CONTRIBUTIONS REGARDING THE METHODOLOGY OF PHYSICAL TRAINING IN THE PERFORMANCE HANDBALL
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Introduction
In order to achieve an optimum physical training, which could comply with the greater and greater efforts of the competitions, it is necessary to follow a long, hard and established way, which can ensure the gradual adaptation and re-adaptation of the player’s organism to the physical effort, in accordance with the competitive model.
In the training of the handball game, the physical training has different importance during the periods of training, according to the value and the age of the sportsmen, and also according to the complexity of the competitive calendar.

The organization of the research
The research of the present experiment has been carried out within a competitional year, the experimental sample consisting of two groups, of 15 players each, groups participating in the performance echelons of handball in Romania.
All along the experiment, the experimental group was submitted to a series of means of improving the basic and specific physical training of handball players.
The members of both groups were tested at the following indicators: anthropometric indices, the effort capacity, the level of the qualities of movement and the psychological training.
At the end of the experiment, the results obtained were interpreted from a statistical point of view (arithmetic average, standard deviation, variability factor, the Student test) and were given a graphic representation.

Conclusions
An excellent physical condition depending on a special motility, processed at maximum quotas, represents today, for a player and a valuable team, an indispensable condition in order to obtain important results.
The experimental group is noticed through a good effort capacity, according to the stage of training, the grades obtained in the Astrand-Rhyming test being higher than those of the witness group.
To all the movement indicators, the differences between the values obtained by the members of the experimental group are superior and significant from a statistic point of view.

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