



## STRATEGIES AND GUIDELINES FOR THE SELECTION AND TAKING DEBUTANTES WOMEN'S FOOTBALL

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### Purpose

From its inception until today, the game of football has seen considerable progress without limits foresee this. Considering that nearly all countries in the world is developing a national championship football, we conclude that it - football game - is the most popular sport development area in the world.

But achieving high performance in football is conditional on early detection as real girls practicing the qualities for soccer, the application of scientific criteria in their selection and not least, a quality education.

Because until now, as our knowledge in our country there is a selection model for women's football, we believe that our scientific approach puts the "cornerstone" necessary for achieving it.

### Methods

In addition to data from the study of literature, to have a complete selection and initiation of female debutantes in football, I had a poll, the coaches who run these teams. Through this survey we wanted to see how it is perceived among the coaches, the importance of selection in women's football.

The questionnaire contains questions designed, including the importance of selection issues in women's football and to highlight ways of achieving this and was administered to 15 female football coaches in the Women's Football League in Romania.

### Conclusions

After analyzing the responses to the questionnaire were applied to the following conclusions:

- main component of training at this level is the technical training followed by the physical;
- training methods preferred by coaches at this age are moving games (relay circuits with different technical elements, etc.);
- assessing the physical and technical player frequency is satisfactory - the beginning and end of each preparation;
- most important measures that should be applied for that girls who choose to turn to football training does not stop after just a few weeks are science-based selection, the actual results obtained from the tests and trials and the application training of modern and attractive.

### Introduction

Football, the sport that enjoys the widest spread in the world, has come from its appearance until today a long period of development and progress. This social phenomenon called "football game", led development of numerous research studies addressing the various aspects of his from methodological ones, to physiological and psychological ones. That women's football has won a secure place among the sports performance proves that football practice rate among girls has increased in recent years and numerous international competitions (European championships, world championships, Olympic games) organized for different age - players under 17 years under 19 years, senior.

The beginnings of women's football are reported between 960 and 1297 in China under the Tang and Song Dynasty. Be held early 70s female football practice in Europe and New Zealand. Many countries, to raise the competitive resorted to introduce women's football in schools, organizing competitions at this level and calling for qualified coaches, expanding the selection area to 11-12 years.

Today, USA - World champions in 1991, has over 6 million active players in legitimate national championship in three geographic regions.

Sweden - has over 33,000 legitimate player. I ranked women's football in popularity. China - in 1980 became an international force in women's football. Their national division has 12 teams. The rest of football activity takes place in divisions of 2, 3rd and 4th. Germany - has celebrated women's football in 1970 and has over 520 000 players legitimized working in teams over 3000. Championship consists of two series of 11 teams. For girls and juniors are held regional championships (I.Motroc, 1995).

In Romania, the Romanian Soccer Federation was founded in 1990 and has over 40 affiliated clubs (about 1000 legitimate player), organized a series of Division A, with 12 teams and three rounds of division B, also with 12 teams each. Following difficulties of the transition number of teams participating in the National Championship has been reduced dramatically. Between 2000 and 2005 there were only 8 teams affiliated (about 200 players) and female football national championship is held districts. Basically there were two groups: South and North, each with 4 teams, the champion from Romania deciding disputed play-off. From 2005-2006 competitive year, with membership of about 4 teams decided transition to round-trip, existing male football. However, Romanian champion, deciding everything from disputed play-

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off.

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.

#### Topicality

From its inception until today, the game of football has seen considerable progress without limits foresee this. Considering that nearly all countries in the world is developing a national championship football, we conclude that it - football game - is the most popular sport development area in the world.

But achieving high performance in football is conditional on early detection as real girls practicing the qualities for soccer, the application of scientific criteria in their selection and not least, a quality education.

Because until now, as our knowledge in our country there is a selection model for women's football, we believe that our scientific approach puts the "cornerstone" necessary for achieving it.

#### 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.

For this reason, the scientific approach taken by us wants to bring forth evidence and need to develop rules that would represent a selection model to the debutantes in women's football and the development of training plans that take into account the particularities psycho-physiological girls 10-12 years, start-ups in football, but football performance model that should be reached after the final selection.

