

## THE IMPLEMENTATION OF THE SELECTION AND PREPARATION OF 6 TO 10 YEAR OLDS IN FOOTBALL

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### **Abstract:**

*The practice of the football game by 6 to 10 year olds constitutes an element of maximum importance for the achievement of the skills of specific movement.*

*The purpose is the presentation of the most important aspects involved in the selection and preparation under all aspects of the 6 to 10 year olds' training, an age of extreme importance in the footballistical development of the future performer.*

*In view of the research we used the next methods: scientific documentation, statistics, observation, experiments. In the course of this research, the main factor developed is the maximum speed in specific conditions, namely the speed running.*

*Knowledge of the characteristics of the specific preparation at the age 6 to 10 years of age leads to scientific training and in this way empirical preparation, without precise rules can be avoided.*

*Knowledge of the characteristics of age, of the level concerning the development of the driving qualities through trials of control and of the level concerning the technical and tactical preparation through tests of profile, contributes to the permanent knowledge of the level of progress and makes possible the co-optation in batches of performance of children with actual qualities for football.*

**Key words:** Selection, preparation, speed, talent, football.

### **INTRODUCTION**

The practice of the football game by 6 to 10 year olds constitutes an element of maximum importance for the improvement of their health, for acquiring the skills of specific movements, especially if the training is achieved under the direction of the physical education teacher or of the football coach.

Between ages 6 to 10 pupils register great progress concerning the driving activity. Natural and basic skills are perfected, while new others, more complex skills, form and consolidate.

For these reasons, this age is the most indicated for the development of the driving qualities, and is named the age of the first performances.

The indexes which define the speed, the ability and the aerob resistance rapidly grow. Simultaneously with the growth of these indexes, a distinct attention must be paid to mobility which, if not upheld in a adequate manner, can regress.

Also, at this age, in the activity destined to the development of the driving qualities we will offer a distinct attention for to graduate the effort in the development of the force and the speed in system of resistance.

The state of the art, concerning this paper, reflects the force exercises who it recommend to be used with medium and undermaximal intensity as effect of the process still unfinished for to consolidate the locomotory apparatus. Identical and the exercises for to development the speed in system of resistance will be used with attention, if we will have in view

that neither the functions of the apparatuses for circulation and breathing don't touched the maximum level of development (Giacomini, M., 2009).

The aim of the research is represented of to establish the more important aspects binded of the selection and the preparation in all aspects of the sporting training of the children of 6 to 10 years of age, extreme of important stage in the footballistical development concerning the futuring performer.

Concerning the achievement of the research, we formulated the next hypotheses:

- We suppose that the theoretical focalisation of the specific preparation characteristics for 6 to 10 years of old and them application will conduct at the scientific conducting of the sporting training.

- We suppose that the theoretical focalisation of the selection characteristics and them application will conduct at the the fair establishment of the components concerning the preparing group.

Section 2 presents the principals research methods and procedure used in the present paper and section 3 reflects the research results.

### **RESEARCH METHODS AND PROCEDURES:**

In the aim of the achievement concerning this paper we used the next research methods: the scientific documentation, the statistical method, the observation method, the experimental method. The results obtained by the players will constitute points

of view in the preparation of the footballers at this level.

The subjects of the research were represented by the experimental groups constituted from by 20 children, footballers of Secondary School with Sporting Programme from Galați, borned in the years 2001 and 2002.

In experiment we used the next driving trials:

1. Speed running on 10, 20, 30 metres: Start from legs, it bends at sonorous signal. It runs by 2, on synthetical fiels, two repetitions and it notes the best.

2. Jump in length of on place.

3. To maintain the ball in air with the skilful and unskilful leg, maximum number. The ball it raises in air approximately 30-40 cm.

