

INDIVIDUAL TRAINING OF 17-18 YEAR OLD FOOTBALL STRICKERS

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Abstract:

This paper selects a set of technical means - tactical high efficiency leading to increased value of the individual players as junior forwards I.

The research aim is to verify and to reflect the role and involvement of technical structures - standard tactical training for junior I attackers, to raise their individual value and increase efficiency in the game.

We used the next methods of research: scientific documentation, statistics, observation, experimental study.

This research presents the results of a battery of tests in the training of attackers: 30-m speed; the Cooper test; length of the place; commute; push-ups; pull-ups; 30° abs; technical-tactical complex.

The graphical study of the rithmetic test conducted on samples of each specific level of development of physical qualities, especially strength, presents an upward path, which suggests that the means used were operationally efficient, in particular long jump and the Cooper test.

Modeling training and the use of individualization are basic conditions for the training of young players who must be able to act very quickly in the small spaces offered by the defense systems.

Key words: Attackers, modeling, individualization, training, basic means, skills, physical preparation.

1. INTRODUCTION

The issue of junior football training, in general, and of strikers /attackers, the subject of this paper, focuses on very complex aspects of their selection starting with established scientific criteria and ending with the shaping of their training so as to make them able to handle all the effects of an increasingly sophisticated defense

The current level of the research in the field is determined by the identification of efficient ways and means, standardized and objectified in a logical planning, meant to increase the attackers' efficiency in the game, both as creators of dangerous phases and as useful tools to handle them efficiently .

Our approach starts from the following methodological considerations about the possibilities to increase the value of individual players in the junior forwards I.

The technique of handling the ball on very small and crowded spaces under adversity, and to collaborate with teammates, require training programs to consider (Giacomini, 2009):

- the technical profile of the individual player;
- the morphological conformation;
- the center of gravity position;
- the level of traction;
- the mental structure.

Also, the training process should take into account several major factors, such as:

- traits of character and education;
- quality of the first models of learning;
- quality and quantity of training;
- attitude and motivation to play.

The attacking player model building is difficult given current trends in modern football. Model requirements for attacking players of this age group would indicate:

- class - 1.75-1.80 m;
- speed in all its forms;
- high ball handling technique on small areas, under high adversity;
- thinking tactical advanced placement, anticipated actions, clairvoyance;
- incision, initiative and decision making capacity;
- special stamina to counter the hardness of defenders.

It should however be noted that the technical profile of a player's value is divided into the main game and the quality of the primary models. At the same time quality and quantity of training are crucial in the emergence of values. The individual technical profile, defined so far by externalizing motrical-technical and technical skills, implies that each type of player has to adapt to the technical job. This term indicates, with particular technical focus and

direction, a specific tactical position. To the attack within the meaning of the word pure type of finisher is usually unambiguous, the players with the skills to train others skills.

In the training of junior performance, acts preparatory work towards increasing the capacity to improve the players performance capacity determined by the components:

- biological components;
- biomechanical components;
- motor components;
- psychological, and these during training, gradually and carefully targeted training distributed programming.

The state of the art, concerning this paper, consists in a number of changes and trends that help training and thus raising the participation in competitions that present below (Giacomini, M., 2009):

- scientific rigorous selection criteria.
- decreased longevity sport (shorter maximum performance) the preparations for growth (early selection, high volume training).
- modeling exercise based on performance components.
- maximize the importance of physical preparation.
- volume under the intensity.
- getting resistance up tempo game than the game.
- correlation of maximal effort in training.
- few means but with maximum efficiency coefficient.
- expansion of circuit training and interval training and technical - tactical and even mix them.
- rise to a principle of individualization with emphasis on technical training.
- approach combining training factors simultaneously through complex structures.
- great importance to recovery after trainings and competitions.

In order to perform the experiment we chose a group of six forwards from FC Otelul Galati driven by Mr. Ragea Mitica, participating with good results in national junior championship.

Ascertaining experiment subjects are subject to six players: 4 strikers and 2 attacking midfielder born in 1994.

Research was conducted during the years 2011 and 2012 round trip in which I could apply during the preparatory and competitive periods less means that we operated in the experiment.

