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ASCERTAINING STUDY ON THE OPTIMIZATION OF THE PERFORMANCE CAPACITY FROM THE PERSPECTIVE OF IDENTIFYING AND FIGHTING AGAINST LIMITING FACTORS IN JUNIOR II PLAYERS IN FOOTBALL

Savu Cătălin, Manolache Gabriel

„Lower Danube” University of Galați, Physical Education and Sports Faculty

Abstract

Besides the data provided in the literature of specialty, this study aims at getting a large amount of data and information, by the survey and questionnaire method, regarding the opinions of licensed coaches related to the limiting factors and ways of fighting these factors in the football game on junior II level football.

Keywords: training, football, limiting factors, junior players.

Introduction

The impressive increase in the performance, as well as in the number of highly trained players, imperatively requires the permanent improvement to the highest level, of talented junior players' training.

This permanent improvement consists of forming a system of skills, qualities, attitudes, behaviours etc, that contribute to the optimization of the performance capacity. Still, this optimization is negatively influenced by the fact that we do not know the limiting factors which define the quality of a junior player and the ways of limiting their effects, by creative and effective solutions to problematic situations.

Keywords: performance capacity, limiting factors, football, junior players.

The purpose of the study is to identify the effects and influences of the limiting factors in junior II players who practise football and to discover ways of fighting them.

The tasks of the study involve the elaboration, application and analysis of the licensed coaches' answers to a series of questions related to the identification and fight against limiting factors in junior II football players.

Materials and Methods

50 qualified coaches licensed by U.E.F.A., working with children of the age group included in the research, including the coaches of the national junior teams, have been questioned. According to the procedure, we have formulated a set of 10 open questions, the subject/coach having to choose one of the multiple answers. Each question had a precise aim, being focused on getting veridical data about how to solve the problems related to the limiting factors in the football game of junior II players

The recorded results gave us an impressive quantity of information and helped us identify a wide range of limiting factors that influence the performance capacity and find ways to fight them.

QUESTION 1.

On question 1. „What are, in your opinion, the main determining factors of the performance capacity?”, 36% of the questioned subjects opined that aptitudes constitute the main determining factor of the performance capacity, 32% opted for training, 18% for attitudes and only 14% considered the environment a main factor.

Table 1- What are, in your opinion, the main determining factors of the performance capacity ?

Answer options	Number of respondents	Percentage
APTITUDES	18	36%
ATTITUDES	9	18%
TRAINING	16	32%
ENVIRONMENT	7	14%

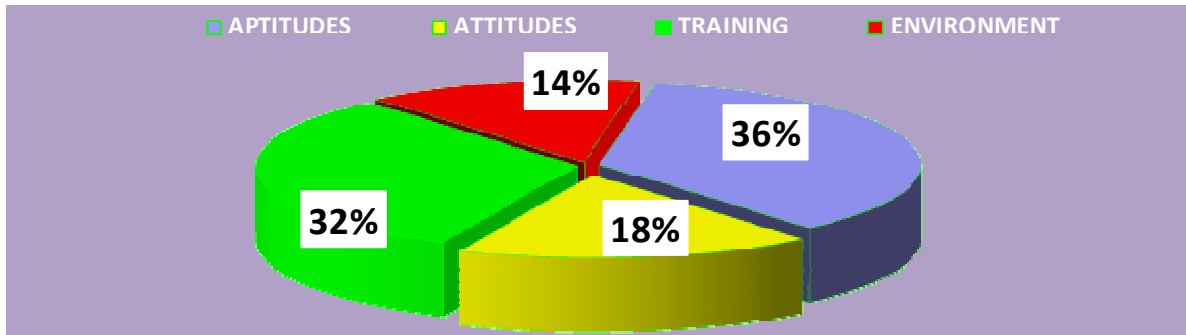


Fig 1- What are, in your opinion, the main determining factors of the performance capacity?

QUESTION 2.

Askes the interviewed people the opinion about whether „the identification of the limiting factors specific for the age can lead to an improvement of the training process?"; 70% consider this identification improves greatly the training process, 20% opt for a lot, 8% for little and only 2% consider the training of junior players cannot be improved by identifying the limiting factors that are specific to their age (not at all).

Table 2- Do you think that identifying the limiting factors specific to the age will improve the training process?