#### Purpose and objectives

In addition to data from the study of literature, to have a complete selection and initiation of female debutantes in football, I had a poll, the coaches who run these teams. Through this survey we wanted to see how it is perceived among the coaches, the importance of selection in women's football.

The questionnaire contains questions designed, including the importance of selection issues in women's football and to highlight ways of achieving this and was administered to 15 female football coaches in the Women's Football League in Romania.

#### Results and analysis

Of the 16 questions of the questionnaire, 4 aim to highlight the role of scientific selection in football debutantes, 4 refers to importance of the approach of the girls who choose to practice football and how the game is perceived nationally and internationally, 4 refer to the importance of each component of sports training, 2 shows the means of preparing player and 2 refer to the age and level of training of trainers.

Questionnaire length is large making it easy to tackle without inducing boredom receiver. All they emerge from the analysis of the questionnaire which was easy because of accessibility, as I watched it when I designed this research tool.

Question No. 1, "In your opinion, female football in Romania is given proper attention?" A number of 12 coaches responded no, 2 chose the answer "do not know", and only one considered that in our country, women's football is given due consideration (Chart 1). These responses demonstrate the fact, today's reality, a reality that coaches who want to do something in this direction, often clash: in Romania, women's football is still one of the sports marginalized with little cachet.

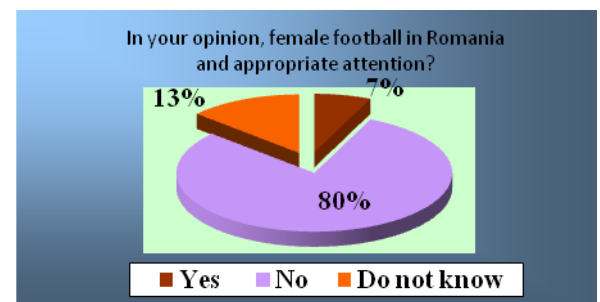


Chart 1

Question No. 2. "Do you think that age 11 is appropriate to begin selection for women's football?", 8 of those surveyed felt that this age is right, 5 is not supported, and two said they do not know (Chart 2).

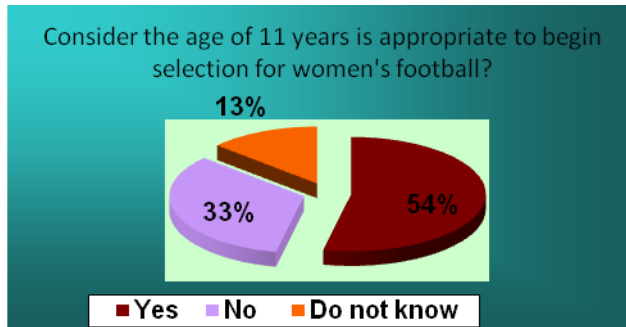


Chart 2

Responses to this question show that most coaches surveyed (54%) believes that in 11 years, girls can cope successfully requests that involves playing football.

To question. 3, "What, in your opinion, a major impediment in attracting girls to practice the game of football?", 5 coaches responded "poor coverage of the game", 4 chose "misconception parents about what women football" player "hardness football game" and "lack of interest in financially supporting sponsors soccer teams female" were chosen by two coaches and one said to the "poor material bases" and "others", the latter answered "inability parents to help girls from the point of view "(graph no. 3).

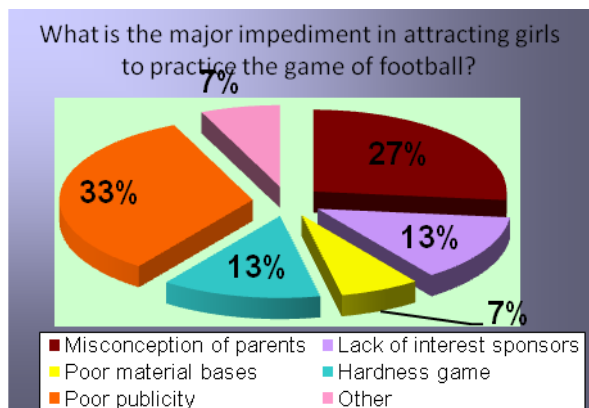


Chart 3

Analysis of answers to this question shows that the first two positions, in the opinion of the coaches surveyed found poor coverage of women's football game (response according to the first question) and parents misconception about what women's football. Basically, the two (the concept erroneous parents) is a result of the first (poor media coverage of women's football).