Concerning the achievement of the research, we formulated the following hypothesis: suppose that identifying the most appropriate to be applied as close to game conditions, we can help increase the value of individual players by increasing efficiency forwards them to the game economy.

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 study method. The results obtained by the players will constitute points of view in the preparation of the footballers at this level.

As a direct method which allowed me some conclusions that confirm my working hypothesis from which we started was the experienced, about complex investigation can confirm and verify this research.

Section 2 reflects the modeling in football training, section 3 presents the develop operational means and in section 4 we can see the research results.

2. MODELING IN FOOTBALL TRAINING

In general sense, the modelling represents the technology for to develop training programs concerning the process models using operational or define as "the express mention of the intention to reproduce the model".

Modelling is a dynamic process as opposed to "model" that is static. Models are based modelling operational exercises expressed in high efficiency systems.

Modelling is what reconsidered training component model dictated by performance. It gives priority to technical - tactical efficiency that must be performed similar or better model proposed, or, more precisely, modelling is to achieve consistency between training content and the game. This involves conducting training lessons under conditions close to the game or the game.

In sports training, modelling is well-defined functions, namely:

a) demonstration function that contributes to the knowledge content model. It must be schematized essential, call the fund motric known, allowing the accumulation of knowledge, skills and new skills.

b) where the model is exploited cognitive function during premotrică. Document refers to the knowledge structure loads.

c) according to the learning process aimed at global learning by model.

d) based heuristic model allows adaptation to individual characteristics, allows the creation of new elements, processes, relationships. technical – tactical

e) evaluation function to measure and assess the degree of adaptation to the training body. As a general methodical line I would indicate a pattern of attacking player structured technical content and few job specific tactical objectives that must be met under the post.

Requirements of the model:

1. Increase number of play actions:
 - avoid takeovers (direct care, deviation or shot on goal);
 - avoiding undue ball tactical management;
 - total commitment into action through effective and continuous exposure.

2. Variety of actions during the completion by:
- improvement actions and executions under adversity, crisis of space and time made fast.

3. Accelerating actions of attack:
- transmission time on the fairway in the next position

- shot at goal from free corridor appearance
- improving the technique of hitting the ball in any position.

As a requirement of the job in modern football striker is the creator actions as such. He is a player multilateral very good physical qualities, developed at the highest levels, coupled with a skill (technical knowledge - special tactical) taken to virtuosity, complemented by a great mental capacity.

In addition to special physical qualities (tall for the central striker, medium to extreme tape player) to achieve solutions to the fight game opponent directly attacking player needs a strong sense of tactical thinking that it needed the constant demarcation make the situation favorable for completion and color creates for other teammates.

Maximize the value of individual players specializing in post, should raise individual training to a principle, requiring modification of psycho-tactical opportunities for players to maximize the return on the game.

To achieve this goal in the training of the attackers, to work in collective training is required and introduction of specific individual training job.

Individual training, individualization, is a form of modern training base following the preparation of each player depending on job requirements, the peculiarities of psycho-physiological and requirements of modern game.

Individualization of the training is done according to the information we have about how the reactivity of the athlete during exercise, which requires an order determined by the needs of current practice as follows (Stănculescu, G., 2003):

- development and improvement of essential qualities;
- development and improvement of muscle groups that have not been activated thus creating a large base of specific and nonspecific skills;
- use of technical structures - tactical as close to real game situations.

If the development or remediation of physical qualities is easier to do work, preparing technical - tactical coach requires special knowledge in choosing the most effective means of specific job requirements.

Finally the principle of individualization acting sports training, supplemented with other groups but results primarily from the complexity of the human body.

3. DEVELOP OPERATIONAL MEANS

In order to confirm the hypothesis from which we started, we started to develop complex technical structures - tactical training to operate in the first part of the experiment, the address structure to improve and maximize the value of the individual test subjects introduced in the microcycles training, working couples and individual work.

To develop motor qualities we chose specific and nonspecific means the game with which I sought to bring the basic driving skills and needed a striker combined well prepared:

Educating speed: Repeat method with maximum efforts and intervals.

