



## TECHNICAL PREPARATION OF DEBUTANTES IN IMPROVING WOMEN'S FOOTBALL

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### Purpose

Football is primarily a team game, team, which involves direct contact with the opponent, and seeking multilateral athlete, the complexity of movements, as well as its various working conditions. Mastery level corresponds to executions that rely primarily on skills highly automated, with elements of originality, risk, execution giving a high rating. And all this also applies to girls who want to practice football. Therefore and girls must implement the idea that, without proper selection and training in our country, there will be soccer women to live up to internationally competitive.

**Methods.** The research was conducted during a eight months - between March to October 2011 - and had three distinct phases.

The first step was to study the literature related to our research questions. The stage II, the preliminary experiment was conducted in 2011, the Sports Club CFR Constanta, a total of 30 sports. Based on observations made during this phase, discussions with coaches of other female football team, the analysis based on questionnaire survey and from data processing, we decided to move to the next stage - basic experiment.

In stage Third, the basic experiment, somatosensory function measurements after we crossed the dividing subjects in the control and experimental groups and performed specific technical tests.

At the end of the experiment were processed and plotted statistic data based on their mathematical conclusions and recommendations were made which led to complete research and its practical implementation in this paper.

### Conclusions

After applying the pedagogical experiment experimental program and statistical analysis results were found:

- 1.Implementation of training programs specially designed for newcomers football player led to obtain significantly better in the experimental group compared to control group, the indicators of technical training. Thus, of the 5 samples evaluated, experimental group was significantly better in four of them, namely: keeping the ball, fairway accuracy, shot distance and dribble among landmarks. Evidence that the differences were not significant between the two tests was the driving speed of the ball on line.
2. Control group obtained significantly better results in final testing, from baseline, just to maintain evidence and precision ball kick. At the other three samples, recorded the final testing results were statistically insignificant, compared to the initial testing.

**Keywords:** training, female soccer, initiation, selection.

### Introduction

Currently, women's football is an Olympic sport that has a competitive system very well developed, both the Senior Women and junior level.

Although the game of football does not require much different skills than other sports, "good footballers appear especially where family, circle of knowledge and wider community of which the individual, believe in the usefulness of the opportunity football, showing a cult for this activity "(M. Epuran, E. Horn, 1985).

In countries where women's football has achieved notable successes internationally (Netherlands, France, Germany, Norway, USA) primary selection is done at the age of 6-7 years. The current level of international football player place coordinates of high skill, strength and speed, the trends continue to increase technical virtuosity and psycho-physical basis for harmonious development.

### Motivation for choosing the theme

Football is primarily a team game, team, which involves direct contact with the opponent, and seeking multilateral athlete, the complexity of

movements, as well as its various working conditions. Mastery level corresponds to executions that rely primarily on skills highly automated, with elements of originality, risk, execution giving a high rating. And all this also applies to girls who want to practice football. Therefore and girls must implement the idea that, without proper selection and training in our country, there will be soccer women to live up to internationally competitive.

### Methodological particularities of training in technical training

#### Objectives:

- Strengthening and improving basic techniques and technical and tactical means of attack and defense subordinated game dynamics;
- Building and strengthening technical skills to carry out the game directly in constant motion.

#### Tasks:

- Improving and perfecting relaying in all directions, with different trajectories and at different distances from running and jumping;

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- Improving and perfecting the goal kick with both feet and head, direct, forceful and placed in different positions and angles;
- Improving and perfecting the ball (with variations of pace and change of direction), fentelor, dribbling and overruns (in terms of specific motility changes and adversity);
- Improving all regulatory processes of dispossession and skills corner closing and locking kick;
  - Development of the 2-3-4 combination players (in the same row and different lines) through "one to two sites' cross, interfering with and without completion (after care employment, forwards, backwards, in return).

