

## SOCCKER TRAINER

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**Abstract.** Coach is a public figure, active in sports, having a certain degree. The coach is a competent person qualified in charge of selecting and training athletes in training and competition. He leads the overall activity of players and team training. We can say that the coach is an educator as complex self-training and education of athletes, in an area of quality and efficiency, with gifted individuals than the average population, usually children and youth. Pedagogical process of communication and leadership training and education is conducted individually and in groups at different levels of education and aspiration. Coach personality should be oriented towards training and development issues at various levels of the personality of the player.

**Conclusions:** Being a coach, like all other professions, requires knowledge and passion, sacrifice and dedication of part of your soul, children, sports, travel and all activities required performance. Future sporting world will depend not only funds, technology coaches but also for their quality.

**Key words:** coach, soccer.

### **Introducing:**

Coach is the "central figure" of the entire training process. Role and social status of coach make this one of the key factors specialist - to whose work and competence, fought with passion and responsibility depends on the continued growth of football players and team training valuable, able to raise the prestige of the sports. Coach personality should be oriented towards training and development issues at various levels of the personality of the player. We can say that the coach is a good technician, master of physical preparation, technical and tactical athletes, planning and organization of practical actions. Skills and abilities are basic attributes of this side of the personality and professional coach. Knowledge which must have a coach when training must be very many and various fields, such as knowledge in the field of anatomy and physiology, knowledge of psychology, knowledge of training theory, knowledge about human growth and development, knowledge sports nutrition, hygiene knowledge, knowledge of sports medicine, knowledge of both the organization and administration of funds and materials and sports grounds. The work of a coach is the most complex activity, which includes a large number of tasks and functions, some more pleasant than others but all equally important. Being a coach, like all other professions, requires knowledge and passion, dedication and sacrifice part of your soul, children, sports, travel and all activities required performance. (A. Larion, 2007). In his study on psycho-social-profile professional football coach, Stanculescu V presents the characteristics and qualities needed for soccer coach grouped into four categories, as follows:

- I. General ability: general intelligence, sense of observation, learning ability, creative ability.
- II. Special skills: communication skills, pedagogical tact, organizational capacity.
- III. Temperamental traits and characteriale: principledness and fairness, leadership, sense of responsibility, sociability, demanding, self-control.

IV. Knowledge of general culture, knowledge - specialized in basic training activity-specific knowledge, knowledge of management science., Knowledge of languages.

Passion for sports is certainly the most characteristic quality of the coach and the motivation for it is performance sports results and the belief that quality is only scientifically. (G. Stanculescu, I. Melenco, 2003). If professional major requirement is competence (ability to coach his office to perform duties), the morally primary requirement is accountability. Together they will represent the authority coach. Authority is, in one aspect is the ability to listen to others, and under another - the ability to issue decisions and organize the conditions under which he and his team must act to achieve goals. Coach is the man, which in its work with human material at its formation ages, both in terms of performance sport, and especially education, his personality, his training in all aspects. Important is the coach to have a training and game design. Without exaggeration we can say that at any time, any place, no matter what position coach must use their knowledge of psychology, both athletes and guidance for wise leadership, controlled and enthusiastic while their conduct. Every professional needs assistance or scientific advice from others. (M. Epuran, 1990). Quality Coach of the children and junior teams are focused on: being a good teacher, especially using the method of training by discovery not by order, to know a foreign language and work on computers (PC) have more patience; to be a good technician, all or almost all soccer ball (C Ploesteanu, 2007). Relations between components of a team and group life, positive and negative raises many problems, and coach should know and should find solution to resolve the matter. He will have to show intelligence, tact and skill to avoid creating conflicts in relations between players and between them and technical management. Creating a discipline her free consent and permanent, is a main feature in a soccer team, whose players are competing against opponents, but also to partners and who depend on you coach at a time. In a research which aims to find out what qualities appreciate more players to their coach, Professor Epuran received two types of responses: players in the early stages of training

coach appreciates the ability to teach technical performances, the players are mastery stage coach to motivate appreciate the ability to compete. We all want more, more, and for this you need to behave in particular and to give new meaning to our work. Future football world will depend not only funds, technology coaches but also the quality. Remember that work is tested whenever the coach when the team submits a game that says a lot.

