

THE IMPLEMENTATION OF THE SELECTION AND PREPARATION IN FOOTBALL, OF THE CHILDREN WITH THE AGE 6-10 YEARS

DRĂGAN AURELIAN¹, PLOIEȘTEANU CONSTANTIN¹, BARBU DUMITRU²

Abstract

The practication of the football game by the children with the age 6 to 10 years of age constitutes an element of maximum importance for the achievement of the skills of specific movement.

Purpose: The aim is represented by the fastening of the more important aspects binded by the selection and preparation under all the aspects of the sporting training of the children of 6 to 10 years of age, age extreme of important in the footballistical development of the future performer.

Methods and procedures: In the view of the achievement of the paper we used the next methods of research: the scientific documentation, the statistical methods, the method of the observation, the experimental method.

Results: In the cours of this research, the principal factor which was developed it's the maximum speed in specific condition, namely the running of speed.

Discusions: The knowledge of the characteristics of specific preparation at the age 6 to 10 years of age conducts at the scientific leading of the sporting training and in this way we can to avoid the empirical preparation, without precise rules.

Conclusions: The knowledge of the characteristics of age, of the level concerning the development of the driving qualities through trials of control and of the level concerning the technical and tactical preparation through tests of profile, contributes at the permanent knowledge of the level of progress and makes possibly the co-optation in the batchs of performance of the children with actual qualities for football.

Key words: selection; preparation; speed; talent; football.

Introduction

To practise the football play by the children of young age 6 to 10 years of age constitutes an element of maximum importance for to improve them health, for to form the skills of specific movement, especially if the training it achives under the direction of the physical education teacher or football coach.

The age of 6 to 10 years of age is a period in which the pupils register great progresses concerning the driving activity. The natural skills and the base skills it perfection, while on them matter it forms and it consolidates new others, more complex skills.

For these reasons, this age is the more indicated for the development of the driving qualities, motive for which it's named the age of the first performances.

The indexes which define the speed, the ability and the aerob resistance rapidly grow. Simultaneously with the growth of these indexes we must to offer a distinct attention to the mobility which, if she does not upheld in a adequate mode, she can to regress.

Also, at this age, in the activity destined to the development of the driving qualities we will offer a distinct attention for to graduate the effrot in the development of the force and the speed in system of resistance.

The force exercices it recommend to be used with medium and undermaximal intensity as effect of the process still unfinished for to consolidate the locomotory apparatus. Identical and the exercices for to development the speed in system of resistance will be used with attention, if we will have in view that

neither the functions of the apparatuses for circulation and breathing don't touched the maximum level of development (M. Giacomini, 2009).

Purpose

The aim of the research is represented of to establish the more important aspects binded of the selection and the preparation in all aspects of the sporting training of the children of 6 to 10 years of age, extreme of important stage in the footballistical development concerning the futuring performer.

Concerning the achievement of the research, we formulated the next hypotheses:

- We suppose that the theoretical focalisation of the specific preparation characteristics for 6 to 10 years of old and them application will conduct at the scientific conducting of the sporting training.
- We suppose that the theoretical focalisation of the selection characteristics and them application will conduct at the the fair establishment of the components concerning the preparing group.

Research methods and procedures:

In the aim of the achievement concerning this paper we used the next research methods: the scientific documentation, the statistical method, the observation method, the experimental method. The The results obtained by the players will constitute points of view in the preparation of the footballers at this level.

The subjects of the research were represented by the experimental groups constituted from by 20 children, footballers of Secondary School with Sporting Programme from Galați, borned in the

¹ Physical Education and Sport Faculty „Dunărea de Jos” University of Galați, ROMANIA

² Physical Education and Sport Faculty University of Craiova, ROMANIA

Email: aureldragan62@yahoo.com

Received 23.04.2011 / Accepted 30.06.2011

years 2001 and 2002.

In experiment we used the next driving trials:

1. Speed running on 10, 20, 30 metres: Start from legs, it bends at sonorous signal. It runs by 2, on synthetical fiels, two repetitions and it notes the best.

