



PROGRAMMING FEATURES OF COMPETITION IN THE CONDITIONS OF RUGBY U19 EUROPEAN CHAMPIONSHIP

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Abstract

The paper focused on developing a competitive microciclu, we adjusted to the European Championship U19 Rugby, allowing recovery of form sports contests. The research hypothesis is organizing competitive microciclului balanced in order to ensure recovery and improving exercise capacity deficiencies in team play, ability to induce maximize performance. The work was conducted during at the U19 European Championship Rugby. The group had a membership of 26 players. Opinion research work confirms the result obtained through the national team at the European Championship, emphasizing the microciclului recovery sequences, use of cryotherapy, is an alternative for rapid restoration of homeostasis, physical component orientation is mandatory for integrated physical training and use of specific structures game of rugby in the gym under explosive.

Keywords: *Organization, recovery, overcompensation, competition, microcycle*

JEL classification: *I210, I290, I190*

1. Introduction

Planning is "thorough and accurate development training and performance objectives and the means, methods and forms of organization appropriate and specific macro-meso microcycles" (Dragnea, 2002). Programming sports training is "work towards the objectives of the training, preparation tasks and forms of organization, taking into account the objective conditions under which the whole process to be carried out (Dragnea, 2002). Microcycle in preparation, is an important planning tool because the content and structure to determine the quality of training (Badea, 2012). Microcycle is a sequence of training lessons, organized system, in order to solve the objectives related to the phase of preparation (Cardinale, 2011). Microcycle competitive event should provide the maximum potential athletes in competition, to ensure success (Badea, 2012).

2. Purpose

The paper focused on developing a competitive microcycle, we adjusted to the European Championship U19 Rugby, allowing recovery in the form of sporting contests.

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3. Hypothesis

The research hypothesis is organizing competitive microcycle balanced in order to ensure recovery and improving exercise capacity deficiencies in team play, ability to induce maximize performance.

4. Research methods:

Scientific documentation, observation, experiment, measurement, graphical method

5. Conditions of research

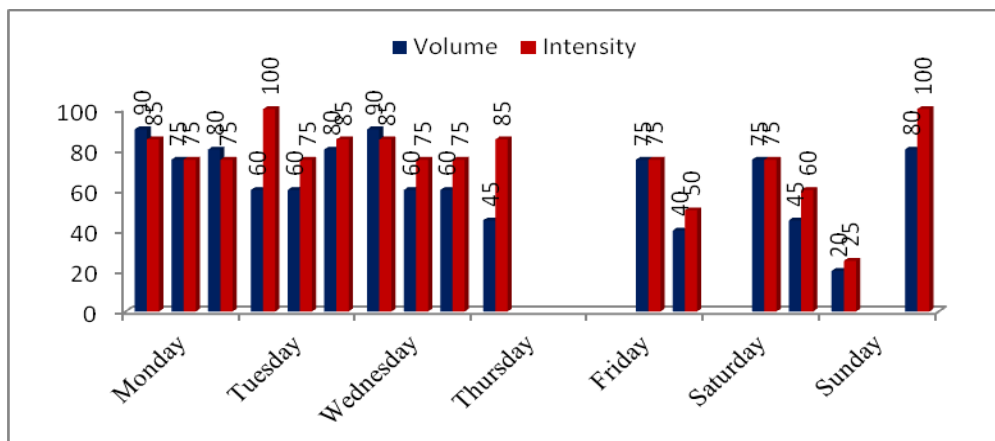
The work was conducted during October, at the U19 European Championship Rugby. The group had a membership of 26 players: 14 and 12 backs predecessors. The specifics of the competition involves a total of four games and their cadence to 72 hours. The first two games are conducted in groups, depending on the place in group play and then 1-4, 5-8 or 9-12, semifinals and finals respectively.

6. Research results

Research shows two identical competitive microcycles, related to the semifinals and finals, which reflects the emphasis given to rehabilitation exercise capacity within 36 hours after the game and improve technical and tactical deficiencies, over the next 36 hours, the emphasis is on overcompensation. As shown in graphical recovery sequence comprises two cryotherapy sessions, a session of hot-cold and sitting on the ground described below, and the sequence of overcompensation includes a gym session, training captain and a meeting tonicity to gym preceding game. Training takes place in the night A18,20,23.

Table 1: Microcycles 1 & 2

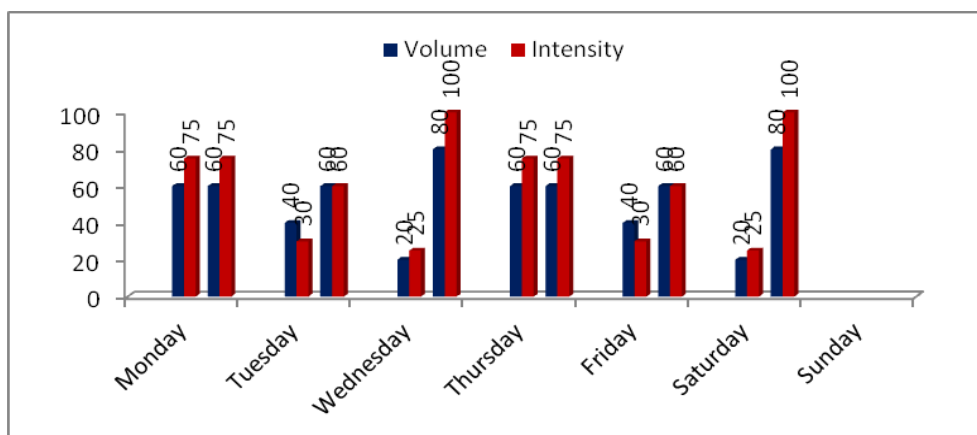
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A16. MAE1+FM./ Tth		A21.MAE1+P M1/Tth				Tonicity
A17. Tth	A19. Tth	A22. Tth	A24. Tth	A25. MAE1+ PM1/Tth	A26. Tth	
		Recovery hot-cold		Departur e CE		Game Ucraina
A18. Tth /AE 1	A20. MAE+integ +Tth	A23. GAME verification	Free	Active recovery	A27. Tth cap.	Cryotherapy
		Cryotherapy				Recovery hot-cold



