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EXPERIMENT ON THE EVOLUTION OF SOME COORDINATION AND TECHNICAL INDICATORS TO THE FOOTBALLERS 9 YEARS OLD

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Abstract

We believe that based on improved training means we can significantly increase the level of technical indicators in a group of children 9 years old, who play football. We wanted/intended to see and also to prove to what extent some technical indicators whose means are combined with elements of coordination relative to the development of technical ability, if at this age can be strengthened through special training. Data collected at the beginning and the end of the study showed differences between the experimental and control group in favour of the experimental group and also inside of the experimental group, which revealed significant differences between initial testing and final testing, concerning on the suggested performances of training .

Key words: football, training, efficiency

Introduction

It is a requirement concerning the instruction imposed by the professionalism that must be educated / trained from the junior age children until the end of this age. Teachers / coaches must always put the question "what effective means can be used", "how we can approach learning methods to develop motor and intellectual ability of athletes". Football is a means of physical education, the latter makes the link between abstract and concrete. From an early age, goals and promotion of sports skills tasks fall to physical education and sport: better health, driving round development capabilities, acquisition of motor skills and sports skills mastery. The game of football is characterized by motor and a rich content through a variety of movements performed particularly great outdoors, which exert a favorable influence on the whole organism functions.

Football game carries great influence on the central nervous system. The emotional state of children who engage in sport consists of a variety of activities, interests, which causes an increase in the mobility of nervous processes. Thus it develops and improves processes of intellectual, emotional and volitional. Very important is the positive influence that football has on drive ability, influencing the development of general and specific driving skills. Drive ability aforementioned feature in-game actions, contributes to the development of basic motor skills (learning to run, jump, turn, stop, kick, etc.), and coordination in the experiment proposed by the technical skill, certifying the formative value to be taken into account for the development of the small footballer personality.

The training actions proposed refers to the movements executed with the ball. The core element of the football game technique is hitting the ball with the foot, but we must not neglect the ability to handle the ball, so in our schedule changes were implemented in coordination too. Hitting the ball with the foot is the starting point for other technical elements related to the implementation of the foot such as: leadership, taking, care; elements which were taken into account in the experiment. These elements of the game have repercussions later in technical skills related to post-cross, clearance, pulling the gate, etc. Reported to the experimental program of the football game content for work with children takes on new dimensions. Because the density of drive ability be at a higher level, has become a redistribution the dimensions of the playing depending on the particular age. In this way they were shown a series of bilateral games and rules of conduct on low land. To highlight the evolutionary point of the two groups are presented comparative histograms of the four moments shown in figure 1. The

experiment planned and organized is based on a working hypothesis checking on the improvement of skills addressed to the small players.

Purpose

The work involves the application of some coordination means and of a simple technique to increase sports performance at that age, 9 years old, can lead to further developments, positive children who play football.

Objectives

Take into consideration that the proposed experimental program provides the scientific data necessary on clues how the coordination and technical indicators developed during 8 months of training to a group of players, kids aged 9 years. We want to know how the compensation coordination and technical training specific to this age will increase the technique on small players.

Hypotheses

1. It is assumed that the implementation of the coordination with the technical means available to children who play football, age 9, will contribute to a higher trend in sports training.
2. If the introduction of the sports training aimed at children 9 years old of football game of the coordinating and technical means will influence a better approach for increasing the early practice.
3. To what extent children 9 years old of playing football fulfill training sports requirements by the coordination and technical actions specific to this age.

Material and method

The experiment was conducted at Danube Galati Football Club, the group of children born in 2007. The group selection was made during 2005 and 2006, and training hours are between 120 and 140, without having a program with precise loads, the target is the selection and getting children to play football.

In this experiment involved 40 children. During the entire experiment (March-October 2015) were performed by 3 workouts per week, totaling nearly 100 hours of training conducted, quantified, evaluated.

Note that the workouts were held outdoors on the grass technical field, 2 workouts per week of 60 minutes, and the coordination of the synthetic pitch 40 minutes.

During the workout were used:

- Exercises to develop reaction speed, displacement and coordination;
- Simple forms of driving the ball with the foot;
- Ways to improve the feel and control of the ball;
- Learning the ball with the flat transmission with full shoelace and take over the ball;
- Learning the pulled out of the gate goal with shoe lace full;

Example of simple technical exercises:

1. Simple passes on 10 meters with closeness and increase the distance. Two, three movement games. The training ends with a bilateral game.
2. Hitting the ball with full shoe lace to the wall, executed in different ways. Two, three movement games. The training ends with a bilateral game.
3. The control of the ball on the leg followed by sending with the full shoe lace of vole in empty/ target goal distance 8 meters. Two, three movement games. The training ends with a bilateral game.
4. Driving footballs through poles or the bypassing hoops at small distances. There will not be exclusive driving with medicine ball weighing 1 kg. Two, three movement games. The training ends with a bilateral game.

