

***Prove generals for the control of the decisive conditional physical capacities in the
players of square of the baseball
Pruebas generales para el control de las capacidades físicas condicionales
determinantes en los jugadores de cuadro de béisbol***

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ABSTRACT

This work has the intension of contributing to perfect the control of the capacities physical conditional determinant of the yield during the general physical preparation in the players of square of the Baseball in the category subquince in the EIDE of Guantánamo, for what theoretical and empiric methods were used, allowing to carry out the proposal of tests. Being proven that the proposal of tests reached a high percent of acceptance for the trainers, methodologies and specialists, when evaluating the objective for which intends, its theoretical conception and the possibility for its application in the practice of appropriate and very appropriate.

Keywords

Control; Tests or general test; Addresses physical conditional determinant of the yield; Sport yield.

RESUMEN

Este trabajo tiene la intención de contribuir a perfeccionar el control de las capacidades físicas condicionales determinantes del rendimiento durante la preparación física general en los jugadores de cuadro del Béisbol en la categoría subquince en la EIDE de Guantánamo, para lo que se utilizaron métodos teóricos y empíricos, permitiendo realizar la propuesta de pruebas. Comprobándose que la propuesta de pruebas alcanzó un alto por ciento de aceptación por los entrenadores, metodólogos y especialistas, al evaluar el objetivo para el cual se propone, su concepción teórica y la posibilidad para su aplicación en la práctica de adecuada y muy adecuada.

Palabras clave

Control; Pruebas o test generales; Direcciones físicas condicionales determinantes del rendimiento; Rendimiento deportivo.

INTRODUCTION

The search for alternatives to solve complex problems that affect the proper development of the sports world has been possible thanks to the scientific work carried out by specialists from the most varied sports disciplines.

The development of the sports movement is accompanied by the application of advances in science and technology for the application of new alternatives with the purpose of being able to increase the results achieved, hence the permanent need for new studies that promote multilateral preparation and control. the preparation of the athletes.

In this sense, countries with poor scientific and technological development generally do not have the same possibilities as developed ones, seeing the need to look for different ways and alternatives to achieve this purpose, and in most cases, continue using the old technologies and face the lack of modern means with the use of the traditional ones that are within their reach.

Finding solutions to face the development of sports training with characteristics that exert a great influence on the organization of the preparation of athletes, becomes new tasks and more complex demands for the coach, the search for various forms that differ from those employed by traditional way regarding the direction and organization of the training process.

In this sense, Zatsiorski (as cited in Ruvalcaba and Castillo, 2001), in relation to the scientific training environment, states that:

Direction is called the change of a system, from one state to another desired. In the case of an athlete, the state is represented by the registered level of conditioning, coordination, psychological, technical-tactical capacities, etc., at a given moment. This state varies as a function of time, either due to the effects of sports training load or inactivity. (p.373)

For their part, Ruvalcaba and Castillo (2001) state that:

Any planning, in whatever field it is, lacks solidity if it does not establish the mechanisms to guarantee compliance or the necessary corrections to said plan. In sport, this element is fundamental, since it is a matter of modifying the functioning of a human being's organism, and this implies affecting its health, which would be seriously affected if the dosage of the loads is inadequate, apart from of exposing yourself to not achieving the necessary adaptation to obtain great competitive results, losing time and financial resources. (p.371)

In this sense Collazo (2006) states:

It is also necessary to know how the subject's performance evolves so that after the corresponding analysis, modify or assert the magnitude of the contents or some component of them and their organization. The achievement of technique and tactics and the level of dependent physical preparation must be controlled to ensure their effectiveness and the tribute to the desired performance. (p.222)

This author also defends the idea that:

The maximum level of general physical performance of an athlete of high sports performance constitutes the quantifiable aspect by which the maximum capacity that an individual possesses of his physical qualities is expressed and that is manifested in his possibilities of physical performance before the different body space movements. required by the various sports modalities. (p.143)

When contemplating the physical condition, it is necessary and of great importance, the priority attention of this factor within the sports training, starting from the physical preparation, considering it as the base or first step that an athlete must consider to reach an optimal form. sporty. This preparation is aimed at strengthening organs and systems, raising their functional possibilities and developing motor skills.

These ideas show that the arduous task of looking for a champion undoubtedly requires a very serious management job, which must be organized and controlled, and since the condition of an athlete varies under the influence of exercise, it is necessary to monitor his condition during the process and Compare the predicted values with the actual ones. Otherwise the path to maximum performance is inconceivable. In Baseball, as in all sports, it should be almost a motto that "if I train, I control and if I compete, I control."

