

algorithm method gave as a final good learning elements and technical processes.

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*L'efficacité en fonction par leurs propriétés
techniques de programmation type d'algorithme*

Abstract:

Prise en compte effective des objectifs de recherche à travers les exercices les plus efficaces, disposées dans un endroit bien établie, logique, précis et mesuré application méthodique des règles donnent algorithmique l'apprentissage organisationnel comme un des éléments définitifs de bonnes et de techniques.

Mots-clés: *l'efficacité, techniques, méthodes de programmation, algorithmique initiation au basket bal*

STUDY ON THE EFFECTIVENESS OF THE GAME AND CONTEST METHOD UPON THE SPEED DEVELOPMENT OF REPRESENTATIVE MINIFOOTBALL ELEMENTARY SCHOOL TEAMS

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Abstract

In school competitions for both mini-football and 11-player football, the request for physical abilities is very intense. The physical factor is manifested through great effort which implies that physical capabilities must be well developed.

In the present research study, we have assumed that the proper use of the method of games and contests in training leads to the development of representative speed mini-football teams of elementary schools. Our purpose is to demonstrate the effectiveness of games and contests as a method of training in order to develop speed in the representative mini-football team of elementary schools.

Keywords: *speed, method of games and contests, representative team, elementary school, mini-football.*

INTRODUCTION

In school competitions for both mini-football and 11-player football, the request for physical abilities is very intense.

The guideline for the game is based mainly on physical training and is characterized by actions conducted with great rapidity. It is obvious that in order to achieve this, it needs an improvement of the training methodology.

The physical factor is manifested through great effort which implies that physical capabilities must be well developed. A good general physical preparation is the special physical training which provides training and development of the movement skills specific for the mini game. Both sides created foundations sports activity. Therefore, the better the

physical training is, the more it can provide a scope for the application of the guidance game.

On the basis of physical training representative teams for school field football must build towards comprehensive physical training. This means that all physical qualities will be developed at a higher level.

Comprehensive physical training is regarded as a basic principle of training that any athlete, regardless of the sporting discipline, should pay particular attention to, developing the four basic motor skills, in order to achieve high performance. Without comprehensive physical education, first acquired and maintained afterwards, one cannot achieve maximum performance [2, p. 45].

This paper is intended for all teachers of physical education and sports teams representing schools which prepare and operate in modest sport facilities. They can use contest training sessions and games as means of preparation, being less demanding in terms of materials.

Insufficient material resources can be compensated partially or temporarily by a vigorous and appropriate intervention of the other factors [3, p. 77-78].

Games (dynamic games, contests, and moving games) in which children actively manifest their skills, speed, strength and their endurance, can be successfully used in regular training [1, p. 45].

PURPOSE

In research, we have assumed that the proper use of the method of games and contests in training leads to the development of representative speed mini-football teams of elementary schools. Our purpose is to demonstrate the effectiveness of games and contests as a method of training in order to develop speed in the representative mini-football team of elementary schools.

From this purpose derive the following tasks:

- highlighting the importance of contests and games as means for training for speed development;
- highlighting the advantages of using these means of training;
- highlighting the features of the age composition of the team representing the school (10-14).

METHODS AND PROCEDURES

During the experiment we used the following research methods: the bibliographic method, the testing method, the interview method, experimental methods and statistical-mathematical methods of graphic representation of the results.

The research stages were:

- the study of the bibliographic material and the establishment of the working hypothesis;
- the selection of the control samples to measure objectively the level of speed development;
- the systematic means used in the most effective method for optimizing contest games and physical training;
- organizing and conducting the experiment;

- processing and interpretation of data derived from the research;
- establishing practical and methodological conclusions and recommendations.

DESCRIPTION OF THE EXPERIMENT

Subjects

The experiment was conducted on a middle school representative team (School no. 11 of Brasov), a team which includes 12 students aged between 11 and 14 years. The team chosen as subject of the study has modest conditions and modest training materials: training ground, cones and balls.

Duration: 6 months (November 2009 - April 2010).

Working Strategies:

- initial tests with control samples, obtaining initial experiment data;
- developing a set of means used by the game and contest method in the training program of elementary school representative teams, designed to develop speed;
- applying all the means developed in the course of preparation;
- making the final tests of control samples, obtaining the final experiment data;
- processing and interpreting the obtained data;
- enunciating the findings emerged from the experiment.

Control samples used for the testing: speed running (AV), speed running with the ball (AVM), 5x10m shuttle (N 5X10m).

For 6 months, a number of 25 contests and games as means of training have been used in preparing the students undergoing the research, which aimed to develop quality driving speed.

The research methodology took place as follows:

- we studied the bibliographic material and established the working assumption;
- we organized and conducted the experiment;
- we processed and interpreted the data derived from our research;
- we developed conclusions and practical and methodological recommendations.