To question. 4, "What are the most important measures that should be applied for that girls who choose to turn to the sport do not stop training after a few weeks?" Coaches surveyed chose the following responses: 7 - selection based on scientific, actual results obtained from the tests and trials, 7 - training modern methods, 1 - system of rewards and sanctions (graph no. 4). None of

those questioned expressed different opinions on this issue.

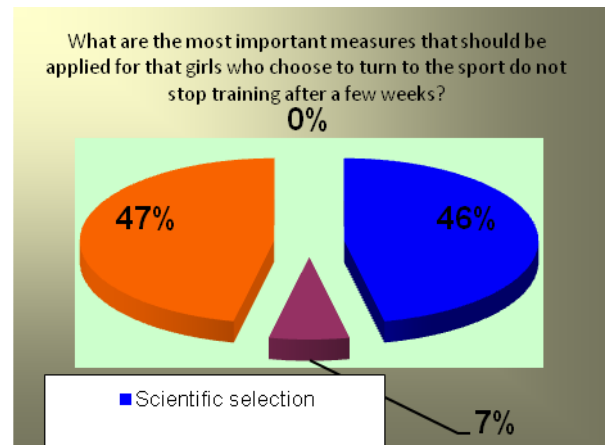


Chart 4

Question No. 5, "What is the development of female football in Romania compared to Western countries?", 12 football coaches have found that the women in Romania is lower than in Western countries, and 3 that it is at the same level. None of those interviewed felt that the female football in Romania would be better than the first Western countries.

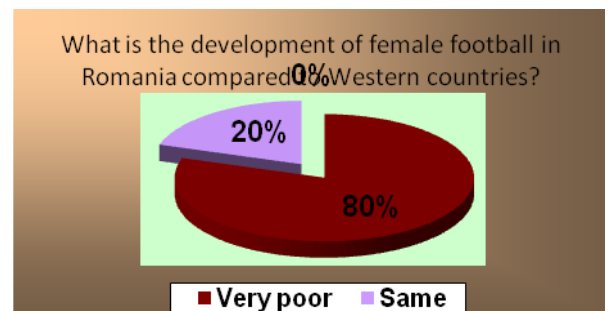


Chart 5

Question No. 6, "What are the appropriate tests or methods of testing that we manage the selection jucătoarelor football?", 5 chose bilateral game, four running speed 30 m, 3 to maintain the balloon, and two expansion one considered the most relevant would be a circuit in which the focus on management, acquisition and shot on the run.

What are the appropriate tests or methods of testing that we manage the selection football players?

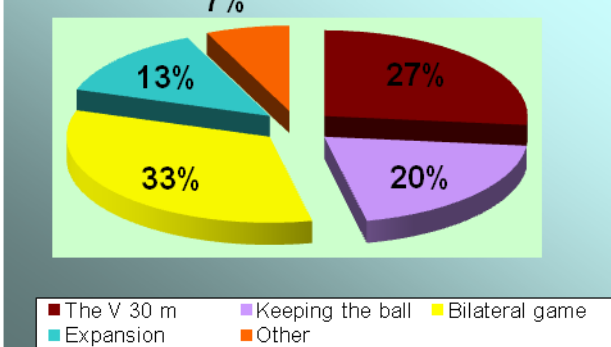


Chart 6

Analysis of these responses shows that coaches in charge of women's football have a clear vision on what scientific selection. Besides the one who noticed the need for multiple procedures followed in making the selection, others were content to choose one as driving or technique. Although most have opted for "bilateral game" as a means of selection, it is hard to believe that in 11 years and at a first meeting with the girls, those coaches will be able to select the best items. We believe that application of certain tests to guide coaches and those requiring more skills and motor skills is not only necessary but useful.