So good training technique involves continuous modeling exercises used, starting with the free exercise performed with low intensity, continues with the appearance of semi-active and active opponent and ended with executions carried out during crisis time crisis space and adversity. For this purpose systematic technique is a prerequisite for the development of drive systems aimed at improving technical training.

**Organization and the experiment**

The research was conducted during aa eight months - between March to October 2011 - and had three distinct phases.

The first step consisted in studying the literature related to our research topic.

The second stage, the preliminary experiment was conducted in 2011, the CFR Sports Club in Constanta, on a total of 30 sports. Based on observations made during this stage, discussions with coaches of other female football teams, the analysis based on questionnaire survey and further processing, we decided to move to the next stage - basic experiment.

In etepa Third, the basic experiment, measurements somatosensory function after I switched to dividing subjects in the control group and the experimental group and we made specific technical tests.

At the end of the experiment were processed and plotted statistical and mathematical data and based on their findings and recommendations were made which led to the completion of research and its practical implementation in this paper.

**Statistical and mathematical analysis indicators technical training index**

**Table no.1** Index values recorded at "maintaining" the initial test and final

Parameter tested	Grupa	Lashing ter statistically	Initial testing	Final test	t	p
Keeping skilled foot ball (no maintenance / min)	Experi ment	X	20.33	29.50	<b>12.441</b>	<b>&lt; 0.01</b>
		DS	± 1.23	± 2.19		
		CV	6.05	7.44		
	witness	X	20.12	21.00	<b>2.497</b>	<b>&lt; 0.02</b>
		DS	± 1.35	± 1.69		
		CV	6.73	8.04		
		t	<b>0.349</b>	<b>9.760</b>		
		p	p>0.05	p<0.01		

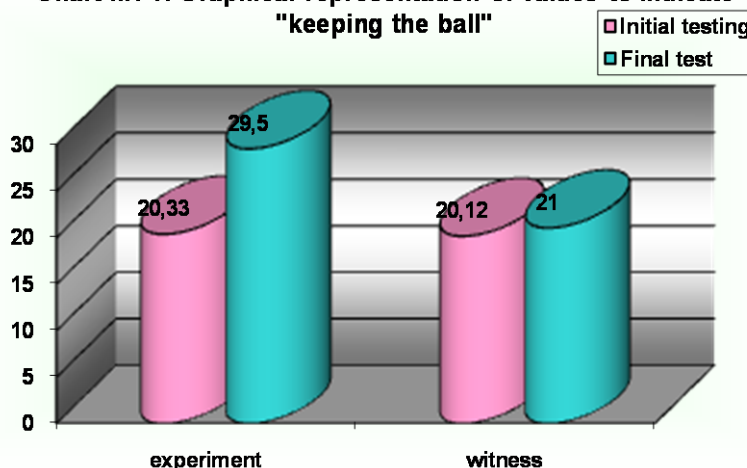
Table no. 1 presents the results of the sample averaged maintaining foot ball handy. It is noted that the initial testing, the experimental group showed 20.33 ± 1.23 Keeping values and control group, the values of 20.12 ± 1.35 maintenance. Statistical analysis demonstrated

no significant differences between the values recorded by the two groups in this test (t = 0.349, p> 0.05).

Instead, the final test, the experimental group showed 29.50 ± 2.19 Maintaining values, while the control group 21.00 ± 1.69 maintenance. Statistical analysis

showed significant differences in favor of the experimental group (t = 9.760, p <0.01).

**Chart nr. 1: Graphical representation of values to indicate "keeping the ball"**



Statistical analysis of the results of the two tests for each group (Chart no. 1), showed that the experimental group between initial and final testing, there were significant differences in favor of better final test ( $t = 12.441$ ,  $p < 0.01$ ). And for the control group between values recorded in the final and initial testing there were significant differences in favor of better final test ( $t = 2.497$ ,  $p < 0.02$ ). These results

and the fact that the final testing experimental group achieved better values than the control, demonstrating that the training methods used in training girls from experimental group are effective.

