

## Download the physical training with the ball in training in the official stage medals - juniors B

VISAN PAUL<sup>1</sup>, VISAN VERONICA<sup>2</sup>

<sup>1</sup>University of Pitești EFS Pitești, ROMANIA

<sup>2</sup>Elementary School No 13 „Mircea cel Bătrân” of Pitești,

Published online: November 30, 2018

(Accepted for publication November 20, 2018)

DOI:10.7752/jpes.2018.s5328

### Abstract:

Physical training is one of the most important factors in football game. The present and future competitions require a special training in every respect, among which physical training and psychological factor (own will) become „sine qua non” conditions. From the very beginning there was a necessity to link the motility qualities of the players to the psychological ones and thus they were called psycho-physical qualities. The main objective of general physical training, no matter the sport, is the improvement of effort capacity. The more the working potential, the easier the body adapts to the increasing requests for physical and psychological training. Similarly, the larger and more powerful general physical training is, the higher the level of biomotility qualities of the player can be. It is important to emphasize the physical potential through general physical training.

**Key words:** individual, instruction, footballers, physical capacity, program, objectives, planning, tests, specific

### Introduction

Physical training is one of the most important factors in football game. The present and future competitions require a special training in every respect, among which physical training and psychological factor (own will) become „sine qua non” conditions. From the very beginning there was a necessity to link the motility qualities of the players to the psychological ones and thus they were called psycho-physical qualities.

The main objective of general physical training, no matter the sport, is the improvement of effort capacity. The more the working potential, the easier the body adapts to the increasing requests for physical and psychological training. Similarly, the larger and more powerful general physical training is, the higher the level of biomotility qualities of the player can be. It is important to emphasize the physical potential through general physical training. The specific physical training is characterized by movements developing and improving the physical qualities requested by the particularities of the football game technique and tactics. Assuring a superior physical training, a request of our game conception, is made only if at its basis stands the multilateral physical training and the harmonious combining of the general physical training to the specific one. In football, performance is strictly determined by the level of development of a complex set of motion qualities, (Giovanni Trapattoni, Emilio Cecchini, 2005, page. 190).

Specific physical training is founded on general physical training. The main objective of specific physical training is to continue the physical development of the player according to his physiologic and methodic particularities. The physiologic specialization prevails in successful competitions. These potential adaptations of the player facilitate a large amount of effort during training sessions and, finally, during competitions. Moreover, a large physiologic capacity supports a quick recovery. The specific physical training requires a large amount of training made possible only by decreasing its intensity. If the intensity increased, without a prior strengthening of player's body, the central nervous system and the entire body would be overtaxed and the consequences would be exhaustion, tiredness and injuries, (Bompa, T., O., 2002, page 49). Discuss the importance of physical training for senior football players, the interdependence between the physical, technical and tactical qualities and the development of motility qualities. In chapter “Development of motility qualities”, the author presents the exercises used to develop motility qualities, (Bompa, T., O., 2002, page 49). Some publications, (Gârleanu, D., 1999, page 105), discuss the motility skills development focusing on developing separate model lessons and show a wide range of means to develop each physical quality in turn.

Some authors, (Niculescu, A., Ionescu I., 1975, page 212-214), present us ways to improve technique and tactics of football game, applying some general methods and also specific methods to each factor of training. The combination of general and specific methods gives the work a special value by giving coaches multiple opportunities for training sessions, regardless of classification category. Literature reveals many aspects regarding the training of football players and coaches, (Neța, Gh., 2008, page 264). The value of this work consists in how the author thinks about the physical, technical and tactical training, as well as about the way the

principles of football game are applied. Moreover, the work deals with the interference of motility qualities. By knowing this, the coach can develop and improve the physical qualities of the players.

**The authors give different definitions to physical training:**

“Physical training encompasses a whole system of measures that ensure a high functional capacity of the body by the high level of development of basic and specific motility qualities, best values of the morpho-functional indices, full mastery of the exercises used and a state of perfect health”(Niculescu, A., Ionescu I., 1975, page 145-147). The same author states that it enriches the general fund of motility abilities and supports the harmonious development of morpho-functional indices conditioning the practice of every sport, (Motroc. I., 1996, page 69).

