- *COMUCCI, Nicola şi VIANI, Marco – Manualul antrenorului de fotbal. Bucharest, C.N.E.F.S., 1988.*
- *DIMA, Marius – Pregătirea fizică a fotbaliştilor. Bucharest, Bren Publishing, 2007.*
- *DIMA, Marius; Curs de baza - fotbal, Bren Editting, 2009*
- *RĂDULESCU, Mircea; COJOCARU, Viorel - Ghidul antrenorului de fotbal – copii şi juniori. Bucharest, Axis Mundi Publishing, 2003.*
- *RĂDULESCU, Mircea, DIMA, Marius FOTBAL „PRO" probleme ale antrenorului profesionist. Didactic and Pedagogic Publishing, 2009*

IMPROVING WORKING METHODOLOGY IN THE HOURS OF TRAINING ON JUNIOR FOOTBALLERS

Vasile Dumitru Nicolae FIRIȚEANU[1], Marius DIMA[2]

[1]West University of Timisoara Timişoara, Romania
[2]Ecological University of Bucharest, Romania

Abstract
The experimental group (12 players) has undergone a special training program, with specific means and methods of training.
The players in the experimental group have participated in 4,5 practice sessions per week and have been selected being considered beneficiaries of the administered training program, program which aimed to improve the technical, tactical and physical level.
The research has been done in three stages, as follows:

- *Stage I in which the domain's literature and papers related to the research have been studied*
- *Stage II (August 2012 – April 2013) was related to organizing and conducting the experiment done on 12 players between the ages 14 and 15 years, "MIRCEA ELIADE" HIGHSCHOOL BUCHAREST (experimental group) and 12 juniors (control group), part of the team CSS NO. 1 PAJURA.*
- *Stage III consisted in processing, analysis and interpretation in terms of statistics of the results, drafting conclusions and practical recommendations.*

Throughout the basic experiment, the subjects in the experimental group have worked following the program developed by us, and the control group has worked following the plan done by the team's coach.
The training program was applied between August 2012, when the initial test took place (IT), and ended in May 2013, with the final test (FT).
Key words: *training, experiment, football, juniors.*

INTRODUCTION

Due to the current complexity of the football game and the continuing evolution towards a complete commitment during the matches, the children's training becomes a basic condition to achieve the final purposes of the game. The juniors' sports training will be mostly concerned with improving and perfecting each game element separately, while the game itself will serve mainly as means of combining these elements in the most precise proportions possible. The coach must aim to form a player that could think, namely to be able to adapt very well to the different situations verified in a competition.

THE PAPER'S HYPOTHESIS

We assume that if a workout program that takes into account the peculiarities of age and aims to develop basic technique and tactics of football players aged 14-15 years is given, it will significantly improve the technical level of the players.

The paper's purpose

The study aims to improve the work methodology, during the training hours for the junior groups.

As a result of studying the materials in the field regarding the training of the football teams at the level for juniors aged 14-15 years, as well as the methods of training in this discipline, we aim to develop a model of training for the junior football team, 14-15 years, "MIRCEA ELIADE" HIGHSCHOL BUCHAREST.

SUBJECTS. TIME AND PLACE.

The subjects that underwent the tests are a part of the "MIRCEA ELIADE" HIGHSCHOL BUCHAREST's football team. The experimental group, the one that underwent the investigations, consisted of 12 players. The experiment took place between August 2012 and May 2013, on the football field and the gym of the "MIRCEA

ELIADE" HIGHSCHOOL BUCHAREST' football team. The control group consisted of 12 players of the CSS NO. 1 PAJURA team.

Specific tests:

In order to see to what extent some technical procedures specific to the attack in the football game can be perfected, we suggested and experimented the following exercises:

Exercise 1 (fig.1) The player is placed at 20 m facing the goal (the football gate) and 8 balls are placed at 17m from the gate. The player runs, shots towards the goal and sprints avoiding the pole placed in front of every ball at a 2 m distance. It is scored only if the ball passes in the defined space.

