THE INFLUENCE OF THE GAMES IN THE SQUARE MEANT TO INCREASE THE PHYSICAL AND TECHNICAL TRAINING LEVEL OF „C" JUNIOR PLAYERS(13-14 YEARS OLD)

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Abstract

The beginning of the initiation and improvement phase of the child gifted for performance at the current soccer level of development involves both the child and the teacher. Every specialist must become a promoter of original thinking, an absolute seeker of the new, a fine connoisseur of the child□s physical, technical and mental ability, of the way the child reacts to great effort during the training. The modernization of coaching, an indispensable requirement in order to keep pace with the evolution of the national and world performances, is highly important and we consider it an acutely contemporary issue, because it can ensure and greatly contribute effectively and efficiently to the building of the way to performance of the promising children.

Keywords: *training, games, efficiency, square.*

INTRODUCTION

Regarding the children's teams coaching, the first aspect to be emphasized is that children and junior players' coaching must not be confused with senior players' coaching. This alarm signal is based on youngsters' desire to reach the top of the pyramid very quickly. Soccer coaching must be started with reduced games, as children do not have the physical, technical and tactical ability to organize themselves effectively and rapidly in 11x11 groups. In the square games each player is permanently engaged, having thus the opportunity to improve his physical and technical training, keeping almost permanently the contact with the ball.

The square games method offers the opportunity to select and use the most effective means for the global and specific training for the game, within a scheme easily-controlled by the coach. The method has a series of benefits if, the coach establishes, for each space and group of players, restrictions and rules that shall lead, through repetition, to the improvement of the game relations and to team-specific combinations.

THE PURPOSE of the research is to choose the most effective way of training so as to improve the passing game to „C" junior players in soccer.

RESEARCH OBJECTIVES

[1] to study the influence of the players in the square in point of the increase of the physical and technical level of the training in the soccer game to „C'' junior players.

[2] To experiment the programmes suggested during a competitive tournament.

[3] To assess the ascertaining experiment and to argue the results of the research.

TASKS OF THE RESEARCH

To test the effectiveness of the games in the squares used for the coaching of a group of subjects.

RESEARCH HYPOTHESIS

1. If the games in the squares contribute to the efficiency of the physical and technical training in the coaching process to „C" junior players.
2. To what extent the games in the squares contribute to an increase in the efficiency of the training in point of physical and technical aspects.

METHODS

In order to fulfill the scope and to accomplish the aims of the research the following research methods have been used:

- scientific documentation (bibliographic), pedagogical observation technique, test method, pedagogical experiment, mathematical and statistical method, comparative method, graphical method.

CONTENT RESEARCH

The groups involved in the research are:

- Experimental group: F.C.M. Dunărea Galati – C junior players
- Control group: Steaua Dunarii Galați – C junior players.

Both the experimental group and the control group consist of 18 players.

The location of the experiment:

The experiment took place on "Dunarea 2" and "Siderurgistul" fields in Galati. We mention that the playing surfaces are made of artificial turf, so that the training has not been influenced by the turf condition.

Organisation of the research:

This study took place during a competitive tournament (August 2012- November 2012), and it involved:

-The organization and deployment of the tests. The periodization of the research tests:

1- initial testing– 22-26 August 2012, in order to identify the initial values of the studied parameters;

2- final testing – during 14-18 November 2012.

-Implementation of the training programme based on games in the squares.

-The soccer field is made up of a box of 30x30m, divided into other smaller spaces marked in squares of 10x10m, where the basis of the training takes place in small functional groups, from 1x1, 2x1,3x1, 3x2,3x3,4x2, 4x3,4x4. The game surface and the playing groups are established, starting with 1x1 on 10x10m. Marking the game surface by the combination of several 10x10m surfaces, oriented differently, we can practise the depth playing and the width playing, depending on the basic fiels areas of the players in official matches.

-Mathematical and statistical analysis and data interpretation

Organisation and deployment of the tests:

We have used the following tests:

Functional tests:- Vital capacity- for the respiratory apparatus (represents the maximum amount of air a person can expel from the lungs after a maximum inhalation. It is measured with a spirometer).