The list of authors who defend the need to carry out an adequate control of the athlete's physical preparation is very long, but generally they agree on the need to apply different ways and means to guarantee the effectiveness of this process, defending the idea of that the pedagogical tests or tests constitute an instrument, procedure or technique used to obtain information, through which the degree of efficiency and the abilities reached by the athlete can be quantitatively determined, allowing to verify the effectiveness of the training process and to assert or modify the contents based on compliance with the objectives, standards and performance forecasts. It is worth noting the following:

Ruvalcaba and Castillo (2001) in this sense state that:

The control arises as a necessity to know if the effects that the physical loads applied to the athletes are producing are the expected ones. Therefore, for the control to be effective, the coach must pay great attention to the choice or definition of the inverse links to be used in the process of directing sports training, since the success of the control depends on it and, therefore, the success of the control. the direction of training. (p.373)

For their part, Campos and Cervera (2001, states:

Training control is based on obtaining quantitative data that provide detailed information about the level of the athlete in tests carried out in a certain phase of their preparation. However, training control does not have the sole objective of obtaining this type of data, but must also serve to obtain detailed information on what the athlete has done throughout the season, what the athlete has worked on each of the contents of his training plan and even on the number of competitions held, understanding these as one more load of a specific nature. (p.73)

For his part, Collazo (2006), refers:

We start from the basis that the evaluation cannot be carried out and therefore predict results, if we do not apply a control system with its methodological and organizational mechanisms, and its evaluation coders, whether qualitative or quantitative, as long as it complies with the established pedagogical principles and their adaptation to the characteristics of the sport, the age of the athlete and their level of preparation. The measurement provides us with the necessary data that allows us to corroborate and give us a criterion of the state of preparation and the fulfillment of the system of objectives that have been proposed to achieve in the trajectory of the training process. The evaluation then is the interpretation of the measure that leads us to express a judgment with precision and for this to make the pertinent decisions. (p.222)

In practice it is necessary to carry out the control of the training, to know the structure of the object that must be controlled, as well as the laws that regulate the passage from one state to another of the object. The specific orientation of control in the training process must be carried out based on the establishment of specific quantitative parameters, which refer to the conditions of the athlete and the training program, as an interacting system of the process that is carried out according to the tasks that are directed at an object and manifested at a pre-established level of improvement in sporting results.

The control of the effectiveness of the training process is achieved by comparing the expected results and, if necessary, making the correction of this process, constituting the final operations of the indicated cycle, naturally all this is possible and effective to the extent that there is a precise idea and if possible, supported by quantitative data of the structure of the competition.

The control, during a certain period of time, also allows organizing the planning work, since each one of them reflects a set of particularities that allow the coach to be guided in the dosage of the contents that characterize it.

Campos and Cervera (2001):

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Collazo (2006):

When applying the training controls, it is essential to be sure that the tests are valid and up-to-date for what we want to evaluate, if they are reliable and accurately measure what we want to know, and should monitor the factors that can distort the results such as; the implements, state of health, schedule, previous preparation and systematicity of the test. On the other hand, it is not possible to apply a test that isolates itself from the training process because these are part of it in each sport, and that is why the integral characterization of the sport is necessary because the training directions and the test system come out of it. (p.223)

Campos and Cervera (2001):

The quantification of the training loads allows us to know these values and, therefore, constitutes a decisive control element to strategically guide the training plan. When a coach prepares to design a season, he must know in as much detail as possible what the athlete has done in the previous season. Without this information it is difficult, if not impossible, to adjust training loads to bring about the desired improvements. (p.73)

Ranzola (as cited in Collazo (2006) "*It is the methodological and practical scientific activity that is carried out to verify the effectiveness of the training process and assert or modify the contents based on compliance with the objectives, standards and performance forecasts*". (p.224)

Ruvalcaba and Castillo (2001):

Each of the types of controls have a significant number of tests or tests, verified in practice, to obtain the necessary information; however, this does not mean that a coach or any specialist in the different sciences applied to sport can prepare their own tests. For this, it is important to first define what is meant by a test and then establish some methodological considerations to carry them out. In this sense, we will understand by test the measurements carried out to determine the level or state of the different capacities of a subject, and by battery of tests the set of tests that are used for the same purpose. (p.376)

Among these and other authors in the general and specialized literature there are coincident points regarding the regulation that occurs in training and they highlight to a greater or lesser extent the close relationship that exists and occurs between control and other no less important concepts.

This confirms that the control must be integral to the athlete's preparation system, so we must not forget that a systematic control must be carried out on the preparation directions, that is, on the physical, technical, tactical, theoretical and psychological condition.

It is clear that for this purpose, it is not enough to train or compete, but the effect of these processes must be verified through efficient control, for which tests or tests that allow the measurement of selected parameters are generally used.