#### RESEARCH RESULTS:

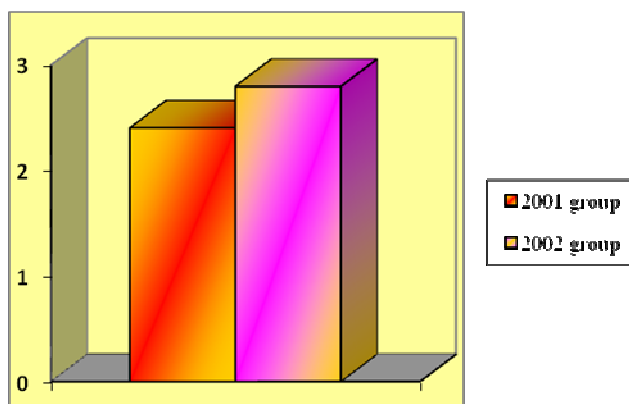
1. *Speed running on 10 m*

**Table 1.** The arithmetical average of the results obtained at speed running on 10 m by the grups of children from at L.P.S. Galați

No.	Name and firstname	Speed running 10m (s)		Name and firstname
		g. 2001	g. 2002	
1.	B.M.	2.25	2.87	D.T.
2.	B.A.	2.44	3.00	C.S.
3.	S.L.	2.57	2.78	F.P.
4.	R.R.	2.25	2.46	T.A.
5.	L.A.	2.38	3.21	C.A.
6.	N.S.	2.37	2.85	S.L.
7.	Ș.D.	2.44	2.66	G.B.
8.	F.D.	2.50	2.93	B.C.
9.	V.R.	2.43	2.38	N.O.
10.	F.V.	2.38	2.64	V.A.
11.	B.R.	2.50	2.71	Z.A.
12.	I.A.	2.37	2.99	O.F.
13.	O.N.	2.55	3.06	A.D.
14.	N.A.	2.43	3.03	J.A.
15.	N.D.	2.37	2.59	P.L.
16.	S.R.	2.55	2.68	G.A.
17.	B.R.	2.32	2.86	G.C.
18.	B.T.	2.37	2.92	M.N.
19.	P.R.	2.25	2.77	C.F.
20.	P.C.	2.41	2.62	E.D.
Arithmetical average		2.406	2.800	
Minimum		2.25	2.38	
Maximum		2.57	3.21	

**Table 2.** The average level of speed running on 10 m

Indicators	Speed running 10 m 2001	Speed running 10 m 2002
The average level	2.406	2.800



**Type 1.** Speed running on 10 m - the arithmetical averages

We observe that the difference between the two groups is of 0.394 seconds (2.406 seconds – 2001 group face of 2.800 seconds - 2002 group) (Drăgan A., 2009).

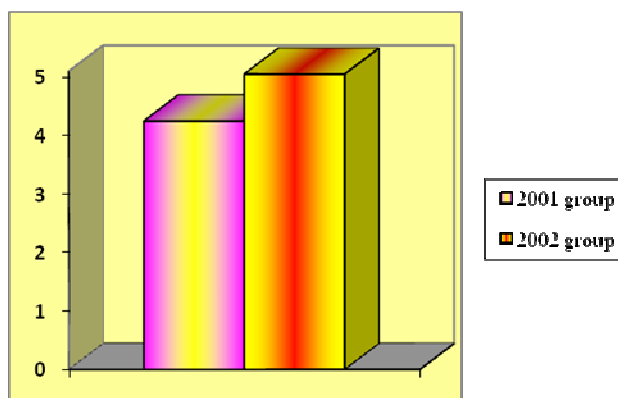
*2. Speed running on 20 m*

**Table 3.** The arithmetical average of the results obtained at speed running on 20 m by the groups of children from at L.P.S. Galați

No.	Name and firstname	Speed running 20m (s)		Name and firstname
		g. 2001	g. 2002	
1.	B.M.	4.12	5.31	D.T.
2.	B.A.	4.19	5.56	C.S.
3.	S.L.	4.31	5.20	F.P.
4.	R.R.	3.74	4.84	T.A.
5.	L.A.	4.43	5.82	C.A.
6.	N.S.	4.31	5.45	S.L.
7.	Ș.D.	4.43	4.66	G.B.
8.	F.D.	4.62	5.13	B.C.
9.	V.R.	4.25	4.18	N.O.
10.	F.V.	4.44	5.27	V.A.
11.	B.R.	4.39	5.30	Z.A.
12.	I.A.	4.12	5.29	O.F.
13.	O.N.	4.30	5.06	A.D.
14.	N.A.	4.24	5.28	J.A.
15.	N.D.	4.05	4.65	P.L.
16.	S.R.	4.37	5.03	G.A.
17.	B.R.	4.19	4.88	G.C.
18.	B.T.	4.32	4.99	M.N.
19.	P.R.	4.21	4.82	C.F.
20.	P.C.	3.94	4.27	E.D.
Arithmetical average		4.248	5.049	
Minimum		3.74	4.18	
Maximum		4.62	5.82	

**Table 4.** The average level of speed running on 20 m

Indicators	Speed running 20 m 2001	Speed running 20 m 2002
The average level	4.248	5.049



**Type 2.** Speed running on 20 m - the arithmetical averages

The difference between the two groups is of 0.801 seconds (4.248 seconds – 2001 group face of 5.049 seconds 2002 group).