The results obtained from samples of the control subjects, who performed the initial tests (November 2009) and the final tests (April 2010), were collected in the table below.

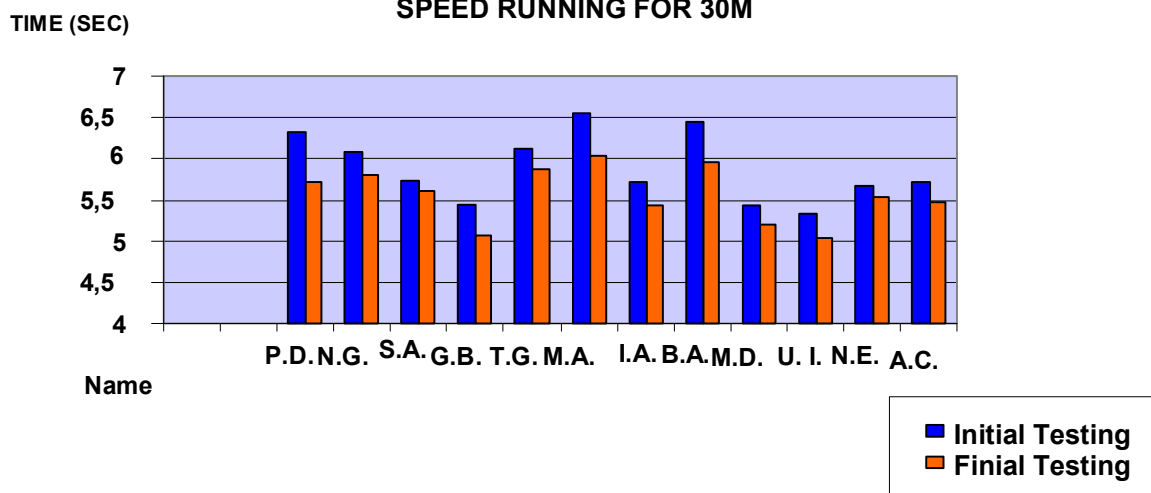
Table 1

No.	Name	Initial testing			Final testing		
		A.V. 30m	Shuttle 5x10m	A.V.M. 30m	A.V. 30m	Shuttle 5x10m	A.V.M. 30m
1.	P D	6.32	13.03	8.43	5.71	12.71	8.22
2.	N .G.	6.09	12.82	8.67	5.79	12.4	8.55
3.	S. A.	5.73	13.14	8.33	5.61	13.02	8.03

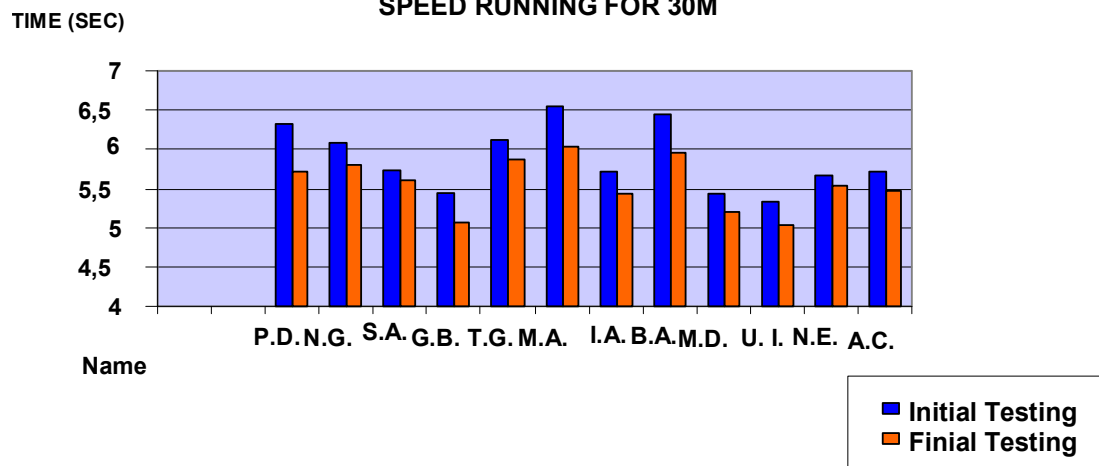
4.	G. B.	5.45	13.08	7.97	5.07	12.34	7.83
5.	T.G.	6.12	12.93	8.65	5.88	12.75	8.48
6.	M. A.	6.55	13.31	8.43	6.03	13.28	8.18
7.	I. A.	5.72	12.88	7.87	5.43	12.81	7.69
8.	B. A.	6.45	13.47	8.64	5.96	12.62	8.41
9.	M. D.	5.43	12.75	8.03	5.21	12.39	7.86
10.	U. I.	5.33	12.88	8.12	5.04	12.28	7.91
11.	N. E.	5.67	12.83	8.33	5.54	12.35	8.29
12.	A. C.	5.72	12.91	8.44	5.48	12.76	8.23
	AVERAGE	5.88	13.00	8.32	5.56	12.64	8.14

For a better representation of the final testing, each sample was illustrated in the comparative development between the initial and the graphics that have resulted from that table.

