THE IMPORTANCE OF SMART TRAINING FOR HANDBALL GOALKEEPERS
FELIPE MODOLO (IC, Bolsista PIBIC/UNICAMP) e Profª. Dra. HELOISA H. B. dos REIS (PQ, Orientadora), Faculdade de Educação Física – FEF – UNICAMP

Abstract
This research was made by the concept of Training Intelligent Players, showing how important it is, explaining how the Cognitive Abilities have an effect on the training for intelligent handball goalkeeper. The main intention is this research can be an initial reference for the future teachers and coaches that will work with handball, and they can think about the contents of that process.

Key words: Sports Training; Handball; Intelligent Player.

Introduction
The player’s performance who is the Handball goalkeeper is very important to the team’s success, once it is observed a high number of interventions that player need to do during a match, or the fact of being the last defense player in the team. In this way, looking for improving methods for the training and, therefore, the performance of beginners/athletes in this specific position is necessary to have success. The aim of this study is to realize how cognitive abilities can influence in training process for the handball goalkeeper, in this case, the specific technical and tactical principles of this position. In addition, more specifically, this study will propose some exercises that use these characteristics about the formation of the smart handball goalkeeper.

Results and Discussion
This study was accomplished through an exploratory research, using a bibliographic review about the related subjects, to would establish a theoretical basis about the smart training for handball goalkeeper; an interview was made with a coach, who is working with handball at the present in one of the most important club in São Paulo. Besides that, he recently researched of intelligent training in handball. That strategy was used here, once it is observed a high number of interventions that player need to do during a match, or the fact of being the last defense player in the team. In this way, looking for improving methods for the training and, therefore, the performance of beginners/athletes in this specific position is necessary to have success. The aim of this study is to realize how cognitive abilities can influence in training process for the handball goalkeeper, in this case, the specific technical and tactical principles of this position. In addition, more specifically, this study will propose some exercises that use these characteristics about the formation of the smart handball goalkeeper.

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References:

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