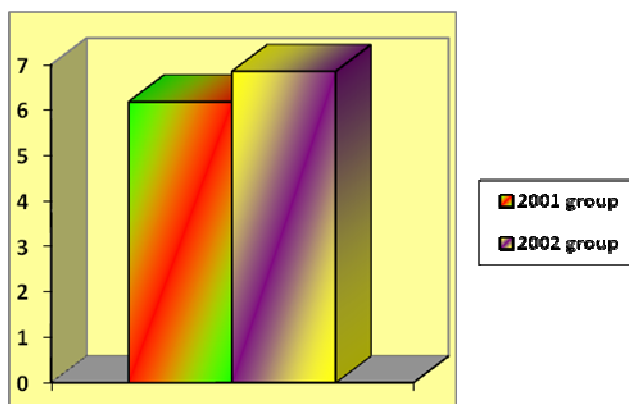
*3. Speed running on 30 m*

**Table 5.** The arithmetical average of the results obtained at speed running on 30 m by the groups of children from at L.P.S. Galați

No.	Name and firstname	Speed running 30m (s)		Name and firstname
		g. 2001	g. 2002	
1.	B.M.	5.87	6.98	D.T.
2.	B.A.	6.18	6.96	C.S.
3.	S.L.	6.12	6.70	F.P.
4.	R.R.	5.56	6.24	T.A.
5.	L.A.	6.37	7.41	C.A.
6.	N.S.	6.00	6.78	S.L.
7.	Ş.D.	6.62	6.58	G.B.
8.	F.D.	6.58	7.31	B.C.
9.	V.R.	6.43	6.05	N.O.
10.	F.V.	6.45	6.97	V.A.
11.	B.R.	6.61	7.42	Z.A.
12.	I.A.	6.24	7.11	O.F.
13.	O.N.	6.37	7.21	A.D.
14.	N.A.	6.19	6.97	J.A.
15.	N.D.	6.07	6.86	P.L.
16.	S.R.	6.38	7.08	G.A.
17.	B.R.	6.05	6.68	G.C.
18.	B.T.	5.80	6.87	M.N.
19.	P.R.	6.01	6.72	C.F.
20.	P.C.	5.81	6.23	E.D.
Arithmetical average		6.185	6.856	
Minimum		5.56	6.05	
Maximum		6.62	7.42	

**Table 6.** The average level of speed running on 30 m

Indicators	Speed running 30 m 2001	Speed running 30 m 2002
The average level	6.185	6.856



**Type 3.** Speed running on 30 m - the arithmetical averages

Also, in this case the difference between 2002 group and 2001 group is of 0.671 seconds (6.185 s. – 2001 group face of 6.856 seconds – 2002 group).

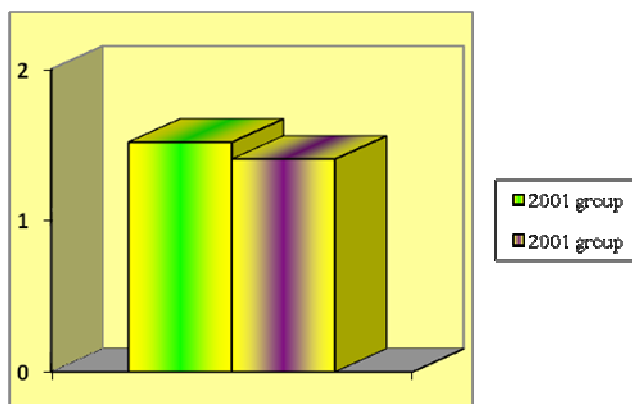
*4. The jump in length of on place*

**Table 7.** The arithmetical average of the results obtained at the jump in length of on place by the grups of children from at L.P.S. Galați