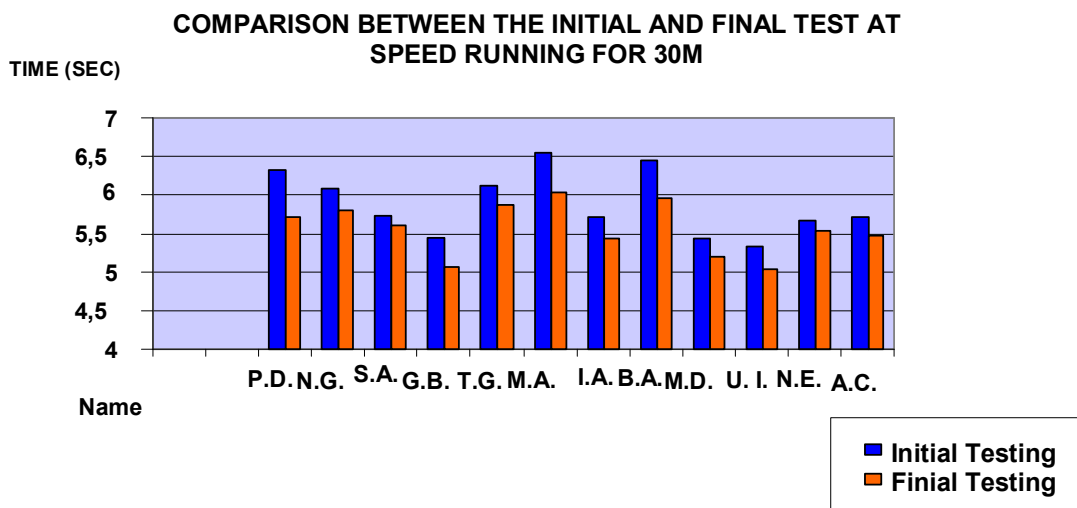
Graphic 1
COMPARISON BETWEEN THE INITIAL AND FINAL TEST AT
SPEED RUNNING FOR 30M



Graphic 2
COMPARISON BETWEEN THE INITIAL AND FINAL TEST AT
SPEED RUNNING FOR 30M



Graphic 3



CONCLUSIONS

1. Effective methods for developing speed at the mini-football game for elementary school representative teams are: the alternative method, the handicap method, the method on the go, the method of practicing, the integral method and the game and contest method;

2. Requirements that have to be met by the game and contest method at effective rates are as follows:

- applications and games must be adequate;
- similar conditions must be provided for all pupils within the used operating systems;
- technical application tactics must be made by considering the skills;
- the action speed must be optimal;
- an adequate period of practice must be provided.

3. Speed development can be achieved by using contest and training games as means of preparation in the training process of a representative elementary school mini-football team. Results of the pedagogical experiment revealed that the representative elementary school mini-football team, which used the game and contest method to develop speed, has made substantial progress in both the 30m sample linear speed, and those related to the specific game sample: 5x10m shuttle speed running and speed driving the ball for 30m.

RECOMMENDATIONS

1. A wide range of contests and games in training a representative school team must be chosen, especially at an elementary school level, due to their attractiveness and emulation.

2. Contests and games used in the training of speed development must be dynamic, requiring the athletes to use their bodies from all angles: morpho-functional and psychological.

3. Students must be made aware of the need of appropriate physical training, both within and outside their training sessions.

4. The method using contests and games must take into consideration the age of the pupils.

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ÉTUDE SUR L'EFFICACITÉ DE LA JEU ET PROCEDE CONCOURS SUR LE DÉVELOPPEMENT DE VITESSE DU REPRÉSENTANT DES ÉQUIPES DES ÉCOLES ÉLÉMENTAIRES DANS MINI-FOOT

Resumé

Dans les compétitions scolaires pour deux minifootball et de football avec 11 joueurs, la demande pour les capacités physiques est très intense. Le facteur physique se manifeste à travers de gros efforts qui impliquent que les capacités physiques doivent être bien développés.

Dans la recherche, nous avons supposé que l'utilisation correcte de la méthode des jeux et des concours dans la formation conduit à l'élaboration d'représentatifs de vitesse mini-équipes de football des écoles élémentaires. Notre but est de démontrer l'efficacité de jeux et des concours comme une méthode de formation afin de développer la vitesse en le représentant mini-équipe de football d'une école élémentaire.

Mots-clés: *vitesse, le mode de jeux et des concours, l'équipe représentant, l'école élémentaire, de mini-foot.*