On the typology of coaches say that every coach has his philosophy about football, in line with experience, knowledge, contribute to the development of soccer, soccer current position, current position in soccer, future outlook, which together form a specific type of soccer coach :

1. Type of coach who believes in physical training: coach who believes that physical training is important factor in obtaining high football training (hitting the ball as far as tactical discipline iron).
2. Type of coach who believes in individual technical training: coach who believes that technical training is important factor in obtaining sports performance in soccer: short pass, imagination, creativity, individual expression of the total composition of players in the game.
3. Type of coach who believes in tactics and strategy: the coach who believes that performance is achieved in particular through strategic tactical factor.
4. All type of coach: the coach who believed in total factor joining physically, technically and tactically, apply in conditions of adversity in the official game.

#### **Working with specialist team**

Technical team should be multidisciplinary, including the capability club: coach, junior physical, physician, psychologist, methodologist, masseur. Coach is one who directs all their activities, its technical knowledge must be as diverse and at a higher level.

The coach must always be concerned that for each training session for each game, period of training to look, think and find new solutions, the most appropriate situations, to devise new programs to provide and maintain a personal touch interest in the team's players.

He must have strength to recognize when there are mistakes that have cost, perhaps losing some games, and also when the results are great to have discernment and humility required to assign their entire team and everyone who helped. For all these require primarily a thorough training in all aspects, to study everything that is new in the field and, not least to try, in practice, the brave, what it considers to be appropriate and useful for the team he leads. Should not and is not appropriate for a coach based solely on player experience, where it exists. (Stanculescu, G. I. Melenco, 2003). This is very useful, but must be supplemented by what has been gained from former coaches, but especially with what is learned again and put into practice. The job coach must always be strength and power to go back, take it over again, patience needed to achieve the expected results with a new collective power of adaptation, collaboration and imposing viewpoint without reject what is good and comes from employees.

#### **Coach - Manager**

What would be the role of coach as a manager? Among other things, is very important that he or she knows to combine the actions of players. This process is very complicated. Important is here that we deal only with a different action to any player in the field. It includes, for example, elements such as putting players in the field, playing various schemes and so on. What I described above is a division of labor can take place only within the organization. Even if players or coaches can move from one team to another, and does it matter that we know each other. Organization and solve problems using knowledge available to its members, not just those related to negotiating costs.

#### **Coach - Sports Performance decisive factor in obtaining**

The most important function of the profession of coaching is the training of athletes and driving them into competitions. Once completed training, participation in the competition remains. In the case of preparing as good of athletes from two different teams, the existence of a value equal among the teams will win, without doubt, the team's best run in the competition, which team will win the coach demonstrates competence leadership, managing to exploit fully the qualities of players. Given this, it is clear that the influence of coach the team can show both positive and negative. Thus, the coach needs to know to what extent it corresponds with the direction of the realities of the game. Be a language or code used appropriate communication, mobilize team in terms of competitiveness, combativeness, game device for keeping the team benefit or balance. It leads the game with some approximate relations (tactical team lead) and not to correct technique during the game. In general, team lead proactive, not retroactive, because the allegation can not fix anything, especially during the game. Experts in psychology believes that the positive role of coach in the competition is shown by:

- Function of catharsis - a group setting in order his release harmful complex;
  - Function enhancement - the activation group availabilities;
  - Routing function to push up contest.
- Negative role of coach in the competition may be manifested by:
- Tension, irritation of the group;
  - Demoralize the group;
  - Repression, intimidation group.

To avoid conflict, it is necessary for the coach to take account of psycho-social needs of the group of athletes. Ignoring these needs group and it is repulsive, insensitive, attitude. But when coach proves that responds to needs of the group, will lead the group in the desired direction. Today, athletes compete leadership rises to the level of science, representing a quintessence of the vocation of coaching, to realize that the best athletes training and skills. The team can be compared to an orchestra playing a score that is led by coach conductor.

#### **Conclusions:**

The coach is not simply a man who is dressed in a tracksuit, leaving the field with players running less and thus complete its work, but a teacher, psychologist, methodist,

father. The work of a coach is the most complex activity, which includes a large number of tasks and functions, some more pleasant than others but all equally important. Being a coach, like all other professions, requires knowledge and passion, dedication and sacrifice part of your soul, children, sports, travel and all activities required performance. The future will depend not only sports world funds, technology coaches but also for their quality. Let us not forget that work is tested whenever the coach when the team submits a game that says a lot.

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