
BASIC DISTINCTIONS IN FACTOR STRUCTURE OF THE SPECIFIC WORKABILITY OF 13-14 YEARS OLD SYRIAN WATER POLO PLAYERS UNDER THE CONDITIONS OF ONE AND TWO CYCLE PLANNING OF THE YEAR TRAINING SESSIONS

Abstract

Its main objective is the organization and implementation of the sport preparation for one year period within the frame of two vs. mezzo-cycles of the growing up water polo players in Syria, where the level of the game is lower in comparison with the leading world countries. Thirty young water polo players from Syria, aged 13-14 are the subject of the study, divided into two groups: experimental one (15 boys) and a control one (15 boys). Both groups have undergone 9 tests the specific workability. Education and training program is developed for the complex preparation of the growing up water polo players (13-14 years old) from Syria. The results received were processed by the following mathematical-statistical methods: variation analysis and factor analysis. There are differences in the factor structure of the specific workability of the growing up Syrian water polo players while these are in direct dependence on the applied methodology of the year preparation.

Key words: *water polo players, factor structure, specific workability, year training sessions*
