Analysis of the physical conditioning and the use of new technologies in the trainings of the top-level Spanish teams of collective sports

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Introduction
At present, everybody recognizes the importance of physical preparation in the collective sports. For a long time a great influence on the training of the collective sports has had the general directrix of physical conditioning of the individual sports. However, to the best of knowledge, no literature are available regarding this influence on the training of top-class teams, neither the differences in the training between different collective sports. New technologies have contributed a great advance on the evaluation and the control of sports training. In the same way, the utilization of new technologies has contributed a great advance in the determination of important variables to explain the performance of individual sports. The purpose of this essay is to determine the principal characteristics of physical condition and the use of new technologies in the collective sports and, as well as determining the influence that the physical preparation of individual sports on collective sports.

Methods
A questionnaire was designed including the more relevant aspects of physical preparation in the collective sports and the use of new technologies in order to improve the process of performance. The test-retest validity was found successfully. A 83% of the physical assistants of the top-level Spanish teams of collective sports (soccer, futsal, volleyball, handball, hockey grass and basketball) acceded to complete the questionnaire. All of them were visited to complete by a specialized interviewer.

Results
A 78 % of the physical assistants were graduated in Physical Activity and Sports Sciences. The Table 1 sign the more aspects emphasized of physical preparation. The sports with more work volume were the basketball and the futsal. In all the sports, except soccer and futsal, the physical assistants emphasize the strength training in the gym. The continuous method is used for the majority of the physical assistants as work of endurance fitness. A great percentage of the teams not utilize systematic physical test as control of training.

![Table 1. Physical preparation in top-level Spanish teams of collective sports](image)

More than half of teams not used the majority of new technologies in order to improve the performance in competition.

![Table 2. The use of new technologies in top-level Spanish teams of collective sports](image)

Conclusion
The new advances in the knowledge of adaptation of the organism, as the significance of strength training in the performance of collective sports (Verkhoshansky, 1996), are establishing in the physical preparation of the collective sports. However, the traditional influence of physical preparation of the individual sports still is evident at the present time, for example the utilization of continuous method for endurance training. Probably the absence of investigations indicating if the new technologies really are useful for the control of training in the collective sports does that the majority of the better teams not used them during the training.

References