Results:

1. *Speed running on 10 m*

Table 1. The arithmetical average of the results obtained at speed running on 10 m by the grups of children from at L.P.S. Galați

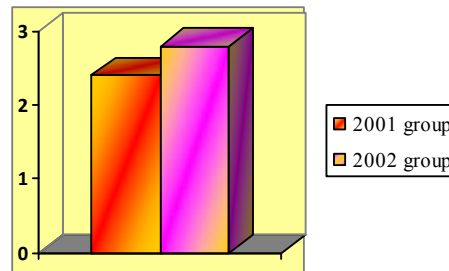
No.	Name and firstname	Speed running 10m (s)		Name and firstname
		g. 2001	g. 2002	
1.	B.M.	2,25	2,87	D.T.
2.	B.A.	2,44	3,00	C.S.
3.	S.L.	2,57	2,78	F.P.
4.	R.R.	2,25	2,46	T.A.
5.	L.A.	2,38	3,21	C.A.
6.	N.S.	2,37	2,85	S.L.
7.	Ș.D.	2,44	2,66	G.B.
8.	F.D.	2,50	2,93	B.C.
9.	V.R.	2,43	2,38	N.O.
10.	F.V.	2,38	2,64	V.A.
11.	B.R.	2,50	2,71	Z.A.
12.	I.A.	2,37	2,99	O.F.
13.	O.N.	2,55	3,06	A.D.
14.	N.A.	2,43	3,03	J.A.
15.	N.D.	2,37	2,59	P.L.
16.	S.R.	2,55	2,68	G.A.
17.	B.R.	2,32	2,86	G.C.
18.	B.T.	2,37	2,92	M.N.
19.	P.R.	2,25	2,77	C.F.
20.	P.C.	2,41	2,62	E.D.
Arithmetical average		2,406	2,800	
Minimum		2,25	2,38	
Maximum		2,57	3,21	

Table 2. The average level of speed running on 10 m

Indicators	Speed running 10 m 2001	Speed running 10 m 2002
The average level	2,406	2,800

Table 4. The average level of speed running on 20 m

2. Jump in length of on place.
3. To maintain the ball in air with the skilful and unskilful leg, maximum number. The ball it raises in air approximately 30-40 cm.



Type 1. Speed running on 10 m - the arithmetical averages

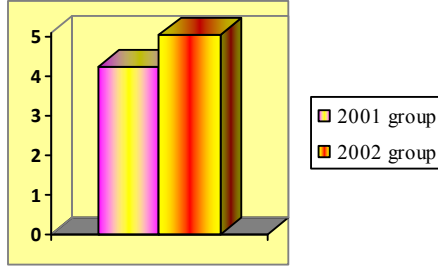
We observe that the difference between the two groups is of 0,394 seconds (2,406 seconds – 2001 group face of 2,800 seconds - 2002 group) (A. Drăgan, 2009).

2. *Speed running on 20 m*

Table 3. The arithmetical average of the results obtained at speed running on 20 m by the grups of children from at L.P.S. Galați

No.	Name and firstname	Speed running 20m (s)		Name and firstname
		g. 2001	g. 2002	
1.	B.M.	4,12	5,31	D.T.
2.	B.A.	4,19	5,56	C.S.
3.	S.L.	4,31	5,20	F.P.
4.	R.R.	3,74	4,84	T.A.
5.	L.A.	4,43	5,82	C.A.
6.	N.S.	4,31	5,45	S.L.
7.	Ș.D.	4,43	4,66	G.B.
8.	F.D.	4,62	5,13	B.C.
9.	V.R.	4,25	4,18	N.O.
10.	F.V.	4,44	5,27	V.A.
11.	B.R.	4,39	5,30	Z.A.
12.	I.A.	4,12	5,29	O.F.
13.	O.N.	4,30	5,06	A.D.
14.	N.A.	4,24	5,28	J.A.
15.	N.D.	4,05	4,65	P.L.
16.	S.R.	4,37	5,03	G.A.
17.	B.R.	4,19	4,88	G.C.
18.	B.T.	4,32	4,99	M.N.
19.	P.R.	4,21	4,82	C.F.
20.	P.C.	3,94	4,27	E.D.
Arithmetical average		4,248	5,049	
Minimum		3,74	4,18	
Maximum		4,62	5,82	

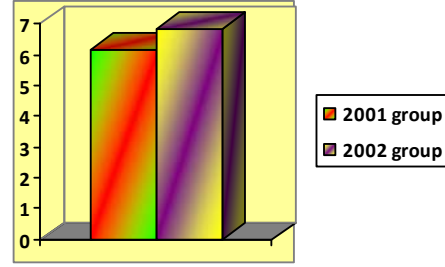
	20 m 2001	20 m 2002
The average level	4,248	5,049



Type 2. Speed running on 20 m - the arithmetical averages

The difference between the two groups is of 0,801 seconds (4,248 seconds – 2001 group face of 5,049 seconds 2002 group).

	running 30 m 2001	running 30 m 2002
The average level	6,185	6,856



Type 3. Speed running on 30 m - the arithmetical averages

Also, in this case the difference between 2002 group and 2001 group is of 0,671 seconds (6,185 s. – 2001 group face of 6,856 seconds – 2002 group).

