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CONTRIBUTIONS ON THE ROLE OF PERSONALITY IN THE SELECTION OF CHILDREN AND JUNIOR FOOTBALL PLAYERS

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Abstract: *The efficiency of the use of games in the physical education lesson is given by a series of aspects, such as: sports games, which represent for children and juniors, the most attractive global activity, through which one can act on a background of motor and mental stress. in order to fulfill the instructive-educational objectives of the physical education lesson. Thus, elements of basic sports such as football, basketball, handball, volleyball, etc. are rarely applied in physical education lessons.*

Applying the technical elements of these games will lead to a significant increase in the effectiveness of physical education lessons on the development of motor skills, learning and improvement of motor skills and abilities. The means of physical education and sports are tools that help achieve both physical education and sports goals. As an organized educational instructional process, physical education is a bilateral process in which, under the guidance of specialized teachers, subjects are systematically subjected to influences in constant accordance with the objectives of education, in general and those for each stage of improving physical development. and motor skills.

The organization of physical education represents a complex action of orderly, rational and coherent assurance of the formative activity, of the human and material resources necessary to achieve the general and operational objectives of physical and sports education, and secondly, the educational resources we have. In the training of the specialist, the high-performance footballer, a very important role is played by his tendency towards self-affirmation as a concretization of his aspirations. By mastering these behavioural action patterns, the player becomes able to effectively resolve situations on the field of play. In this case, we can talk about the awareness of our own game and the choice of the most favourable development direction. The personality traits of high performance footballers define personality as stable indicators of behaviour, state, dynamics and performance. The qualities that distinguish one personality from another belong to the field of consistency, level of development, structure, mobility and the degree of integration of mental states. Personality is not a definitive, closed structure, but on the contrary, a dynamic one with a permanent tendency of development.

Keywords: *Physical Education, Personality, Football.*

INTRODUCTION

The first issue that concerns the selection of football players is, of course, determining the most appropriate age to play it. Worldwide, there is a tendency to make the selection at the age of childhood. The increasing technical level of world-class sports competition requires the detection of performance qualities at a very young age, in order to ensure the longest possible training time and to make full use of the optimal age to develop the qualities necessary to achieve great performance.

However, the selection must take into account the stages of the child's development, and these must differ for each quality required for high performance. In the field of developing sensory perception, these stages would coincide with the prediction of the great psychologist J. Piaget, the confirmation of the ability to appreciate distance and time, which occurs around the age of 8-9 years, while predicting the speed (trajectory of a moving object) and acceleration is manifested only towards the age of 11, when the capacity for abstraction also appears.

Specialists in Germany estimate that the most favorable period for learning technical skills is between 9 and 14 years. After this age, it is not recommended to start the process of acquiring complex skills in order to achieve high performance.

Research conducted on psychomotor skills in our country has shown that its intensive development occurs between 6 and 10 years and that between 10 and 16 years the process continues normally under the conditions of systematic practice of sports.

The most favorable period to start a systematic exercise of speed and relaxation development would be between 6 and 8 years, strength and endurance should be developed at the age of 9 - 11 years. Regarding the playful exercises, it is recommended to start them earlier, following a general development from the age of 3-4 years, which is done systematically in our kindergartens.

When selecting future performance footballers, a first measure is to identify gifted children. This does not involve "total filtering", ie testing the entire mass of children at the age at which predictions can be made with some certainty about the possibility of becoming high-performing players.

The selection must take into account the fact that waist, dexterity, relaxation and speed of reaction are qualities with a strong genetic component, which can no longer be

fundamentally influenced by training (HAVLICEK and REHOR). Among the volitional qualities, perseverance and combativeness can be detected at the earliest. A quality often omitted in the selection is the sense of balance, the importance of which has grown steadily over the last year. There are several ways to investigate high performance skills. Of these, the most important are: observation, experimental method, test method and survey method.

The observation method aims at detecting psychic peculiarities and establishes judges based on the observation of the concrete activity - it takes into account the frequency of actions and possibly their constancy in certain situations - in order to formulate an opinion on personality traits favorable to performing a performance activity.