At question 7, "What, in your opinion the most important component of athletic training at this level (debuted in football)?", Six of the coaches surveyed said technical training, 5 - physical training, 2 theoretical and one tactical and psychological preparation (graph no. 7).

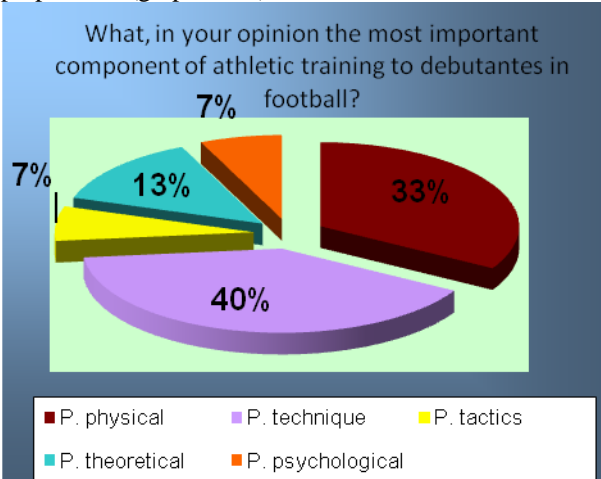


Chart 7

Responses coaches are consistent with data from the literature, which at this age, focus on technical training followed closely by the physical.

To question. 8, "Do you think you need to prepare a unitary player newcomers?", 11 answered "Yes", 2 have chosen "No" and all two said "I do not know" (graph no. 8).

Do you think you need to prepare a unitary football newcomers?

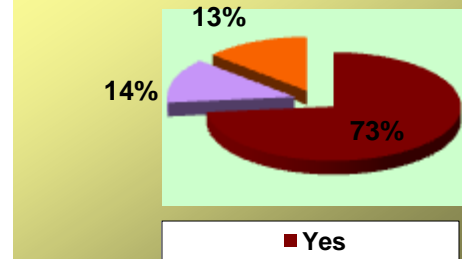


Chart 8

So, most coaches Whereas a training unit as shown in training player even newcomers.

To question. 9, "What in your opinion, specific motor skills that require attention at this age?", 5 speed chosen coordinate X, 4 X force opted for speed, three specific speed and one for the other - flexibility, and endurance specific force X speed (graph no. 9).

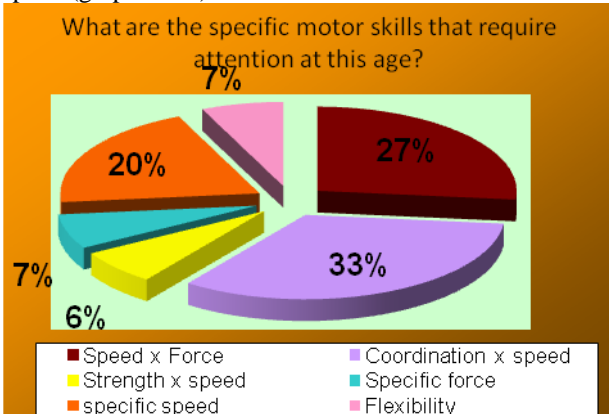


Chart 9

So most of the coaches surveyed chose X coordinate speed, specific speed and strength X speed.

To question. 10 "Which of the following procedures and special needs attention at age 10 -13 years?" Disposition chose one ball, five hit the ball, taking five balls, 2 the ball and two other deceptive movements (graph no. 10).

Most coaches considered paramount, hitting and taking the ball, basic techniques and very important in the subsequent purchase of other techniques.