Answer options	Number of respondents	Percentage
GREATLY	35	70%
A LOT	10	20%
LITTLE	4	8%
NOT AT ALL	1	2%

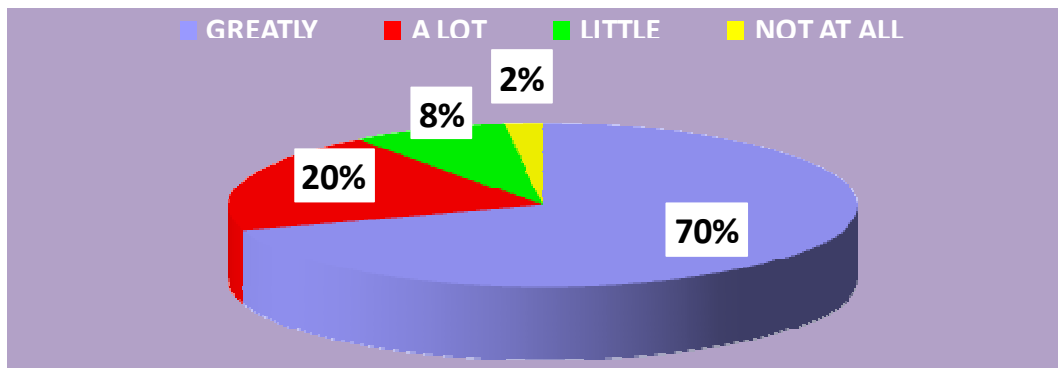


Fig2- Do you think that identifying the limiting factors specific to the age will improve the training process?

QUESTION 3.

Is focused on the component of the training that we must insist on, in order to improve performance; 31% of the questioned people consider we must insist on technical training, 25% on physical training, 16% on tactical training, 14% on mental preparation, 8% on biological preparation and only 2% on theoretical preparation.

Table 31- Which component of the training must be focused on to improve performance ?

Answer options	Number of respondents	Percentage
PHYSICAL TRAINING	13	25%
TECHNICAL TRAINING	16	31%
TACTICAL TRAINING	8	16%
MENTAL PREPARATION	7	14%
BIOLOGICAL PREPARATION	4	8%
THEORETICAL PREPARATION	3	6%

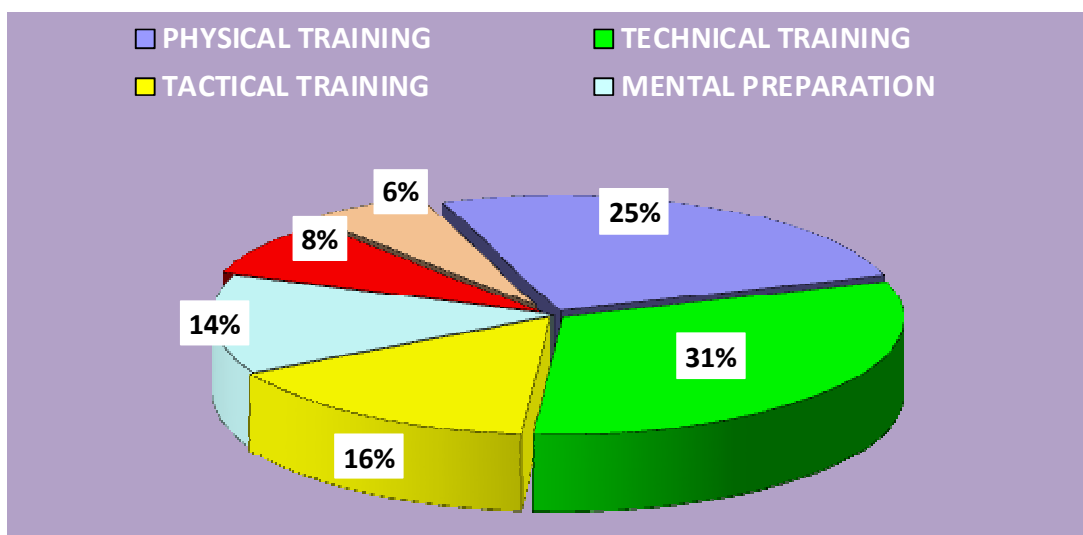


Fig 1- Which component of the training must be focused on to improve performance ?

QUESTION 4.

Asks the participants about „What biomotor abilities are essential for the improvement of performance capacity at this age?“, 86% are for biomotor conditional abilities, 10% for coordinative abilities and 4% for intermediate biomotor abilities.

Table 4- What biomotor abilities are essential for the improvement of performance capacity at this age?

