

## The particularities of planning the basic methodological components in the specific training of junior i dancers

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### Abstract

*Purpose:* Highlighting the particularities of planning the basic methodological components in the specific training of Junior I dancers.

*Material.* Organizing a comparative study during the period 2011- 2013, based on the analysis of the key methodological components in the specific training of Junior I dancers. The research was carried out in „Step in Two” Sports Club of Bucharest with the help of a group of 12 dancers of 12 to13 years old. The experimental methodology includes the following components: competition calendar, performance and training objectives, dynamics of physical fitness, structure of the basic training sessions, training requirements, directing and supervising the training sessions etc.

*Results.* The share of the sports training components throughout the training year 2012 – 2013 was highlighted in comparison with the period 2011-2012, as follows: 26.36% of the training methodology was allocated to the technical training (29.87%); 19.88% (22.58%) to the artistic training, 21.50% (22.58%) to the physical training, 10.10% (14.58%) to the psychological training, 2.8% (3.58%) to the tactical training, 1.16% (2.63%) to the theoretical training and 17.00% (2.87%) to the integral training. As for the training of Junior I dancers for the Romanian National Championships (macro-structure 1), March 2013 compared with 2012, the share of the training components had the following values: 30.35% technical training (32.85%), 22.0% physical training (24.12%), 19.54% artistic training (21.83%), 11.64% psychological training (13.72%), 2.91% tactical training (3.33%), theoretical training 1.25% (1.66%) and integral training 12.27% (1.66%). Regarding the training for the German Open Championships (macro-structure 2), September 2013 in comparison with 2012, the integral training increased up to 23.16% (4.49%), the psychological training was 10.53% (15.73%), technical training 21.35% (25.84%), artistic training 20.53% (23.60%), physical training 20% (21.35%); 1.05% (4.0%) each were allocated for the tactical and the theoretical training.

*Conclusions.* The comparative analysis of the training experimental methodology over the period 2011 - 2013 and the assessment of the results obtained by the dancers in the target competitions point out the share assigned to the components of sports training and the importance given to the integral training. A good analysis of sports training components in dance sport provides the favorable premises for including in the specific training methodology the key elements that condition the manifestation of the performance capacity and the achievement of superior results in the competition.

**Key words:** dance sport, training components, integral training, methodology, performance.

### Introduction

The current level of sports performances in international dance sport is a reflection of the training methodology. Thus, the problems of the training methodology in junior dancers involves the training in perspective of the athletes in order to obtain high performances; the specificity of the dance sport training requires a comprehensive approach of the training components (Ershova, 2001; Kovalenko, 2000; Lebedeva, 2001; Moore, 2002; Hodge, 2008; Potop, 2008).

Our research starts from the investigation of the specificity of dance sport content directly reflected in the periodization of the training process and in the selection of the means of lesson. The study of the sports training components and their interdependence is an important landmark of the training methodology in dance sport, along with the knowledge of the requirements and objectives of the first stage, corresponding to the age of Junior I (Năstase, 2010; Teodorescu, 2006; Grigore et al., 2010; 2014; 2017; Werchoschanski, 1992; Mano,

1992). A special attention is given to the stadial character of the sports training and on the most representative dimensions of the second stage that have an influence on the specific character of dancers' training and the approach of an integral methodology that will develop the performance capacity. Referring to the age of 12 – 13 years, namely the Junior 1 period, we are interested in the biological, motor and psychological particularities that can be detected through observable manifestations in the performance behavior of the dancer. Therefore, we intend to identify the sides of the interdependence between the components of the sports training and the specific training [Bompa, 2002; Dragnea, & Teodorescu, 2002; Nicu, 1993).

It is known that the first stages of sports training provide the foundation for the training of the senior athlete and that the so-called training gaps left uncovered by the coach at the young age will not be able to be compensated later. We refer to the insufficient development of the motor skills during the physical training, the restrictive approach or the uncertain learning of dance steps and figures during the technical training, the incomplete education of the artistic side of the motor actions and acts in the artistic training [Temljanceva, 2004; Chikalova & Terezova, 2001; Sharovatova, 1999).