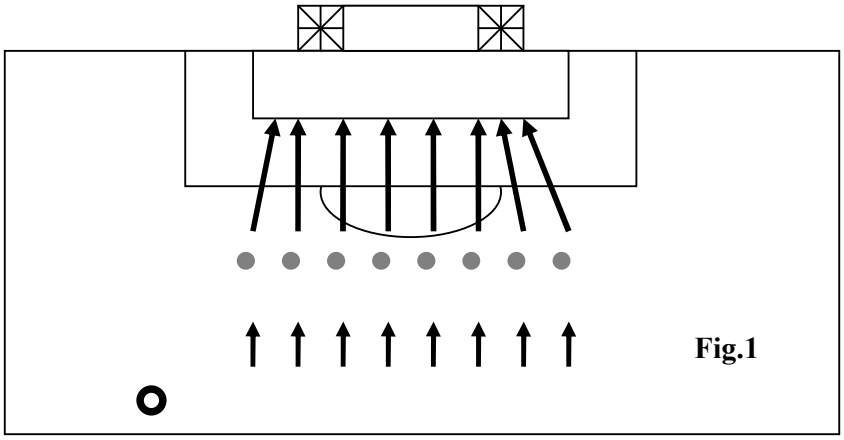

Fig.1

Exercise 2 (Fig. 2.) Player A, placed at 30 m facing the gate, and 3 fences placed at an 1 m distance one from the other. Player A passes to player B, wich is placed around the 16 meters square area, and after that player A jumps the 3 fences and runs to shoot the ball resent by player B into the goal. (8 shots).

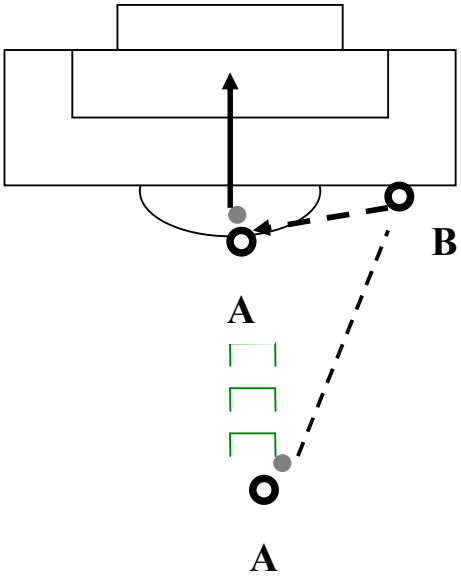

Fig. 2

Exercise 3 (Fig.3.)

Player A is found at 30 m on the left side, facing the goal. Player B falsely demarcates himself and after that he sprints to encounter the ball from player A. The one-two is carried out and after that player A passes the ball to the coach who resends it for a shot towards the goal. The aim is to carry out the one-two that must be done in conditions of speed and force. (8 attempts)

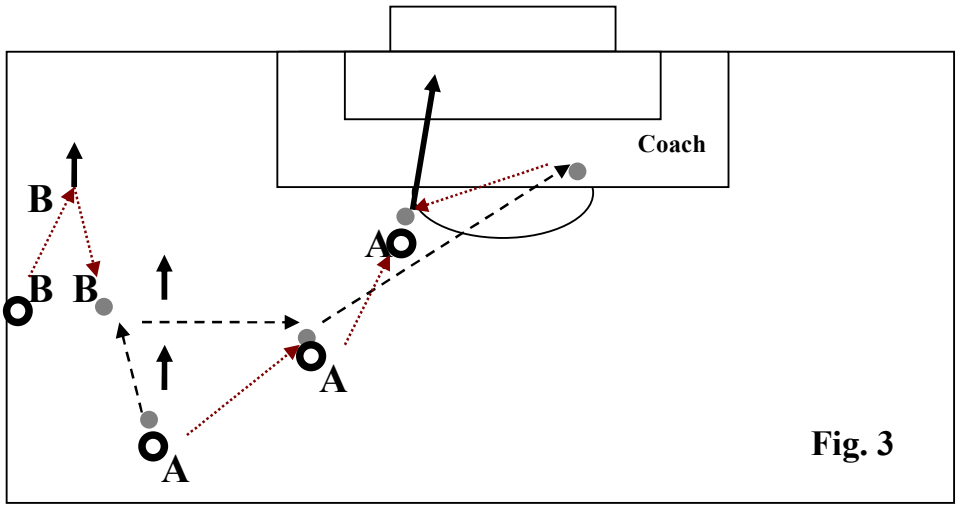

Fig. 3

Exercise 4 (Fig. 4)

Player C is at 15 m from the gate and runs to hit with his head the ball that comes from player A, then he runs towards the place from which he started, avoiding the pole. The same exercise is done for the ball that comes from player B. 4 hits from the left side and 4 hits from the right side will be carried out.