Analyzing the degree of homogeneity of the groups, we observe a coefficient of variation below 10% which shows that we have two groups with high homogeneity.

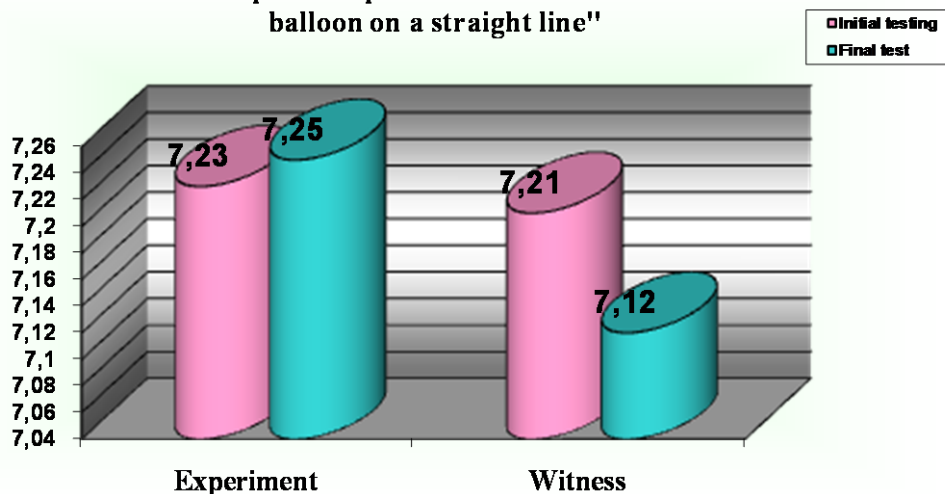
Table no. 2: Values recorded at index "fairway accuracy" in the initial and final tests

Parameter tested	Grupa	Lashing ter statistically	Initial testing	Final test	t	p
Accuracy fairway (no. of 10 executions)	Experiment	X	3.50	7.66	<b>17.289</b>	<b>&lt; 0.01</b>
		DS	$\pm 0.79$	$\pm 0.65$		
		CV	22.80	8.49		
	Witness	X	3.87	5.12	<b>3.416</b>	<b>&lt; 0.02</b>
		DS	$\pm 0.83$	$\pm 0.64$		
		CV	21.54	12.50		
		t	<b>1.001</b>	<b>8.634</b>		
		p	$> 0.05$	$< 0.01$		

Table no. 2 are the results of the sample averaged precision fairway. At initial testing, the experimental group showed values of  $3.50 \pm 0.79$  precise passes and control group, the values of  $3.87 \pm 0.83$  assists accurate. Statistical analysis demonstrated no significant differences between the values recorded by the two groups in this test ( $t = 1.001$ ,  $p > 0.05$ ).

Instead, the final test, the experimental group showed  $7.66 \pm 8.49$  values accurate passes, while the control group  $5.12 \pm 0.64$  assists accurate. Statistical analysis showed significant differences in favor of the experimental group ( $t = 8.634$ ,  $p < 0.01$ ).

Chart nr. 2: Graphical representation of values in index "lead balloon on a straight line"





Statistical analysis of the results of the two tests for each group (Chart no. 2) showed that the experimental group between initial and final testing, there were significant differences in favor of better final test ( $t = 17.289$ ,  $p < 0.01$ ). And for the control group between values recorded in the final and initial testing there were significant differences in favor of better final test ( $t = 3.416$ ,  $p < 0.02$ ). These results and

the fact that the final testing experimental group achieved better values than the control, demonstrating that the training methods used in training girls from experimental group are effective.

Analyzing the degree of homogeneity of the groups, we observe a coefficient of variation between 10 and 30% which shows that we have two groups with relatively high homogeneity.

