

The defensive tactical thinking of handball goalkeepers in the 13-15-years old category
El pensamiento táctico defensivo de las porteras de balonmano categoría 13-15 años

Fray Félix Sauborin-Cachimalle¹, Eudis Milán-Leyva², Rogelio García – Bulgar³

¹Lic. Specialist teacher. Combined Sports Center, Guantánamo. Cuba.

²Dr.C Full Professor, Guantánamo University. Guantánamo. Cuba

³Ms.C Auxiliary Professor. Guantánamo University, Guantánamo. Cuba.

Email:

frayff@cug.co.cu

eudisml@cug.co.cu

rogeliogb@cug.co.cu

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ABSTRACT

This work was based on the methodological and practical insufficiencies that were detected in the process of tactical handball preparation in the defense of the goal and its manifestations. In the 13-14-year-old female category of the EIDE “Rafael Freyre Torres” Guantánamo municipality. The following scientific problem was formulated: How to contribute to the improvement of the defensive tactical thinking of the handball goalkeepers in the 13-15-year category of the EIDE “Rafael Freyre Torres” of Guantánamo? The objective was set: to develop a methodological alternative with an integrative approach to improve the defensive tactical thinking of the handball goalkeepers in the 13-15-year category. Different scientific methods were applied: theoretical, empirical and mathematical and/or statistical.

Keywords

Methodological actions; Tactical thinking; Defensive; Goalkeepers; Handball.

RESUMEN

El trabajo partió de las insuficiencias que en el orden metodológico y práctico se detectaron en el proceso de preparación táctica del balonmano en la defensa de la portería y sus manifestaciones en la categoría 13-14 años del sexo femenino de la EIDE “Rafael Freyre Torres” municipio Guantánamo. Se formuló el siguiente problema científico: ¿Cómo contribuir al mejoramiento del pensamiento táctico defensivo de las porteras de balonmano categoría 13-15 años de la EIDE “Rafael Freyre Torres” de Guantánamo? Objetivo: elaborar una alternativa metodológica con enfoque integrador para el mejoramiento del pensamiento táctico defensivo de las porteras de balonmano categoría 13-15 años. Se aplicaron métodos teóricos, empíricos y matemáticos y/o estadísticos.

Palabras clave

Acciones metodológicas; Pensamiento táctico; Defensivo; Porteras; Balonmano.

INTRODUCTION

The dizzying and accelerated development of science currently imposes new social challenges, the introduction of innovation into practice, the improvement of each of the sports that make up the sports pyramid in Cuba. Therefore, new challenges are assigned at the international, national and territorial levels.

In line with the above, among the sports with a marked intention to achieve such purposes, there are those that are grouped in the classification of ball sports. They do not escape the need for said transformations, despite the fact that they enjoy a high level of acceptance by the population. Handball is a sport that is played at high speed and with great explosiveness, in which numerous sprints, jumps, throws and blocks are performed, and in which high-intensity contacts constantly occur between the players. Regarding the above, this research addresses, among the factors mentioned, the tactical preparation in this sport and specifically the defensive component in the goal position in the female sex.

There have been many researchers, at an international level, who have addressed tactical preparation in different sports. Among these we can point out: Bompá (2000); Strong (2001); Verjoshansky (2002); Almaguer (2004); Collazo (2006); Navarro (2007); Watson (2008) cited by López (2020).

Regarding the contributions of these authors, it was possible to verify that they have tried to analyze and determine the factors that mark the level of performance of athletes, which is a high priority; however, limitations persist in terms of proposals aimed at solving the problem. defensive tactical preparation and specifically in Handball in the goal position.

In that order, there are studies on modern handball and they address significant aspects, considering that the functions of the goalkeeper are very complex due to the continuous adaptations that he must make in the game to fulfill his specific tasks.

From that perspective, Hansen, et.a (2017) considers that: "the quality of the goalkeeper strengthens the performance of his teammates, undermining the morale of rivals in the face of good interventions and leading to the avoidance of responsibility for attackers' shots."

Other authors such as Gómez; Narrow; López & Antúnez (2021) summarize that the performance of the handball goalkeeper is essential for the results of the matches and the final classification of the teams.

On the other hand, Iznaga (2022) agrees that the tasks or obligations of the goalkeeper are presented for each phase of the game, regardless of the sport, since the defensive tasks present

the defense of shots, interception, deterrence and/or harassment in counterattacks. adversaries, the organization of the defense and the defense of the shots in collaboration with the defense. In the offensive tasks he explains the putting into play of the ball, the beginning of the counterattack, as well as the individual and collective offensive actions outside the goal area.

In general, the aforementioned authors provide information on definitions, conceptualizations in general that are of great practical application for this research, however, they lack contextualization in school ages for high performance, which demonstrates the epistemological fissure or void in the methodological and practical order to venture with this proposal in order to give it treatment.

After applying the initial diagnosis, the review of the technological demand of this sport, and taking into account the experience of the author of this work as an athlete for more than 15 years and as a coach in this modality for more than 10 years, the following deficiencies:

- Limitations in the methodological and practical guidelines contained in the athlete preparation program to improve the defensive tactical thinking of handball goalkeepers in the 13-15 year category with an integrative approach.
- Lack of ways and procedures to improve the defensive tactical thinking of handball goalkeepers in the 13-15 year category.
- Inadequate defensive tactical thinking of handball goalkeepers aged 13-15 in game situations.

