

Concluzii

După analiza rezultatelor cercetărilor, reiese clar că cele două modalități de îmbunătățire a vitezei : creșterea lungimi pasului și creșterea frecvenței pasului sunt valabile în cazul antrenamentelor alergătorilor de 400m.p.

După nivelul stăpânirii calităților motrice, viteză în cazul alergătorilor de 400m – sprinteri și rezistență în regim de viteză în cazul alergătorilor de 400m – semi-fondiști, reiese un plus de valoare în cazul alergătorilor de 400m- sprinteri. Acest lucru este posibil și datorită duratei relativ scurte de antrenament sportiv (max. 4 ani). Odată cu aprofundarea antrenamentul sportiv și creșterea experienței sportive, precum și creșterea nivelului calităților motrice, mai ales a vitezei în regim de rezistență, vor crește și valorile performanțelor sportive.

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THE RELATION TRAINING - SPORTING COMPETITION AND TRAINER - COACH

Constantin ALBINĂ
University of Craiova

Key words: training and competition, sports system, trainer, coach.

Abstract: The athletic training is a complex process, designed and carried out in order to get better results. In practical training, the notion of adapting to effort refers to the adaptation to that effort specific to competition, it is approached as a process, as both product and result, as anticipation of efforts, an exact structure of phases, a process of saving, as well as a specific process and, last but not least, as an individual process.

There is a strong interpenetration between training and competition. The direction of training is set by the competition and the competitive results will determine the targets and the content of the training. They are a continuum, there cannot be imagined training without competition and the other way around, there can't be competition and performance without an appropriate preparation. In the sports system, the competition has the function of a main criterion for differentiation the certain types of training.

It might be identified as follows:

- The basic training for beginners which implies competitions with simplified rules; these competitions are scheduled uniformly throughout the competitive year, so they could have a significant motivational effect and provide reliable data about the perspectives of the young athletes;
- The preparation training applies to the junior athletes, still using competitions with differentiate purposes, but also senior-like competitions which are, at the same time, forms of training that aims at intensifying the specific effort and consolidating the technique;
- The high performance training gives the competition a central role; the competition has a leading role, directing the performances and the specific level of the athlete in order to get those performances at a certain time.

The two forms of organizing the sporting activity have, nevertheless, different goals: while one prepares that performance and it is called in the specialty literature "**training**", the other one assesses a efficient command in competitions, it is what we call "**coaching**".

A comparison between the two activities was done by Arturo Hotz (1994), quoted by Dragnea.C.A. and Mate-Teodorescu.S. (2002). This comparison stresses mainly the differences between them.

TRAINING	COACHING (command, guidance, optimization)
The systematic conducting of a complex process of improving the sporting performance	The systematic conducting of the activity before, during and after the competition, in order to get the most out of the athlete
Gradual development of the performance capacity	The optimization of training for getting the best results in competition
The elaboration and application of programs for developing the performance capacity	The elaboration and application of strategies which should lead to winning competitions
Building up the skills and knowledge, initiating and developing the capacity of putting them into practice in certain circumstances	In competition, the skills and knowledge are applied in concrete situations
Constant practising, both segmentary and global	Using successfully what it was exercised
The stabilization and the automation of the variants	The application in typical and modified situations
Noticing and correcting the flaws	The analyzing of positive and negative moves
The realization, planning, organization, commanding and executing the training, choosing the appropriate methods and means	Designating the person responsible for tactical and psychological issues before, during and after the competition
Discussing with the athletes about successes and failures, taking decisions according to what was observed in analysis	Clear stating of goals

However, at the lower levels the trainers usually have also coaching responsibilities, because of the fact that they don't have interdisciplinary teams of specialists (technical managers, coordinators, physiotherapists, psychologists, nutritionists, etc.) around. That is why it is desirable to train, as much as possible, the new professors-trainers for such functions, too. The most important aspect is for the trainer to reach an over average psychological education, so that he can be able to capacitate and motivate his athletes.

Some specialists consider that the competition is a symbolic compensation for the vicissitudes of life, a mechanism of emotional balance. Motivational theories explain the acts and decisions according to those psychological factors that can be related to some psychic processes such as needs, tendencies, impulses, the will of overcoming the problems, the need for performance, aesthetic needs, getting a place in the society, etc. The reasons for practicing performance sport are complex and they express the personality of the athlete, a personality influenced later by the trainer.

There are reasons which are triggered by:

- movement needs – the need of spending energy;
- the need for self-assertion; looking for compensation, substitution, balance;
- interest in competition – the need for success, for comparing with the others, the fascination for the unpredictable, the pleasure of being in contest and feeling the tension;
- the will to win – to possess, to be famous, to have money, the patriotism, the will to succeed;

The sporting activity of high performance isn't harmful in itself. However, it requires careful approaches from the educational point of view. The athletes should have proper conditions for training, so that they can develop freely and safely.