

## ❖ SPORT AND PERFORMANCE

**PERSONALITY INFLUENCE OF THE FOOTBALLER IN THE ACHIEVEMENT OF THE FOOTBALL GAME****DRĂGAN AURELIAN<sup>1</sup>, PLOIESTEANU CONSTANTIN<sup>1</sup>, CIOLCĂ SORIN<sup>2</sup>****Abstract**

The personality of the football player contributes in decisive mode to him affirmation in the football of great performance and it cans to manifest a strong influence over the display of the football game.

**Purpose:** The aim of the research activity consists in to find the effective solutions concerning the affirmations of the footballers, through the utilisation of the specific methods and techniques of psycho-sociological training.

**Methods and procedures:** For to achieve what we proposed through the aim of the research, we used the next methods: the method of the observation; the experimental method; the statistical methods; the method of the discussion.

**Results:** The aplication at players of the methods of knowledge of the personality improves the strokes of personality, of motivation, temper, specific but and general thinking.

**Discusions:** The questions of the psychological test constitute important locate points in the establishment of the strategy of improvement concerning the personality.

**Conclusions:** The implication of the coach in the improvement of the personality strokes of the footballer contributes to the sporting performance.

**Key words:** neurosis; aggressivity; low spirits; irritability; oneself control.

**Introduction**

All the specialists agree with the characteristics concerning the personality of the football player, as the firmness, combativity, perseverance, tranquil, possession of oneself must be permanently educate through special trainings and games constituted. An adequate physical preparation, for example, will grow the efficiency of the attack and defence actions expressed through aggressive spirit and intention of combat, but and through the dosage of the effort through the achievement of the economic game which will push the team from attack in the opposite half on the short road and with minimum individual or collective effort (T.O., Bompa, 2002). A football team is a group with aim, in which the personality of each membre is at alike of important, while the result is not something else than theresult of the efforts of each from the players (M. Giacomini, 2009).

**Purpose.** The purpose of each activity of research consists in to find efficacy solutions concerning the affirmation of the players, through the utilisation of the specific methods and technics pf psycho-sociological training. He included in special mode discussions before achieved with the players, in the time and after the development of the trainings and official contests. The hypothesis of the research is the next: we suppose that the active involving of the coach

in to improve the problems concerninf the personality of the players will conduct at the growth of the efficiency for the preparation of the preadolescents and teenagers footballers.

**Research methods and procedures**

In the view of the achievement of this research, we used the next research methods: the observation method, the experimental method, the method of the discussion, the statistical method, the method of the graphical representations. As methods of knowledge concerning the personality of the football players we used two kinds of methods: clinical method (the observation, the discussion, the biographical method – the anamnesis) and psychometrical methods or experimental (the experiment, the test and the questionnaire). The experimental team is constitute from the young footballers who belong to F.C. Otelul Galati and are borned in 1993, coach Rogea Mitică. The witness team is constitute from the young players who belong to F.C. Dunărea Galati and are borned in 1993, coach Balaban Sorin. We mention that the players from the two groups, both the experimental team and the witness team, started to practise the football play from at 8-9 years, and they passed through more much phases of selection, so, we can say the the experiment was applied of the best players of them age. Through the next personality test applied we reflected: the neurosis, the aggressivity, the depression,

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

<sup>2</sup>National University of Physical Education and Sport Bucharest, ROMANIA

Email: aureldragan62@yahoo.com

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the irritability, the sociability, the oneself possession, the extravertit, the introvertit, the masculine and the

womanly (H. Siewert, 2001).

**Table 1 The personality test**

No.	QUESTION	SCORE
1.	Do you make often reproach concerning at the behaviour on you have him?	1..2...3...4...5...6
2.	Do you believe that it spend more many for the social asistance ?	1..2...3...4...5...6
3.	Do you believe that through questions with general character it cans give an arranged estimate ?	1..2...3...4...5...6
4.	Do you have often concerns face of the failures ?	1..2...3...4...5...6
5.	Dou you feel untired and incomparable?	1..2...3...4...5...6
6.	Do you feel in mood to you subjugate of the strict discipline ?	1..2...3...4...5...6
7.	Do you can express the feelings face of the others ?	1..2...3...4...5...6
8.	Do you have sometimes the fear face of the personal aggressivity?	1..2...3...4...5...6
9.	Do you have often involvings in disputes concerning the justice ?	1..2...3...4...5...6
10.	Are there little persons for you who can be in fact dears ?	1..2...3...4...5...6
11.	Do you have tracemotions when you must play in the front side of the numerous public ?	1..2...3...4...5...6
12.	Do you have difficulties to recognize the guilty ?	1..2...3...4...5...6
13.	Do you have protests when for a product you must give more money than you know how much it costs ?	1..2...3...4...5...6
14.	Do you can speak frank with others about your intimate life ?	1..2...3...4...5...6
15.	Do you have sometimes	1..2...3...4...5...6