The biographical method involves the analysis of extrasport life - social environment, entourage, interests, inclinations, children's preferences.

The experiment, most often of a natural, pedagogical type, aims to verify the way in which the subjects react to certain stimuli and situations - especially of learning, of decision in conditions of uncertainty, of resistance to frustration.

The test is a standardized and calibrated problem by which a certain quality is measured in order to make an objective and controllable assessment by relating the performance of the subject to the standard figures.

However, there are some reservations regarding the productive capacity of the selection tests, because no test, no matter how well studied, can comprehend the complexity of the factors that condition the great performance. After all, the only valid selection is one made during a longer period of player training. Selection and formation is a dialectical unit, the standardization being only a longitudinal selection, performed in a long time.

In order for the selection to be as effective as possible, the aim should be not only to establish existing skills, but also to identify the individual's ability to make rapid progress in acquiring the skills needed to achieve great performance, which obviously requires more time than the one available for any selection test.

According to Whiting, the assessment of performance skills should be based on:

- visual accuracy;
- estimating the duration;
- speed of perception;

- spatial orientation;
- fineness of muscular, tactile coordination in ball handling;
- ability to integrate information in order to reach the future target (anticipation);
- the ability to act motor, efficiently.

According to Virgil Maziliu, the aptitude factors for football are extremely numerous and with very different weights: balance, visual acuity, reaction speed, coordination, accuracy and speed of space-oriented movements. Then comes strength, mobility and balance of nervous processes, perseverance, initiative, rapid distribution and switching of attention, ease of formation and modification of motor stereotypes.

and the battery of psychological tests for the intelligence of the football player:

1. Concrete intelligence is tested with the "Bonnardel" test (for 10 minutes - raw points) or the "Raven" test with respect to the age scales;
2. Distributive attention by the "Prague" test;
3. Concentrated attention by the "Toulouse Pierone" test;
4. Personality (personality traits)
5. The questionnaire "How bold are you";
6. Temperament identification guide (after BELOV).

The purpose of the research

Studies dedicated to the knowledge of personality have an increasing weight in the contemporary psychology of sports, specialists in the field, coaches, physical education teachers, have already been convinced that for great performance not only higher level motor qualities are needed, but also personality traits. compatible with the demands and mental tension generated by sports competition.

Research hypothesis

The issue of finding central values to guide the general process of sports personality training concerns the world of specialists, theorists and practitioners.

The research aimed at the following objectives related to the knowledge of sports personality and psychological selection:

1. Identifying those components, traits, traits, values or behavioral constants likely to create a distinct "personological" profile of the football athlete;
2. Elaboration of the psychological profile (psychogram of the football player);

3. Establishing a practical guide to guide the options of educators, coaches and coaches.

Research tasks

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Research methods

The concept of personality started from the opinions formulated by different specialists in the literature where an inventory of over 100 definitions is recorded and the number of identified terms for the definition of personality traits is in the order of over a few thousand. Thus, personality is defined as: a system of the subject's own skills, which allow a prediction of his behavior (CATTELL), a dynamic organization of those psychological systems that determine the thinking and behavior characteristic of the individual; the unity of the dynamic systems through which an original adaptation is made (G. ALLPORT); a model of relative duration of interpersonal situations that characterize human life (H. SULIVAN); human individuality considered in its entirety, at some point and in relation to the past part of its own history (P. LAFON); the integrative unity of a man, with all his differential, permanent characteristics (intelligence, character, temperament, constitution, etc.) and his own ways of behaving (H. PIERON); dynamic organization of the cognitive, affective, conative, physiological and morphological aspects of the individual (SHELDON); the total quality of individual behavior as expressed in the habits of thought and expression, in attitudes and interests, ways of acting and one's own philosophy of life, the characteristic style of action of the individual (WOODWORTH).

A first question that arises before the sports psychologist is whether there are personality traits that are more advantageous for establishing high sports performance and whether on the other hand, high-performance football activity can develop such traits.