A. Running distance of 15-20 m, maximum speed, at first only with a structure running, then the teacher instructions, running in a zig-zag, followed by stops, turning, running in the opposite direction, running winding. After running 120-150 m is given a break of 2-3 min.

B. Distance of 20-30 m sprints departing from different positions, rest 25 seconds.

C. Series about 3x10, 3x20, 3x15, 4x20, 3x15 with breaks between sets of 2-3 minutes (repeat-intervals).

D. Exercise ball: 30 m relay contest, management and completion; assists in the series of 8-10 pc. two teammates

Education forced was based on characteristic structures in conditions hampered techniques and exercises to overcome through their own weight.

Strength in legs and arms:

A. 3x20 back squats partner, break combined with mobility exercises.

B. 3x15-arm pushups in pieces, break one minute;

C. 5X30-speed runs down the stairs;

D. from lying dorsal pushing the dumbbell chest 5x10 pcs. (h = 10 kg);

E. exercise ball kick at the door with wet;

F. imitating the shot at goal with ankle tied with an elastic band.

Education resistance - we used to develop resistance exercises under the speed (VR) and specific resistance. The methods we used repeats, intervals, varying tempi.

A. Uniform tempo runs, 2/4, 8-10 minutes or 800-1200-1600-2000 the flat and varied terrain;

B. Varied tempo runs short (20-40-50-60) with breaks of 15-30 seconds to one minute intervals as;

C. Runs over various obstacles combined with hitting the ball with the head thrown by partner or shot at goal from crosses from both sides;

D. 3X3 game on small areas with two taps.
3X4 game with a single touch (takes place on rounds of 5 ').

Education specific skill - we used specific exercises to strengthen the implementation of specific techniques main station forward.

- A. keeping the ball in the air with his foot, thigh, head, shoulder during a minute.
- B. keeping the ball in the air in pairs.
- C. takeover, lifting the ball, shot on goal: on foot; head.
- D. cross, care to heel, back, shot at goal.
- E. same, dodge the shot continued to dribble and finish;
- F. takeover of centering the chest, head, thigh followed by shot on goal or pass to teammates who complete;
- G. play tennis or head to foot in groups of 2 or 3 volleyball over net (three shots);
- H. autospas combined with screws, shot on goal.

Technical and tactical structures

In order to improve technical parameters related to job training in the weekly cycle we introduced a number of structures exercises direct address to raise specific technical and tactical skill players forwards on to:

- Technique of handling the ball in small spaces;
- Technique of hitting the ball in different positions with foot and head;
- Individual penetrations foot ball followed by completion;
- Tactical combinations between 2-3 players by crosses, enveloping, marking successive
- Improving takeovers opponent under pressure;
- Improving the shot on goal in force: the return leg through diversion or over goalkeeper (lobed) in the upper portions of long or short;

- The provision and upgrading to the skill of passing the slits, the shot, confusing change of direction of movement, the bird, the shot continued with other decisive action;
- Improving the speed crosses, passes back, deviations, shot on goal in conditions of adversity and crisis of space and time.

All these structures were included in the weekly cycle training mainly in precompetition stage and then during the competition when they were used as rally fragments containing the technical and tactical training and specific physical training. I worked with these structures presented in the first part of the experiment in training for nine weekly training cycles. To clarify I have watched the value of the proposed structures and a number of 8 games of the championship by recording the evolution of each player, resulting in the number of shares of appeals held, the predominant action of participation upon completion of each forward and assists for other.

4. RESEARCH RESULTS

Building opportunities to take the research subjects have developed a series of control samples through which I could check the initial training of subjects from which we started conducting research in establishing objective criteria for assessing the quality of the driving and technical -tactical on which we acted the structures through a series of complex exercises (operating means) to allow individual players increase the value of forwards and increase their efficiency in the championship game.

Table no.1 Battery of tests for six subjects

Physical tests	Ideal model
Speed – 30 flat	- 3.7-4.1 sec.
Resistance - COOPER TEST	- 3200-3300
Force - length of the place	- minimum 2.45
Tractions	- minimum 12
Abdomens 30 "	- 30

Technical tests:

- A. Technical – tactical complex: taking + driving in a straight line 20 m, leadership among five benchmarks (3 meters apart) + shot on goal from 16 m sample runs twice and consider the best time.
- B. Shuttle.