Graphic 1 Graphic effort microcycles 1 & 2

Table 2 Microcycles 3 & 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A28. Tth /AE2	A30.MA E+PM1	Tonicity	A32. Tth / AE2	A34.MAE1 +PM1	Tonicity	
Recovery hot-cold			Recovery hot-cold			Home arrival
A29. Tth	A31. Tth cap.	Game Georgia	A33. Tth	A35. Tth cap.	Final Game	
Cryotherapy		Cryotherapy	Cryotherapy		Cryotherapy	



Graphic 2 Graphic effort microcycles 3 & 4



**Table 3 Ruffier test results performed after competition (next morning game)
and before competition (morning game related)**

Subjects	RUFFIER 1 Microcycle 3		RUFFIER 2 Microcycle 3		RUFFIER 1 Microcycle 4		RUFFIER 2 Microcycle 4	
	Results	Interpretation	Results	Interpretation	Results	Interpretation	Results	Interpretation
1	6	M	4,5	B	8	M	4,1	B
2	5	B	3	B	6	M	3,8	B
3	5,2	M	3,8	B	9	M	5,5	M
4	6,1	M	0	FB	7,5	M	5	B
5	6,3	M	2,3	B	8,3	M	6	M
6	5	B	4,5	B	10	M/S	4,6	B
7	5,4	M	3,6	B	8,4	M	5	B
8	6	M	3,5	B	6,3	M	4,2	B
9	4	B	-1	FB	5,5	M	0,1	B
10	4,2	B	1,1	B	4,5	B	1	B
11	3	B	-1,1	FB	5	B	-0,3	FB
12	5,1	M	3	B	6	M	2	B
13	3,5	B	3	B	6	M	3,5	B
14	3,2	B	2	B	5,5	M	-0,8	FB
15	4,5	B	-0,5	FB	4,7	B	-0,1	FB
16	6	M	3	B	4,5	B	0,5	B
17	5,8	M	2	B	5,5	M	2	B
18	4,6	B	1,5	B	5,1	M	3,1	B
19	4,5	B	2	B	4,5	B	1,3	B
20	4,2	B	2,3	B	6	M	2,1	B
21	3,5	B	2,5	B	5,8	M	1,5	B
22	4,8	B	3	B	5,5	M	0	FB
23	5,8	M	4	B	5,1	M	3	B

Legend: FB very well; B well; M medium.

OPERATIONAL STRUCTURES

AE 1. Shuttle sea: 22m round trip, round trip 50m, 80m round trip, round trip 100m (500m total) - 3 'sequence (effort + pause), 1.45 ", p = rest', 5X + 5X,

AE2. At1. Corner ball 8 'labor + 2'p 10'

AT2. Aerobic + defense - three groups of eight players, placed on the target lines and center line. Groups from the center line of the two groups appear alternately arranged on the goal line. for 8 '. Then change the team at center. Each group will work 4 ', p = 1', total 15 ' / EAP 8'

At3. General movement, 1'x2 sequences, 2'x2, 3'x2, 1x2 22'



LC groups 2-3 players. From lying face 7x pushups, running speed 10m, plywood bag, return back to the starting line, color change, 7x squats, running speed 15m, contact the shield opponent, pushing 5m return to the running speed starting line, diving, balloon recovery and different passes 20m, return to the starting line with 2vs1 solving essay, return shipping weight 15 + 15m. 1', 7X, P = 4'

MAE - 10 workshops, labor 1', p = 5 "(changing workshop), series 2: lying dorsal flexion knee extension at the knees to the chest and back vertical, eccentric circles, previously maintained sore hands and knees, the other large, previously maintained sores hands and knees, the other large, dorsal flexion inferior limbs, the trunk twisted disc bicep curls, lateral decubitus maintained left hand support, right lateral decubitus maintained support arm, lying face supported by jumping alternately flexing the thigh on the abdomen; a left leg sweep, sweep the right leg.

FM. Circuit - mixed seven devices: squat with leg extension, pushed lying, Row, shoulders, butterfly forward, straightening, dumbbell lifting the chin. Algorithm: 50% + 90% 8rep, 4rep, 3 sequences; No traction and crunches. Maximum repetitions Mobility 3 sequences + 7'

PM - Circuit - Mixed 5 devices: news, lunge, shoulders, trunk flexibility, optional
Algorithm 30% 7rep, 3 sets;
Mobility 3'

Conclusions

Opinion research:

- ✓ work confirms the result obtained through the national team at the European Championships;
- ✓ increased recovery sequences in microcycle, use cryotherapy, is an alternative for rapid restoration of homeostasis;
- ✓ physical component orientation is mandatory for integrated physical training;
- ✓ using specific rugby power structures in the gym.

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