Answer options	Number of respondents	Percentage
CONDITIONAL BIOMOTOR ABILITIES	43	86%
COORDINATIVE BIOMOTOR ABILITIES	5	10%
INTERMEDIATE BIOMOTOR ABILITIES	2	4%

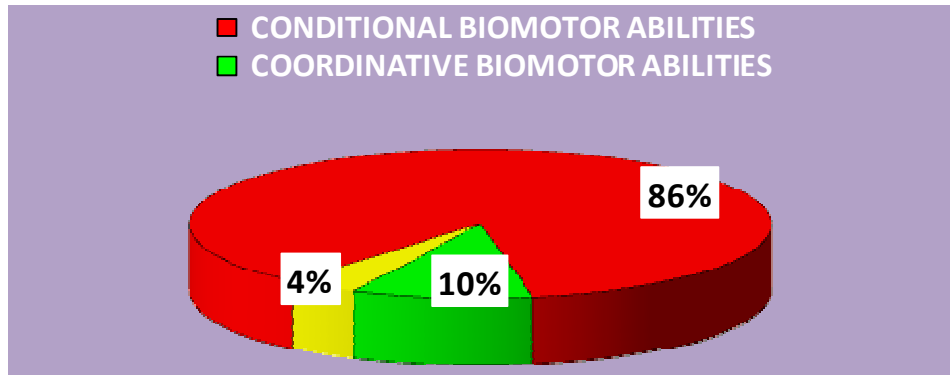


Fig2 - What biomotor abilities are essential for the improvement of performance capacity at this age?

QUESTION 5.

„Do you consider that at this age it is advisable to develop combined bio-motor abilities?“, 76% acceded to the idea that the development of the biomotor abilities is (YES) advisable at this age, and 24% do not agree with this hypothesis.

Table 5- Do you consider that at this age it is advisable to develop combined biomotor abilities ?

Answer options	Number of respondents	Percentage
YES	38	76%
NO	12	24%

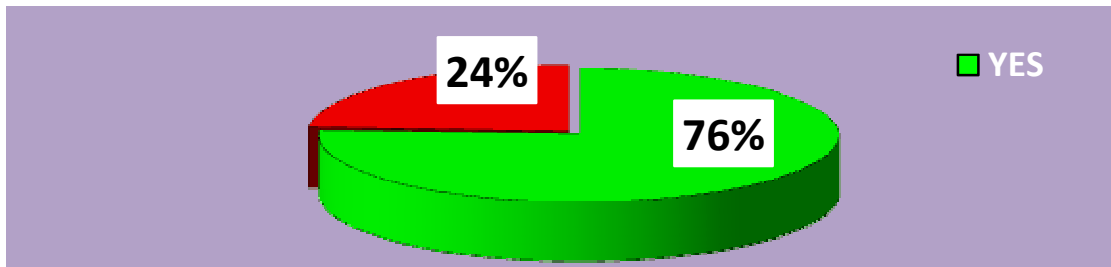


Fig 5- Do you consider that at this age it is advisable to develop combined biomotor abilities?

QUESTION 6.

The aerobic energy system is considered by 70% of the respondents as an energy system which influences to the greatest extent the development of the effort capacity at the age of junior II players, and the rest of 30% give merit to the anaerobic energy system.

Table 6- Which energy system influences the most the development of the effort capacity at the mentioned age?

Answer option	Number of respondents	Percentage
AEROBIC	35	70%
ANAEROBIC	15	30%

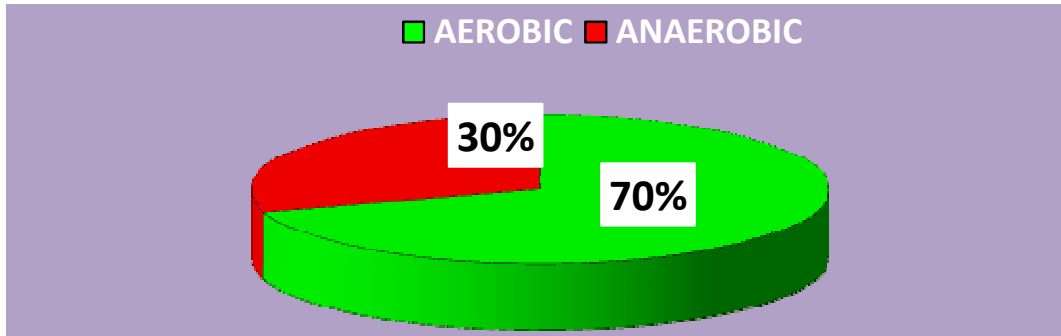


Fig 3 - Which energy system influences the most the development of the effort capacity at the mentioned age?

QUESTION 7.

On question „Do you consider that the physical training may be achieved by football specific means that take into account the players' acting area in the field?“, 10% of the subjects gave an affirmative answer (YES) and 90% negated the stated idea (NO).

Table 7- Do you consider that the physical training may be achieved by football specific means that take into account the players' acting area in the field?