The first test was conducted on 23.10.2011. After testing it may be concluded that test players approach the scales requirements set by the Romanian Football Federation and can act on them strongly with the quality available and their willingness to train.

Table no. 2 The results obtained at first test

Name first-name	Speed 30 m flat	Cooper test	Length of the place	Commute	Flotations	Trac-tions	Abdo-mens 30 "	Technical – tactical complex
M.C.	4,1	2850	2.45	26.5	18	10	25	13.5
R.R.	4.2	2650	2.60	25.5	12	8	27	17.0
G.E.	4.0	2900	2.40	24.5	15	9	25	12.7
S.L.	4,2	3000	2.48	24.5	18	8	26	14.0
S.T.	4,1	2850	2.35	26.0	13	8	28	13.5
B.D.	4,0	2900	2.30	26.5	16	9	26	11.5

Table no. 3 reflects performance in the games of the attackers studied. In the eight games

forwards took a total of 250 shares of attack that

marked a total of 9 goals which is a low percentage completion

Table no. 3 The performance in the games of the attackers

Name first-name	No. game	Final passes		Sutures		Slits		One-two		Blows with the head		Goals		Total actions		Post
			G	At p.	On p.	R	N	R	N	R	N	Leg	Head	R	G	
M.C.	3	5	8	11	4	5	8	3	6	5	8	2	-	62	2	Centre peak attack
R.R.	8	6	6	10	9	6	6	3	2	4	3	3	2	60	5	Centre peak attack
G.E.	5	2	8	2	-	2	-	-	-	6	3	1	-	29	1	Top right side of attack
S.L.	6	3	7	3	2	1	1	1	-	2	2	0	-	28	0	Top left side of attack
S.T.	8	2	5	5	1	2	1	2	2	5	-	0	1	34	1	Attacking midfielder
B.D.	8	4	6	6	1	1	-	3	1	7	-	0	-	37	0	Attacking midfielder

Of the 250 actions which are all carried the ball touches the individual player: passing, shots on goal with head and leg, slits, "one to two" sites, it appears that the two central peaks had the more contact with the ball, but their achievements embodied in the goals, seven in number, are reduced as a percentage%.

Also be noted that their participation was not equal number of games they are used according to

their value at the time and depending on injuries and suspensions.

Drawing the lessons first lessons of recordings made in the games I wanted to check and the driving qualities. Thus, to end tour championship 2011-2012 we conducted a test whose results allow me to form a more concrete picture of return on training in the first period of the experiment.

Table no. 4 The results obtained at second test

Name firstname	Speed 30 m flat	Cooper test	Length of the place	Commute	Flotations	Tractions	Abdomens 30 "	Technical – tactical complex
M.C.	3.9	2950	2.50	24.2	16	9	26	11.5
R.R.	3.9	2850	2.62	22.6	12	8	28	13.3
G.E.	3.8	3000	2.44	23.5	12	9	27	12.2
S.L.	3.8	3100	2.50	24.2	16	8	27	13.7
S.T.	3.7	3100	2.45	23.8	16	9	28	13.1
B.D.	3.8	3000	2.35	25.3	16	10	28	11.3

Paradoxically to the development and performance in the game, the second test shows a general increase in all indices tested, which led me to believe that the value of the complex physical nature had a good efficiency, but the expression embodied in the game, return each topic is not successful.

Following the analysis performed after the second test we went to the rationalization and standardization of training, using a small number of structures to those used in the first part of the experiment, namely structures 2, 3, 4, 6 and 7, made under close game, focusing on increasing speed and performance, the improvement technique of ball handling individual and small areas under increasing adversity. Outside the structures mentioned above have focused on the conduct of games 2X2 and 3X3

small areas (inside the box) with special tasks to reach the ball (touch, two, maximum three) followed by completion) (Drăgan A., 2009).

We also focus on solving the tasks of attack fixed moments of the game regarding: improvement shootouts - directly or in combination; debranding permanent; appropriate placement depending on where the throw; entry into combinations and strengthen the sense of collaboration between the strikers, midfielders and players sideband. In the weekly cycle of training, the emphasis was on the job training individualization, couples and game lines and the assembly of rally by working the lines. 2011-2012 Championship early return we made last test on subjects, the results shift control samples are presented in the table no. 5.