3. Speed running on 30 m

Table 5. The arithmetical average of the results obtained at speed running on 30 m by the groups of children from at L.P.S. Galați

No.	Name and firstname	Speed running 30m (s)		Name and firstname
		g. 2001	g. 2002	
1.	B.M.	5,87	6,98	D.T.
2.	B.A.	6,18	6,96	C.S.
3.	S.L.	6,12	6,70	F.P.
4.	R.R.	5,56	6,24	T.A.
5.	L.A.	6,37	7,41	C.A.
6.	N.S.	6,00	6,78	S.L.
7.	Ş.D.	6,62	6,58	G.B.
8.	F.D.	6,58	7,31	B.C.
9.	V.R.	6,43	6,05	N.O.
10.	F.V.	6,45	6,97	V.A.
11.	B.R.	6,61	7,42	Z.A.
12.	I.A.	6,24	7,11	O.F.
13.	O.N.	6,37	7,21	A.D.
14.	N.A.	6,19	6,97	J.A.
15.	N.D.	6,07	6,86	P.L.
16.	S.R.	6,38	7,08	G.A.
17.	B.R.	6,05	6,68	G.C.
18.	B.T.	5,80	6,87	M.N.
19.	P.R.	6,01	6,72	C.F.
20.	P.C.	5,81	6,23	E.D.
Arithmetical average		6,185	6,856	
Minimum		5,56	6,05	
Maximum		6,62	7,42	

Table 6. The average level of speed running on 30 m

Indicators	Speed	Speed
-------------------	--------------	--------------

Table 8. The average level of the jump in length

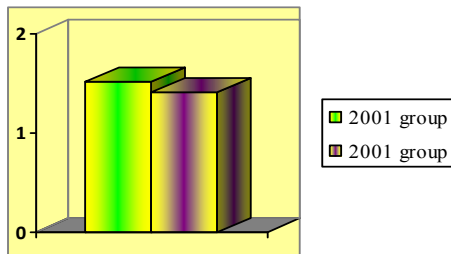
4. The jump in length of on place

Table 7. The arithmetical average of the results obtained at the jump in length of on place by the groups of children from at L.P.S. Galați

No.	Name and firstname	The jump in length of on place (m)		Name and firstname
		g. 2001	g. 2002	
1.	B.M.	1,70	1,40	D.T.
2.	B.A.	1,50	1,25	C.S.
3.	S.L.	1,40	1,50	F.P.
4.	R.R.	1,70	1,35	T.A.
5.	L.A.	1,55	1,30	C.A.
6.	N.S.	1,50	1,45	S.L.
7.	Ş.D.	1,40	1,20	G.B.
8.	F.D.	1,20	1,45	B.C.
9.	V.R.	1,60	1,65	N.O.
10.	F.V.	1,40	1,50	V.A.
11.	B.R.	1,10	1,00	Z.A.
12.	I.A.	1,55	1,25	O.F.
13.	O.N.	1,50	1,65	A.D.
14.	N.A.	1,60	1,30	J.A.
15.	N.D.	1,55	1,40	P.L.
16.	S.R.	1,60	1,35	G.A.
17.	B.R.	1,55	1,55	G.C.
18.	B.T.	1,70	1,60	M.N.
19.	P.R.	1,70	1,40	C.F.
20.	P.C.	1,55	1,55	E.D.
Arithmetical average		1,517	1,405	
Minimum		1,1	1	
Maximum		1,7	1,65	

of on place

Indicators	Jump in length of on place 2001	Jump in length of on place 2002
The average level	1,517	1,405



Type 4. Jump in length of on place - the arithmetical averages

The difference between the two groups is of 11,2 cm (1,517 metres – 2001 group face of 1,405 metres - 2002 group).