From the situation described, the following research problem was formulated: How to contribute to the improvement of the defensive tactical thinking of the handball goalkeepers in the 13-15 year category of the EIDE “Rafael Freyre Torres” of Guantánamo?

To solve the research problem, the general objective is proposed: to develop a methodological alternative with an integrative approach supported by complementary exercises to improve the defensive tactical thinking of handball goalkeepers in the 13-15 year category of the EIDE “Rafael Freyre Torres” from Guantanamo.

METHODS

The scientific methods used to develop this research are set out below: theoretical during the process of consultation and critical appraisal of the literature, specialized documentation, in the application of other methods of scientific knowledge, in the results obtained in the diagnosis stage and during introduction into practice.

Empirical: to corroborate the existence of the problem and specify the comprehensive results of the methodological alternative for the improvement of the defensive tactical thinking of handball goalkeepers in the 13-15 year category, from the training units and control tests; developing and applying an observation guide for this purpose.

Statistical and/or mathematical methods: descriptive analysis (calculation of proportions) and inferential: for the quantification of the results of the instruments applied, throughout the investigative process, for the processing of the data obtained, as well as, to prepare tables and graphs that served to characterize and describe the results.

RESULTS

To obtain criteria about the problem, the author of this work proposes to operationalize the variable: level of preparation of coaches for the improvement of defensive tactical thinking of handball goalkeepers, for this two dimensions are assumed: tactical-defensive theoretical knowledge and tactical-defensive procedural.

The tactical-defensive theoretical knowledge dimension refers to: the mastery of the theoretical platform and regulations for the improvement of the defensive tactical thinking of handball goalkeepers.

From this perspective, the tactical-defensive procedural dimension is defined as: the degree of use of methodological ways and procedures that contribute to the improvement of the defensive tactical thinking of handball goalkeepers.

They were evaluated based on the parameterization of the following indicators, corresponding to the categories: high (A), medium (M) and low

(B). Dimension 1: Tactical-defensive theoretical knowledge:

Indicators:

- 1.1. Mastery of theoretical elements to improve the defensive tactical thinking of handball goalkeepers.
- 1.2. Mastery of regulatory documents to improve the defensive tactical thinking of handball goalkeepers.
- 1.3. Degree of linkage of the planned objectives during the tactical preparation process to contribute to the improvement of the defensive tactical thinking of the handball goalkeepers.

Dimension 2: Tactical-defensive procedural

Indicators:

2.1. Level at which the tactical preparation process in handball is conceived and the application of scientific methods, ways and procedures for its analysis as essentially defensive in the goal position.

2.2. Degree to which it encourages the active participation of handball goalkeepers and how it contributes to the improvement of defensive tactical thinking.

2.3. Quality of planning and use of ways and procedures that contributes to the improvement of the defensive tactical thinking of handball goalkeepers.

After processing the information, with the application of different scientific methods, the following insufficiencies can be summarized:

- Limitations in preparation related to mastering the theoretical and methodological platform of the regulations for improving the defensive tactical thinking of handball goalkeepers.
- There are lacks of methods and procedures that contribute to the improvement of the defensive tactical thinking of handball goalkeepers.
- Regarding the potential that handball coaches manifest:
- The need to propose a methodological alternative to improve the defensive tactical thinking of handball goalkeepers is recognized.
- The coaches report demonstrating a willingness to prepare and face the new changes that arise in the tactical preparation process of handball to improve the defensive tactical thinking of the goalkeepers.

DISCUSSION

From the results obtained, what was stated by Hansen, et.a (2017) is corroborated when considering that: "the quality of the goalkeeper strengthens the performance of his teammates, undermining the morale of rivals in the face of good interventions and leading to the avoidance of responsibility for the attackers' shots", which is essential in the defense of the goal for this sport.

In that same line of thought, the author of this work agrees that the difficulties encountered during the development of the study have been those found in team sports and coincide with those of Gómez; Narrow; López & Antúnez (2021) when summarizing that the performance of the

handball goalkeeper is fundamental for the results of the matches and the final classification of the teams.

In line with the above, it is proposed to structure a methodological alternative containing stages, actions and complementary exercises that support it, graduated from advance thinking for possible defensive tactical actions in game situations, which denotes its integrative nature.

From a philosophical point of view, the methodological alternative proposed for the improvement of the defensive tactical thinking of handball goalkeepers in the 13-15 year category is based on Marxist-Leninist postulates, which state that men are the product of circumstances and of Education. From this conception, the dialectical materialist method is assumed, since it provides ways for the interpretation of the objective reality of nature, society and thought.

In this sense, it is important that, in the process of tactical preparation in handball, the contradictions that arise there are considered in a creative way, since they contribute to and thereby raise the quality and performance in said process.

From the psychological point of view, Vygotsky's Historical-Cultural Approach is assumed to be one of its guiding elements as support for the methodological alternative for the improvement of the defensive tactical thinking of the goalkeepers.

