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A STUDY ON THE TRAINING OF THE OINA SCHOOL REPRESENTATIVE TEAM IN THE GYMNASIUM EDUCATION

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Abstract. *Practicing the oina game has positive influences on the body and the personality of the students.*

Through this paper we are aiming to develop a model of training for the representative school team in the gymnasium cycle and which, besides participating in all sports competitions, can be one of the talent suppliers for the teams of higher category from the age point of view, as well as the popularization of the oina game by these practitioners who, with the graduation of the gymnasium school will certainly carry it further.

That is why in the training of the students from the representative team, it is required a greater attention from the part of the physical education teacher in the sense that his / her tasks are more complex starting from the selection, the preparation of stage and period training programs, the careful monitoring of the evolution of each individual in part regarding the progress, the capacity of effort to avoid failure.

Keywords: *oina, representative team, school, way of training, tradition;*

Introduction. Every game played at the moment in different competitions, Olympics, World Championships, European Championships, etc. has its own history related to its appearance and development.

The spreading area of these games is largely due to the characteristics of the game, the adapted promotion mode and the financial support received.

We, Romanians, have oina, our national sport, a sporting event whose origins are lost in the darkness of time.

Through this paper we are aiming to develop a model of training for the school representative team in the gymnasium cycle and which, besides participating in all sports competitions, can be one of the talent suppliers for the teams of higher category from the age point of view, as well as the popularization of the oina game by these practitioners who, with the graduation of the gymnasium school will certainly carry it further.

The present work is also a personal attempt to help the teachers of physical education, those who wish to set up a representative team at the level of the gymnasium school.

It is known the fact that the teacher of physical education doesn't train the school's representative oina team by a certain model, but by the model he/she had as a player. But most of the times the teacher hasn't played oina and the training is empirical.

That is why in the training of the students from the representative team, it is required a greater attention from the part of the physical education teacher in the sense that his / her tasks are more complex starting from the selection, the preparation of the stage and period training programs, the careful monitoring of the evolution of each individual in part regarding the progress, the capacity of effort to avoid failure.

The teaching of the oina game in "Aurelian Stanciu" Gymnasium School from Salcea is



facilitated by the fact that a tradition has been created. Due to the favouring tradition, there is a shift towards the small ages of the moment when the teaching of the game begins. The approach to this game from the 5th and 6th grades is natural in this situation.

Material and method. In this paper we have started from the following hypothesis.

It is assumed that the representative team of our school can achieve optimal results if it is applied an effective training program that corresponds to the current requests of the gaming and training patterns used at national level.

The aim of the research was to implement a training model at the level of the representative team of our school ("Aurelian Stanciu" Gymnasium School from Salcea) and, by using some appropriate methods and means to contribute to the increase of its efficiency in the competitions to which it participates.

The experiment was organized and carried out at "Aurelian Stanciu" Gymnasium School in the city of Salcea, the county of Suceava, throughout the school year 2016-2017.

For the scientific approach, a sample of 16 subjects, aged 12 to 13 years (boys) was chosen at the time of the beginning of the experiment.

The subjects were the result of a preliminary selection, the sample being made up of the students from two classes (the VIth grade).

During the experiment, there were used means to prepare the oina game, that is: exercises for catching and passing the ball, exercises for the opponent's aiming, exercises for serving the balls, exercises for stopping the balls, exercises for batting the ball, exercises for defence, etc.

The control tests to which the subjects have been submitted are the following:

- 12 meters side running in the defender's position;

This is a running very frequently used in the oina game, the distance represents the equivalent of the length of a square in the oina field for children (juniors III). The testing was performed after several learning repetitions. The running was done with a start-up, motion timing. It is performed one try and the result is recorded in seconds and tenths of a second.

- 50 meter running with start-up, returning to the 360-degree defender position in the second square.

The distance is the equivalent of the length of the children's field between the starting line and the escape line. The running is carried out with a start-up, with motion timing. There are made two attempts with breaks of at least 10 minutes between runs and it is recorded the best one. The results are recorded in seconds and tenths of a second.