	the impression that the world stealthily sees you for as than it speaks you on at back ?	
16.	Do you thinks that it's correct that the people must to fight for make career ?	1..2...3...4...5...6
17.	Are you a jealous person ?	1..2...3...4...5...6
18.	Do you have distinct habits, such as to gnaw the nails or the extremities of pencils ?	1..2...3...4...5...6
19.	Do you have sometimes pains of head, migrene migraines ?	1..2...3...4...5...6
20.	Do you have timidity face of the people crowd ?	1..2...3...4...5...6
21.	Do you give way sometimes only for to avoid the conflictual situations ?	1..2...3...4...5...6
22.	Do you speak at partyies with more world ?	1..2...3...4...5...6
23.	Are you involve in little accidents ?	1..2...3...4...5...6
24.	Do you feel irritation and hesitation when you take a decisive decision ?	1..2...3...4...5...6
25.	Do you often look for a change in your relations with the membres of the family ?	1..2...3...4...5...6
26.	Do you know more persons who are your opponents and who want to make you displeasure ?	1..2...3...4...5...6
27.	Do you can stimulate the good mood of the partners when they are angry ?	1..2...3...4...5...6
28.	Do you believe that the illness ensurings are expensive ?	1..2...3...4...5...6
29.	Do you listen with pleasure the counsels of the others ?	1..2...3...4...5...6
30.	Do you feel more good in the reserve position, than when you are in field ?	1..2...3...4...5...6

31.	Are you often preoccupy about personal sexuality ?	1..2...3...4...5...6		concerning your personality ?		
32.	Do you believe that you have sufficient personal trust for to tolerate a defeat ?	1..2...3...4...5...6		52.	Do you have concerns about the good of the public ?	1..2...3...4...5...6
33.	Do you have often the same anxieties ?	1..2...3...4...5...6		53.	Do you found easy something for to make when you are alone ?	1..2...3...4...5...6
34.	Do you respect with strictness certain behaviour rules ?	1..2...3...4...5...6		54.	Do you have often concerns about one and the same thought ?	1..2...3...4...5...6
35.	Do you make movement excepting the hours of training ?	1..2...3...4...5...6		55.	Are you easy nerves concerning the unimportant facts ?	1..2...3...4...5...6
36.	Do you think that the others consider that you are unpredictable ?	1..2...3...4...5...6		56.	Do you wish to relish the sorts of foof in place of to finish as more fast the meal ?	1..2...3...4...5...6
37.	Are you an impulsive person ?	1..2...3...4...5...6		57.	Do you say frankly the opinions ?	1..2...3...4...5...6
38.	Do you involve with pleasure in discussions ?	1..2...3...4...5...6		58.	Do you have criticisms sometimes about the attitude of the colleagues?	1..2...3...4...5...6
39.	Do you feel often abandoned by the persons from around ?	1..2...3...4...5...6		59.	Do you think that you are considered by the persons from around as a presumptuous person ?	1..2...3...4...5...6
40.	Do you think that the friends betray your trust ?	1..2...3...4...5...6		60.	Do you think that you are un polite when you speak at telephone ?	1..2...3...4...5...6
41.	Do you have angers because there are noises ?	1..2...3...4...5...6		61.	Do you feel more good when you listen the sentiment music ?	1..2...3...4...5...6
42.	Do you have often pains for the reason of the indigestion ?	1..2...3...4...5...6		62.	Do you think that the red light is adapted for the dynamic activities ?	1..2...3...4...5...6
43.	Are you rather negligently ?	1..2...3...4...5...6		63.	Do you accept the wishes of the family sooner that personal wishes ?	1..2...3...4...5...6
44.	Do you sometimes treat roughly on the others ?	1..2...3...4...5...6		64.	Are you happy when you obtain what you want from at the others in the situation when you are sentimentally ?	1..2...3...4...5...6
45.	Do you have often the thought that you can to die unexpectedly ?	1..2...3...4...5...6		65.	Do you can kill in need for to defend you ?	1..2...3...4...5...6
46.	Do you have the inclination for to get together things about which you think that they can be useful ever ?	1..2...3...4...5...6		66.	Do you look with admiration at the nice persons ?	1..2...3...4...5...6
47.	Do you have concerns for politics ?	1..2...3...4...5...6		67.	Do you offer importance of the fact for to be always correct dressed ?	1..2...3...4...5...6
48.	Are you sometimes terrible of jealous ?	1..2...3...4...5...6				
49.	Are you always in a good mood ?	1..2...3...4...5...6				
50.	Do you think that your life has a sense ?	1..2...3...4...5...6				
51.	Do you accept criticisms	1..2...3...4...5...6				