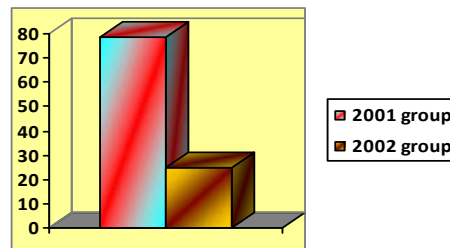
5. To maintain the ball in air with the skilful leg

Table 9. The arithmetical average of the results obtained at to maintain the ball in air with skilful leg by the grups of children from at L.P.S. Galați

No.	Name and firstname	To maintain the ball in air with the skilful leg (max. number of repetitions)		Name and firstname
		g. 2001	g. 2002	
1.	B.M.	202	23	D.T.
2.	B.A.	100	17	C.S.
3.	S.L.	82	32	F.P.
4.	R.R.	190	45	T.A.
5.	L.A.	60	5	C.A.
6.	N.S.	31	7	S.L.
7.	Ş.D.	22	35	G.B.
8.	F.D.	43	26	B.C.
9.	V.R.	56	21	N.O.
10.	F.V.	64	17	V.A.
11.	B.R.	117	12	Z.A.
12.	I.A.	45	18	O.F.
13.	O.N.	74	18	A.D.
14.	N.A.	60	11	J.A.
15.	N.D.	55	24	P.L.
16.	S.R.	42	34	G.A.
17.	B.R.	76	62	G.C.
18.	B.T.	31	51	M.N.
19.	P.R.	189	14	C.F.
20.	P.C.	36	22	E.D.
Arithmetical average		78,75	24,7	
Minimum		22	5	
Maximum		202	62	

Table 10. The average level of to maintain the ball in air with the skilful leg

Indicators	To maintain the ball in air with the skilful leg 2001	To maintain the ball in air with the skilful leg 2002
The average level	78,75	24,7



Type 5. To maintain the ball in air with the skilful leg - the arithmetical averages

Also, there is a difference between the two groups is of 54,05 repetitions (78,75 repetitions – 2001 group face of 24,7 repetitions - 2002 group).

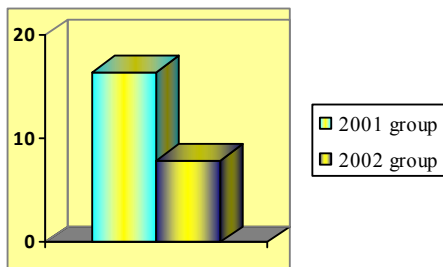
6. To maintain the ball in air with the unskilful leg

Table 11. The arithmetical average of the results obtained at to maintain the ball in air with unskilful leg by the children from at L.P.S. Galați

No.	Name and firstname	To maintain the ball in air with unskilful leg (max. number of repetitions)		Name and firstname
		g. 2001	g. 2002	
1.	B.M.	69	5	D.T.
2.	B.A.	10	7	C.S.
3.	S.L.	25	14	F.P.
4.	R.R.	13	2	T.A.
5.	L.A.	26	9	C.A.
6.	N.S.	4	7	S.L.
7.	Ş.D.	10	1	G.B.
8.	F.D.	12	5	B.C.
9.	V.R.	5	6	N.O.
10.	F.V.	3	9	V.A.
11.	B.R.	20	17	Z.A.
12.	I.A.	23	22	O.F.
13.	O.N.	11	6	A.D.
14.	N.A.	10	9	J.A.
15.	N.D.	11	4	P.L.
16.	S.R.	16	2	G.A.
17.	B.R.	14	7	G.C.
18.	B.T.	21	9	M.N.
19.	P.R.	22	10	C.F.
20.	P.C.	3	6	E.D.
Arithmetical average		16,4	7,85	
Minimum		3	1	
Maximum		69	22	

Table 12. The average level of to maintain the ball in air with the unskilful leg

Indicators	To maintain the ball in air with the unskilful leg 2001	To maintain the ball in air with the unskilful leg 2002
The average level	16,4	7,85



Type 6. To maintain the ball in air with the unskilful leg - the arithmetical averages

There is a difference between the two groups, namely of 8,55 repetitions (16,4 repetitions – 2001 group face of 7,85 repetitions - 2002 group).

In synthesis, we can calculate the indexes of the growth concerning the average levels for the tests applied at 2001 group face of 2002 group (A. Drăgan, 2009).

Table 13. The indexes of the growth concerning the average levels of the trials

The test	The group		Indexes
	2001	2002	
Speed running on 10 m	2,406	2,800	85,92 %
Speed running on 20 m	4,248	5,049	84,14 %
Speed running on 30 m	6,185	6,856	90,21 %
The jump in length of on place	1,517	1,405	107,97 %
To maintain the ball in air with the skilful leg	78,75	24,7	318,83 %
To maintain the ball in air with the unskilful leg	16,4	7,85	208,92 %

The indexes of the growth concerning the average levels of the tests applied at 2001 group face of 2002 group were calculated after the next formula:

$$I_{2001\text{group} / 2002\text{group}}^{\bar{x}} = \frac{\bar{x}_{2001\text{group}}}{\bar{x}_{2002\text{group}}}$$

where:

