

- the ratio of linear correspondence between the execution of technical procedures and the individual tactical actions of attack and defense in training at the same level or even higher of the intensity imposed by their execution in official games;
- understanding and fitting the players into the concept of preparation and playing, whose axiomatic formulation is - "how you prepare, so you will play, and to play very well with the intention of being a winner, you must prepare like a winner".

II.2.2. Trends in the evolution of the handball game

From the previously presented and from the comparative analysis of the evolution of the teams present in the major international competitions for juniors, youth and seniors, the following forecasts can be derived regarding the trends in the evolution of the game of handball:

- the dynamics of evolution will be ensured by:

increasing the indices of manifestation of motor qualities, especially at the level of tall and very tall players;

perfecting the technique of executing the individual technical procedures of attack and defense;

increasing the number and efficiency of individual tactical actions of attack and defense;

the diversification and adaptability of the game systems used in attack and defense;

optimizing the relationships that are established between the selection of players, their training and the evolution in the competitive activity, in accordance with the characteristics, particularities and requirements of the competitive game in the sequence of age categories and training levels;

- the concretization of these aspects that configure the dynamics of the game, will be concretized by:

-increasing shots on goal

- for the throws from the action;

- for throws of 7 m;

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-increasing the effectiveness of the defense, in all phases from losing possession of the ball to regaining possession;

-decrease in the number of ball possessions lost without throwing at the goal;

-increasing the effort capacity in order to be able to impose the rhythm of the game and achieve within it the effectiveness that predicts will determine the victory;

-homogenization of the value of position players and the team in general determined by maximizing the players' potential within the game systems in attack and defense, depending on the strategies established for the use of players throughout the game.

These trends are predicted according to the orientation, content and training methodology specific to the best teams in the hierarchies of the major international competitions.

II.3. The systemic approach to research

Through the systemic approach in the research methodology it is demonstrated that our element, namely the pass transmitted to the player who throws at the goal, which we call the direct pass, constitutes an element within a system.

Any sports game can be considered as a hyper-complex system (S), made up of subordinate elements (E) or subsystems (SS) that act synergistically to achieve well-defined performance goals.

The following aspects are easily distinguished:

1. The elements (E) or subordinate and hierarchical subsystems of the game (J) are:

E1 = SS1 = Game tactics.

E2 = SS2 = Playing technique.

E3 = SS3 = Physical capacity.

E4 = SS4 = Psychic Ability.

E5 = SS5 = Theoretical knowledge.

The functionality of our system is determined by the procedures used, the collaboration between teammates, the direction of the ball transmission as well as other values (strength of passes, speed of execution, acting forces, etc.). And the external relations are much more numerous, such as the relationship with the opposing actions of the adversaries. But all this is not the object of our research, research that focuses on the passing of the ball to the one who throws at the goal, a passing called by us, conventionally, the decisive pass.

We considered the following components of the ball reception and transmission system:

- catching the ball;
- holding the ball;
- handling the ball - held in the hand;
- fundamental movements with the ball;
- driving the ball;
- the slits;
- overtaking actions;
- passing the ball.

Among all these elements, the object of our research is only the passing of the ball and only the pass transmitted to the one who throws at the goal.

To see in which context the decisive pass is scored, the entire system of receiving and passing the ball must be presented as follows:

3.1.1. Receiving the ball:

3.1.1.1. - catching the ball with two hands: variants depending on height; variants depending on the direction from which the ball comes.

3.1.1.2. - catching the ball with one hand: variants depending on height; variants depending on the direction from which the ball comes.

3.1.2. Intermediate actions with possession of the ball:

3.1.2.1. - holding the ball: with two hands, with one hand.

1.1. The ever-increasing speed of physical action and technical-tactical manifestation is already a dominant trend in the individual actions of the players, implicitly determining a visible increase in the tempo of the game.

1.2. The quick attack, (counterattack, phase II and wave III) has become for all valuable teams a constant concern and one of the main solutions for scoring goals. Clear statistical data show that finalist teams at the Olympic Games and World Championships scored between 20 and 30% (minimum 18%, maximum 45%) of goals from such actions.