In the opinion of Năstase D.V. (2010, p. 35), the specific training of the dancers is based on the comprehensive approach of the training that will respect the general principles of the sports training and will include both specific and general means, leading to the achievement of the training and performance goals.

*The purpose of the paper* is the highlighting of the particularities of planning and analyzing the basic methodological components in the specific training of Junior 1 dancers.

*Hypothesis of the paper.* We consider that a proper analysis of the sports training components in dance sport will provide favorable premises for including in the methodology of the specific training the key elements that influence the manifestation of the performance capacity and the achievement of good results in competition.

### Material & methods

#### Participants

A study was organized during the period 2011- 2013, focusing on the planning and analysis of the basic methodological components in the specific training of junior I dancers. The research was conducted in “Step in Two” Sports Club of Bucharest with a group of 12 dancers aged 12 to 13 years. The experimental module includes the following components: competition calendar, performance and training objectives, dynamics of physical fitness, structure of basic training sessions, training requirements, direction and supervision of the training etc.

The basic experimental methodology for training from 2012 to 2013 was created taking into account two target competitions, the same ones as in the previous period 2011-2012, the Romanian National Championships and the German Open Championships, for which high performance was targeted. Therefore, it was intended to gradually adapt the dancers and to make them peak for competitions twice, in March and August 2013. The periodization of the basic training is double, with two macro-structures: macrostructure 1 from September 15, 2012 up to April 7, 2013 and the macrostructure 2, from April 8 until September 15, 2013. The structure of the training remains the same as in the previous year, with changes in the quantitative indicators and in the training, components addressed in the specific training methodology.

### Results

In order to implement the structure and content of the experimental methodology, planning models were developed and used for the basic training process of the experimental group. The quantitative indicators of the specific training components of Junior I within the experimental methodology are listed in the table 1 and figures 1, 2 and 3.

Table 1. Quantitative indicators of the specific training components of Junior I dancers

Period	Comp	Indic.	No. of training hours	No. of technical training hours	No. of artistic training hours	No. of physical training hours	No. of psychological training hours	No. of tactical training hours	No. of theoretical training hours	No. of integral training hours
2011-2012	RNC	Σ	240.5	79	53.5	58	34	8	4	4
		%	57.47	32.85	22.24	24.12	14.14	3.33	1.66	1,66
2012-2013		Σ	240.5	73	47	53	28	7	3	29,5
		%	55.61	30.35	19.54	22.04	11.64	2.91	1.25	12,27
2011-2012	GOC	Σ	178	46	44	38	28	7	7	8
		%	42.53	25.85	24.72	21.35	15.73	3.93	3.93	4,49
2012-2013		Σ	192	43	39	38	24	2	2	44
		%	44.39	22.4	20.31	19.79	12.5	1.04	1.04	22,92
2011-2012	Total hours	<b>418.5</b>	125	97.5	96	62	15	11	12	
	%	100	29.87	23.3	22.94	14.81	3.58	2.63	2.87	
2012-2013	Total hours	<b>432.5</b>	116	86	91	52	9	5	73.5	
	%	100	26.82	19.88	21.04	12.02	2.08	1.16	17.00	

Figure no. 1 shows the results of the quantitative indicators of sports training components in the specific training of Junior I throughout each preparation period, namely 2011-2012 and 2012-2013 respectively, regarding the number of hours assigned for technical, artistic, physical, psychological, tactical, theoretical and integral training.