$\bar{x}_{2001\text{group}}$ = the average level of the test applied at 2001 group;

$$\bar{x}_{2001\text{group}} = \frac{\sum_{i=1}^n x_i^{2001\text{group}}}{n} = \frac{\sum_{i=1}^{20} x_i^{2001\text{group}}}{20}$$

$x_i^{2001\text{group}}$ = the values of the variable researched over the twenty children from 2001 group;

n = number of children who are tested from 2001 group;

$\bar{x}_{2002\text{group}}$ = the average level of the test applied at 2002 group.

$$\bar{x}_{2002\text{group}} = \frac{\sum_{i=1}^n x_i^{2002\text{group}}}{n} = \frac{\sum_{i=1}^{20} x_i^{2002\text{group}}}{20}$$

$x_i^{2002\text{group}}$ = the values of the variable researched over the twenty children from 2002 group;

n = number of children who are tested from 2002 group.

We observe in the table number 13, that:

- at the trial *speed running on 10 metres*, the average level of 2001 group subtracted with 14,08 % face of the average level of 2002 group, which it means an improvement of the speed running on 10 metres for the children of 2001 team;

- at the test *speed running on 20 metres*, the average level of 2001 group subtracted with 15,86 % face of the average level of 2002 group, which also,

it means an development of the speed running on 20 metres for the children of 2001 team;

- at the trial *speed running on 30 metres*, the average level of 2001 group subtracted with 9,79 % face of the average level of 2002 group, which it means an improvement of the speed running on 30 metres for the children of 2001 team;

- at the test *jump in length of on place*, the average level of 2001 group grewed with 7,97 % face of the average level of 2002 group, which it means that the children of 2001 team jump on horizontaly more good face of the children of 2002 group;

- at the trial *to maintain the ball in air with the skilful leg*, the average level of 2001 group grewed with 218,83 % face of the average level of 2002 group, which it means that at this test the children of 2001 group are very good prepared face of the children of 2002 group;

- at the trial *to maintain the ball in air with the unskilful leg*, the average level of 2001 group grewed with 108,92 % face of the average level of 2002 group, which it means an improvement of this test for the children of 2001 team.

Discussions

The speed or agility at 6 to 10 years old is a complex skill with testimony under more shapes. These complexity is confirmed by the fact that from she result three elements, all fundamentaly, but heterogenous: reaction speed, agility of the simple movement and her frequency (T.O. Bompa, 2002).

The reaction speed is strong joined by a series of central factors and mental factors.

The agility of the simple movement is influenced by force and of the frequency of the movement in the same time.

So, the three forms of speed present distinct developments in the time of the growth period: some speeds are related so much with the coordinative skills, and from this motive distinct authors, face of what it admits in traditional mode, don't consider the speed as a conditional skill (G. Stănculescu, 2003).

In the time of the training, the principal factor which musts to be developed it's the maximum speed in specific conditions, as exemple, the speed running and the reaction speed. This musts to be made in a state of relative physical freshing (C. Ploieşteanu, 2005).

Also, the speed is often combined with the force and the resistance.

Conclusions

The knowledge of the characteristics, concerning the specific preparing for 6 to 10 years old, contributes at the scientific leading of the sporting training. So we can to avoid the empirical preparing, without precise rules.

Also, the knowledge of the age characteristics, of the level concerning the development of the driving qualities through control trials and of the level for the technical and tactical preparing through profile tests, contribute to the permanent knowledge of the progress level and make possibly the cooptation in the performance batch of the children with real qualities for football.

At 6 to 10 years old is important to work in a special mode for speed and ability, but we don't must to neglect the development of the resistance at specific efforts.

For to attract the children in football, the coaches must to achieve an availability towards an efficacy communication with the parents, but and with the children.

The age 6 to 10 years old is the more important preparing age, because it forms the footballistical skills in fair mode and in this period it cans take an earnest option concerning a strong football team.

References

- BOMPA T.O., 2002**, *Periodisation – the theory and the methodology of the training*, Publishing House EX PONTO, C.N.F.P.A., Bucharest, 37-40.
- DRĂGAN, A., 2009**, *The optimization of the lesson of training at the football discipline*, Publishing House Galati University Press, Galați, 2009, 39-58.
- GIACOMINI, M., 2009**, *The technical guide for the schools of football*, Italia, 135-141.
- PLOIEȘTEANU, C., 2005**, *Lecture of base*, Academica Publishing House, Galați, 78-89.
- STĂNCULESCU, G., 2003**, *Football specialisation*, Publishing House Ovidius University Press, Constanța, 64-71.