



PECULIARITIES OF SELECTION AND TRAINING IMPACTS IN FIELD HOCKEY SPORT CLASSES AT TRAKIA UNIVERSITY – STARA ZAGORA

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ABSTRACT

The paper examines the peculiarities of selection and training impacts in field hockey classes at Trakia University. A number of key criteria for participants' selection such as speed, endurance, strength, coordination and technical skills have been analysed. The presented training methodology is aimed at developing basic physical qualities through sprint exercises, interval training, and specific techniques with the hockey stick. The paper reveals the significance of field hockey for improving the physical activities and social skills of students. A table of selection criteria and a graph illustrating the progress of physical indicators are attached.

Keywords: selection, technical and social skills

Field hockey is a dynamic and attractive kind of sport that requires a high level of physical fitness, technical skills and tactical literacy. Its inclusion in sports classes at the Trakia University provides an opportunity to develop basic motor skills, improve coordination and promote team spirit among students. The importance of the discipline of Physical Education and Sports during university studies is increasingly being established as a means of overcoming contemporary challenges through physical activity and sports training (1, 2, 5-7).

The special motor preparation is also among the main themes in the scientific developments of the sport teachers and trainers (3, 4).

The paper examines the peculiarities of participants' selection and the appropriate training methods aimed at increasing the physical performance and technical skills of students.

Peculiarities in the selection of participants

The selection of students to participate in the field hockey training process is based on the established levels of several key criteria:

- Physical qualities – speed, endurance, strength and flexibility.
- Coordination skills – balance, orientation in space, ability to quickly react.
- Technical skills – basic knowledge of working with a hockey stick and controlling the ball.
- Psychological resilience – ability to concentrate and maintain focus in stressful situations.
- Social skills – teamwork, team communication.

These criteria are crucial for the successful adaptation of selected participants to the demands of sport and their progressive development in the training process.

Table 1. Selection criteria

<i>Criterion</i>	<i>Unit</i>	<i>Minimum</i>	<i>Optimum</i>
Speed	m/c	5.5	6.5
Endurance	min	10	15
Strength (standing jump)	cm	180	220
Coordination (agility test)	sec	12.0	10.0
Technical skills - assessment	from 1-10	5	8

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Training effects and methods

The training process is designed in a way that will develop the necessary qualities for adequate participation in field hockey activities. The main structural elements in the training algorithm are:

1. Development of physical fitness

- ✓ Speed and explosive strength – sprinting, acceleration and start reaction training;

- ✓ Endurance – interval training combining aerobic and anaerobic loads;
- ✓ Strength and flexibility – exercises with elastic bands, body weight and dynamic stretching;
- ✓ Agility and coordination – obstacle training, ball exercises and reaction tests;
- ✓ Functional training – training including elements of other sports, which help the entire physical development.

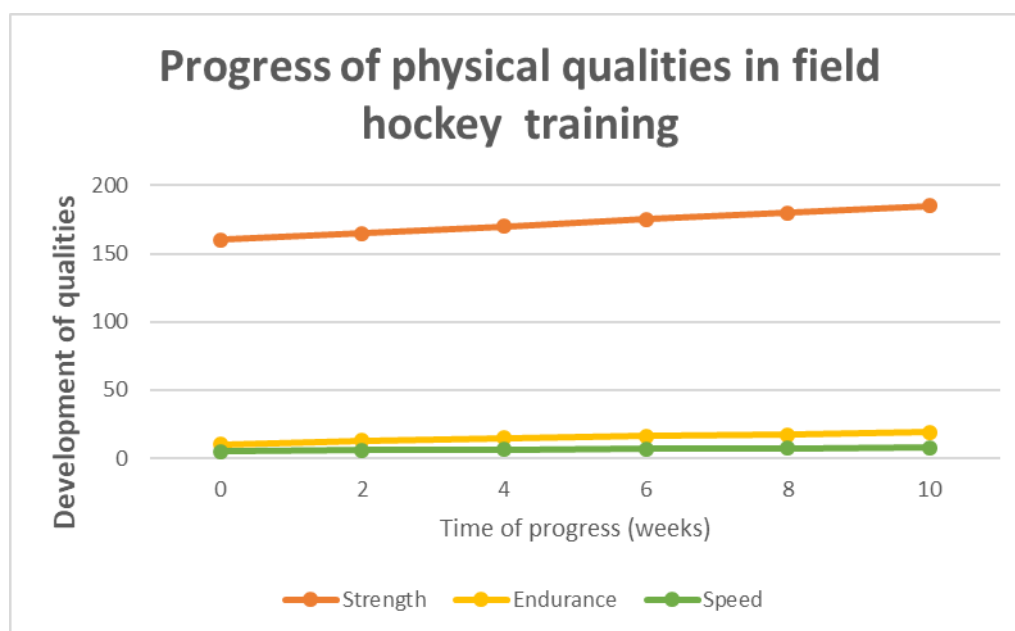


Figure 1. Progress of physical qualities in field hockey training

2. Technical preparation

- ✓ Basic techniques for dribbling, passing and hitting with the hockey stick;
- ✓ Exercises for controlling the ball while moving and when pressured by an opponent player;
- ✓ Game situations to improve dribbling and shooting techniques;
- ✓ Development of specific skills according to the playing position of each player.

- ✓ Building confidence and resilience in game situations;
- ✓ Motivation and teamwork techniques;
- ✓ Methods of stress management and overcoming challenges in sports.

3. Tactical preparation

- ✓ Introduction to game formations and positional game;
- ✓ Practical exercises for collective defence and attack;
- ✓ Study of tactical schemes and strategies of playing against different opponents;
- ✓ Simulated game situations for quick decision-making under pressure;

Teacher's role in learning and training process

The teacher is the focus in building an effective environment in training, which helps to develop students' physical qualities and strategic knowledge and skills. The main tasks of training process leader are related to:

- Ensuring a safe training environment;
- An individual approach to each student according to his/her abilities;
- Using modern teaching methods and technologies for game analysis;
- Stimulating the active participation and motivation of students;
- Promoting ethical and sports values in learning process.

4. Psychological preparation

- ✓ Development of concentration and quick decision-making;

Progress and evaluation

The evaluation of the training process effectiveness is carried out by monitoring the students' prosperity. The aim can be achieved by periodic tests of the physical fitness and technical skills. The sample evaluation tests might include:

- Time – 30 m sprint;
- Agility and balance tests;
- Accuracy of passes and shots on goal;
- Duration of control on the ball when playing under pressure;
- Subjective assessment of the players' tactical skills;
- Survey of students on their motivation and satisfaction with the learning process.

CONCLUSION

The inclusion of Field Hockey in the sports curriculum at Trakia University has opened new opportunities for development of students' physical activities and social skills. With right selection of participants and application of targeted training methods, Field Hockey has a place among the leading sports in a university curriculum. The application of physical, technical and tactical aspects of the sport can improve both the motor culture of students and their abilities to work in a team and make decisions in stressful situations. The attention psychological and social aspects of the sport leads to a new level of commitment and interest of students in the active lifestyle. The syllabus should be adapted to individual capabilities of each student ensuring maximum efficiency and development of the sport.

The application of innovative methods such as video analysis and GPS-monitoring on players' movements can make possible to improve the feedback and personalized approach to the preparation of each student.

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