68.	Are you active fun of any sporting team ?	1..2...3...4...5...6
69.	Do you have concerns that you don't can pay the debts ?	1..2...3...4...5...6
70.	Do you come out from house with pleasure ?	1..2...3...4...5...6
71.	Do you like the children ?	1..2...3...4...5...6
72.	Do you have cares for long time when you listen bad news ?	1..2...3...4...5...6
73.	Do you like to be at least at one time chief ?	1..2...3...4...5...6
74.	Do you have attraction concerning the affirmed players ?	1..2...3...4...5...6
75.	Do you have a healthy sleep ?	1..2...3...4...5...6
76.	Don't you can tolerate on the indolent or irritating persons ?	1..2...3...4...5...6
77.	Do you pass under silence the suffered aggressions instead to denounce them ?	1..2...3...4...5...6
78.	Do you wish to be enroled as voluntary if the contry cans be attacked ?	1..2...3...4...5...6
79.	Is there in your life unpleasant thinks on which you don't wish knowed ?	1..2...3...4...5...6
80.	Do you meet sooner with good disposition each day from life ?	1..2...3...4...5...6
81.	Do you think that the sincerity cans contribute to a atmosphere of more good life ?	1..2...3...4...5...6
82.	Are you angry as effect of the crowd ?	1..2...3...4...5...6
83.	Do you smoke ?	1..2...3...4...5...6
84.	Do you sometimes think that you can more good conduct more on the persons from around than others ?	1..2...3...4...5...6
85.	Do you feel good when you are at home ?	1..2...3...4...5...6
86.	Do you like to be considered sooner as a satisfied by oneself person	1..2...3...4...5...6

	and with trust in personal forces ?	
87.	Do you like the others company when you come out from house ?	1..2...3...4...5...6
88.	Do you have the stamps, articles from press concerning a certain theme ?	1..2...3...4...5...6
89.	Do you have the impression when you listen the speach of the coach that he speak direct with you ?	1..2...3...4...5...6
90.	Do you wish to buy a car by instalments ?	1..2...3...4...5...6

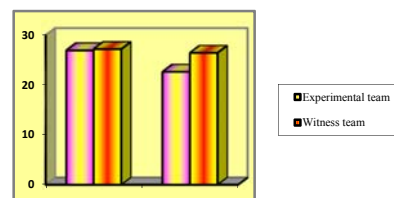
In this personality test, each question had indicated six possibilities of answer, for intensities in a graduated growth, marked so: 1 = as of little; 2 = in a certain measure; 3 = more much yes than no; 4 = probably that it's yes; 5 = I hope that it's yes ; 6 = certainly that it's yes.

### Results

#### 1. Neurosis

**Table 2. The statistical indicators for neurosis**

The statistical indicators	The experimental team		The witness team	
	T <sub>1</sub>	T <sub>2</sub>	T <sub>1</sub>	T <sub>2</sub>
The arithmetical average	26,94	22,63	27,19	26,44
The standard deviation	4,75	4,43	5,00	5,16
Maximum	39	33	40	40
Minimum	24	19	21	20
Amplitude	15	14	19	20
Coefficient of variation	17,63	19,58	18,39	19,52



**Type 1. Neurosis - the levels of the arithmetical averages at the initial and final tests**

**Table 3. The difference between tests – neurosis**

Team	T <sub>1</sub>	T <sub>2</sub>	D <sub>21</sub>	D <sub>21</sub> (%)
The experimental team	26,94	22,63	-4,31	-16,00
The witness team	27,19	26,44	-0,75	-2,76

At the experimental team it registers a subtraction with 16% (4,31 points) face of the initial test. At the witness team, at the final test, it registers a subtraction with 2,76% (0,75 points) face of the initial test. The both teams are relative homogenous, because the coefficient of variation has values between 10-20%.