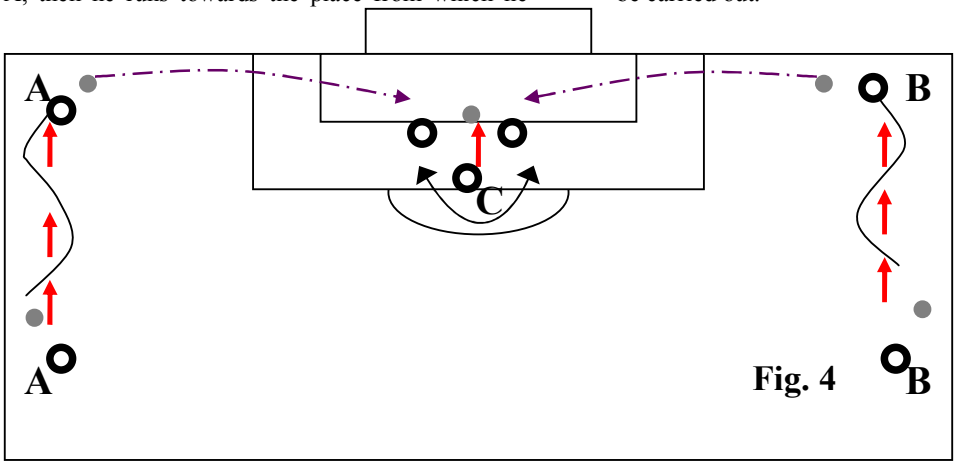

Fig. 4

DATA PRESENTATION

Table no.1 The experimental group's values for the initial and final tests

No.	*Name*	Rid. Tr.dorsal refuz		Rid. Tr..facial refuz		S.L.L. cm		A.V.. 50m	
		IT	FT	IT	FT	IT	FT	IT	FT
1.	*A. C.*	*90*	*100*	*70*	*82*	*195*	*200*	*7.5*	*7.4*
2.	*B.A.*	*70*	*85*	*68*	*72*	*196*	*202*	*7.9*	*7.8*
3.	*C.D.*	*73*	*80*	*55*	*67*	*198*	*201*	*7.7*	*7.5*
4.	*C.A.*	*160*	*201*	*96*	*100*	*190*	*196*	*7.9*	*7.8*
5.	*E.I.*	*90*	*110*	*50*	*62*	*195*	*200*	*7.4*	*7.4*
6.	*M.A.*	*80*	*100*	*55*	*65*	*197*	*202*	*7.8*	*7.6*
7.	*O.P.*	*90*	*135*	*77*	*88*	*198*	*201*	*7.5*	*7.5*
8.	*P.C.*	*77*	*120*	*54*	*65*	*191*	*196*	*7.8*	*7.7*
9.	*R.A.*	*85*	*110*	*65*	*76*	*195*	*201*	*7.4*	*7.4*
10.	*S.C.*	*85*	*115*	*45*	*55*	*196*	*201*	*7.5*	*7.4*
11.	*T.F.*	*70*	*115*	*65*	*75*	*195*	*200*	*7.9*	*7.7*
12.	*U.D.*	*70*	*120*	*67*	*77*	*190*	*195*	*7.7*	*7.7*

	X	*86.66*	*115.92*	*63.91*	*73.66*	*194.67*	*199.58*	*7.66*	*7.57*
	±DS	*24.44*	*30.83*	*13.73*	*12.31*	*2.83*	*2.46*	*0.19*	*0.16*
	CV	*28.20*	*26.60*	*21.48*	*16.72*	*1.45*	*1.23*	*2.56*	*2.11*
	T	*6.70*		*12.06*		*17.09*		*4.00*	
	P	**<0,0005**		**<0,0005**		**<0,0005**		**<0,005**	

Table no.2 The experimental group's values in the initial and final tests

No.	***Name***	**A.R. 1000m B**		**Size**		**Weight**	
		IT	**FT**	**IT**	**FT**	**IT**	**FT**
1.	A. C.	***4.30***	***4.20***	***173***	***176***	***57***	***58***
2.	B.A.	***4.35***	***4.30***	***166***	***169***	***55***	***57***
3.	C.D.	***4.35***	***4.30***	***166***	***168***	***52***	***55***
4.	C.A.	***4.13***	***4.13***	***165***	***168***	***50***	***52***
5.	E.I.	***4.30***	***4.20***	***170***	***175***	***53***	***50***
6.	M.A.	***4.35***	***4.30***	***165***	***168***	***53***	***56***
7.	O.P.	***4.35***	***4.25***	***165***	***168***	***52***	***55***
8.	P.C.	***4.35***	***4.23***	***165***	***168***	***55***	***55***
9.	R.A.	***4.13***	***4.10***	***174***	***177***	***58***	***60***
10.	S.C.	***4.35***	***4.25***	***164***	***169***	***55***	***57***
11.	T.F.	***4.13***	***4.10***	***165***	***170***	***56***	***59***
12.	U.D.	***4.30***	***4.25***	***166***	***168***	***50***	***54***
	X	*4.32*	*4.21*	*167*	*170.33*	*53.83*	*55.66*
	±DS	*0.09*	*0.07*	*3.38*	*3.49*	*2.58*	*2.83*
	CV	*2.19*	*1.75*	*2.02*	*2.05*	*4.80*	*5.1*
	t	*5.99*		*10.76*		*3.43*	
	p	**<0,0005**		**<0,0005**		**<0,005**	