Table no. 5 The results obtained at final test

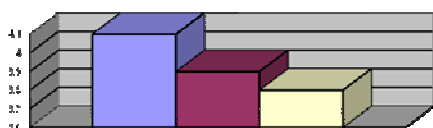
Name firstname	Speed 30 m flat	Cooper test	Length of the place	Commute	Flotations	Tractions	Abdomens 30 "	Technical – tactical complex
M.C.	3.8	3100	2.55	23.5	20	10	28	11.9
R.R.	4.0	2950	2.65	22.1	14	9	27	12.2
G.E.	3.8	3050	2.48	22.7	18	9	26	11.9
S.L.	3.8	3150	2.55	23.9	18	11	27	12.7
S.T.	3.7	3100	2.50	23.2	16	10	26	12.5
B.D.	3.7	3150	2.45	23.8	16	12	28	11.4

It is noted in the table above growth indices in control samples from the first test, which I believe is due to two factors favoring: final testing was performed a week after the end of training camp conducted in the mountains, where subjects received a very good preparation, and the second factor that has allowed to obtain higher values in samples was that testing,

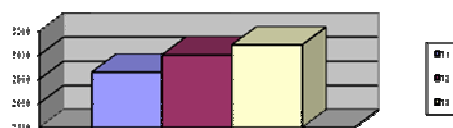
except COOPER test, given in the hall athletics, which allowed the execution of tests in very good land, which have not negatively affected conducting samples. Table no. 6 shows averages eight samples from the first test and final test, in which stand out the achievements of the six forwards studied.

Table no. 6 The averages levels at first test and second test

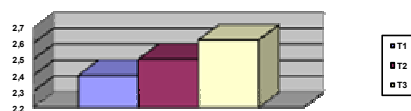
Test	First test - the arithmetical averages -	Final test - the arithmetical averages -	Diference
Speed 30 m flat	4,1''	3,8''	-0,1''
COOPER test	2858 m	3083 m	+275 m
Length of the place	2,43 m	2,53 m	+0,10 m
Commute	25,50''	23,36''	-2,14''
Flotations	16	17	+2
Tractions	8,66	10	+1
Abdomens 30 "	26,16	27	+0,66
Technical – tactical complex	13,7''	12,1''	-1,6''



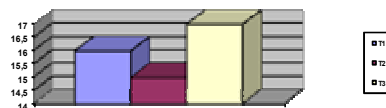
**Type 1. Speed running on 10 m
- the arithmetical averages**



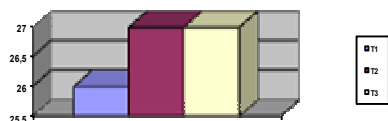
**Type 2. Cooper test
- the arithmetical averages**



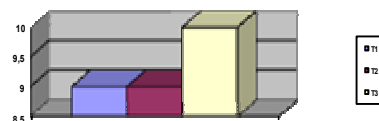
**Type 3. Length of place
- the arithmetical averages**



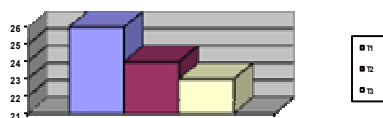
**Type 4. Flotations
- the arithmetical levels**



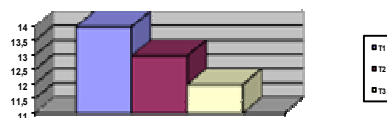
**Type 5. Abdomens 30”
- the arithmetical levels**



**Type 6. Traction
- the arithmetical levels**



**Type 7. Commute
- the arithmetical levels**



**Type 8. Technical- tactical complex
- the arithmetical levels**

From table no. 6 samples increases in the strength (length of the place, push-ups) and the Cooper test, so a good steady evolution of all indices tested, which means that in the second part of the experiment means used gave the expected yield.

Graphical study of arithmetic test these samples for each specific level of development of physical qualities, especially power, we have an upward path, which shows that the means used were operational efficiency, notably those on standing long jump and the Cooper test.