Example of coordination exercises - technical ability

1. In the beginning of the exercise, for 10 minutes, children play with a tennis ball running/fulfilling at the suggestion of coach/teacher various individual actions, in pairs, groups, then take the tennis ball with the hand and hitting it with the leg. The first part strikes only once with the leg and catching it by hand, after which hampers/it makes heavy the repetitions number and keeping on the leg as possible for 10 minutes. After a break for a few minutes instead of/it takes place 1-2 games movement. The training ends with a bilateral game, 10 minutes.
2. At first will perform some accommodation exercises with the handball ball by enforcement/execution of some actions combining the foot with the hand. Exercises with the handball ball comprising means for keeping the ball on the leg and placing it in different sports facilities/equipments: hoops positioned/placed on the ground, bypassing a pole / pillar score, throwing over a barrier of 40-50 cm, etc. After a break for a few minutes instead of/it takes place 1-2 movement games. The training ends with a bilateral game, 10 minutes.
3. Management/The driving of the ball with the leg bypassing some hoops randomly placed in an area with a diameter of 8 -10 meters. A simple / multiple dribbling hand among these hoops. Placing the ball in the circle by the control of the ball on the leg. After a break for a few minutes instead of/it takes place 1-2 games movement. The training ends with a bilateral game, 10 minutes.

In the experiment the research group children were subjected to tests of control - technical tests.

1. Keeping the ball in the air by successive blows alternately with both feet. It is timed in seconds running time for each child. It concerns the interpretation of quantity.

2. Keeping the ball in the air by successive blows alternately with both feet, then shoots towards the goal of football into the empty goal (fixed area) with handy leg.
3. Driving the ball through five obstacles randomly placed in an area of 10/10 meters. Recording the time to go in the perimeter established the control having also a coordination action. The route is made up of two poles that must be avoided and three hoops must be surrounded. It is timed the coordination of the implementation with the driving technique (quality) of football.

Table no. 1

Table with the initial and final results of the proof "Keeping the ball in the air by successive blows alternately with both feet" of the groups included in the survey

Keeping the ball in the air by successive blows alternately with both feet (s / duration)				
Indicators	Experimental Gr. n = 38		Gr. Control n = 32	
	TI	TF	TI	TF
Results	1216	2280	960	1088
The arithmetic mean	32 s	60 s	30 s	34 s
share t-dependent	87 %		13 %	

Graphical expression on the arithmetic average of the initial and final tests in the table no.1

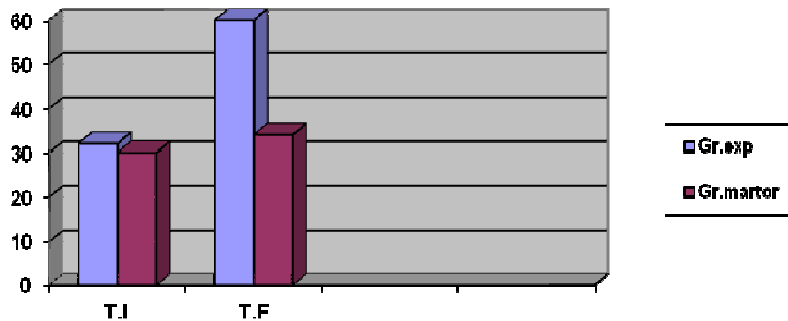


Fig. 1. Results of proof "Keeping the ball in the air by successive blows alternately with both feet"

Interpretation

On the proof "Keeping the ball in the air by successive blows alternately with both feet.", the arithmetic mean of the experimental group is 60 seconds execution time compared to the average final control group who is 34 seconds execution time, the increase being 28 seconds execution time, in favour of the experimental group. Analyzing the relationship weighted to each group by t-test dependent (timed results from the initial and final test are related to each other), the rate of the growth of the medium level for the experimental group is 87%, compared to the control group, which has an increase of 13%.

Table no. 2

Table with initial and final results of the proof "Keeping the ball in the air by successive blows alternately with both feet, then shoots towards the goal of football into the empty goal, fixed area" of the groups included in the survey.

Pulled goal (shot on goal) of the volleyball into the empty net, fixed area with handy leg, preceded by keeping the ball in the air by successive blows alternately with both feet (no.)		
Indicators	Experimental Gr. n = 38	Gr. Control n = 32

	TI	TF	TI	TF
Results	380	722	320	352
The arithmetic mean	10	19	10	11
Share t-dependent	90 %		10 %	

Graphical expression on the arithmetic mean of the initial and final tests in the table no. 2

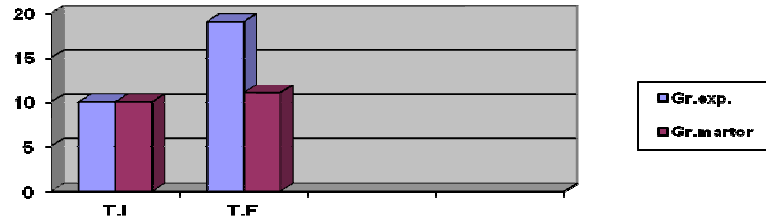


Fig. 2. Results of proof "Keeping the ball in the air by successive blows alternately with both feet, then shoots towards the goal of football into the empty goal (fixed area) with handy leg."