**Table 4. The difference between the arithmetical averages of the teams – neurosis**

The team and the differences	T <sub>1</sub>	T <sub>2</sub>
The experimental team	26,94	22,63
The witness team	27,19	26,44
Experiment - witness	-0,25	-3,81
(Experiment - witness) (%)	-0,92	-14,41

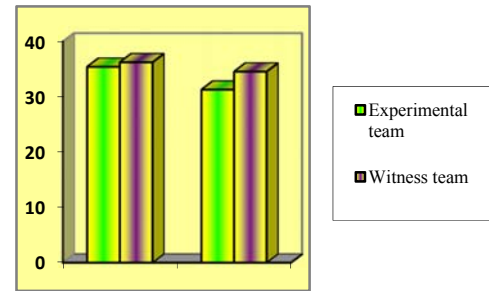
At the initial test, the level of the arithmetical average at the experimental team is with 0,92 % (0,25 points) more little than the arithmetical average of the witness team.

At the final test, the value of the arithmetical average at the experimental team is with 14,41 % (3,81 points) more little than the average of the witness team (Drăgan, A., 2009).

### 2. Aggressivity

**Table 5. The statistical indicators for aggressivity**

The statistical indicators	The experimental team		The witness team	
	T <sub>1</sub>	T <sub>2</sub>	T <sub>1</sub>	T <sub>2</sub>
The arithmetical average	35,44	31,31	36,25	34,56
The standard deviation	5,14	4,71	4,82	4,21
Maximum	42	38	44	40
Minimum	26	22	30	28
Amplitude	16	16	14	12
Coefficient of variation	14,50	15,04	13,30	12,18

**Type 2. Aggressivity - the levels of the arithmetical averages at the initial and final tests****Table 6. The difference between tests – aggressivity**

Team	T <sub>1</sub>	T <sub>2</sub>	D <sub>21</sub>	D <sub>21</sub> (%)
The experimental team	35,44	31,31	-4,13	-11,65
The witness team	36,25	34,56	-1,69	-4,66

At the experimental team, at the final test, it registers a subtraction with 11,65 % (4,13 points) face of the initial test. At the witness team, at the final test, it registers a subtraction with 4,66 % (1,69 points) face of the initial test. We observe that the both teams are relative homogenous, because the coefficient of variation has values between 10-20%.

**Table 7. The difference between the arithmetical averages of the teams – aggressivity**

The team and the differences	T <sub>1</sub>	T <sub>2</sub>
The experimental team	35,44	31,31
The witness team	36,25	34,56
Experiment - witness	-0,81	-3,25
(Experiment - witness) (%)	-2,23	-9,40

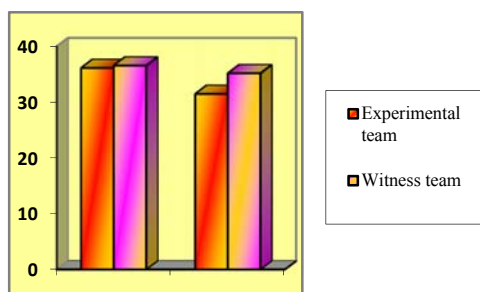
At the initial test, the arithmetical average at the experimental team is with 2,23 % (0,81 points) more little than the average level of the witness team.

At the final test, the arithmetical average at the experimental team is with 9,4 % (3,25 points) more little than the average of the witness team.

### 3. Depression

**Table 8. The statistical indicators for depression**

The statistical indicators	The experimental team		The witness team	
	T <sub>1</sub>	T <sub>2</sub>	T <sub>1</sub>	T <sub>2</sub>
The arithmetical average	36,13	31,50	36,56	35,19
The standard deviation	5,14	5,42	4,37	4,45
Maximum	42	39	43	42
Minimum	26	21	26	25
Amplitude	16	18	17	17
Coefficient of variation	14,23	17,21	11,95	12,65



**Type 3. Depression - the levels of the arithmetical averages at the initial and final tests**

**Table 9. The difference between tests – depression**

Team	T <sub>1</sub>	T <sub>2</sub>	D <sub>21</sub>	D <sub>21</sub> (%)
The experimental team	36,13	31,50	-4,63	-12,81
The witness team	36,56	35,19	-1,37	-3,75

At the final test applied at the experimental team it registers a subtraction with 12,81 % (4,63 points) face of the initial test. At the witness team, at the final test, it observes a subtraction with 3,75 % (1,37 points) face of the initial test. The both groups are homogenous, because the coefficient of variation has values between 10-20%.

