

THE DYNAMICS OF THE TECHNICAL TESTS FOR THE PREPARATION OF THE JUNIOR FOOTBALLERS

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Abstract

Purpose. The centralized preparations especially the ones long term based contribute to obtaining of a good physical condition, to the improvement of the technique and to the composition of a tactical behavior more inventive. The present paper will concentrate upon the role that the concrete application could have, a systematical and right application of the method of the physical and technical preparation concerning the football trainings.

Methods. The groups. The analyzed subjects were the footballers of the national junior groups: the footballers of the National Group UEFA 85, which forms the experimental group and which is being influenced, on the shaping physical-technical-tactical "total training" (M. Ionescu 1976; F.Motroc, A. Motroc 1999; V.I. Ionescu, C. Dinu 1982) during an yearly cycle training and the footballers of the National Group UEFA 86 as a controlling group, which functioned accordingly with the imposed requirements imposed by the available programmes from Romania, at that age.

The activity place: the football fields of the FRF- The National Centre of preparing from the Mogosoia complex, during 2007 and 2008

Tests for calling the technical preparation: 'juggling', 'lead ball', 'kick', 'the control of the ball', 'head shot', 'care long'. The results were manufactures from a grafo-analytical point of view using the statistical functions: arithmetic average, error of the average, coefficient of variability (V), statistical significant (the student test), range of significance, standard exception, correlation index.

Results. The technical test "juggling", the average final level of the group test which was the experiment was 49 points higher than the control group which was only of 45 pints. So, this index, with 8,76%, which represent a significant difference from a statistical point of view ($p < 0,05$). Finally, we could say that the homogenization of the results of the experimental group being compared with the control group is better, because the coefficient of variation of the levels of the test of the experimental group of 6,91% is higher than that one of the control group which is 5,72%.

Conclusions. The implementation of the methodology of preparation which had as support the sharpening of the physical-technical-tactical preparation during the 60-70 days during the annual cycle when the sportsmen were available for the national team and positively influenced the physical and technical level.

Key words: football, centralized preparation, experiment, test, technical preparation

Introduction

Purpose

The new idea of "total training" includes the necessity of approaching the training from a manufacturing perspective, including methodological (M. Ionescu 1976; F. A Motroc, 1999; V.I Ionescu, C. Dinu 1982)

Starting with these considerations the present paper will concentrate on the role that the actual systematical and correct application could have of preparation of shaping the physical and technical preparation inside the football trainings.

It was supposed that the improvement of the physical and technical improvement of the players will contribute to the improvement of the sportive performance of the football players at the level of junior groups.

Material and methods

- a) Groups: The researched subjects were the footballers of the national junior groups: the footballers of the National Group 85, which constitute the experimental group and which is

influenced on the shape of the physical-technical-tactical "the total coaching" (M.Ionescu 1976; F. Motroc, A. Motroc 1999; V.I Ionescu, C. Dinu 1982) during a yarly training and the footballers of the National Group UEFA 86 as a control group which acted accordingly with the required conditions imposed by the available football programmes, at that age.

- b) *Experimental protocole* The action place: the football fields of the FRF- the National Centre of training from the Mogosoia complex, in 2007 -2008.
- c) *Tests for finding out the technical preparation: 'juggling', 'conducting the ball', 'kick', 'care long', 'head kick'*
- d) *The statistical manufacture:* the results were manufactured graphic-analytical, using the statistical functions: arithmetic average, error of average, the coefficient of variability (v), statistical significance (the student test), the period of significance, the standard exception,

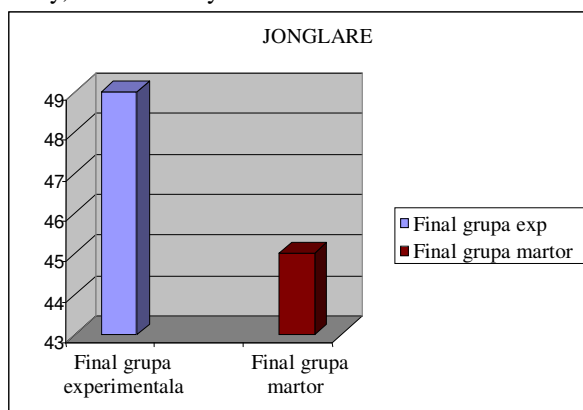
Results

Table.1 The comparative analyse of the technical tests between the experimental group and the control group (V.Firiteanu D.N, 2009)