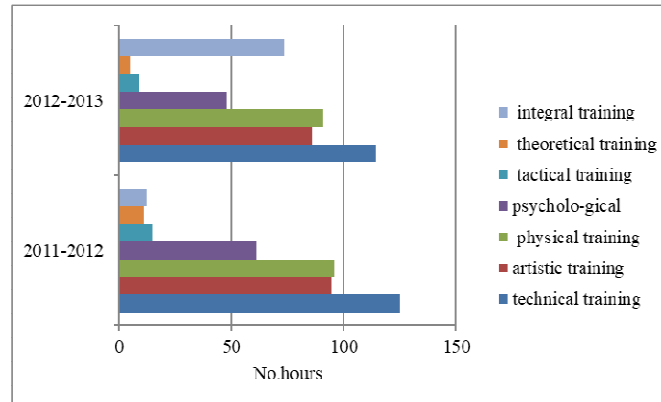


Fig. 1. Results of the quantitative indicators of the specific training components of Junior I dancers (each period of training)

Figure no. 2 shows the number of hours allocated to the training of Junior 1 dancers who participate in the Romanian National Championships (macrostructure 1), periods 2012 and 2013; figure no. 3 - number of hours allocated to the training of Junior 1 dancers for the German Open Championships (macrostructure 2), periods 2012 and 2013.

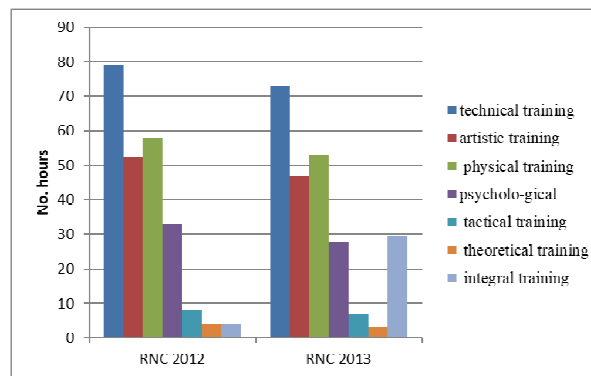


Fig. 2. Number of hours allocated to the training of Junior I dancers for the Romanian National Championships (macrostructure 1), 2012 and 2013

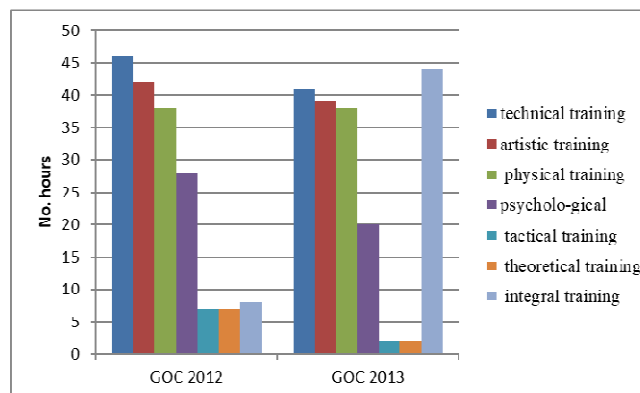


Fig. 3. Number of hours allocated to the training of Junior I dancers for the German Open Championships (macrostructure 2), 2012 and 2013

The comparative elements of the specific training of Junior I dancers are listed in table no. 2, revealing the number of target competitions, formative character competitions, number of macrostructures, number of peak athletic shapes, number of training sessions, number of competition days and number of the off days (rest). The training components that predominate in both training periods, the fitness tests and other training indicators mentioned in the table are also highlighted.

Table 2. Comparative aspects regarding the specific training of Junior 1 dancers

Elements of comparison	Training 2011-2012	Training 2012-2013
No of target competitions	2	2
No of formative competitions	4	6
No of macrostructures	2	2
No of peak athletic shapes	2	2
No of training sessions	244	248
No of competition days	13	12
No of the off days	92	86
Predominant training components	Technical comp. Artistic components Physical components	Technical-artistic comp. Technical-physical comp. Artistic-physical comp. Integral training comp.
Fitness tests	Formative competitions	Formative competitions Somatic, functional and motor tests
Form of training	Decentralized	Decentralized
Place of training	Bucharest	Bucharest
Medical check-up	every 6 months	every 6 months