Outside of the three tests to compare the effectiveness of technical means used in tactical training game yield of subjects tested in this study, we followed the behavior of their eight league matches

(return) records of each action taken by while playing on: demarcation effective penetration foot ball, the teammates assists, shots on goal from the action (empty space on the gate outside the gate) (Drăgan A., 2009).

I mentioned earlier that the first record made, return the game was not adequately large number of shares held. In stage II of the experiment yields increased, but not the extent of work and the value of individual players. We put these achievements on the inexperience of players, and the precarious state of playing fields where parties have been pursued.

The table below shows the activity of each player games that I attended

Table no. 7

Name first-name	No. game	Final passes		Sutures		Slits		One-two		Blows with the head		Goals		Total actions		Post
		B	G	At p.	On p.	R	N	R	N	R	N	Leg	Head	R	G	
M.C.	4	6	4	10	6	1	2	2	-	4	-	4	2	41	6	Vf.centru
R.R.	8	5	2	11	7	1	-	3	-	3	1	3	3	39	6	Vf.centru
G.E.	2	3	1	4	1	-	-	-	-	2	-	1	-	12	1	Vf. lat.dr.
S.L.	3	4	3	6	4	2	-	3	-	4	-	3	-	29	3	Vf. lat.st.
S.T.	6	6	2	11	6	-	-	1	-	3	-	1	-	30	1	Mijl. of.
B.D.	3	4	2	3	1	1	-	-	-	3	-	1	-	15	1	Mijl. of.

Compared with the first record is observed decrease the number of shares held by the six

forwards studied, but their performance is explained by the greater number of actions embodied in goals (18 goals in a number of 166 shares, compared to only

seven goals in a to 250 in championship round action). We can explain this positive development by increasing the individual players, and by increasing their concentration in the game, especially at the stage of completion.

Making an average game actions, that in each of these players have developed a number of 31.3 shares registered in the first 8 games scoring a total of 7 goals (only forwards) and the second entry had an average share of 20.8 per game, scoring 18 goals - double the first record. Comparing the two records note the increase in efficiency of their work in terms of number of actions completed empty (18) and increased efficiency in game economy by reducing inefficient actions.

The data collected from experiments performed as well as processing and interpretation can conclude that the means used in the training process, objectively, standardized and carefully planned, can raise the value of individual players forwards, confirming the hypothesis that I left.

Modeling training, use of individualization, are basic conditions in the training of young forwards who, crowding the defense presented by current systems must be able to do very quickly in small spaces offered by these systems and the degree of increasingly high adversity of opposing defenders (Drăgan A., 2009).

CONCLUSIONS:

Based on data from the research I drew the following conclusions:

- The attackers training for junior teams in the first place I have given particular attention in the selection process, involving both forwards positions and technical and tactical qualities physical and mental qualities of the same value, if not higher.

- In the training of young forwards, modeling training instruction and individualization are key elements in raising their individual value and return the game.

- Maximize physical training is the basic support of technical and tactical training that gives true value to the player.

- Increasing the efficiency of training of young forwards is only through rigorous standardization and objectivity of operational resources and by appropriate planning of the training.

- Taking this very issue and comparing the results obtained from physical testing, reported values implied by the ideal model, it must be insisted on a multilateral preparation of each player and the habituation of the hard work required by the difficult position that it dealing team.

- At this age it is important to work especially for resistance and strength, motor skills priority for completion of youth football players.

- At the junior level (17 to 18 years of age) will continue within each group prepare advanced players (with technical and tactical qualities and

special skills), using the means most complex and demanding increased. From this stage, coaches should emphasize, to training, developing players at all skill and knowledge to function as coordinator of the game.

- The choice of models and preparing itself to be adapted to the specific features and value especially to players, but without lowering the requirement in training and per - formance objectives of the proposed

- At this age, well-trained team, is characterized by:

* pendulum swings on both sides of the field, participation in the construction and completion;

* specific high effort that attracts all players, both attacking and defense;

* special mentality in preparation to meet competition requirements.