Interpretation

The proof "Keeping the ball in the air by successive blows alternately with both feet, then shoots towards the goal of football into the empty goal (fixed area) with handy leg.", the arithmetic mean of the experimental group is 19 number successful blows, compared to the arithmetic mean of the control group which is 11 successful blows, the rate of growth being 8 shots (shot balls) in favour of the experimental group.

Analyzing the relationship weighted of the each group by t-test dependent (results timed the initial and final test are related to each other), the rate of the growth of the medium level for the experimental group is 90% compared to the control group, which has an increase of 10%.

Table no. 3

Table with initial and final results of the proof "Driving ball through five obstacles placed randomly in an area of 10/10 meters.", to the groups included in the survey.

Driving the ball through five obstacles randomly placed in an area of 10/10 meters (s.)				
Indicators	Experimental Gr. n = 38		Gr. Control n = 32	
	TI	TF	TI	TF
Results	836	418	704	640
The arithmetic mean	22 s	11 s	22 s	20 s
Share t-dependent	- 50 %		- 9,09 %	

Graphical expression on the arithmetic mean of the initial and final tests in the table no. 3

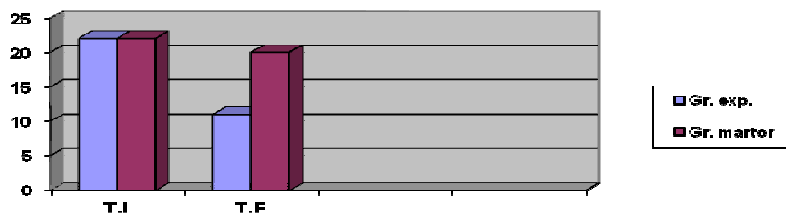


Fig. 3. Results "Driving the ball through five obstacles randomly placed in an area of 10/10 meters"

Interpretation

On the proof "Driving the ball through five obstacles randomly placed in an area of 10/10 meters.", the arithmetic mean of the experimental group is 11, compared to the final average of the control group is 20 s, the growth being 9 seconds, in favour of the experimental group

Analyzing the relationship weighted of the each group by t-test dependent (results timed in the initial and final test are related to each other), the rate of growth of the medium level for the experimental group is 50%, compared to the control group, which has an increase of 9.09%.

Conclusion

At age 9, children do not understand the meaning of the tactical game, but they understand well the meaning of the game based on competition level (result). In this context they can be trained in motivational terms (optimal). In this way it can undertake, measured by possibilities, intellectual and motor, moreover, presented in the specialized sports literature specific of this age. The question can be "what will be the most appropriate way for their training: based on games, on coordination, on the analytical, the entertainment, the introduction of some simple elements of individual or group techniques, etc.

From the proposed experimental program as a result of the specialized study, it was done an experiment based on training that included elements of simple technique combined with those of coordination - technical ability, therefore, focusing on lower limbs.

It was highlighted that at this age the concept of simple programs in which the implementation of some coordination means, movement games, simple elements in technical execution, the love for the game of weaned, it develops the motor ability of future footballers substantially.

The references occurring as a result of the experiment concluded especially that the children's / footballers ability answering to the game, the player is able to apply his technique under different conditions of play and especially the application of skills learned in training experimental at the same time notes the ball and the opponent's moves (demarcation), respond positively to the demands of the coach and the group. It is noted that at this age children do not have the necessary muscle strength, density unresponsive to efforts in this regard, it must force training objectives as time needed study literature by proposing sustainable outcomes. It was noted that depending on the force of impact, it has a directed path, and with means moving the body, the body's power to enforce the effort is difficult to age 9. In light of these elements requires a workspace allocation raportat size, space for execution.

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CONTRIBUTIONS TO THE TRAINING OF THE SCHOOL FOOTBALL TEAM IN SECONDARY SCHOOL

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Abstract

The school representative team is formed and prepared to take part in various mass competitions organized at local and national level. The pupils taking part in the activities of the representative school teams need to have a previous preparation, necessary for such a competition. At the same time, the participation represents a spirit of emulation and competition, as well as an opportunity to discover and guide the most talented pupils to choose a career in football. The connection of school teachers with the teachers / coaches of sports high schools and school sports clubs / pupils' club is a condition of this profession. It is important to implement these goals, to the benefit of training pupils, educationally, instructionally and socially. In this context reconsidering the classes for the sports team must be a permanent activity.

Key words: football, training, efficiency

Introduction.

Practising football as a basic means of doing sports involves the acquisition of basic and specific motor skills and qualities for every individual/pupil, the performance of types of exercises, the acquisition and development