In this direction, the author of this work has been given the task of applying diagnoses related to the control of the physical capacities of Baseball infielders in the sub-quince category in the EIDE of Guantánamo, obtaining the following insufficiencies:

In the Baseball Athlete Comprehensive Preparation Program, tests are indicated to control the physical preparation of athletes in the sub-15 categories in the EIDE, but:

- These tests appear in a general way for Baseball, and not by work areas, which differ in conditional physical capacities and determinants of performance.
- Tests are not indicated to control some conditional physical capacities that are worked on.
- The trainers in the planning of the physical preparation, include other physical tests, trying to improve the control of the conditional capacities that work, but they are still insufficient.

These insufficiencies led to pose as a problem: How to improve the control of the conditional physical capacities that determine performance during the general physical preparation in the Baseball infielders in the sub-quince category in the EIDE of Guantánamo?

To solve the research problem, we set ourselves the objective: to propose tests that are easy to apply, that require almost or no equipment, taking into account the characteristics of this sport, the work area and the age of the athletes, to improve control. of the conditional physical capacities that determine performance during the general physical preparation of the Baseball infielders in the sub-quince category of the EIDE of Guantánamo.

Hypothesis

The selection of general physical tests, taking into account the area of training in baseball, the directions of performance, the age and the sex of the athletes, will allow the trainers an adequate control of the infielders in the under-15 categories of the EIDE of Guantánamo.

METHODS

In this investigation the theoretical methods of induction-deduction, analysis-synthesis and the systemic approach were used. Empirical: documentary study, interview and consultation with specialists.

In order to select the tests that are proposed for the control of the determinant conditional physical capacities in the baseball infielders, we start from the analysis of the Fabra (2013) criterion, in relation to the determinant conditional physical directions and determinants of the performance that are they must develop in the field of infielders in Baseball, which states that they constitute conditioning capacities of performance: maximum strength, rapid strength, strength resistance and aerobic resistance. The determining capacities of performance are: speed, anaerobic resistance and explosive force.

For the selection of tests, the following was taken into account:

- The training area in baseball (infielders).
- Performance directions.
- The age of the athletes.
- The gender of the athletes.

In each of the tests, the following is offered:

- The methodological indications for the application.
- Objective of the test.
- Justification of practical importance.

- Other test variants.

The proposition of the tests is carried out taking into account the widespread knowledge that the coaches have of them, not requiring complex materials for their application, being easy to apply, evaluate and interpret, in addition to their great utility for achieving the proposed objective.

To carry out this work, the coaches (2) who work with Baseball infielders in the sub-quince category at the EIDE in Guantánamo were taken as the population; as well as the municipal and provincial methodologist of said sport.

RESULTS

The tests proposed for the control of determining conditional physical abilities in Baseball infielders are:

- Snatches of 10 meters for the speed of reaction.
- 50-yard sprint (45-meter dash) with a 15-meter flying snatch.
- Two-handed shot drive from the chest for explosive arm strength.
- The vertical jump or Lewis test for explosive leg strength.
- 100 meter flat race for short duration anaerobic resistance.
- 200-meter flat race for medium duration anaerobic resistance.
- 400-meter flat race for long-term anaerobic resistance.

Note:

Conditions for anaerobic tests are that:

- The race of 100 flat meters is carried out between 10 and 20 seconds.
- The race of 200 flat meters is carried out between 20 and 60 seconds.
- The race of 400 flat meters is carried out between 60 and 120 seconds.

DISCUSSION

- 100% of the trainers and methodologists interviewed stated that the test proposal is viable for its application in practice, by contributing to improve training planning in terms of:
 - Improve the diagnosis.
 - Verify the fulfillment of the objectives set.
 - Compare the results between different moments of training.
 - Make corrections or modifications in the planning.
- 44% of the specialists agreed and 56% totally agreed with the structural and methodological conception of the proposal.

- The logical-methodological ordering of the steps, the level of satisfaction as a solution to the problem and the real possibilities of putting it into practice were evaluated in the category of agreement by 11% of the specialists and totally in agreement by the remaining 89%.

CONCLUSIONS

With the realization of this work, the hypothesis raised when selecting general physical tests is confirmed, taking into account the training area in baseball, the performance directions, the age and the sex of the athletes, which allows the trainers an adequate control of the infielders in the sub-quince category of the EIDE of Guantanamo. The result obtained from the study carried out, demonstrated the need to perfect said control, for which the test proposal was carried out, which reached a high percentage of acceptance by the coaches, methodologists and specialists when evaluating the objective for which it is proposed, its theoretical conception and the possibility of its application in practice, in the categories of adequate and very adequate.

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