No.	Name and firstname	The jump in length of on place (m)		Name and firstname
		g. 2001	g. 2002	
1.	B.M.	1.70	1.40	D.T.
2.	B.A.	1.50	1.25	C.S.
3.	S.L.	1.40	1.50	F.P.
4.	R.R.	1.70	1.35	T.A.
5.	L.A.	1.55	1.30	C.A.
6.	N.S.	1.50	1.45	S.L.
7.	Ș.D.	1.40	1.20	G.B.
8.	F.D.	1.20	1.45	B.C.
9.	V.R.	1.60	1.65	N.O.
10.	F.V.	1.40	1.50	V.A.
11.	B.R.	1.10	1.00	Z.A.
12.	I.A.	1.55	1.25	O.F.
13.	O.N.	1.50	1.65	A.D.
14.	N.A.	1.60	1.30	J.A.
15.	N.D.	1.55	1.40	P.L.
16.	S.R.	1.60	1.35	G.A.
17.	B.R.	1.55	1.55	G.C.
18.	B.T.	1.70	1.60	M.N.
19.	P.R.	1.70	1.40	C.F.
20.	P.C.	1.55	1.55	E.D.
Arithmetical average		1.517	1.405	
Minimum		1.1	1	
Maximum		1.7	1.65	

**Table 8.** The average level of the jump in length of on place

Indicators	Jump in length of on place 2001	Jump in length of on place 2002
The average level	1.517	1.405



**Type 4.** Jump in length of on place - the arithmetical averages

The difference between the two groups is of 11.2 cm (1.517 metres – 2001 group face of 1.405 metres - 2002 group).

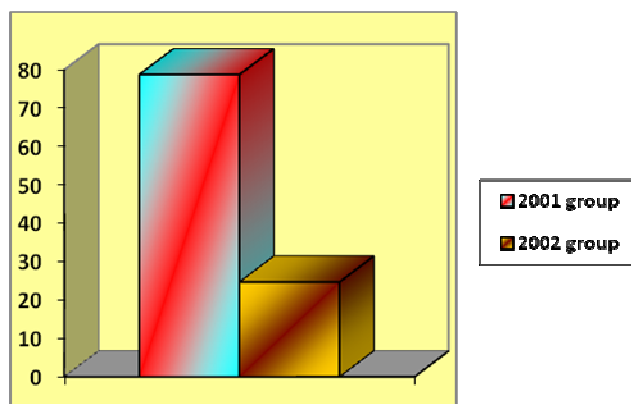
5. *To maintain the ball in air with the skilful leg*

**Table 9.** The arithmetical average of the results obtained at to maintain the ball in air with skilful leg by the groups of children from at L.P.S. Galați

No.	Name and firstname	To maintain the ball in air with the skilful leg (max. number of repetitions)		Name and firstname
		g. 2001	g. 2002	
1.	B.M.	202	23	D.T.
2.	B.A.	100	17	C.S.
3.	S.L.	82	32	F.P.
4.	R.R.	190	45	T.A.
5.	L.A.	60	5	C.A.
6.	N.S.	31	7	S.L.
7.	Ș.D.	22	35	G.B.
8.	F.D.	43	26	B.C.
9.	V.R.	56	21	N.O.
10.	F.V.	64	17	V.A.
11.	B.R.	117	12	Z.A.
12.	I.A.	45	18	O.F.
13.	O.N.	74	18	A.D.
14.	N.A.	60	11	J.A.
15.	N.D.	55	24	P.L.
16.	S.R.	42	34	G.A.
17.	B.R.	76	62	G.C.
18.	B.T.	31	51	M.N.
19.	P.R.	189	14	C.F.
20.	P.C.	36	22	E.D.
Arithmetical average		78.75	24.7	
Minimum		22	5	
Maximum		202	62	

**Table 10.** The average level of to maintain the ball in air with the skilful leg

Indicators	To maintain the ball in air with the skilful leg 2001	To maintain the ball in air with the skilful leg 2002
The average level	78.75	24.7



**Type 5.** To maintain the ball in air with the skilful leg - the arithmetical averages

Also, there is a difference between the two groups is of 54.05 repetitions (78.75 repetitions – 2001 group face of 24.7 repetitions - 2002 group).