Answer options	Number of respondents	Percentage
YES	5	10%
NO	45	90%

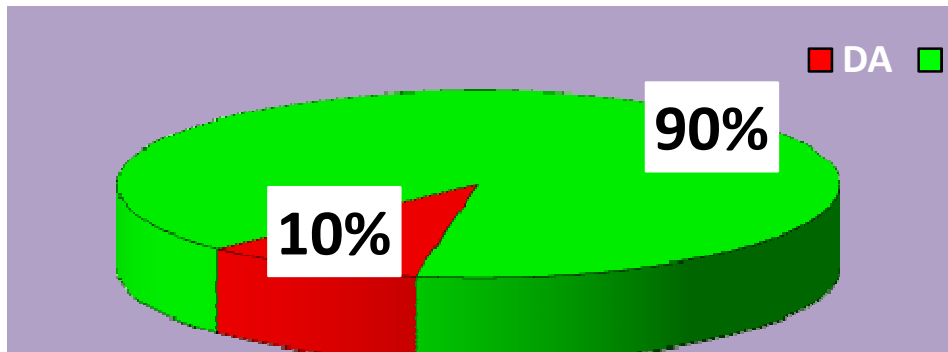


Fig 4- Do you consider that the physical training may be achieved by football specific means that take into account the players' acting area in the field?

QUESTION 8.

The update of the basic physical training and the individualization of the technical training of the game quantified each 34% of the answers on question 8 and 32% of the subjects considered the individualization of the technical training specific to position and acting area as a priority method regarding the optimization of the technical preparation.

Table 82- In order to optimize the technical preparation, what do you think is a priority in the training process?

Answer options	Number of respondents	Percentage
UPDATE THE BASIC TECHNICAL TRAINING	17	34%
INDIVIDUALIZATION OF THE TECHNICAL TRAINING FOR THE GAME	17	34%
INDIVIDUALIZATION OF THE SPECIFIC TECHNICAL TRAINING FOR EACH POSITION AND ACTING AREA	16	32%

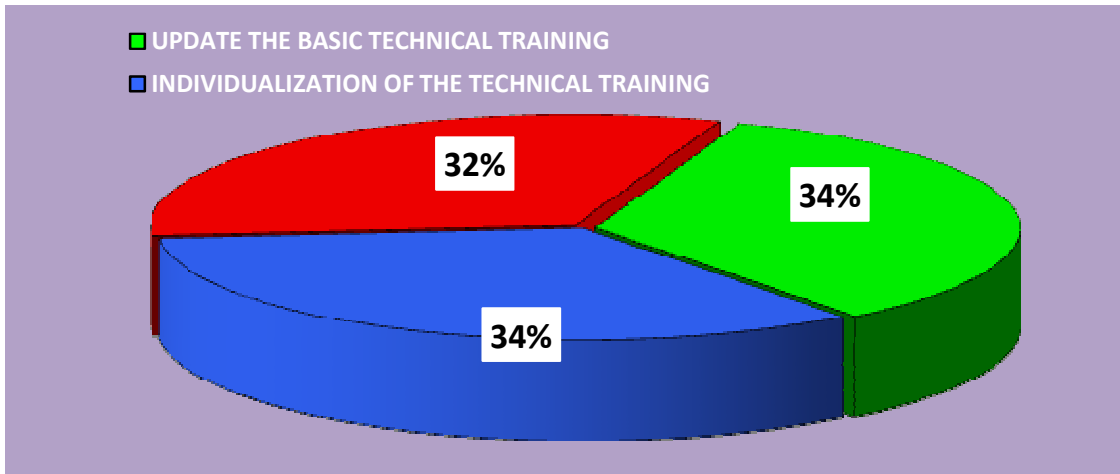


Fig5- Do you consider that the physical training may be achieved by specific means that take into account the players' acting area in the field?

QUESTION 9.

On question 9 „Do you consider that the games with a reduced number of players may contribute to the optimization of the performance capacity ?”, 86% of the respondents gave an affirmative answer (**YES**) to the fact that the games with a reduced number of players may contribute to the optimization of the performance capacity, and 14% negated (**NO**) this hypothesis.

Table 9- Do you consider that the games with a reduced number of players may contribute to the optimization of the performance capacity?