- throwing the oina ball at a fixed target;

Throwing means passing the ball to the partner, in case of passing, as well as to the static opponent, in case of aiming. The target is represented by a circle with 70 centimetres in diameter hanging at a height of 1.5 meters. The throwing is done from a distance of 10 meters. The time for the 10 throws is 30 seconds. The number of throws in the target (circle) is recorded.

- throwing the ball at a mobile target;

Throwing represents aiming the opponent in motion, this means finishing in most cases. The target is a circle with 70 centimetres in diameter rolled on the ground by two pupils who are at a distance of 10 meters between them. The circle has to pass at a distance of 8 meters from the student who is throwing at the target. There are thrown 10 balls without time limit. The number of throws through the circle is recorded.

- passing to the partner;

It represents the essential technical element for the oina game, without which the game cannot be possible. The distance between the 2 (two) partners is 12.5 meters, that is the distance between two circles for the IIIrd juniors (children) field. The time for making the passes is 1 minute. The number of passes is recorded.

- batting the ball with the bat;

This is the procedure that can bring valuable points to the team when they are at batting, according to the current rules, but it also has tactical implications in the game. There are executed 10 strokes for unlimited time. The serving is done by the same person for constancy.

The results of all these measurements and tests are shown in the tables.

At the beginning of the school year 2016-2017, after the initial testing, the students were announced that they would repeat these tests at the end of the school year in the last two weeks.

In interpreting the obtained data we have used the calculation formulas to obtain the amplitude, the arithmetical mean, the standard deviation and the coefficient of variability.

Results and discussions

Following the initial and then the final tests, it has come to some results which are shown in the tables below.

Table no. 1 regarding the results of the control tests which aim the training specific to the oina game of the students chosen as subjects at the beginning of the school year 2016-2017

Statistical parameters	12m side running in the defender's position	50m running with a 360 degree turn in the 2 nd square	Throwing at a fixed target	Throwing at a moving target	Batting the ball with the bat	Passing to a partner in one minute
Mean	3,59	11,53	4,68	4,06	4	27,37
Amplitude	0,5	1,8	4	3	4	8
Standard deviation	0,22	0,58	0,95	0,95	0,95	2,69
Coefficient of variability	6,15	5,04	19,96	23,93	24,35	9,81

Table no. 2 regarding the results of the control tests which aim the training specific to the oina game of the students chosen as subjects at the end of the school year 2016-2017

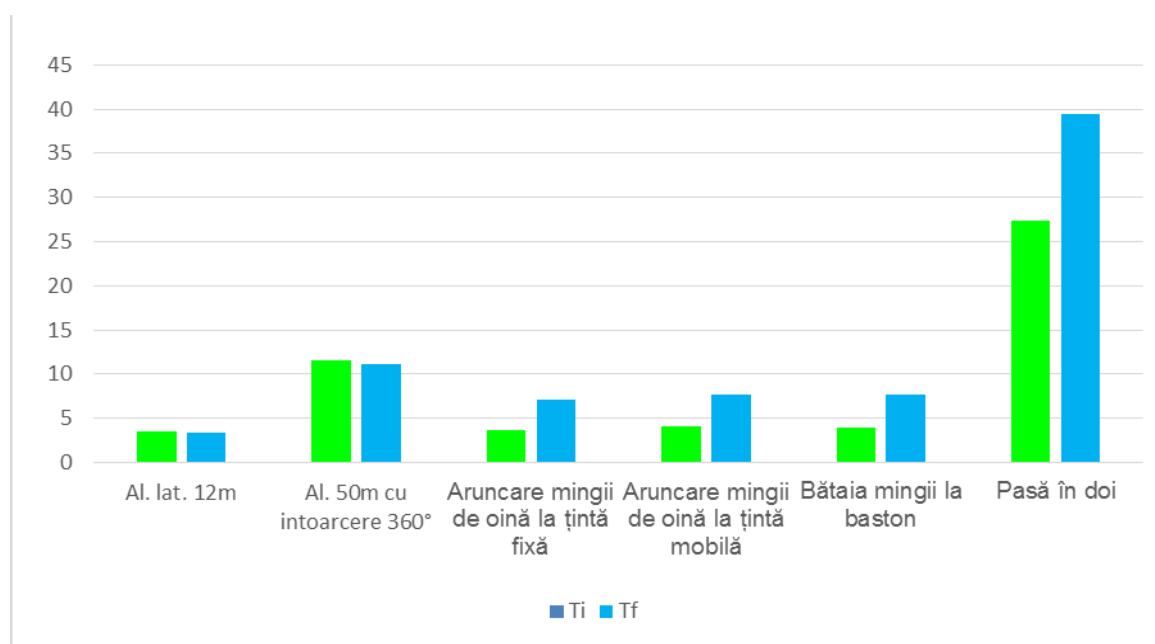
Statistical parameters	12m side running in the defender's position	50m running with a 360 degree turn in the 2 nd square	Throwing at a fixed target	Throwing at a moving target	Batting the ball with the bat	Passing to a partner in one minute
Mean	3,38	11,08	7,87	7,12	7,75	39,5
Amplitude	0,7	2	5	5	4	5
Standard deviation	0,23	0,66	1,45	1,61	1,18	1,97
Coefficient of variability	6,87	5,91	18,71	23,90	15,77	5,05