It is about his conception of the relationship between teaching and development, which is based on the principle that the athlete is born with certain physical potential and that through training, skills and abilities are developed, in this case the capacity for strength and endurance. . Such elements serve as the basis for didactics that promote the interaction between the potentialities that the athlete has and those that he intends to acquire.

On the other hand, the link between the cognitive and the affective as a postulate constitutes a principle in the defensive tactical preparation process of the goalkeepers because to the extent that the abilities are developed at the same time, it is intended to form an integral personality in the sport. The analysis of the units demonstrates the existence of a dynamic system of meanings, in which the emotional and intellectual unity is found.

From a sociological point of view, the proposal is based on conceiving the tactical preparation process as a socio-educational process that is revealed in the daily activity of handball goalkeepers, in the multiple social interactions that occur. This conception is materialized with the use of collective forms of training and with independence in some tasks guided by the coach.

The methodological alternative developed is reinforced with the assumptions of the assumed sociological conception of the Historical-Cultural Theory, due to the importance it brings to social relations so that subjects in learning move towards higher areas of development.

From a humanist point of view, its essence lies in recognizing the goalkeepers as the center of the offensive tactical preparation process. This presupposes the need to know and respect their needs and potential by promoting active participation, dialogue, trust and commitment, as essential foundations of said process, they are the true protagonists and architects of their destiny, with full responsibility and dedication to the defense of the goal.

For the construction of the alternative, the theoretical assumptions of Valle (2017) are assumed, contextualized by Milan (2022) and that its structuring synthesizes the character or methodological nature of the same to contribute to the improvement of the defensive tactical thinking of the handball goalkeepers. category 13-15 years.

Below is a diagram that shows the dialectical relationship, interdependence and subordination of the methodological alternative for the improvement of the defensive tactical thinking of handball goalkeepers in the 13-15 year category.

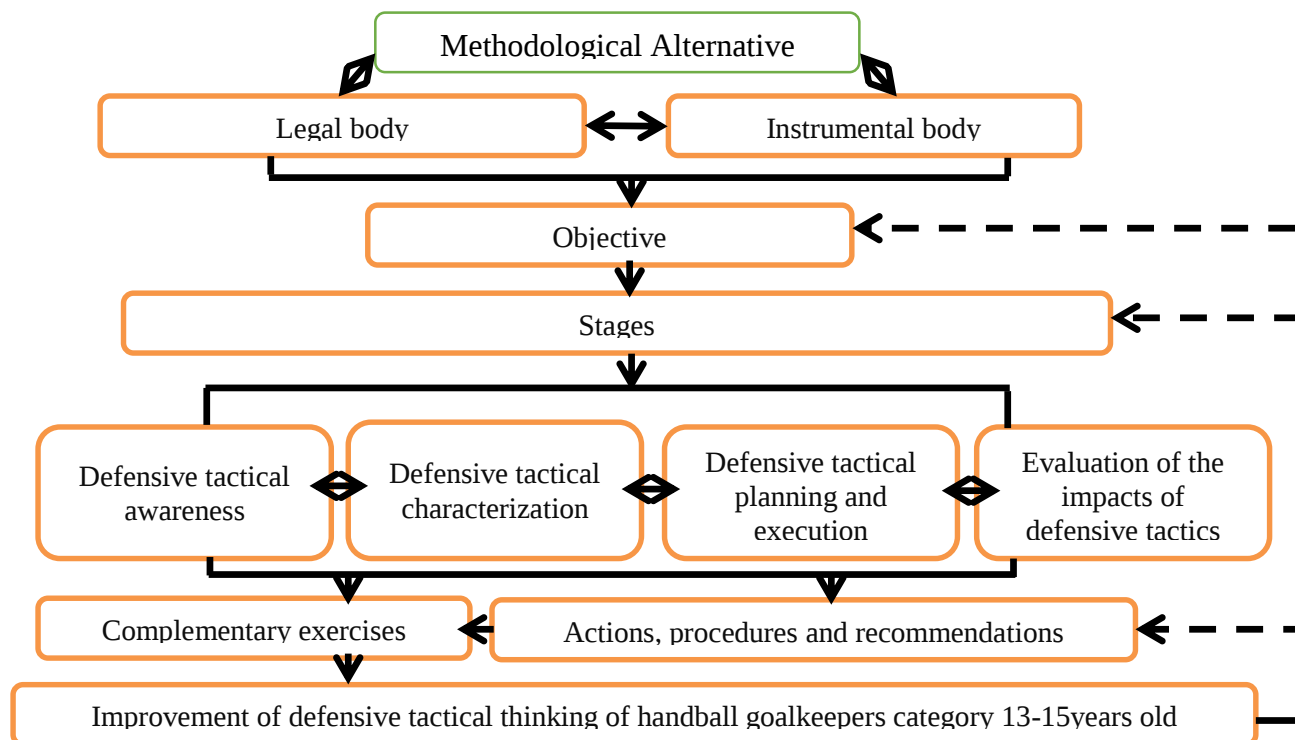


Figure 1. Structure of the methodological alternative. Own elaboration.

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