“Physical training in football aims at increasing the functional capacity of the body, basic motility skills development and enrichment of the player motility base. These three main goals of physical training are constant throughout the training sessions, but they get different values for each stage of training: beginner, advanced and performance, as well as for each period and training stage”( Leali G., 2006, page 194-200);

„Physical training represents the whole system of means used to increase the functional capacity of the body by a high level of basic and specific motility qualities, the increase of morpho-functional indices based on a perfect health”. “Physical training, basic component of sports training, is a complex activity designed to provide players a high potential, expressed in terms of superior morpho-functional indices, the development of motility qualities and motility skills specific to football” (Gîrleanu, D., 1999, page 79-81);

“By physical training it is generally understood, the stage of training the athletes’ body. They say that an athlete reaches a good physical training when he gets a high level in terms of his physical abilities: speed, strength, skills, stamina, and his mental and intellectual skills - will, insight and spirit of combination, etc” (Neța, Gh., 2008, page 164-166). „In football, general physical training has to provide the player with the morphologic, functional and motility development he needs in order to get the necessary qualities used during a game. Hence the importance of selecting the means for general physical training of the players. These means should contribute to the development of basic physical qualities, the improvement of motility abilities according to each game” (Neța, Gh., 2008, page 268).

Regarding the training of football players „we emphasize the necessity to know the energetic substrata and the mechanisms that supply energy for each form of motility capacity so that the training stimuli applied during physical training should influence the effort capacity of the body and develop the individual’s abilities” (Giovanni Trapattoni, Emilio Cecchini, 2005, page. 112-113).

**The purpose of research.** This article intends to highlight the most effective training model for individualized physical training of football players that specialize in the junior “B” striker position . Guidance during the training session has a very important role. Thus, this work has the following objectives:

**Research objectives:**

1. To establish ways of designing the model of organizing the physical training program, as well as a differentiated planning depending on the training period of players, a model-planning for the preparation stage, the pre-competition and post-competition stages.

2. To emphasize the features of physical training for forwards in junior “B” football teams; actually, this is the most difficult period during a player’s training, when the art of the coach has to combine with the player’s determination.

3. Because time did not allow us a long-term experiment and because during any tournament a football coach does not allow experiments on his team, by this study we intended to present a set of organizational models of physical training program of football players specialized for forward position during the wintertime of the junior B teams.

We believe that the results of this article may represent only a starting point to thoroughly studying the physical training for football players specialized in striker position of junior B teams.

**Research hypotheses**

In carrying out this scientific study we started from a number of assumptions whose validity we tried to demonstrate throughout our study as follows: Individualized physical training of football players specialized in striker position (Junior B) during wintertime is one of the most important components of training, the way to do this depends on getting the performance in sport. Specific physical training of football players during wintertime can and must be performed according to a training plan; its proportion is determined during the preparatory periods, but can also be found in all the other periods, in different forms as energetic substrata of motility actions. Due to its importance, physical training specific to football players during wintertime has to be done by the cooperation between the coach(es) and a specialist in physical training; that is why the modern football imposes the need of a physical preparator.

Individualized approach to physical training of football players specialized in forward position during wintertime should be done both by the specific operating and non-specific exercises with the ball starting to be dominant since the period before competitions.

**O1: to receive and pass the ball with the foot from take-off, on a pre-established direction;**

**O2: to acquire the capacity of passing the ball with the foot from take-off to a fix point, forming precision of passing the ball;**

**O3: to set game-related relations by kicking the ball with the foot under the conditions of mini-football game.**

Means for acting: - Two pupils face to face, pass to each other, by a net of 1, 50 m width and 80 centimeters high. Passing the ball is made by pawing drills, then from take-off; Passing the ball made between two pupils, by ricochet of the ball from the panel (pupils are faced sideways); Passing the ball in two from take-off, with average speed, without receiving, distance between pupils of 10 -15 meters; Three pupils participate, permanently switching positions. Pupil A passes to B (1), who passes again the ball by a sidekick and on future position to A (2) and this one further on to C (3).

