

PICIGIN AS A WATER SPORT: EARLY STUDY

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No easy burden on the long road.

(Chinese wisdom)

Dear reader,

Here we are in the 6th year of publication, in the 11th Acta issue, and with a total of about 200 world-famous articles. This is a really beautiful view that can be seen by looking through the mirror of time. In this sense, sometimes, in rare moments of relaxation "run across" the bridge over that time and look back on and done so we can saw (now?) that all of this was easy, simply and solely with pleasure. But not in vain through Chinese history have left much wisdom behind them, and is it a heavy burden, and how much it really weights knows only one who wears it. We carried without objection and without ostentation, but sometimes the sincere gratitude and a reminder of the authors, reviewers and others who may have been helped. But believe me, we know how much this burden, which is often pleased to smile and wear, pulling, pushing ... really difficult is. This time we are offering you the contributions that we can literally say that the outside space: the initial study in picigin, the opposition of parents and children's weight, the effects of aerobic training in the morning, the equation specifications of sports, learning about dance, about the situational case study in handball, relation between motility and morphology in boys, the didactic aspect of PE in Italy, the two types of "warming" of gymnastics in Osijek, the explosive force, about a qualitative changes in football, on energy regulation, the secular growth trends in Hungary, about the impact of athletics the development of children, the impact of additional classes, the IT solutions and visualization of data and about analysis results in boxing. As always, we strive to offer you a varied and interesting topics, just because it is always a wealth of kinesiology in its breadth and comprehensiveness. The long way, and interesting, and it is carrying a burden, so as long as it is as follows, we wear it on. Thank you for sometimes placed in position the shoulder or provide hand. Enough said.

Introduction

Picigin is an amateur game that is played with a beach ball on sand beaches of shallow water. Croatian dictionary (Anić, 1990) defines picigin as a ball game played by standing in shallow sea and keeping the ball without it touching the sea surface. It is believed that its origin dates back to the island of Špiš, Croatia. The cult picigin playground is a sand beach in Špiš. From there it has spread to its attractiveness.

Dragi čitatelju,

Evo nas u 6. godini objavljivanja, u 11. svesku Acte, kao i uz ukupno oko 200 svjetski poznatih članaka. To je zaista lijepi pogled koji se može vidjeti gledanjem preko vremenskog retrovizora. U tom smislu, ponekad u rijetkim trenucima opuštanja "pretrčimo" preko tog vremenskog mosta i osvrnemo se na urađeno i učini nam se (danas !) da je sve to bilo lako, jednostavno i isključivo sa zadovoljstvom. Ali nisu uzalud Kinezi kroz povijest ostavili toliko mudrosti za sobom, a je li neki teret težak, i koliko, to uistinu znade samo onaj tko ga nosi. Mi smo nosili bez prigovora i bez razmetanja, samo ponekad uz iskrenu zahvalnost i podsjećanje na autore, recenzente i druge koji su eventualno pripomogli. Ali vjerujte, mi znamo kako i koliko taj teret, koji se nerijetko sa zadovoljstvom i uz osmijeh nosi, vuče, gura..., uistinu teži. Ovaj put nudimo vam priloge za koje doslovno možemo reći da su izvan prostorni: o početnoj studiji u piciginu, opoziciji roditelja i težini djece, o efektima jutarnjeg aerobnog treninga, o jednadžbi specifikacije sporta, o učenju plesa, o situacijskoj studiji slučaja u rukometu, o relaciji motorike i morfologije kod dječaka, o didaktičkom aspektu TO u Italiji, o dvije vrste "zagrijavanja", o gimnastici u Osijeku, o eksplozivnoj snazi, o kvalitativnoj promjeni kod nogometaša, o energetske regulaciji, o sekularnim trendovima rasta u Mađarskoj, o utjecaju atletike na razvoj djece, o utjecaju dodatne nastave, o informatičkim rješenjima vizualizacije podataka i o analizi rezultata u boksu. Kao i uvijek do sada, nastojimo vam ponuditi različite i zanimljive teme, baš zato jer je i bogatstvo kineziologije uvijek u njenoj širini i sveobuhvatnosti. Dug je put, i zanimljiv, a teret se nosi, pa sve dok bude tako nosit ćemo i dalje. Hvala vam što ponekad podmetnete rame ili date ruku. Dovoljno je.

Executive Editor

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Na dugom putu nema lakog tereta.

(Kineska mudrost)



Figure 1. Picigin player in typical sea surface sliding action

Basic goal is very simple – the ball should stay on the sand as long as possible without falling into the sea. The playing ball is a beaded and faceted beach ball. The playing area is a large, flat sand beach with dimensions of around 50 m x 30 m and with sea level between 10 and 30 cm above the sand surface.

Body parts can be used in the game. Player must not hold the ball in the hand, it must be stroked (usually with the palm) to pass it to the other player. In 2007, the decision of the Croatian minister of culture from 2007 that protects picigin as non-material cultural good of Croatia, it is accentuated that the playing rules are regulated by members of the "Picigin Bačvice" ecological society (Picigin Bačvice, 2011). With the advance of computer and video technology, analyses of various motorical activities have become manifold and detailed (Perf, 2006).

Izvršni urednik

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