Physical tests*: - Speed (agility) - running – shuttle run (4 x 10m)*

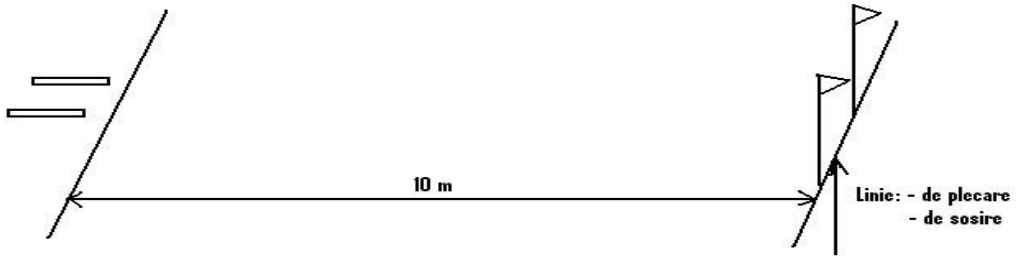

Fig 3- Model of surface planning for the Speed (agility)-running- shuttle run *(4 x 10m)*

Execution*:* On the command „on your marks", the player stands near the starting line, without touching it. At the whistle signal he runs to the other line, takes a wood witness sample, runs back and puts it down, without throwing it, behind the starting line, and goes to take the other witness, and then crosses the finish line.

Technical tests:

- Frequency. Pass – Accuracy

Execution**:** The player must send the ball (for 30 seconds) in the gym bench, successively with the broad part of his foot.

Result: The exercise takes 30 sec., while the player touches the bench for a certain number of times. Every time he touches the bench he scores 3 points. Valid result: no. of passes in 30 sec. x 3 pct.

- Effectiveness (number) of the passes within the squares.

Execution: In a section of 10x10m they play 4x2 in pairs. The players in the centre must recover the ball and the ones on the sides must pass the ball among them as many times as they can.

RESULTS

After having put into practice the experimental programme, we have reached the following conclusions:

The work hypotheses have been confirmed by the superior results obtained by the players of the experimental group when compared to those of the control group**.**

For the functional tests:

The analysis of the results of the functional tests, for both the experimental group and the control group, shows remarkable progress, fact which proves that body adaptation to stress, at the age of 13-14, can be improved by various means.

For the physical tests:

- **Speed (agility) – run – shuttle run (4x10m)** – statistically significant differences ($p<0,05$) have been obtained at the final test in favour of the experimental group, compared to the control group;

Table 1- Speed (Agility) 4 x 10 m. Testul t for two independent lots from successive test.

	result	lot	average	scor t	p
initial testing	seconds	LE	12,10	0,548	0,531
		LM	12,05		
final testing	seconds	LE	11,24	-2,655	0,038
		LM	11,51		

For the technical tests:

As for the level of the technical training, our research has confirmed the viability of the

training programmes, based on games in the sguare, thus achieving a great progress of the experimental group compared to the control group.

- **Frequency. Pass – accuracy** – statistically significant differences (p<0,05) have been obtained at the final test in favour of the experimental group, compared to the control group;

Table 2 - Frequency. Pass – accuracy. Testul t for two independent lots from successive test.

	result	lot	average	scor t	p
initial testing	execution	LE	14,29	-0,322	0,411
		LM	14,34		
final testing	execution	LE	19,00	1,987	0,040
		LM	17,33		

- **Effectiveness (number) of the passes within the square-** statistically significant differences (p<0,05) have been obtained at the final test in favour of the experimental group,compared to the control group.