**Table 10. The difference between the arithmetical averages of the teams – depression**

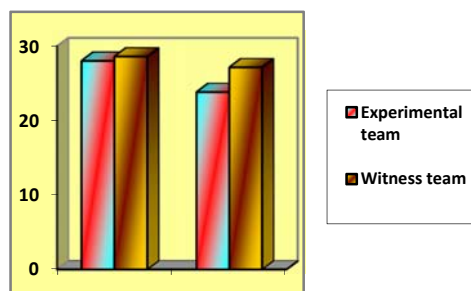
The team and the differences	T <sub>1</sub>	T <sub>2</sub>
The experimental team	36,13	31,50
The witness team	36,56	35,19
Experiment - witness	-0,43	-3,69
(Experiment - witness) (%)	-1,18	-10,49

At the initial test, the arithmetical average at the experimental team is with 1,18 % (0,43 points) more little than the average of the witness team. Also, at the final test, the arithmetical average at the experimental team is with 10,49 % (3,69 points) more little face of the arithmetical level of the witness team.

**4. Irritability**

**Table 11. The statistical indicators for irritability**

The statistical indicators	The experimental team		The witness team	
	T <sub>1</sub>	T <sub>2</sub>	T <sub>1</sub>	T <sub>2</sub>
The arithmetical average	28,06	23,88	28,63	27,19
The standard deviation	5,41	4,73	4,40	4,31
Maximum	35	31	41	40
Minimum	21	18	24	23
Amplitude	14	13	17	17
Coefficient of variation	19,28	19,81	15,37	15,85



**Type 4. Irritability - the levels of the arithmetical averages at the initial and final tests**

**Table 12. The difference between tests – irritability**

Team	T <sub>1</sub>	T <sub>2</sub>	D <sub>21</sub>	D <sub>21</sub> (%)
The experimental team	28,06	23,88	-4,18	-14,90
The witness team	28,63	27,19	-1,44	-5,03

At the experimental team, at the final test, it registers a subtraction of 14,9 % (4,18 points) face of the initial test. At the witness team, at the final test, we observe a subtraction with 5,03 % (1,44 points) face of the initial test.

The both teams are relativ homogenous, because the coefficient of variation has values between 10-20 %.

**Table 13. The difference between the arithmetical averages of the teams – irritability**

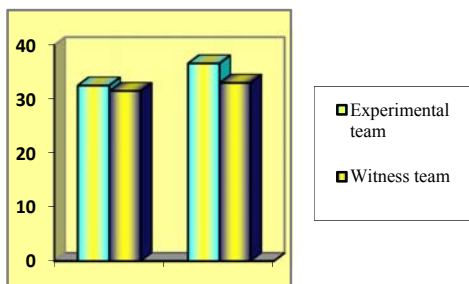
The team and the differences	T <sub>1</sub>	T <sub>2</sub>
The experimental team	28,06	23,88
The witness team	28,63	27,19
Experiment - witness	-0,57	-3,31
(Experiment - witness) (%)	-1,99	-12,17

The initial level concerning the arithmetical average of the experimental team is with 1,99 % (0,57 points) more little than the average of the witness team. At the final test, the value of the arithmetical average at the experimental team is with 12,17 % (3,31 points) more little face of the arithmetical average achieved by the witness team.

##### 5. Sociability

**Table 14. The statistical indicators for sociability**

The statistical indicators	The experimental team		The witness team	
	T <sub>1</sub>	T <sub>2</sub>	T <sub>1</sub>	T <sub>2</sub>
The arithmetical average	32,56	36,63	31,56	33,06
The standard deviation	5,78	6,01	3,44	3,36
Maximum	42	45	36	37
Minimum	22	25	25	26
Amplitude	20	20	11	11
Coefficient of variation	17,75	16,41	10,90	10,16



**Type 5. Sociability - the levels of the arithmetical averages at the initial and final tests**

**Table 15. The difference between tests – sociability**

Team	T <sub>1</sub>	T <sub>2</sub>	D <sub>21</sub>	D <sub>21</sub> (%)
The experimental	32,56	36,63	4,07	12,50

team				
The witness team	31,56	33,06	1,50	4,75

At the experimental team, we observe at the final test that it registers a growth with 12,5 % (4,07 points) face of the initial test. Also, at the final test concerning the witness team it registers a growth with 4,75 % (1,5 points) face of the initial trial. The both groups are relativ homogenous, as effect of the fact that the coefficient of variation has the values between 10-20 %.