Statistic indicators		The technical test					
		JONGLARE	CONDUCEREA MG, (SEC)	ȘUT LA POARTA	PASA LUNGĂ (PUNCTE)	CONTROLUL MG, (SEC)	LOVIT, CU CAP, (PUNCTE)
The average level of the technical test test X	The experimental final group	49	46,4	24,0	23,9	23,8	24
	The final witness group	45	42,6	23,2	23,3	23,1	23,8
Abaterea standard Σ	The final experimental group	0,53	0,69	0,08	0,17	0,09	3,19
	The final witness group	0,48	0,13	0,17	0,21	0,08	0,84
The coefficient of variation Cv(%)	Final grupa experimentală	6,91%	4,70%	5,23%	7,28%	3,22%	4,35%
Testul „t”		5,73 p<0,05	3,90 p<0,001	4,11 p<0,0	3,17 p<0,00	4,81 p<0,0	6,73 p<0,0

The technical test ‘‘juggling’’, the average level of the experimental group test of 49 points is higher than the witness group of 45 points. Thus, this index raised at the experimental group towards the witness group finally, average with 4 units, respectively with 8,76%, which represent a significant difference from a statistical point (p<0,05). Finally, we could say that the

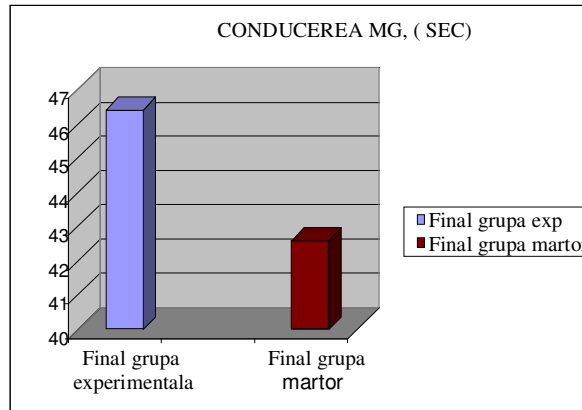
homogeneity of the results of the experimental group towards the witness group is better because the coefficient of variation of the levels of the test at the experimental group of 6,91% is higher than the witness group of 5,72%.



The first picture The graphical representation of the results at group-juggling

The technical test: ‘‘lead ball’’, the experimental group registered an average level of the test of 46,4 points which is higher than than the control group of 42,6 points, the progress of the experimental group towards the witness group of 3,8, respectively of 8,4%, which represent a significant difference from a statistical

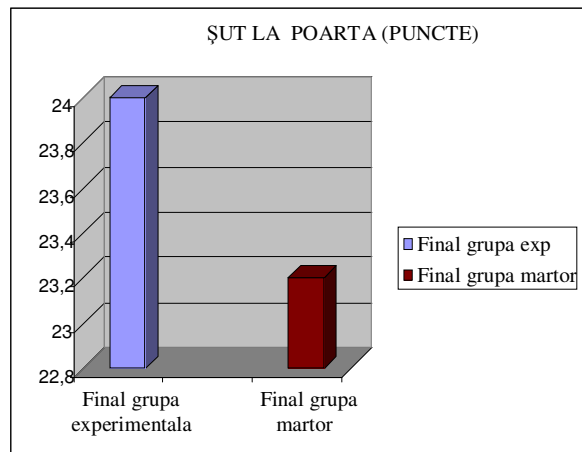
point (p<0,01). The homogenization of the results of the experimental group raised finally towards the control group, because the coefficient of variation of the tissues at the experimental group of 4,70% is higher than the control group, 2,99%.



second picture: the graphical representation of the results at the test- the lead ball

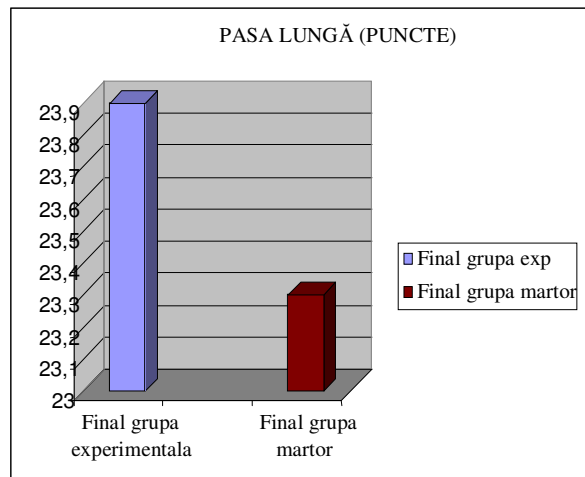
The technical test: "gate kick", the experimental group registered an average level of 24 points which is higher towards the witness group of 23,2 points. Thus, this index became higher at the experimental group towards the witness group, with 0,8, respectively 5,7% which represents a significant difference from a

statistical ($p < 0,001$). The homogenization of the of the results of the experimental group, because the coefficient of variation of the tissues of the test of the experimental group of 5,23% which is higher than the witness group of 3,39%.