Answer options	Number of respondents	Percentage
YES	43	86%
NO	7	14%

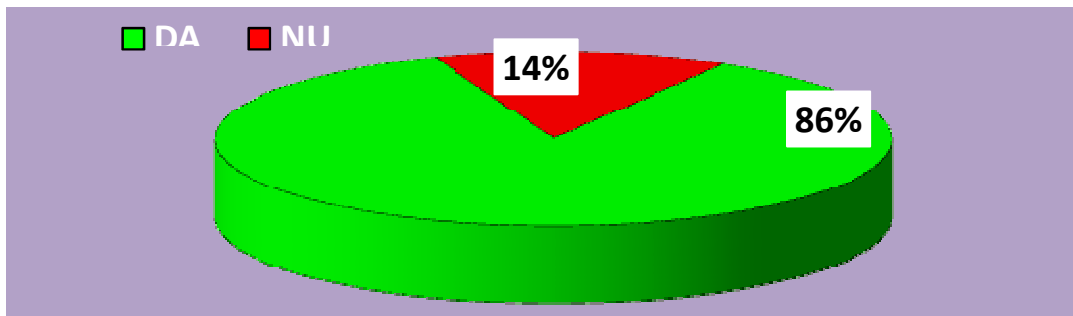


Fig 6- Do you consider that the games with a reduced number of players may contribute to the optimization of the performance capacity?

QUESTION 10.

Training on sectors – is the best solution to optimize the training and implicitly the performance capacity. It represents the option of 38% of the subjects who answered question 10, 20% consider that the correct variant is– training on subgroups, 34% - collective training and only 8% - training on groups of players.

Table 10- Which of the types of training represent the best solution for the optimization of training and implicitly of the performance capacity?

Answer options	Number of respondents	Percentage
TRAINING ON GROUPS OF PLAYERS	4	8%
TRAINING ON SUBGROUPS	10	20%
TRAINING ON SECTORS	19	38%
COLLECTIVE TRAINING	17	34%

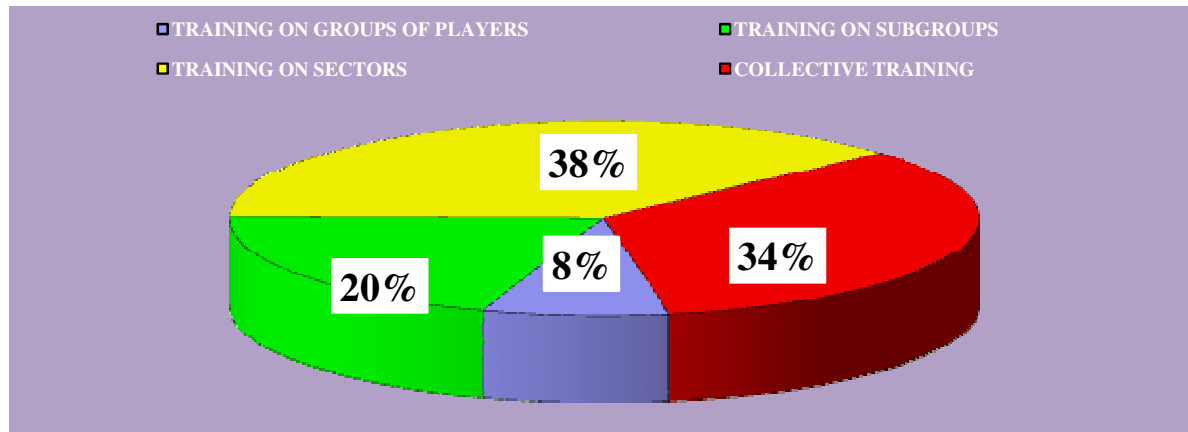


Fig7- Which of the types of training represent the best solution for the optimization of training and implicitly of the performance capacity?

Conclusions

After applying and finishing the sociological survey, we reached the following conclusions:

- ✓ The scientific research made through the questionnaire reflects the opinions of experienced coaches throughout the country, who train junior II players;
- ✓ Most of the experts believe that the identification of the limiting factors specific to the age will improve the training process and implicitly the performance capacity;
- ✓ A very important factor that we must take into account is the use of all training components in the preparation process;
- ✓ At this age there is support for the development of all biomotor abilities but especially of the conditional one;
- ✓ We may pass gradually to the development of the anaerobic effort capacity, but the priority during training is the development of the aerobic effort capacity;
- ✓ From the technical perspective this is the most important period, as they have to revise the football ABCs, which will build the future of the professional player;
- ✓ Most of the questioned coaches use the games with a reduced number of players but very few achieve physical training by such means;
- ✓ The football-specific means, focusing on the physical preparation must comply with the aims and requests of each training period;
- ✓ As to the way of organizing the training session, each coach has his own opinion, but the collective training loses importance in favor of the individualization of the training;
- ✓ It is extremely important to establish relevant tests for each player position or acting area and to use them so as to determine the subjects' real level of preparation;
- ✓ The optimization of the performance capacity in the football game is achieved by the identification and fight against the limiting factors on all components of the training.

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