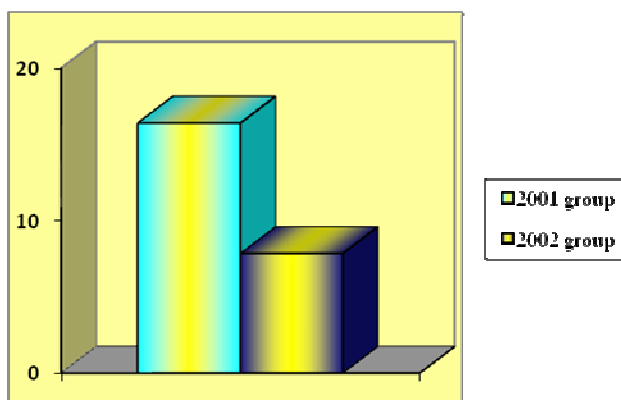
6. To maintain the ball in air with the unskilful leg

**Table 11.** The arithmetical average of the results obtained at to maintain the ball in air with unskilful leg by the children from at L.P.S. Galați

No.	Name and firstname	To maintain the ball in air with unskilful leg (max. number of repetitions)		Name and firstname
		g. 2001	g. 2002	
1.	B.M.	69	5	D.T.
2.	B.A.	10	7	C.S.
3.	S.L.	25	14	F.P.
4.	R.R.	13	2	T.A.
5.	L.A.	26	9	C.A.
6.	N.S.	4	7	S.L.
7.	Ș.D.	10	1	G.B.
8.	F.D.	12	5	B.C.
9.	V.R.	5	6	N.O.
10.	F.V.	3	9	V.A.
11.	B.R.	20	17	Z.A.
12.	I.A.	23	22	O.F.
13.	O.N.	11	6	A.D.
14.	N.A.	10	9	J.A.
15.	N.D.	11	4	P.L.
16.	S.R.	16	2	G.A.
17.	B.R.	14	7	G.C.
18.	B.T.	21	9	M.N.
19.	P.R.	22	10	C.F.
20.	P.C.	3	6	E.D.
Arithmetical average		16.4	7.85	
Minimum		3	1	
Maximum		69	22	

**Table 12.** The average level of to maintain the ball in air with the unskilful leg

Indicators	To maintain the ball in air with the unskilful leg 2001	To maintain the ball in air with the unskilful leg 2002
The average level	16.4	7.85



**Type 6.** To maintain the ball in air with the unskilful leg - the arithmetical averages

There is a difference between the two groups. namely of 8.55 repetitions (16.4 repetitions – 2001 group face of 7.85 repetitions - 2002 group).

In synthesis, we can calculate the indexes of the growth concerning the average levels for the tests applied at 2001 group face of 2002 group (Drăgan, A., 2009).

**Table 13.** The indexes of the growth concerning the average levels of the trials

The test	The group		Indexes
	2001	2002	
Speed running on 10 m	2.406	2.800	85.92 %
Speed running on 20 m	4.248	5.049	84.14 %
Speed running on 30 m	6.185	6.856	90.21 %
The jump in length of on place	1.517	1.405	107.97 %
To maintain the ball in air with the skilful leg	78.75	24.7	318.83 %
To maintain the ball in air with the unskilful leg	16.4	7.85	208.92 %

The indexes of the growth concerning the average levels of the tests applied at 2001 group face of 2002 group were calculated after the next formula:

$$I_{2001\text{group}/2002\text{group}}^{\bar{x}} = \frac{\bar{x}_{2001\text{group}}}{\bar{x}_{2002\text{group}}}$$

where:

$\bar{x}_{2001\text{group}}$  = the average level of the test applied at 2001 group;

$$\bar{x}_{2001\text{group}} = \frac{\sum_{i=1}^n x_i^{2001\text{group}}}{n} = \frac{\sum_{i=1}^{20} x_i^{2001\text{group}}}{20}$$

$x_i^{2001\text{group}}$  = the values of the variable researched over the twenty children from 2001 group;

$n$  = number of children who are tested from 2001 group;

$\bar{x}_{2002\text{group}}$  = the average level of the test applied at 2002 group.

$$\bar{x}_{2002\text{group}} = \frac{\sum_{i=1}^n x_i^{2002\text{group}}}{n} = \frac{\sum_{i=1}^{20} x_i^{2002\text{group}}}{20}$$

$x_i^{2002\text{group}}$  = the values of the variable researched over the twenty children from 2002 group;  $n$  = number of children who are tested from 2002 group.