Three groups of pupils (A, B, C) stand at an approximately 6 m distance from one-another, on left side of the field. Player A sets the game in play and, following a quick pass change with B (1,2) passes in diagonal line to C (3), who passes by sidekick (4) on the direction of movement of B (in position B1) who shoots to the net from approximately 10 m (5); Four pupils : A, B, C, D, are faced in a rectangle formation at 6 m distance, the ones from the small side, respectively 10 m the ones from the large side. A and B pass directly with C and D (1) and following each kick, quickly shift places with each other (A with B and C with D (2); then, they pass again, this time on the sideways, A with D and B with C (3). 2. Racing games: "Play 4 x 2 with diagonal passes"; "Play 4 x 2 with long passes".



Fig. 1. Football game on reduced field, having reduced number of players, under simplified rules - 1 h/week

**Research Methods used within the experimental process:** The national and international specialty literature study method; The observation method; The modern method of conception and presentation of the training themes by use of the Soccer software; Tutor – Tactics Manager; Tests and measurements’ method; Statistical- mathematical method; Experimental method; Graphical and tabular method.

**Organization of research and experiment content** - The actual experiment was conducted over five players from the „Dănuț Coman” ASC Football Club, between January 15<sup>th</sup> 2014 to March 15<sup>th</sup> 2015, a period which formed a complete training cycle during wintertime, before the start of football championship. Subjects were informed about the study, giving their consent to participate.

**Analysis and interpretation of results** - In order to check the physical potential accumulated during wintertime training sessions, we tested them to see if there were any differences before the beginning of championship. There were three tests: initial, after the first week; intermediate, during the last days; final, a week before the starting of championship.

Table 1. Initial test

CODE	30m/s	60m/s	100m/s	400m/s	800m	1000m
D.S.	4''82	9''74	14''2	1'32''	3'21''	4'23''
H.M.	4''83	9''72	14''2	1'36''	3'18''	4'24''
A.I.	4''80	9''71	14''0	1'37''	3'29''	4'24''
B.I.	4''80	9''71	14''2	1'39''	3'27''	4'22''
V.M.	4''83	9''77	14''3	1'36''	3'28''	4'22''

Table no.2. Intermediate test

CODE	30m/s	60m/s	100m/s	400m/s	800m	1000m
D.S.	4''72	9''49	13''7	1'28''	3'21''	4'18''
H.M.	4''73	9''50	13''7	1'32''	3'14''	4'15''
A.I.	4''71	9''53	13''9	1'33''	3'24''	4'13''
B.I.	4''71	9''47	13''6	1'37''	3'22''	4'16''
V.M.	4''73	9''49	13''8	1'31''	3'32''	4'13''

Table 3. Final test

CODE	30m/s	60m/s	100m/s	400m/s	800m	1000m
D.S.	4''68	9''39	13''4	1'25''	3'20''	4'15''
H.M.	4''68	9''40	13''4	1'30''	3'12''	4'13''
A.I.	4''67	9''40	13''3	1'29''	3'22''	4'12''
B.I.	4''67	9''38	13''3	1'33''	3'22''	4'13''
V.M.	4''68	9''38	13''2	1'27''	3'27''	4'13''

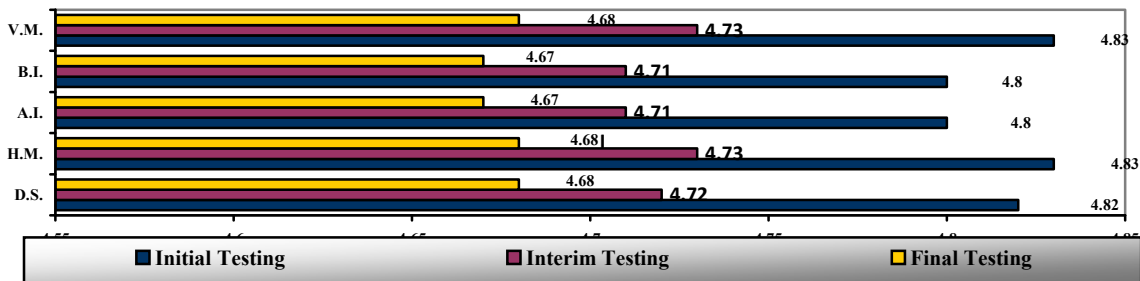


Chart1. Dynamics of results obtained during the 30m run test

In Chart 1 we can easily notice that every subject of the experiment succeeded in improving the results for run test 30m. In the initial test 5 subjects got almost the same results (4''82 subject D.S.; 4''83 subjects H.M. and V.M; better results were obtained by subjects A.I. and B.I, 4''80). We also notice that the 5 subjects recorded a constant progress and almost equal related to performance (subjects D.S., H.M. and V.M. got 4''68 while A.I. and B.I. got 4''67.). This improvement of the results was consistent throughout the experiment (see Tables 1, 2, 3), which allows us to say that the means used reached their goals.