The tests in this set are those that highlight the level of the specific training in the oina game. The results obtained in the control tests are presented in the nominal tables no.1 and no.

2. In the following table we observe the evolution of the average index over the reference period at the tests taken into account.

Table no.3. Evolution of the average index over the reference period

Test	12m side running in the defender's position	50 m running with a 360 degree turn in the 2 nd square	Throwing at a fixed target	Throwing at a moving target	Batting the ball with the bat	Passing to a partner in one minute
Initial average index	3,59	11,53	4,68	4,06	4	27,37
Final average index	3,38	11,08	7,87	7,12	7,75	39,5
Ths difference	0.21	0.45	3.19	3.06	3.75	12.13



Graph no. 1 The level of training specific to the oina game)

Graph no. 1 shows the results between the initial and final testing.

12 meters side running in the defender's position

The statistical elements of the sample of the 16 subjects submitted to the tests have achieved an initial average index of 3.59 seconds and a final average index of 3.38 seconds, being registered a difference of 0.21 seconds. This difference is the result of the

somatic development in symbiosis with the influence exerted through training lessons and games.

50 meters running with start-up and a 360 degree turn in the 2nd square.

The sample produces an initial average index of 11.53 seconds and a final one of 11.08 seconds, with an improvement of 0.45 seconds due to the increase of the age, but also

to the practice of the oina game and the related training.

Throwing the oina ball at a fixed target

The evolution of the average index was from 4.68 throws at the initial moment to 7.87 throws at the end, resulting in an increase of 3.19 throws. This progress is due first of all to the practice of the oina game and to the intense training.

Throwing the oina ball at a moving target

From a 10-shot battery, there were obtained the following average indices: initially 4.06 throws and finally 7.12 throws, with a progress of 3.06 throws, due to practising the oina game.

Batting the ball with the bat

The average index evolved from 4 strokes at the initial moment to 7.75 strokes at the end, with an increase of 3.75 strokes due to practicing the game in the training sessions within the classes of sports circle.

Passing to a partner in one minute

The sample achieves an average initial index of 27.37 passes per minute, and at the end 39.5 passes per minute. The increase was of 12.13 passes per minute and it is due to the training and the practising of the oina game during the school year.

Conclusions

As the study indicates, the hypothesis, from which we have started, has been confirmed, namely, the representative team of the school can achieve optimum results if it is applied an effective training program which corresponds to the current requirements of the game and training models used at national level.

The level of the specific training of the pupils submitted to the research increases during the school year, both as a result of the somatic accumulations, but especially as a result of the organized practising of the oina game.

By teaching the oina game the health indices are positively influenced, the somatic growth is stimulated, the students' motor skills are favorably influenced. In this respect, the oina game can sit alongside the other games that are taught in school to solve the tasks and objectives of the school physical education.

The teaching of the oina game in the classes of physical education facilitates the detection and the training of the school team by knowing the students physically, technically and tactically and from the point of view of their psychic qualities.

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