We observe in the table number 13. that:

- at the trial *speed running on 10 metres*. the average level of 2001 group subtracted with 14.08 % face of the average level of 2002 group. which it means an improvement of the speed running on 10 metres for the children of 2001 team;

- at the test *speed running on 20 metres*. the average level of 2001 group subtracted with 15.86 % face of the average level of 2002 group. which also. it means an development of the speed running on 20 metres for the children of 2001 team;

- at the trial *speed running on 30 metres*. the average level of 2001 group subtracted with 9.79 % face of the average level of 2002 group. which it means an improvement of the speed running on 30 metres for the children of 2001 team;

- at the test *jump in length of on place*. the average level of 2001 group grewed with 7.97 % face of the average level of 2002 group. which it means that the children of 2001 team jump on horizontally more good face of the children of 2002 group;

- at the trial *to maintain the ball in air with the skilful leg*. the average level of 2001 group grewed with 218.83 % face of the average level of



2002 group. which it means that at this test the children of 2001 group are very good prepared face of the children of 2002 group;

- at the trial *to maintain the ball in air with the unskilful leg*. the average level of 2001 group grewed with 108.92 % face of the average level of 2002 group. which it means an improvement of this test for the children of 2001 team.

### CONCLUSIONS

The knowledge of the characteristics. concerning the specific preparing for 6 to 10 years old. contributes at the scientific leading of the sporting training. So we can to avoid the empirical preparing. without precise rules.

Also. the knowledge of the age characteristics. of the level concerning the development of the driving qualities through control trials and of the level for the technical and tactical preparing through profile tests. contribute to the permanent knowledge of the progress level and make possibly the cooptation in the performance batch of the children with real qualities for football.

At 6 to 10 years old is important to work in a special mode for speed and ability. but we don't must to neglect the development of the resistance at specific efforts.

For to attract the children in football. the coachs must to achieve an availability towards an efficacy communication with the parents. but and with the children.

The age 6 to 10 years old is the more important preparing age. because it forms the footballistical skills in fair mode and in this period it cans take an earnest option concerning a strong football team.

The speed or agility at 6 to 10 years old is a complex skill with testimony under more shapes. These complexity is confirmed by the fact that from she result three elements. all fundamentaly. but heterogenous: reaction speed. agility of the simple movement and her frequency.

The reaction speed is strong joined by a series of central factors and mental factors. The agility of the simple movement is influenced by force and of the frequency of the movement in the same time.

So. the three forms of speed present distinct developments in the time of the growth period: some speeds are related so much with the coordinative skills. and from this motive distinct authors. face of what it admits in traditional mode. don't consider the speed as a conditional skill.

In the time of the training. the principal factor which musts to be developed it's the maximum speed in specific conditions. as exemple. the speed running and the reaction speed. This musts to be maked in a state of relative physical freshing. Also. the speed is often combined with the force and the resistance.

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### MISE EN ŒUVRE DE SÉLECTION ET FORMATION D' ENFANTS (ÂGÉ DE 6-10 ANS) DANS LE FOOTBALL

#### Résumé:

*La pratique de jouer au football pour les enfants âgés de 6-10 ans est une question d'une importance capitale pour la formation de compétences spécifiques de mouvements.*

*But: Le but de la fixation sont les aspects les plus importants de la sélection et de formation dans tous les aspects de l'entraînement sportif pour les enfants 6-10 ans. un jalon important dans le développement de l'interprète de football avenir.*

*Méthodes et procédures: Afin d'accomplir le travail. nous avons utilisé les méthodes de recherche suivantes: documenter scientifique. méthode statistique. méthode d'observation. la méthode expérimentale.*

*Résultats: Au cours de cette recherche. le principal facteur est la vitesse maximale a été développé dans des conditions spécifiques. à savoir la vitesse de course.*

*Discussion: Familiarisation à la formation spécifique dans l'âge 6 - 10 ans conduit à diriger la formation scientifique de sport. évitant ainsi la formation empirique. sans règles claires.*

*Conclusions: La connaissance des particularités de l'âge. le niveau de développement des échantillons de contrôle de qualité et de la conduite au niveau de la formation technique et tactique dans les essais sur le terrain. contribuent au niveau de connaissance en continu permet l'embauche des progrès et la performance dans beaucoup d'enfants un football de qualité réelle.*

*Mots-cléfs: sélection. la formation. la vitesse. le talent. le football.*