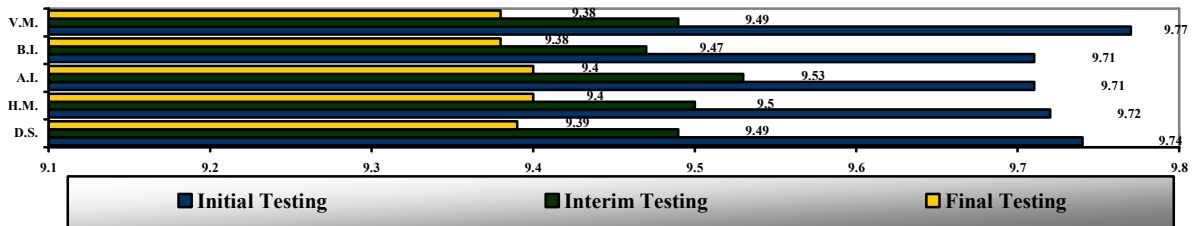


Chart 2. Dynamics of results obtained during the 60m run test

In Chart 2 we can notice that every subject of the experiment succeeded in improving his results for the test run 60m. The 5 strikers got almost equal results (9''30 for D.S.; 9''4 for H.M. and A.I.; 9''38 for B.I. and V.M.). we are impressed by the progress of V.M. who got a remarkable improvement of his result- from 9''77 to 9''38, that is with 0''39 better than in the initial test. This improvement of the results was consistent throughout the experiment (see Tables 1, 2, 3), which allows us to say that the means used reached their goals.

In Chart 3 we can notice that every subject of the experiment improved his results in 100m run test. At the initial test the 5 subjects got results around 14'' (14''2 for D.S., H.M. and B.I.; 14'' for A.I. and 14''3 for V.M.). According to the final test, subject V.M. got a remarkable improvement of his results – from 13''3 to 12''2, that is a progress of 1''1. This improvement of the results was consistent throughout the experiment (see Tables 1, 2, 3), which allows us to say that the means used reached their goals.

