THE IMPORTANCE OF SMART TRAINING FOR HANDBALL GOALKEEPERS

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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 approached 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, because it was necessary to find or not, a relation between the bibliography and the answers in the interview. After that, some exercises were created for the handball goalkeeper, that all of them was following the same study line of this research, the concept of Training Intelligent Players. Was prepared a questionnaire with six semi-structured questions. THIS strategy was used to became possible extract all the information that could not be central in the question, but that STILL could IMPORTANT for this work’s development. We use an analysis method called Discourse Analysis that it aim is to search the senses placed by the author in his rhetoric. Although some different nomenclatures, we realize that in relation to the technical and tactical principles and the influence of cognitive aspects in the formation of goalkeeper handball, literature and interviewed coach follow the same line of thought, agreeing to the use of cognitive factors to improve the decision-making process.

Conclusions

In order to finish this work, we can affirm that it has accomplished its objectives of demonstrating the importance of developing intelligent handball goalkeeper, to demonstrate how the cognitive aspects could influence the work of the technical and tactical capabilities of this specific position. Therefore, it is an initial proposal, this study can stimulate new researches about the handball goalkeeper. However, of course there is still a gap of researches that need to be developed to improve the possibilities of action for the players of this position.

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