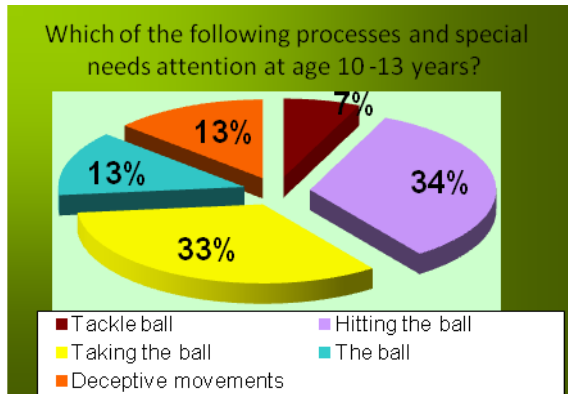


Chart 10

In question No. 11, "What training methods considered to be more effective in training debutantes in football?" Chose eight games of movement, 3 - method of individualization, 2 - analytical method and aqntrenamental one circuit and the intervals (Chart11).

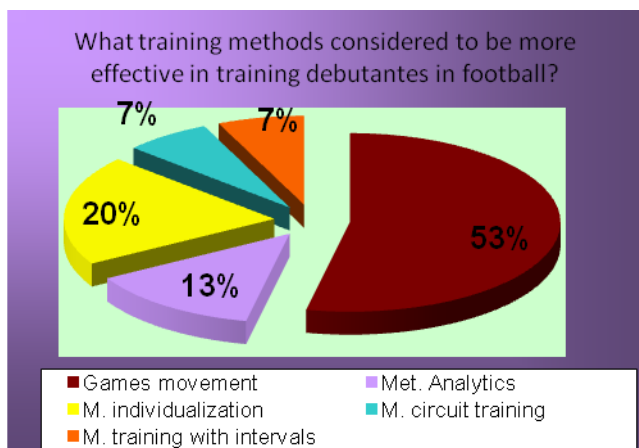


Chart 11

Notice that most coaches surveyed (53%) have opted for "free movement", which is in accordance with literature recommends working with beginners, using methods and means to keep children awake attention throughout the conduct of training. And at the same time be fun (to induce a state of good-humor) can be used for a long time without cause boredom among children and, of course, and achieve their goal - acquiring basic techniques the game of football.

Question No. 12, "How often evaluate the physical and technical preparation player woman team you work?" Coaches in number of 9 responded that they do so at the beginning and end of each period of training, 5 - at the beginning and end preparatory period, and one argued that this type of assessment performed after each training player woman training (graph No. 12).

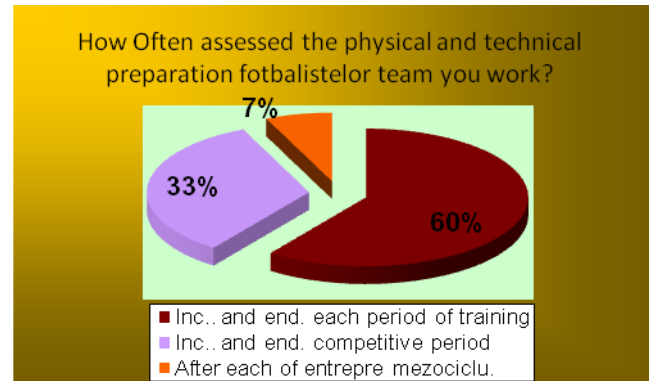


Chart 12

The analysis of answers to this question originates in the fact that most coaches are concerned with the assessment of the physical and technical aspects of their jucătoarelor and especially the frequency of these assessments is really satisfying - at the beginning and end of each preparation, which means at least four evaluations per year competitive.

Question No. 13, "In your opinion physical training plays an important role in preparing player newcomers?", 10 of those surveyed said yes, four said no, and one chose to answer "do not know" (Chart . 13).

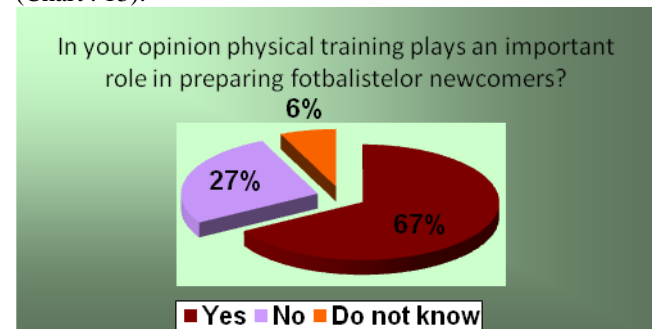


Chart 13

So, most coaches surveyed (66%) stated that the debutantes in football, physical training is one of the basic components of training.

