

THE PRE-SEASON ACTIVITY TWO WEEKS BEFORE THE BEGINNING OF THE CHAMPIONSHIP FOR „B” JUNIOR PLAYERS

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Abstract

The way they start a championship is vital to children and junior teams for the way in which they will further act in the competition. A good beginning means self-confidence and motivation, the desire to do more extraordinary things, but behind these things there is the coach's enormous work.

There is no field at present that asks for performance and does not need planning documents which certify what you want to do. Experience has shown that a process of performance training cannot be led by a coach without his previous training, without an exact quantification of each player's work.

Keywords: planning, pre-competition period, competition period, training objectives

1. Introduction

The planning activity represents the writing of the training and performance objectives and, the methods, means and forms of organization.

The planning is structured as follows:

- *Macrostructure or annual plan* - a planning for training courses of a relatively large size.
- *Mesiostructure (average length)* - is a characteristic planning for the training courses from 3 to 6 weeks. The Mesiocycle is composed of micro cycles.
- *Microstructure* - consists of systems of lessons (workout) characteristic for periods of 7-10 days.
- *Workout lesson* - represents the most operative planning document and includes automation systems for the fulfillment of the proposed objectives – means, dosage, methodological observations and corrections which are necessary to accomplish the objectives.

The Mesiostructure or the mesiocycles are the most important planning documents in conducting training. The following types of mesocycles are known:

- *Adaptation*, re-adaptation to effort, it is used at the beginning of the preparatory period, after the holiday, especially with children and junior players;
- *Preparatory*, develops the effort capacity, repeats the basic technical procedures; develops motor skills.
- *Pre-competition*, prepares to get the effort to a level close to competition.
- *Competitional*, training sessions under game conditions or as close to them as possible.

The purpose of the research is to point out the importance of planning and of the training program two weeks before the beginning of the championship for junior republican players „B”.

Tasks

- design weekly training cycles for the mentioned period;
- implement the conceived program;
- point out the results obtained by the team of players.

Hypotheses of the research:

1. To what extent, the design and application of the training programs will have an impact on the performances obtained by the junior B team
2. It is considered that the used means and methods will contribute to increase the performance obtained by the team of republican junior B players.

Material and Method

The subjects- players of the ASCM Dunarea Galati team enrolled in the junior B republican national championship B season 2015-2016.

The experimental program was designed and applied two weeks before the beginning of the championship and continued during the period of the competitive tour by using means compatible with the described models. Two weeks before the beginning of the championship we have the last week of the pre-competition cycle and the first week of the precompetition and competition cycle.

Pre-competition mesiocycle

Focused on the transition from the preparatory period to the competition period, dominated by technical and tactical preparation under conditions close to the game conditions, and also physical and mental. Efforts are used with varying intensities.

Training objectives:

- Develop specific endurance by adapting the aerobic-anaerobic effort capacity to the requirements of the game
- develop combined motor qualities
- strengthen technical procedures under close-to-game conditions
- organize the game in attack-defense
- individualize training

Share :

- Physical training– 35% : 10% general + 25% specific ;
- Technical and tactical training – 65%.

Last weekly cycle – Pre-competition period – junior B players

| Days of the week | No. of training sessions | Activity | Duration | Effort |
|------------------|--------------------------|---|----------|--------------|
| Monday | 1 | Improvement of individual and game technique. Consolidation of keeping the ball in possession. Games with a reduced number of players. Develop specific endurance. | 90' | medium-great |
| Tuesday | 1 | Consolidation of technical procedures specific to the acting area. Exercises with a reduced number of players specific to the acting area. Free game on reduced area. | 90' | medium |
| Wednesday | 1 | Test game | 2x40' | great |
| Thursday | 1 | Improve the individual and game technique and tactics. Game situations – duel 1x1/2x2/3x3 Specific games for the acting area. Free game on reduced area. | 90' | medium-great |
| Friday | 1 | Develop speed and coordination. Positioning on the field-game relations. Still phases. | 80' | medium |

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|-----------------|----------|------------------|--------------|--------------|
| Saturday | 1 | Test game | 2x40' | great |
| Sunday | | Free time | | |

Competitional mesocycle

- Is the phase that begins with the weekly cycle before the first official match

Training objectives:

- maintain the effort capacity whilst optimizing the speed to the requirements of the game;
- shape the organization of the training according to the competition;
- enhance technical procedures under game conditions;
- organize the game for attack and defense;
- individual preparation for each position and acting area;
- recovery from the physical point of view and the recovery of players with problems;

Share:

- Physical preparation– 30%;
- Technical and tactical preparation – 70%.