Table 3 - Effectiveness (number) of the passes within the square. Testul t for two independent lots from successive test.

	result	lot	average	scor t	p
initial testing	execution	LE	6,31	0,306	0,730
		LM	7,23		
final testing	execution	LE	14,44	2,112	0,049
		LM	10,18		

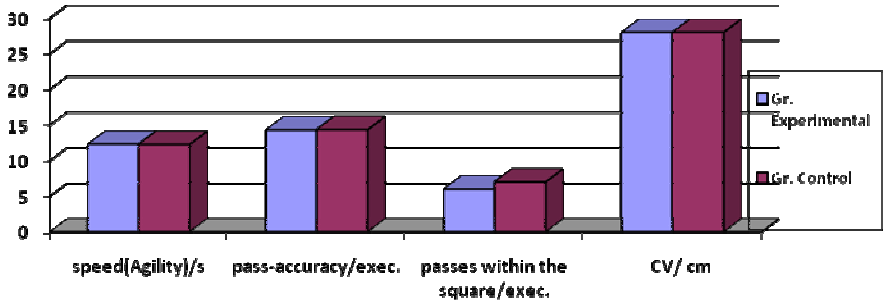

Fig. 2 Initial testing for two independent lots from succesive tests

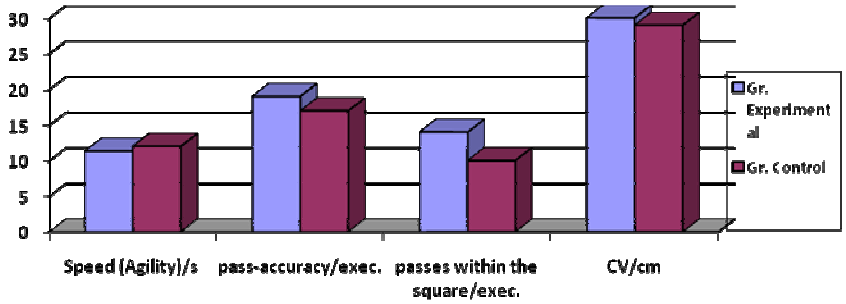

Fig. 3 Final testing for two independent lots from succesive tests

CONCLUSIONS

-The method of the games in the squares a useful tool for the training of the players regardless of their value, the field state or the period of the competitive year.

-This method is complex and it can be used by any coach in various forms.

-This method ensures the necessary degree of effectiveness, because the movement of the entire team, as well as of the groups of players is very fast, without losing time and without unnecessary field movements, ensuring a complex training to all coaching factors.

RECOMMENDATIONS AND PROPOSALS

The coaching process must be focused on forming the mental-physical "virtuosities " and their use on the field by practical coaching sessions when the junior players learn the game, forming skills of modern soccer playing.

By the implementation of the training programmes the coach (the specialist) must increase the average of the players' results so that the latter become more performant and constant.

For an active participation of the players in the training process it is necessary to use training methods that restores the children's virtuosity and their pleasure of playing.

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THE OPTIMIZATION OF THE PERFORMANCE CAPACITY FROM THE PERSPECTIVE OF THE IDENTIFICATION OF THE RESTRICTIVE FACTORS FOR JUNIOR PLAYERS UNDER 17 AT SOCCER

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Abstract

The optimization of the performance capacity is the main goal of the sports training, which actually encompasses not only the activities "in the limelight" – the practice and the competition – but also all the measures related to their organization, planning, leading, and scientific development carefully arranged in a vast training strategy. The experts understand that this performance does not rise from an accumulation of facts and events, but it represents a product of the effects determined by the concentric action of some objective and subjective factors and they intend to determine the maximal efficiency of these factors establishing their hierarchic value, their chronological order and the necessity of their intervention in the sports training which is the most important in the optimization and the development of the performance capacity to junior players under 17.

Keywords: control, restrictive factors, efficiency, training.

INTRODUCTION

The instability of results and performances as well as their shifting towards the biological and psychical limits which still remain unknown to the human being urge to reflection and analysis.

The ideal of accomplishing great performance in the field of sports may be considered today a great challenge, to which a large number of persons contribute (sportsmen, coaches, doctors, pharmacologists, biochemists, psychologists, managers, experts) as well as special disciplines among which we can enumerate: Sports Science, The theory of motor activities, The theory of physical education and sports, Didactics of physical education and sport, Physical Therapy, etc. Some other disciplines with a fundamental character can be associated to these ones: Biology, Psycho-pedagogy, Sociology, Medicine, Pharmacology, Physics, Mathematics, Management, IT, etc.

All the specialists involved in the performance sports activity consider that performance is the result of an excellent work led to the physical and psychical limit of each person