### Discussion

The analysis of the quantitative indicators of the specific training components in Junior I dancers throughout the training year 2012-2013 in comparison with 2011-2012, regarding the number of allocated hours and the share of the components reveals the following values: in technical training - 116 hours (26.82%) from the training methodology, while the previous year recorded 125 hours (29.87%); artistic training - 86 hours (19.88%) and 97.5 hours (23.3%) for the preceding year; physical training - 91 hours (21.04%) and 96 hours (22.94%); psychological training - 52 hours (12.02%) and 62 hours (14.58%) in the year before; tactical training - 9 hours 2.8% and 15 hours (3.58%) in the preceding year; theoretical training - 5 hours (1.16%) and 11 hours (2.63%) in the previous year; integral training - 73.5 hours (17.00%) and 12 hours (2.87%) in the previous year.

As for the number of hours allocated to the training and the share of training components in Junior I dancers for the Romanian National Championships (macrostructure 1), 2012-2013 compared with 2011-2012, the following values were found out: technical training - 73 hours (30.35%) and 79 hours (32.85%) in the preceding year; physical training - 53 hours (22.04%) and 58 hours (24.12%); artistic training - 47 hours (19.54%) and 53.5 hours (22.24%); psychological training - 28 hours (11.64%) and 34 hours (13.72%); tactical training - 7 hours (2.91%) and 8 hours (3.33%); theoretical training - 3 hours (1.25%) and 4 hours (1.66%); integral training - 29.5 hours (12.27%) and 4 hours (1.66%). Regarding the training for the German Open Championships (macrostructure 2), 2013 compared with 2012, the following values were recorded: the integral training increased up to 44 hours (22.92%) compared with 8 hours (4.49%); psychological training - 24 hours (12.5%) and 28 hours (15.73%); technical training - 43 hours (22.4%) and 46 hours (25.85%); artistic training - 39 hours (20.31%) and 44 hours (24.72%); physical training - 38 hours (19.79%) and 38 hours (21.35%); tactical training - 2 hours (1.04%) and 7 hours (3.93%); theoretical training - 2 hours (1.04%) and 7 hours (3.93%).

The training became more efficient thanks to the identification of the best variants of periodization of the training for Junior I dancers, by establishing as accurately as possible the number of macrostructures in a competitive year, the duration of the training periods, competitive periods and transition periods, but also by including these aspects in the planning documents (Bompa, 2002; Teodorescu, 2006). Although the periodization of the sports training and the planning of this systematic process are two defining benchmarks of dancer's training methodology, two important elements should not be neglected: first, the individual reactions to strain and secondly, the spontaneous manifestations of the athletes who do not allow the proper application of the training strategies but require a permanent adaptation of the training stimuli and practice methods to the functional, motor and mental possibilities acquired and manifested differently from one training session to another. (Borzov, 1983; Rinderu, I. Rinderu, 1997; Stripkova, 2000; Kovalenko, 2001; Grigore, et al. 2018; 2019a, 2019b).

### Conclusions

The periodization of sports training in the case of the Junior I dancers is made in accordance with the official competition calendar, the training level of the athletes and the training conditions available; it is directly reflected in the planning documents prepared by the coach.

The structure and the methodological content specific to dance sport are found in the components of sports training that are approached differently during the preparatory, competitive and transition periods, in different shares, depending on the training strategy adopted for the competition - in the case of the Dance National Championships and on the complexity of the specific strain - in the case of the international competitions.

The difficulty in establishing the specific training methodology for dancers lies in the interconditioning of the training components, the execution of the competition choreography in pairs, the double periodization of the training, the establishment of the target competitions and in the specific manifestations of the pubertal age which, most of the times, against the background of growth and development processes, disturb the performance

behavior of the athlete. A good analysis of sports training components in dance sport ensured the favorable premises for the inclusion in the specific training methodology of the key elements that influence the manifestation of the performance capacity and the achievement of high results in the competition.

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