**Table no. 3: Values recorded at index "lead balloon"**

Parameter tested	Grupa	Lashing ter statistically	Initial testing	Final test	t	p
Driving the ball at speed on a straight line (s)	Experiment	X	7.23	7.25	<b>0.518</b>	<b>&gt; 0.05</b>
		DS	$\pm 0.23$	$\pm 0.16$		
		CV	3.24	2.23		
	witness	X	7.21	7.12	<b>1.825</b>	<b>&gt; 0.05</b>
		DS	$\pm 0.22$	$\pm 0.19$		
		CV	3.09	2.68		
		t	<b>0.192</b>	<b>1.522</b>		
		p	$p > 0.05$	$p > 0.05$		

Proven leadership in ball speed on a straight line (Table 3), the initial testing, the experimental group showed  $7.23 \pm 0.23$  sec values and the control group, the values of  $7.21 \pm 0.22$  sec. Statistical analysis demonstrated no significant differences between the values recorded by the two groups in this test ( $t = 0.192$ ,  $p > 0.05$ ).

And final testing showed no significant differences statistically between the two groups ( $t = 1.522$ ,  $p > 0.05$ ). The results obtained by the two groups was  $7.25 \pm 0.16$  sec in the experimental group and  $7.12 \pm 0.19$  sec in the control group.

Statistical analysis of the results of the two tests for each group (Chart no. 3) showed that the experimental group between initial and final testing, no significant differences were best for the final test ( $t = 0.518, p > 0.05$ ).

And for the control group between values recorded at the final and initial testing there were no significant differences for best final test ( $t = 1.825, p > 0.05$ ).

This - no statistically significant differences in the sample - can be explained by the fact that the speed is mostly hereditary motor quality, so no chance too large to be improved significantly, but may be due to complexity of proof: the girls had to parargă those 20 I track at high speed, and the ball at his feet.

Analyzing the degree of homogeneity of the groups, we observe a coefficient of variability by 10% which shows that we have two groups with very good homogeneity.

**Table no. 4: Values recorded at index "shot away" the initial test and final**

Parameter tested	Grupa	Lashing ter statistically	Initial testing	Final test	t	p
Shot distance (m)	Experiment	X	15.08	16.16	<b>3.463</b>	<b>&lt; 0.01</b>
		DS	$\pm 1.42$	$\pm 1.32$		
		CV	9.46	8.16		
	witness	X	14.83	15.18	<b>0.885</b>	<b>&gt; 0.05</b>
		DS	$\pm 1.08$	$\pm 0.88$		
		CV	7.28	5.82		
		t	<b>0.436</b>	<b>1.986</b>		
		p	$p > 0.05$	$p > 0.05$		

Table no. 4 the results averaged to sample distance shot. At initial testing, the experimental group showed  $15.08 \pm 1.42$  m values and control group, the values of  $14.83 \pm 1.08$  m Statistical analysis demonstrated no significant differences between the values recorded by the two groups in this test ( $t = 0.436, p > 0.05$ ).

And final testing showed no significant differences statistically between the two groups ( $t = 1.986, p > 0.05$ ). The results obtained by the two groups being  $16.16 \pm 1.32$  m from the experimental group and  $15.18 \pm 0.88$  m the control group.

**Table no. 5: Values recorded at index "dribbling through cones" in the initial and final tests**

Parameter tested	Grupa	Lashing ter statistically	Initial testing	Final test	t	p
Dribbling through cones (sec)	Experiment	X	12.30	12.17	<b>2.602</b>	<b>&lt; 0.05</b>
		DS	$\pm 0.24$	$\pm 0.38$		
		CV	2.00	3.13		
	witness	X	12.10	11.90	<b>1.239</b>	<b>&gt; 0.05</b>
		DS	$\pm 0.29$	$\pm 0.43$		
		CV	2.42	3.64		
		t	<b>1.654</b>	<b>1.455</b>		
		p	$p > 0.05$	$p > 0.05$		

Evidence to dribble through cones (Table no. 5) the following results were obtained: initial testing, the experimental group showed  $12.30 \pm 0.24$  sec values and control group, the values of  $12.10 \pm 0.29$  sec. Statistical analysis demonstrated no significant differences between the values recorded by the two groups in this test ( $t = 1.654, p > 0.05$ ).