First weekly cycle – Competitional period– juniori B players

| Days of the week | No. of training sessions. | Activity | Duration | Effort |
|-------------------------|----------------------------------|--|-----------------|-----------------------|
| Monday | 1 | Endurance-mobility. Consolidation of ball possession. Games with a reduced number of players. Free game on reduced space. | 90' | medium |
| Tuesday | 1 | Develop aerobic strength. Consolidation of individual technique. Game situations – duel 1x1 Specific game – 1x1 marking in 7 areas. Free game on reduced space. | 90' | medium-great |
| Wednesday | 1 | Develop specific endurance. Condolidation of individual technique. Condolidation of collective technical and tactical actions for attack and defense. Free game on reduced space. | 90' | medium - great |
| Thursday | 1 | Develop speed. Game situation – 2x1/2x2. Specific games- 7x7 specific to the acting area. Free game on reduced space. | 90' | medium |
| Friday | 1 | Positioning on the field- game relations. Still phases | 70' | little |

| | | | | |
|-----------------|--|-----------------------|--------------|--------------|
| Saturday | | Official match | 2x40' | great |
| Sunday | | Free time | | |

Structure of the training lesson

- Warm up – 10 min.
- Physical part – 10-15 min.
- Technical part – 10-15 min.
- Game situations – 15-20 min.
- Themed game – 15-20 min.
- Free game on a reduced area – 15- 20 min.

Models of exercises and games

Warm up exercise model

Description – within a space of 30/20 m, with two 5 m extremities at each end, each team has five players, three in the central area and one at each end. The goal is to move the game from one end to the other. The player passing to the extremity replaces that player, who enters the central area. They play on points.

Physical exercise model - acceleration and deceleration.

Description—each player starts running from a standing position from point A to B (12 m). Between B and C (4 m) he decelerates and plays a pass back with his colleague. Between C and D (12 m) sprints again, between D and E (4 m) decelerates and redoubles the volley pass with a teammate, ending with a final sprint between E and F (12 m).

Technical exercise model – changing direction and shot.

Description—the players are split in 3 teams, at 20 m from the gate and have 4 cones placed in zig-zag with a distance of 3 m between them. The first player from each team leaves from the left side, dribbles the first cone with a dribbling, then the other cones with other dribbles and ends up shooting on goal at the small gate. The team scoring the most goals wins.

Points to train—when running with the ball and changing direction, the players have to decelerate to slow down, taking small steps and bending their knees, before accelerating in the opposite direction. Although the players have to drive the ball quickly they need to focus and to pass by the cones using fine dribbles.

Game situation model – duel 1x1

Description—within a space of 20/15 m with a 5 m extremity from the place the striker leaves, he tries to score outpacing the defender. If the defender recovers the ball, he must bring it in the 5 m bounded area.

Option 2 - each gate has a color, the coach will call out the color of the gate and the striker should score in that gate.

Points to train encouraging players to dribble and to accept the duel. -The strength and an appropriate body position of the defender to win the ball.

Specific game model – 7x7 specific to the acting area.

Description—the 50/25 m training area is divided into 5 zones. Play 2 x 2 in the 10/25 m attack areas and 3 x 3 in the 20/25 m middle area. Each player marks only his opponent. The goal is valid if the ball passes through all areas and reaches the defined area of 5 m, at the end of the field, after they have ran out their opponent. If the ball reaches straight to the striker it must be returned to the midfielder.

Game exercise model for a reduced number of players.

Description-3 x 3 game on reduced pitch in order to maintain possession of the ball from motion and to score after a set number of passes. If the ball leaves the pitch, the coach must put another ball into the game immediately.

Possession exercise model

Description-the players are divided in two colors (red and blue) and form a circle with two players in the middle, one from each color. The player in blue can block only the player in red and vice versa. The one who loses the ball goes to the centre.

Results of the research:

The effectiveness of a good planning and of the training programs during the pre-season, two weeks before the the beginning of the championship, was highlighted by both the great start in the championship of the junior B players, so that after the first stages, the team participating first time in such an important championship managed to have a main role and is the only one which had a draw with the winner of the championship, and the subsequent results leading to promoting some players and the team in having great results nationally.

Conclusions

Among the general conditions of the pre-season and season planning and activity we mention the most important ones:

- Combining the current targets and the future ones. This aspect asks for a good timing between what we want and what we achieve. The approach of this requirement is based on the formation of young footballers on the long term. The differential training according to the biological age is very important.
- Establishing the link or the main moment of the personnel training, depending on the objectives of the training session. This refers to the need to specify for each stage and cycle the specific preparation principles, in this case two weeks before the beginning of the championship.
- The fulfillment of the proposed objectives. This aspect refers to the periodic achievement of the performance and training objectives. The progress element in preparing children and junior players is the definition of intermediate targets for different intervals.
- The coach's activity, from all points of view. This lies in the intelligence and the ability of the coach to observe, analyze and assess, as fairly and objectively as possible, the scheduled training process, that can suffer changes depending on the problems that arise along the way, on the progress capacity of players abilities and last but not least the conditions of training and rehabilitation.
- Check the achievement of plans and objectives. This aspect refers to the analysis of the activity carried out, both in terms of the results obtained through the performance during a game, as well as through permanent tests, which may lead to the establishment of intermediate targets.

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