Table nr.3 The experimental group's values in the initial and final testing of the hitting the ball with precision

Experimental group	**IT**	**FT**
A. C.	**4**	**6**
B.A.	**5**	**7**
C.D.	**5**	**7**
C.A.	**5**	**7**
E.I.	**4**	**7**
M.A.	**4**	**6**
O.P.	**3**	**6**
P.C.	**4**	**6**
R.A.	**5**	**7**
S.C.	**5**	**7**
T.F.	**4**	**7**
U.D.	**4**	**6**
X±DS	**4,33±0,65**	**6,58±0,51**
CV	**15,02**	**7,82**
T	**17,23**	
P	**<0,0005**	

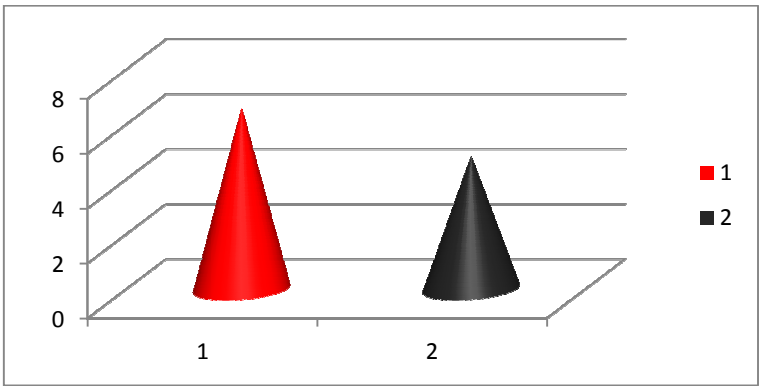

Fig. 4. The values' dynamics in the final test, experimental group – control group, for hitting the ball with precision.

PROCESSING AND INTERPRETATION OF DATA

Speed running on 50 m

In the case of the experimental group, for this trial, an average of 7,66+0,19 seconds has been determined in the initial test, and in the final test, 7,57+0,16 second. The variability coefficient of 2,11% in the final test indicates an homogenous group. In the initial testing, there have not been significant differences between the two groups (t= 0,69, p>0,05). In the final test, one can notice there are not any significant differences (t=0,86, p>0,05).

The long jump off place

The comparison of results of the two tests, in this trial, indicates an unimportant increase in values for the experimental group compared to the control group, in the final test (t=0,44, p>0,05). Although, by analyzing the values for the experimental group, one can notice in table no. 2 that the players from this lot have obtained significantly better results in the final test 199,58+2,46 cm, compared to the initial test 194,67+2,83 cm (t=17.09, p<0,0005).

Hitting the ball with precision

The comparison of results of the average values recorded for this trial between the two groups shows that in the initial test there have not been any significant differences between them (t=0,69, p>0,05), table no.52. In the final test however, the average for the experimental group is significantly higher than that of the control group (t=7,83, p<0,0005), table no.58. Also, the players from the experimental group have achieved significantly better results in the final test as compared with the initial testing (t=17,23, p<0,0005),table no.4. The variability coefficient is of 17,23 % in the final test and shows an average unity of the group.

CONCLUSIONS

- In terms of motor development, we can say that the grow recorded were due to the age features as well as to a sustained activity through the workout program.
- The differences noticed from one testing to another have not been spontaneous, but appeared as a result of a sustained activity with the subjects of the experimental group.
- The experimental group has achieved significantly better results at all the six trials (speed 50m, crunches, extensions, running, resistance, the long jump off place), fact that confirms the study's hypothesis.
- In the technical trials, the players from the experiment group had a significant progress in all the six technical trials (kick towards the goal in a fixed area, hitting the ball with precision, hitting the ball with the head, the one-two, the volley).
- By analyzing the progress achieved inside the experimental group, it can be noticed that the players from this group have achieved in the final testing significantly better results than on the initial testing, on all the trials, fact that confirms the study's hypothesis.
- The progress achieved was reflected in the team's results.

REFERENCES

- *COMUCCI, Nicola şi VIANI, Marco – Manualul antrenorului de fotbal. Bucharest, C.N.E.F.S., 1988.*
- *DIMA, Marius – Pregătirea fizică a fotbaliştilor. Bucureşti, Bren Publishing, 2007.*
- *DIMA, Marius; Curs de baza - fotbal, Bren Publishing, 2009*
- *RĂDULESCU, Mircea; COJOCARU, Viorel - Ghidul antrenorului de fotbal – copii şi juniori. Bucharest, Axis Mundi Publishing, 2003.*
- *RĂDULESCU, Mircea, DIMA, Marius FOTBAL „PRO" probleme ale antrenorului profesionist. Didactic and pedagogic Publishing, 2009*