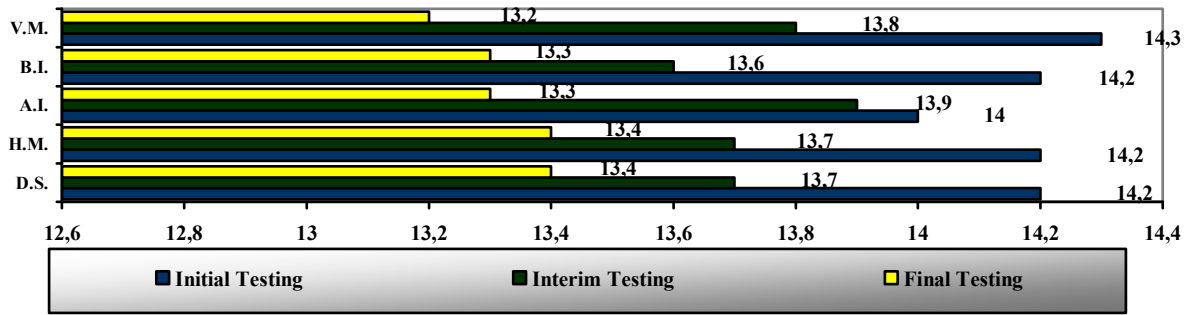


Chart 3. Dynamics of results obtained during the 100m run test

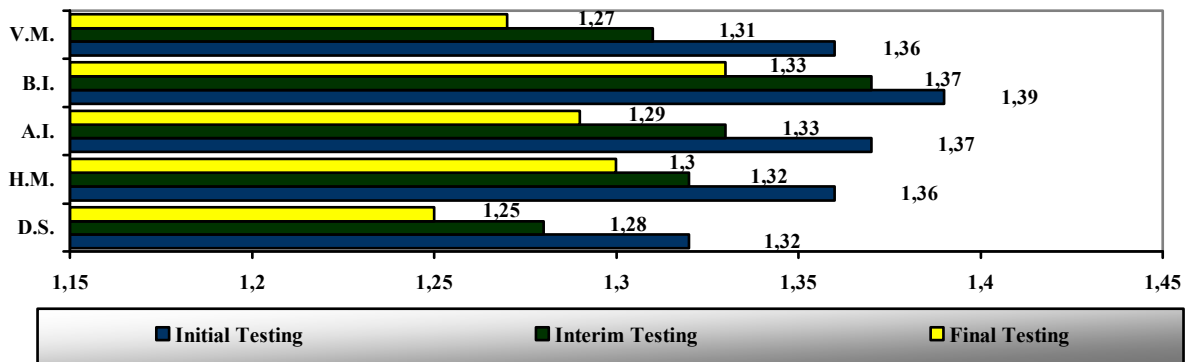


Chart 4. Dynamics of results obtained during the 400m run test

In Chart 4 we notice that every subjects of the experiment improved his results for the 40m run test: with 7'' for D.S.; with 6'' for H.M. and B.I. and with 8'' for A.I. The best results was obtained by V.M.- with 9'' faster. This improvement of the results was consistent throughout the experiment (see Tables 1, 2, 3), which allows us to say that the means used reached their goals.

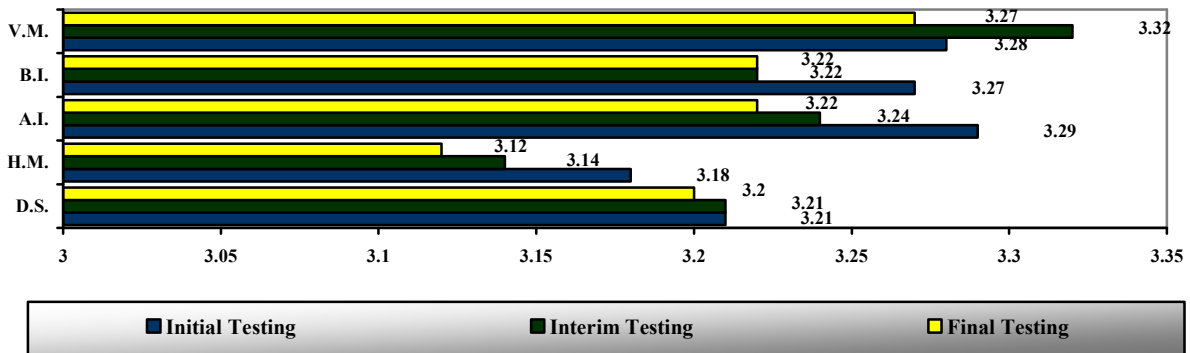


Chart 5. Dynamics of results obtained during the 800m run test

In Chart 5 we notice that from the 5 subjects of the experiment only 3 (H.M. with 6'', A.I. with 7'' and B.I. with 5'') improved their results in the 800m run test. We should emphasize the negative results of subjects V.M.(3'28''-3'32''-3'27'') and D.S.(3'21''-3'21''-3'20'') obtained in this test. The results were caused by players' tiredness during the experiment; moreover, they took also part in the junior „A” championship. This stagnation of results for the 2 players (D.S. and V.M.) allows us to say that the means used did not reach their goal totally (see Tables 1, 2, 3) but if we take into account the specialization of the players- strikers- we can be satisfied with the results because, for these players, we intend to develop speed under every form of manifestation.

In the graphical presentation below you can notice that all experimental subjects were able to improve test results in 1000 m run (with 9'' for D.S., with 11'' for H.M., with 12'' for A.I.-and this one got the most significant progress and with 9'' B.I. and V.M), revealing that the average results of the experimental group obtained a good average of results from this sample with regard to the age of specialization and subjects. We can declare ourselves satisfied with these results, because the attackers mainly aim was to develop speed in all its manifestation forms.

