters in the great competitions has underlined a series of aspects which characterize the sport games

practiced by the best teams in the world, aspects that offer us the possibility to present some directions to be developed in the future years.[5]

The sport games are activities of motor performance, where the behavior of the individual involved in the movement is expressed by the increased capacity to control motor acts, to lead his body and some objects fast and precisely, while the performance is given by the players' skillfulness to solve the problems and situations imposed by the competition.

One can notice a development of the players' technical-tactical skillfulness, which allows for the exact application of some game systems both during the attack as in the defense. Through this, the arbitrary game is about to disappear. The number of technical errors is dropping, though the game rhythm has increased a lot and is sustained all throughout the time of the match. The tactical combinations between two or three players are timely used, with the purpose of creating some over-numeric relations in favor of the attackers and of occurrence of some clear goal throwing situations or occasions.[6]

Tactical activity manifested in competitive condition it is very important in sport game and it can be crucial to winning.[7] So, the identification of the tactical activities who define handball efficiency is very important.[8]

### Hypothesis

The use in the preparation of the team, of some actuation systems for training the two-pivot attack system has led to the efficiency of the results in the official matches.

**Methods**

Research methods included in this study were: literature study, pedagogical observation, testing method, statistical and mathematical method.

The object of the research is the process of training and improvement of the means of realizing the attack game, by transforming (applying) the 2-pivot attack system, at Râmnicu-Vâlcea CNE.

C.N.E. Râmnicu Vâlcea represents an elite unit, whose main objectives are the selection and preparation of handball players at the level of demands, required by national teams but also of ensuring the teams participating in national competitions with sportsmen with a high level of training.

The study is structured on the constitutive elements of a methodical concept of learning and improving the game in attack (transforming the attack system with a pivot into the two-pivot system), as a way of adapting it to the conditions imposed by the characteristics of a modern game, we mention that , the conditioning elements aim to increase the efficiency of the game in attack.

**Elements of the methodical concept:**

1. Learning and perfecting the passes used by a player in the individual attack actions and the continuing of the action by a player who will receive the ball.
2. Collective actions of displacement and passing concerning relations and actions according to defenders

3. Crossing and wrapping actions used as effective means of playing the game in attack.
4. Actions where crossovers and exchanges of players are performed on other positions
5. Exercises for assembling, crossing actions and changing the area of action of line I of the attack
6. Exercise structures determined by the placement of defenders in the defensive system.
7. Learning and improving relationships, first-line player and second-line player.

The first line - the wingers

Second line insiders and center

8. Blocking and front guarding used as effective means for marking, carrying out a lane, or the construction of the maneuver space

This methodical concept has been introduced in the training program of CNE athletes for a period of two years.

**Discussion:**

The methodological line approached is based on the observations made over a preparation period of about 2 years, with C.N.E. Râmnicu Vâlcea, and aimed at acquiring the content of the handball game, as well as the results obtained at the official competitions in which they participated. Based on the record sheets of the matches in the championship, the goals scored from the semi-circle were counted.

We have tracked: the number of goals scored from the specific combinations of the system transformation into two-pivot attack compared to those from the two-pivot attack. To verify the suitability of the two-pivot game system, we compared the effectiveness of the game in two-pivot attack versus that of the one pivot-attack system.

Table no.1

Match	Score	Goals shot from semicircle through one pivot-attack system
NATIONAL RM VALCEA - ENERGETIC RM. VALCEA	27-26	5
LPS SLATINA - NATIONAL RM. VALCEA	24-25	7
NATIONAL RM VALCEA - MEDIAS	31-27	7
LPS TIMIȘOARA - NATIONAL RM. VALCEA	19-21	6
HCM CRAIOVA - NATIONAL RM. VALCEA	21-23	8
ENERGETIC RM. VALCEA - NATIONAL RM VALCEA	19-17	8
NATIONAL RM. VALCEA - LPS SLATINA	29-24	3

MEDIAȘ - NATIONAL RM.VALCEA	20-25	10
NATIONAL RM.VALCEA - LPS TIMIȘOARA	26-22	7
NATIONAL RM.VALCEA - HCM CRAIOVA	35-24	6
Match	Score	Goals shot from semicircle through two pivot-attack system
CS DACIA MIOVENI 2012 - NATIONAL RM VALCEA	25-21	8
NATIONAL RM VALCEA - CSM TG JIU	24-28	10
CS ACTIV PRAHOVA PLOIEST I- NATIONAL RM VALCEA	29-21	6
NATIONAL RM VALCEA - ACS SZEKEL YUDVARHELYI NOI KEZILABDA KLUB	24-19	8
CSU TARGOVISTE - NATIONAL RM VALCEA	14-33	13
NATIONAL RM VALCEA - CS DACIA MIOVENI 2012	20-34	10
NATIONAL RM VALCEA - CSM TG JIU	23-22	7
CS ACTIV PRAHOVA PLOIESTI - NATIONAL RM VALCEA	26-30	7
NATIONAL RM VALCEA - CSM TG JIU	26-27	11
NATIONAL RM VALCEA CSU - TARGOVISTE	25-13	12

Table no.2

The difference of the average goals scored in the two game systems

<b>Number of matches</b>	<b>20</b>
<b>Average goals scored in the attack system with a pivot</b>	<b>7.5</b>
<b>Average goals scored in two-pivot attack system</b>	<b>9.2</b>
<b>The difference</b>	<b>X2-X1=1.7</b>

Comparing the means of the successful actions, we observe an obvious increase in the efficiency of the game in the two-pivot system, compared to the one with a pivot, which indicates that the means used in the training were properly learned and applied within the game. The difference between the two environments is significant, with an average growth of 1.7.

We appreciate that the results obtained in the official matches, through the use of the methodical concept and its elements in the training process, are viable, ensuring an obvious increase in the level of technical - tactical actions learning and use during the game, materialized by increasing the game efficiency.

Using the methods of global and fragmentary preparation, we noticed an increase in the stability

of the degree of technical procedures and of the tactical action's mastery.

### Conclusion

Following the results recorded in the official matches, we appreciate that the system applied was efficient through the victories obtained, at the same time, aiming at acquiring the core characteristics of the modern handball.

### Author contribution

All authors had an equal contribution to the manuscript.

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