



Diferencias entre el juego 7 vs. 7 y el 4 vs. 4 en el balonmano escolar en relación al rendimiento, percepción del esfuerzo y la intencionalidad de práctica [

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Analítica

Physical Education teachers have evidence from sports field to plan lessons for teaching invasion sports games using small-sided games. The aim was to test whether the 4 vs. 4 game situation yielded higher values in the variables that determine general game performance, rating of perceived exertion and intention to be physically active in comparison to the 7 vs. 7 game situation, in general and by students handball performance level. Participants were 22 students (age: M = 14.5, SD = .5 years old). They participated in a total of six sessions, three of each type of game. Statistically significant differences revealed an increase in involvement and ratings of perceived exertion when the participants played in the 4 vs. 4 game. There were not differences in other variables. Both low- and high-level students obtained a greater involvement in the 4 vs. 4 game

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