**Table 16. The difference between the arithmetical averages of the teams – sociability**

The team and the differences	T <sub>1</sub>	T <sub>2</sub>
The experimental team	32,56	36,63
The witness team	31,56	33,06
Experiment - witness	1,00	3,57
(Experiment - witness) (%)	3,17	10,80

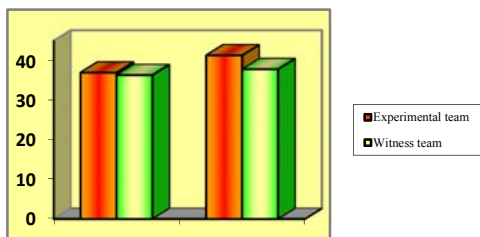
At the initial trial, the value of the arithmetical average at the experimental team is with 3,17 % (1 point) more great than the level of the average concerning the witness team.

At the final test, the arithmetical average at the experimental group is with 10,8 % (3,57 points) more great than the average of the witness team.

##### 6. Oneself control

**Table 17. The statistical indicators for oneself control**

The statistical indicators	The experimental team		The witness team	
	T <sub>1</sub>	T <sub>2</sub>	T <sub>1</sub>	T <sub>2</sub>
The arithmetical average	36,94	41,31	36,31	37,81
The standard deviation	5,04	5,39	3,81	4,00
Maximum	43	48	40	42
Minimum	28	32	29	30
Amplitude	15	16	11	12
Coefficient of variation	13,64	13,05	10,49	10,58



**Type 6. Oneself control - the levels of the arithmetical averages at the initial and final tests**

**Table 18. The difference between tests – oneself control**

Team	T <sub>1</sub>	T <sub>2</sub>	D <sub>21</sub>	D <sub>21</sub> (%)
The experimental team	36,94	41,31	4,37	11,83
The witness team	36,31	37,81	1,50	4,13

At the experimental team, at the final test, it registers a growth with 11,83 % (4,37 points) face of the initial test.

At the final test achieved at the witness team we observe a growth with 4,13 % (1,5 points) face of the initial test.

Also, both the experimental team and the witness team are relativ homogenous, because the coefficient of variation has values between 10-20%.

**Table 19. The difference between the arithmetical averages of the teams – oneself control**

The team and the differences	T <sub>1</sub>	T <sub>2</sub>
The experimental team	36,94	41,31
The witness team	36,31	37,81
Experiment - witness	0,63	3,50
(Experiment - witness) (%)	1,74	9,26

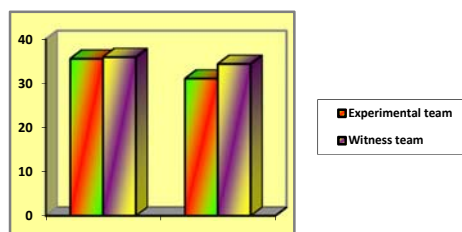
It observes that at the initial test, the level of the arithmetical average achieved at the experimental group is with 1,74 % (0,63 points) more great than the value of the average of the witness team.

At the final test, the value of the arithmetical average measured at the experimental team is with 9,26 % (3,5 points) more great than the level of the arithmetical average achieved at the witness team.

**7. Extravert - introvert**

**Table 20. The statistical indicators for extravert-introvert**

The statistical indicators	The experimental team		The witness team	
	T <sub>1</sub>	T <sub>2</sub>	T <sub>1</sub>	T <sub>2</sub>
The arithmetical average	35,56	31,06	35,94	34,38
The standard deviation	5,09	4,96	4,17	4,15
Maximum	42	39	42	41
Minimum	23	19	28	26
Amplitude	19	20	14	15
Coefficient of variation	14,31	15,97	11,60	12,07



**Type 7. Extravert – introvert - the levels of the arithmetical averages at the initial and final tests**

**Table 21. The difference between tests – extravert – introvert**

Team	T <sub>1</sub>	T <sub>2</sub>	D <sub>21</sub>	D <sub>21</sub> (%)
The experimental team	35,56	31,06	-4,50	-12,65
The witness team	35,94	34,38	-1,56	-4,34

At the final test achieved at the experimental team it registers a subtraction with 12,65 % (4,5 points) face of the initial test. At the witness team, we observe at the final test a subtraction with 4,34 % (1,56 points) face of the initial test. Also, the both groups are homogenous as effect of the fact that the coefficient of variation has the values between 10-20 %.