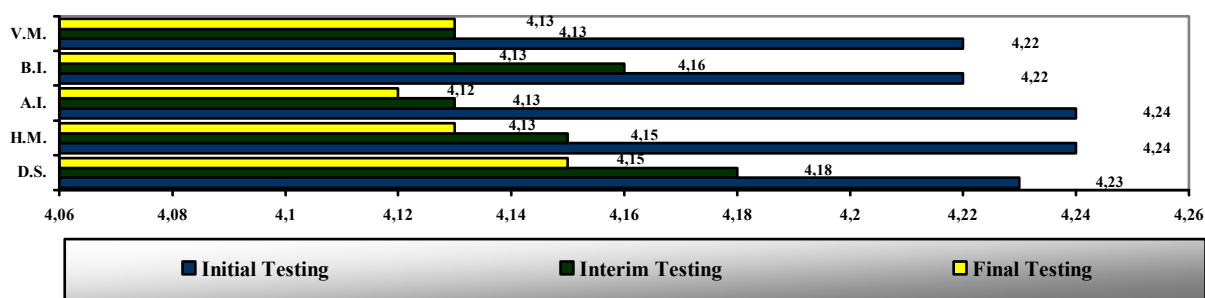


Chart 6. Dynamics results obtained during the 1000m run test

## Conclusions

Physical training in football game is one of the most important components of training, the way to do this depends on getting the sports performance. This assertion is based on the results obtained in control samples during the experiment, revealing a strong dependence between test results and motility capacity results in friendly games. Individualized physical training of football players specialized in the striker position during wintertime can and must be performed according to a training plan, its proportion being determined during the preparatory period, but being found in all other periods in different forms of energetic substrata of motility actions. Clear difference of physical fitness training is not appropriate to achieve only in the preparatory period, where the predominant is physical general training and where non-specific means are dominant, although even in this period the physical training must be made through specific means, compliance with the ball thing and bilateral game.

Clear differentiation from other components of physical training workout is not good for performance football training because physical training must be always understood as the substratum of each motility act. Excellent physical training can sometimes compensate the lack of a special technical training, especially for playing defense, in which a good physical training can lead to achieving a tight marking on a larger area and thus hinder the attack by the opposing team. The level of physical preparation is deficient at the beginning of the tour championship football because of a preparatory period generally insufficient and often treated superficially. Wintertime training period should not be absent from the training plan of a football team, this period is crucial for the reorganization at the top level footballer of all bodily functions, allowing a gradual increase in the level of total capacity of the athlete. Approach of physical training should be done both by specific and nonspecific means, exercises with the ball starting to be dominant since the period before competitions. Due to its importance, physical training should be done by co-working of a coach or coaches with a physical training specialist, at the A Division teams physical coach position was established as a necessity claimed by modern football development.

## References

- Apolzan, D. (1999). *Football 2010*, București, F.R.F.
- Bompa, T. (2002). *Trainind Theory and methodology. Periodization*, Edit. Ex Ponto
- Cernăianu, C. (2002). *Football The professional coach's manual*. Bucharest, Rotehpro Publishing House
- Colibaba-Evuleț, D.; Bota, I. (1998). *Sport games; theory and methodology*, București, Edit. Aldin
- Cojocaru, V. (2001). *Football – general notions*. Bucharest, Axis Mundi Publishing House
- Cojocaru, V. (2002). *Football from 6 to 18 years old. Methodics of training*. Bucharest
- Trapattoni, G.; Cecchini, E. (2005). *Konzeption und Etwicklung der Taktik im Fussball*, Edizioni, Nuova Prhontos, Germany
- Gîrleanu, D., (1999). *Physical training of football players*, Publishing House, Răzeșu, București
- Leali, G. (2006). *L'allenamento delle capacità fisiche nel calcio*, Koala Libri - Reggio Emilia
- Neța, Gh. (2005). *Fundaments of the football game Risoprint*, Publishing House Cluj-Napoca
- Neța, Gh. (2008). *Performance strategy in football*, Dacia Publishing House, Cluj-Napoca
- Rădulescu, M. (2006). *Optimization of the methodological strategies of developing the mobility coordination qualities in youth footballers*. Doctoral thesis, Bucharest
- Rădulescu, M. (2007). *Technique as a priority factor*, Răzeșu Publishing House
- [www.soccertutor.com](http://www.soccertutor.com)
- <http://trainermedien.dfb.de/index.php?id=65>
- [www.footballdrills.com](http://www.footballdrills.com)
- [www.soccerspecific.com](http://www.soccerspecific.com)