1.3. The transition from defense to attack is made more quickly in almost all occasions of recovering the ball, constantly and insistently trying to surprise the defense still in the process of being organized.

1.4. The third wave, representing a maximum exploitation of the fast attack, is increasingly used by some valuable teams and is concretely a continuation of the second phase (the second wave) transformed directly and at speed into a combination predetermined or spontaneous completion.

1.5. The reduction to the maximum, or even the elimination of the slow phase of organization, with its moments of pause (setting up in the system and searching for positions) is now increasingly visible in all teams.

1.6. The pressure continues on the opponent in attack, through the fast and permanently dangerous transition (on the goal) from one action (combination) to another finishing action, and in defense through the suffocating attack of the opponents almost wherever they are, up to 10-12 m, today I give dimensions to the game of handball.

Of course, we should not draw the conclusion from here that the attack will be a kind of continuous "juresh" at full speed, and the defense will fight all over the field. Next, various tactical moments or interests and strategy will dictate the rhythm variations of the game. With certainty, however, today all actions are faster, and the tempo of the game is constantly increasing.

2. Individual technique towards perfection and maximum efficiency; at speed and under pressure from the opponent

and adaptation to the increasingly advanced and aggressive defenses that are practiced today by most teams.

Almost regardless of the variety of tactical maneuvers (combinations, movements) in the pre-completion and especially the completion phase, they appear as fundamental elements in the foreground:

- the one-to-one ratio (1-1), in which passing is the main weapon as the sum of the technical-tactical and individual psycho-physical components, stands out even as a determinant of the game in attack.
- the collaborative relationship as a couple (of 2 maximum 3 players) appreciated as the fundamental core of any tactical action and in which blocking with its derivatives (the departure, the screen, the one-two) is an essential element, is appreciated as another determinant of the game .
- the game without the ball, increases considerably in importance, either in the action of favoring the teammates for the capitalization of the 1-1 or 2-2 ratio and especially in the exploitation of the spaces temporarily left free in the advanced game of the defenders.

From here results the apparent simplification of the attacking game in which the completion (the goal) seems to be the result of solving the 1-1 ratio, or of the couple relationship in two, or of the penetration without the ball.

But I said apparent because it is clear that many tactical maneuvers are still necessary with the entire team to reach a clear 1-1 position (in which the value attacker is favored) or to increase the efficiency of the couple relationship. Moreover, all basic individual and collective tactical principles remain perfectly valid, and especially the fundamental idea of the need to obtain numerical superiority in a sector or point of the terrain.

In the case of top performance, things get even more complicated, especially since modern means of information facilitate the detailed knowledge of the opponent, which is today a main element of strategy.

Hence the diversification of special tactics and above all the obligation of permanent search and the use of elements of surprise, if possible different ones for each opponent.

- pass by volleying with support on the ground;
- pass by volleying from the jump;
- other situations.

IV.2. The frequency of the fundamental procedures of passing the ball, used as "decisive passes"

Table no. 1 shows that in a match, a team makes, on average, 44.0 decisive passes from which the goal thrower catches the ball and throws directly, without any other actions, outside of the respective goal throwing procedure. Distributed among the 4 representative teams of the countries, the decisive pass had the following frequency: Romania 51 executions; Lithuania 41 executions; France 37 executions and Spain 47 executions. Romania used the highest number of decisive passes from which the players threw directly at the goal, France used the lowest number of decisive passes; the observations of the action mode of the players of the France team who threw at the goal highlight that, after receiving the ball, they performed other individual actions, such as dribbling, an aspect that diminished the importance of the pass they received and it was no longer a decisive pass.

The distribution of decisive steps by fundamental processes is as follows:

- thrown passes with an average of 22.75 executions per match by a team, which represents 51.70%.
- passes launched with an average of 3.25 executions per match by a team, which represents only a percentage of 7.38%.
- special passes with an average of 18 executions per match by a team, which represents a frequency percentage of 40.90%

Thrown passes have the highest frequency percentage (51.70%), a fact that we attribute to the simplicity and naturalness of the throwing movement, a procedure that is generally used mainly throughout the game.