**Table 22. The difference between the arithmetical averages of the teams – extravert - introvert**

The team and the differences	T <sub>1</sub>	T <sub>2</sub>
The experimental team	35,56	31,06
The witness team	35,94	34,38
Experiment - witness	-0,38	-3,32
(Experiment - witness) (%)	-1,06	-9,66

At the initial test applied at the experimental team, the level of the arithmetical average is with 1,06 % (0,38 points) more little than the value of the

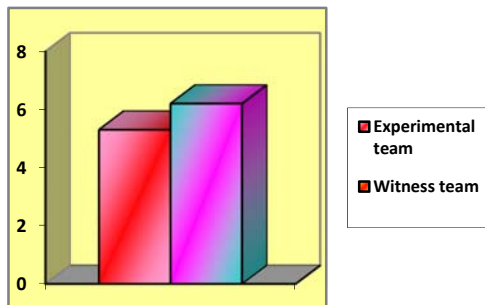


arithmetical average of the witness team. At the final test, the value of the arithmetical average at the experimental team is with 9,66 % (3,32 points) more little than the level of the arithmetical average measured at the witness team.

#### 8. Masculine – womanly

**Table 23. The statistical indicators for masculine - womanly**

The statistical indicators	The experimental team		The witness team	
	T <sub>1</sub>	T <sub>2</sub>	T <sub>1</sub>	T <sub>2</sub>
The arithmetical average	35,50	30,13	35,81	33,50
The standard deviation	5,72	5,35	3,76	3,72
Maximum	45	39	41	38
Minimum	23	19	31	28
Amplitude	22	20	10	10
Coefficient of variation	16,11	17,76	10,50	11,10



#### Type 8. Masculine – womanly - the levels of the arithmetical averages at the initial and final tests

**Table 24. The difference between tests – masculine - womanly**

Team	T <sub>1</sub>	T <sub>2</sub>	D <sub>21</sub>	D <sub>21</sub> (%)
The experimental team	35,50	30,13	-5,37	-15,13
The witness team	35,81	33,50	-2,31	-6,45

#### 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.
- GIACOMINI, M., 2009**, *The technical guide for the schools of football*, Italia, 135-141.

At the experimental team, at the final test it observes a subtraction with 15,13 % (5,37 points) face of the initial trial. At the witness team, at the final test it registers a subtraction with 6,45 % (2,31 points) face of the initial test. Also, the both teams are homogenous because the coefficient of variation has the value between 10-20 %.

**Table 25. The difference between the arithmetical averages of the teams – masculine - womanly**

The team and the differences	T <sub>1</sub>	T <sub>2</sub>
The experimental team	35,50	30,13
The witness team	35,81	33,50
Experiment - witness	-0,31	-3,37
(Experiment - witness) (%)	-0,87	-10,06

At the initial test, the value of the arithmetical average measured at the experimental team is with 0,87 % (0,31 points) more little than the value of the average of the witness team. At the final test, the level of the arithmetical average achieved at the experimental team is with 10,06 % (3,37 points) more little than the level of the average of the witness team.

#### Discussion

This research reflects the fact that the personality of the football player contributes in a decisive mode to him affirmation in the football of high performance. The questions of the test constitute important points for to locate and to establish the strategy of improvement of the personality. We can say that to apply at the players the methods of knowledge of the personality it means to improve the strokes of personality, of motivation, temper, specific thinking, but and general thinking (Ploiesteanu, C., 2005).

#### Conclusions

The involving of the coach in to improve the personality strokes of the footballer contributes at the improvement of the sporting performances, but and the school performances. We propose the efficacy interweaving of the technics of training with the elements of physical preparation according to the age of the footballers. The selection of the footballers musts to be more much centred round on the elements of the physical preparation. Also, we propose as each coach to achieve still at the age of the selection, psychological record cards which can to help him in to obtain from time performances.

**PLOIESTEANU, C., 2005**, *Lecture of base*, Academica Publishing House, Galati, 78-89.

**SIEWERT, H., 2001**, *Personality tests*, Publishing House Gema Press, Bucharest, 82-96.