* awareness of the game through permanent information field: efficient operation depending on the position of the ball, teammates and the land;

* stimulation of all areas of the field in attack and defense - width, depth, by making sustained efforts on routes required by the organization of the game, including the temporary takeover of tasks and fill in the functional groups (combination);

* use of tempo as tactical weapon: tempo supported preset periods: rehabilitation, construction, completion, temporary recovery supported by a new ball and defense corridor in effect;

* keeping the ball by groups of players in its vicinity and by the remote (20-25 m), ball movement based on the frequent changes of direction, including backwards using free zones and corridors for maximum reach quickly to the gate side and score goals;

* increasing the effective time of play: avoid sending the ball intentionally in out, shortening the throw the ball in play; strengthening technique of hitting the ball, the opponent under pressure in their crowded, and self-control in action defense, reducing the number of fouls, precision shooting at goal game actions increase by avoiding takeovers, avoiding undue ball tactical management, reduction of individual actions to the detriment of collective

midfield pass easily through the fast moving ball and players, total commitment of the players in line for review by effective and continuous demarcation and consolidation actions and executions under adversity, balance, running out of space and time, built in speed

- surprise your opponent off guard - pulling the gate to the emergence corridor, pulling the gate without taking, sending the fairway on the future position, execution and adaptation to different conditions this action game; defense crowded condition wet or frozen ground, snow (special tactics, techniques adapted, appropriate spikes), adaptation to weather conditions: heat, cold, rain.

- The composition of physical training programs should be considered that in this preparation are two aspects of motor qualities: the player's driving skills forwards: speed, strength, endurance, skill; specific motor skills of the players forwards: mobility, flexibility, balance, expansion, coordination.

- Training in modern game aims two fundamental aspects: prepare as close to the game (global models);

- for matters that should be improved training method using individual parts, the quality, the factors, elements and processes.

- I propose increasing the number of hours of individualized training on the qualities and deficiencies, with a line adapted to the peculiarities of modern methodology athletes.

- I suggest using those exercises that give structure to the game transfer.

- I propose the use of exercises to achieve automatisms game between midfield - attack or attack each other.

- I suggest practicing kick down the door of the box to ensure a higher success rate of other executions.

- I suggest practicing on line methodical completion of head of different areas and angles, in conditions of adversity.

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INDIVIDUALISATION DU FORMATION DES ATTAQUANTS (ÂGÉ DE 17-18 ANS), DANS LE FOOTBALL

Résumé:

Cet article sélectionne un ensemble de moyens techniques - tactiques à haute efficacité conduisant à accroître la valeur individuels des juniors I.

But: Le but recherche est de vérifier et de mieux comprendre le rôle et l'implication des structures techniques - norme de formation tactique des assaillants I juniors, à augmenter leur valeur individuelle et d'accroître l'efficacité dans le jeu.

Méthodes et procédures: Nous avons utilisé les méthodes suivantes de la recherche: la documentation expertise scientifique, les méthodes statistiques, la méthode de l'observation, la méthode d'étude expérimentale.

Résultats: Cette recherche reflète les résultats de la batterie de tests suivante dans les assaillants préparant: la vitesse de 30 m; test de Cooper, la durée de la place; navette; introductions; tractions; abdomen 30 "; technico-tactique complexe.

Discussions: étude graphique de test d'arithmétique de ces échantillons pour chaque niveau de développement des qualités physiques, en particulier d'énergie, nous avons un chemin vers le haut, ce qui montre que les moyens utilisés étaient l'efficacité opérationnelle, notamment celles relatives au saut en longueur et le test de Cooper.

Conclusions: la formation de modélisation, de l'utilisation de l'individualisation, sont les conditions de base dans la formation des jeunes attaquants qui, peuplant la défense présenté par les systèmes actuels doivent être en mesure de le faire très rapidement dans de petits espaces offerts par ces systèmes et le degré de l'adversité de plus en plus grande de s'opposer à défenseurs.

Mots clés: les attaquants, la modélisation, de l'individualisation, la formation, des moyens de base, les compétences, la préparation physique.

THE EFFECT OF BASIC PSYCHOLOGICAL NEEDS ON UNIVERSITY STUDENTS' SELF-CONFIDENCE

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Abstract:

This study aims to find out whether the satisfaction of the basic psychological needs for autonomy, for competence and for relatedness contributes to self-confidence.