- the pass launched with one hand from below forward, from the spot - with a total number of 9 attempts which represents a frequency percentage of 69.23% of the total number of passes launched, 2 goals are scored which represents an efficiency percentage of 22.22%. This procedure is used in proportion of 71.42% by Lithuania with an efficiency of 20%; in proportion of 75% by Romania with an efficiency of 0% and by Spain in proportion of 50% with an efficiency of 100%.

- the pass launched with one hand through the side after the opponent, with steps exchanged with a total number of 4 attempts, which represents a frequency of 30.76% of the total number of passes launched, and 2 goals are scored, which represents an efficiency of 50%. This procedure is used in proportion of 50% by Spain, in proportion of 28.57% by Lithuania, in proportion of 25% by Romania; France did not use it.

If the total number of passes launched within the fundamental procedures represents a frequency of 7.38% on the two specific procedures, the reported frequency of the total number of decisive passes is:

- the pass launched with a lower hand forward from the spot with a frequency of 5.11%;

- the pass launched with one hand through the side after the opponent with exchanged steps with a frequency of 2.27%.

CHAPTER V – CONCLUSIONS AND PROPOSALS

TABLE No. 1

The frequency of the fundamental procedures of passing the ball, used as a "decisive pass"

	The representative team of the country							
	Romania		Lithuania		France		Spain	
	No. try-books	% of frequency	No. try-books	% of frequency	No. try-books	% of frequency	No. try-books	% of frequency
Thrown passes	26	50.9	17	41.4	22	59.4	26	
Passes released	4	7.8	7	17.0	0	0	2	
Special passes	21	41.1	17	41.4	15	40.5	19	
TOTAL	51	100	41	100	37	100	47	

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The efficiency of shots on goal in which he used, as a decisive pass, the fundamental procedures of passing the ball

	The representative team of the country											
	Romania			Lithuania			France			Spain		
	No. try-books	No. naked	% of effective	No. try-books	No. naked	% of effective	No. try-books	No. naked	% of effective	No. try-books	No. naked	% of effective
Passing thrown	26	6	23.0	17	9	52.9	22	10	45.4	26	10	38.4
Passes released	4	0	0	7	2	28.5	0	0	0	2	2	100.0
Special passes	21	13	61.9	17	7	41.1	15	5	33.3	19	7	36.8
TOTAL	51	19	37.2	41	18	43.9	37	15	40.5	47	19	40.4

TABLE No. 3

Procedures of az v raled passes used as a decisive pass

	The representative team of the country														
	Romania				Lithuania				France				Spain		
	I'm not trying books	Empty no	% freq	% effective	I'm not trying books	Empty no	% freq	% effective	I'm not trying books	Empty no	% freq	% effective	No attempts	Empty no	% freq
Thrown pass from the spot	6	2	2.3	33.3	4	3	23.5	75	3	1	13.6	33.3	5	2	19.2
Thrown pass with changed steps	11	2	42.3	18.1	7	3	41.1	42.9	11	5	50	45.4	12	6	46.1
Thrown pass from run	5	1	19.2	20	2	1	19.2	20	3	1	13.6	33.3	4	1	15.3
Jump pass	4	1	15.3	5	4	2	23.5	50	5	3	22.7	60.0	5	1	19.2
Total	22	10	100	2.3	19	9	100	52.9	22	10	100	45.4	26	10	100

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TABLE No. 4

Procedures of special passes used as a decisive pass unfolded

		The representative team of the country											
		Romania				Lithuania				France			
After the action of the arm	After the movement in the field	I'm not trying books	Empty no	% freq	% effective	I'm not trying books	Empty no	% freq	% effective	I'm not trying books	Empty no	% freq	% effective
	On the spot	1	1	4.76	100	1	0	5.88	0	1	0	6.66	
	From running	2	1	9.52	50	0	0	0	0	1	0	6.66	
	With changed steps	3	2	14.28	66.66	0	0	0	0	2	1	13.33	
	On the spot	1	1	4.76	100	4	2	23.52	50	0	0	0	