And final testing showed no significant differences statistically between the two groups ( $t = 1.455, p > 0.05$ ). The results obtained by the two groups being  $12.17 \pm 0.38$  sec in the experimental group and  $11.90 \pm 0.43$  sec for the control group.

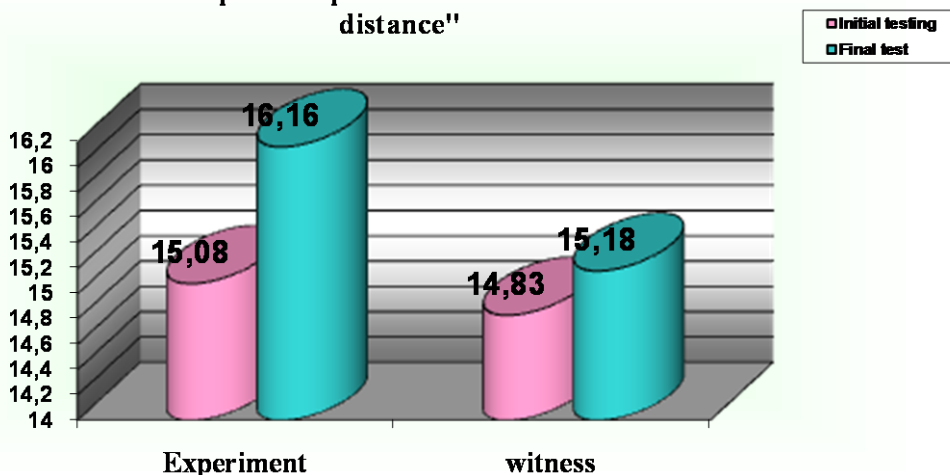
Comparing results from the two tests for each group (Chart no. 3) it is observed that the experimental

group between initial and final testing, there were significant differences in favor of better final test ( $t = 2.602, p < 0.05$ ). In contrast, the control group between values recorded at the final and initial testing were not significantly different ( $t = 1.239, p > 0.05$ ). The fact that the final testing experimental group achieved better

values than the control, in this case demonstrates that the training methods used (Coerver method) girls training in the experimental group are effective.

Analyzing the degree of homogeneity of the groups, we observe a coefficient of variation of up to 10% which shows that we have two groups with high homogeneity.

**Chart nr. 3: Graphical representation of values in index "shot distance"**



keeping the ball and kick

In general motility tests performed comparative analysis between initial and final testing has shown significant progress in the experimental group at 4 of the 5 samples: keeping the ball, fairway accuracy, shot distance and drbling among landmarks. Evidence that the differences were not significant between the two tests was the driving of the ball at speed on a straight line.

Control group achieved significantly better results in final testing, from baseline only in samples keeping the ball and kick accuracy. At the other three tests, final test results were recorded insignificant compared to those of the initial testing. In this case, use of modern training (Coerver method) in which the emphasis is on working on individual technique and ball work resulted in obtaining favorable results in the experimental group.

#### Conclusions

After applying the pedagogical experiment experimental program and statistical analysis of the results were found as follows:

1. Implementation of training programs specially designed for beginner fotbalistele led to obtain significantly better in the experimental group compared to the control group, the indicators of technical training. Thus, the 5 samples evaluated, the experimental group was significantly better in four of them, namely: keeping the ball, fairway accuracy, shot distance and drbling among landmarks. Evidence that the differences were not significant between the two tests was the driving of the ball at speed on a straight line.

2. Control group achieved significantly better results in final testing, from baseline only in samples

accuracy. At the other three tests, final test results were recorded insignificant compared to those of the initial testing.

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