An important contribution to the quantitative appreciation of psychic qualities offers their scaling in steps as V. Popescu proposes as follows: courage can be scaled through manhood, toughness, brutality. The attitude towards the opponent could be scaled as follows: the desire to fight; combativeness, aggression. Within the team, the behavior can be scaled as follows: cooperation, initiative, individualism. In terms of tactical discipline, the behavior in the game can be scaled as follows: lack of initiative; template game; respect for tactical discipline; initiative; creativity and originality; indiscipline.

The personality traits of football players are very important in the game, they can determine the victory or defeat of the team he belongs to. Intelligence is a very complex psychic factor, commonly related to thinking and considered especially as a measure of its effectiveness under certain conditions. The level of intelligence can only be indirectly related to the degree of education or culture, the richness and fidelity of memory, the speed of decisions and reactions, the convergent or divergent - creative nature of thinking.

Tactical intelligence encompasses motor skills, structuring it and adopting it to problematic situations in the game. Tactical intelligence does not always correlate with technical ability. There may be players with technical ability and endowed with sub-mediocre tactical intelligence. The opposite situation is less likely, "because to be able to manifest tactical intelligence requires a high level of technical stability."

CONCLUSIONS

In sports games with continuous dynamizing performance, as is the case of the football game, the selection and orientation process has a special decisive role in the future career of football players, an aspect that requires a titanic work reflected in the current reality, not only of a only coach, but of an entire elite team, as the studies of the specialized literature and the performances of the international football say, with famous football academies.

From a theoretical point of view, referring to the practical actions and tasks, the following can be concluded:

Making the decision to enroll in football schools and academies is a moment of responsibility for the coach and always difficult for him, due to the status of the legislation in which he is obliged to operate.

It is not easy to take into account and compare all the information regarding the candidate for the football class, even in the conditions of the ideal organization of the selection.

Taking into account the team character of the game and especially the method of group training, the assessment of skills in the given stage can have a comparative character.

The selection must be conducted according to the principle "the best of the best". When necessary, the results of testing the talent for the game and diagnosing the ability to learn the elements of the game are also co-opted.

It should be acknowledged that the current level of knowledge on the prognosis of future sports performance in children is inadequate. Consequently, it is impossible to identify a definitive model or set of selection procedures for "truly", not just "seemingly talented" children. Therefore, the key principles that are essential to the success of any talented child selection system without prescribing an ideal format should be sought.

The neuropsychic constellation offers a multitude of qualities that dominate in football. The perfection of the methods and techniques of psychological investigation helps us to anticipate a favorable prognosis in this respect in the selection of footballers.

The tests and norms in the selection system must be correlated with the stage of preparation, there are separate tests for the groups of beginners, advanced and performance, as well as with the other normative acts of school physical education and performance sports: Unitary Verification and Assessment System;

High-performance sports practice shows that athletes with mental capacity in close correlation with physical and constant abilities achieve success at an upward pace, unlike those who show deficiencies in one of the two main directions. .

The psychological factor can only partially replace the motor, anthropological or biological inadvertences, instead it potentiates and allows the capitalization of the motor qualities in accordance with the intero or exteroceptive demands.

Therefore, motor skills - the level and rhythm of their evolution, on a mentally healthy background - become the basic criterion of selection. It must be objectified through a system of tests and control rules imagined precisely for the detection and promotion of sports talents. The content of this system of tests and rules is differentiated according to the age and stage of preparation of the athlete.

We consider this research as current in the process of sports training related to the game of football, on the training stages and promotion of children and juniors, research that will be experienced in practice, in order to bring a theoretical quality information in the work present, practically in the future, to all football coaches and specialists.

Training in the game of football is increasingly ensured by the use and adaptation of the content of the theory and methodology of sports training with application in performance sports, most of them being common to the game of football. Predicting the evolution of football is an important, complex and demanding task. When establishing a forecast of the evolution of the football game, it is necessary to start from the existing stage and mainly from the trends that act signaling the subsequent evolution.

The degree of impact of meeting primary school students with the soccer ball through various thematic moments, during physical education and sports, is extremely high if accessed with positive transposition and free time of students - football game: accessible at any age, attractive, exciting for spending free time, positive emitter in the socialization process.

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