The same question is found in the case of No. 14, on the importance of technical training in football debutantes. To this question 11 coaches said yes, 2 negative and 2 have chose to answer "do not know" (graph no. 14).



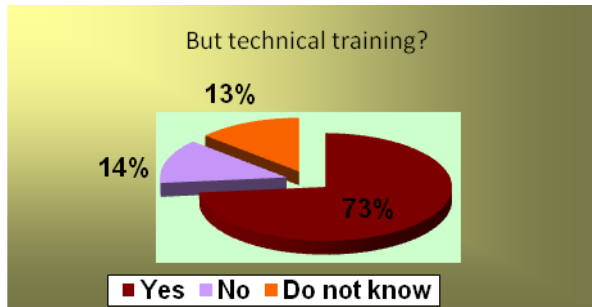


Chart 14

- Again, most coaches (74%) felt that the training debutantes in football, one of the most important components is executed. This is a natural one, in this period of apprenticeship, with a single technology foundation. An analysis of these questions such that the coaches we have a common view, namely the onset period in football - be they girls or boys - is characterized by a great high percentage of training in which technical components and physics plays an essential.

No questions. 3:16 p.m. respondents wanted to characterize subjects in terms of work experience. Thus they qualify as professional experience in the following categories:

- between 0-5 years - 2 subjects (13%);
- between 5 to 10 years - 4 subjects (27%);
- between 10 to 15 years - two subjects (13%);
- between 20 to 25 years - two subjects (13%);
- over 25 years - a topic (7%) (chart no.15).

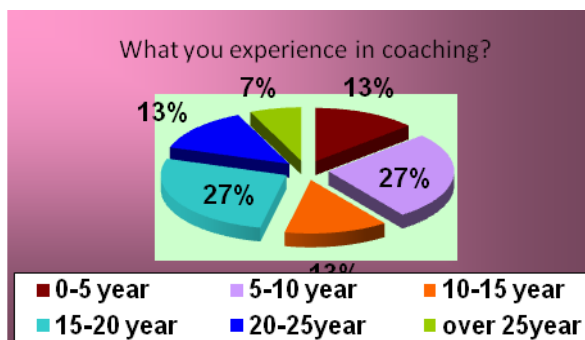
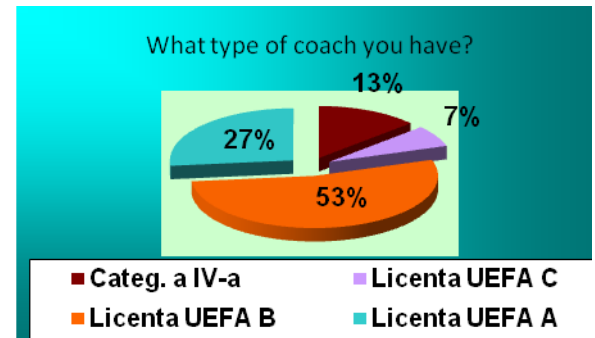


Chart 15

Analysis of question No. 16, "What type of coach you have?" Shows that the female football, coaches have the specialization necessary to lead

educational process, so 8 of those questioned UEFA B license, 4 - UEFA A license , 2 - UEFA C license, and only one of them is the coaching book category IV (graph no. 16). As can be noted none of them have book sports instructor, but all specific specialized courses for working with children and juniors. In addition, all were certified to participate in training courses organized by FIFA women's football coaches.



Graficul nr. 16

### Conclusions

After analyzing the responses to the questionnaire were applied to the following conclusions:

- main component of training at this level is the technical training followed by the physical;
- training methods preferred by coaches at this age are moving games (relay circuits with different technical elements, etc.);
- assessing the physical and technical player woman frequency is satisfactory - the beginning and end of each preparation;
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