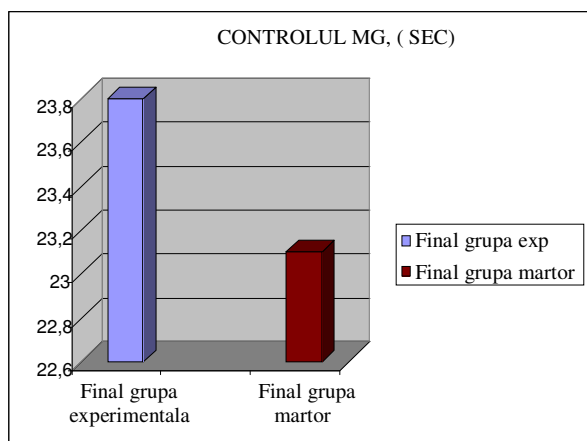
The technical test: "care long", the experimental group registered an average level of the test of 23,9 points which is higher than the control group of 23,3 points. Finally, this index raised approximately at the experimental group towards the witness group with 0,6 points, respectively with 11,6% which represent a

significant difference from a statistical point ($p < 0,001$). The homogenization of results of the experimental group, because the coefficient of variation of the levels of tissues inside the experimental group of 7,28 is higher than the witness group of 3,80%.



The technical test: "ball control", the average final time of the test of the experimental group of 21,9 seconds is lower than the witness group of 23,1 seconds, the progress of the experimental group towards the witness group being the decrease of the average final time of the group with 1,2 seconds. The rhythm of the decrease of the experimental group towards the witness group expressed itself with 11,63%. The coefficient of variation of the registered times in the final period by

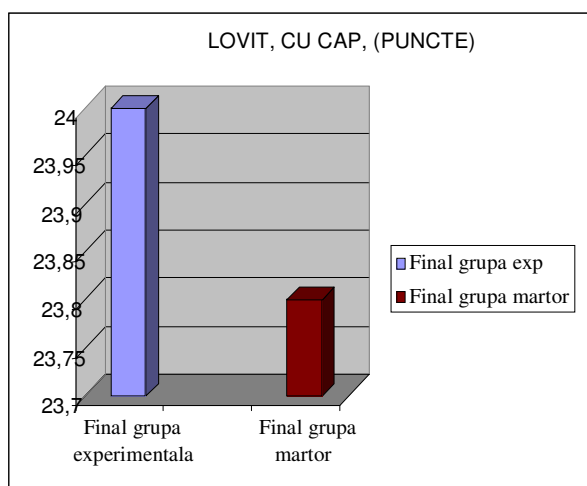
the footballers of the experimental group of 3,22% is superior to the final period of the witness group of 2,64%, which expresses a higher homogenization of the results of the experimental group towards the witness group. The calculation by the "t" tissue of difference between the final times in the two groups of the technical group, expresses a significant character of this one ($p < 0,001$).



the fifth picture the graphic representation of the results at the test- the ball control

The technical test; "head kick", the average final level of the test of the experimental group of 24 points is higher than that one of the control group of 23,8 points, the progress of the experimental group towards the

control group is that one of 0,2 units. The rhythm of increase of the average final experimental level towards the control group is 1,2%.



the sixth picture The graphical representation of the results at the test- head kick

Discussion and conclusion. The best results obtained inside the experimental group towards the control group were the next technical tests: "lead ball", "juggling", "gate kick". The good results are also present inside the other technical tests from the experimental group. Thus, inside the test "ball control" there is the decrease of the average final time inside the experimental group towards the control group. Likewise, at the technical test "head kick" the average final level in the experimental group is higher than that one realized by the control group.

Finally, the coefficient of variation of the levels of the test at the experimental group of 4.45% is higher than control group of 3.06%, which signifies a higher homogenization of the results of the experimental group towards the control group. By using the "t" test for the calculation of the difference between the average final levels of the technical groups inside the two teams, we obtain a significant character of this one. ($p < 0,001$)

The implementation of the methodology of preparation which had as fundamental the shape of the

physical technical-tactical preparation during the 60,70 days from the yearly cycle when the sportsmen were available for the national group positively influenced both the physical and the technical level.

The methodology of implementation of the shape of tactical preparation inside the national junior team, called U.E.F.A 1985 during an yearly training cycle and competitions created the possibility that the national team should obtain official and friendly tournaments from 15 players, 13 triumphs, an equal match and defeat.

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