

## A new approach to football training at the junior level

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### Abstract

The resultant performance of a player in a match influences many factors. But one of the most important elements that influences game performance is the training process. The principal aim of this paper is his utility of using the information and documentation platform of the Tactics Tim Manager software - pdf Soccer Drills, an innovative way in the field of supporting specialized teaching support, both through the actual news sources that can be used for physical trainers and trainers in football at junior level. This paper is projected to develop a new way of documenting and informing on specialized sources and information is a real perspective action both for the baggage of specialized information sought by football coaches of different levels and age categories. By making the most of the specialized software platform Soft Ware Soccer Tutor Tactics Tim Manager, we believe that we will streamline the process of transmitting information from transmitters / messages (football coaches), transferable efficiently in the field of specialized motor manifestation on transmitters. (to the group of athletes / footballers), this whole process is possible through the source of information and documentation in the online environment, the creation of an account on the specialized platform, the individual purchase or through the club a working version of the Software - Soccer Tutor Tactics Tim Manager, application in the structure of the training process. The research methods used in the survey are based on questionnaires who follow some aspects like: specialized bibliography in the online environment, video observation, video recording, the computerized graphical. In conclusions we can say that after studying the specialized literature and carrying out the sociological survey based on the questionnaire, we can implement at the level of the Romanian Football Federation - the Department of the Federal School of Specialized Coaches, in order to improve, support and support, the package of real sources of information and documentation. up to date.

**Key words:** football, software, training, visual perception;

### Introduction:

Football is one of the most popular team sports worldwide. It's played by men and women. During football matches, players perform varying acyclic activities at differing intensities. It performance can be seen as the result of a long term training process designed to improve players and teams' skills in order to face the complex and dynamic competition requirements. Recent studies suggest that soccer match-performance depends on the effective interaction of technical, tactical and physical demands of the game. Fernando Barba et. Al. (2020)

The resultant performance of a player in a match influences many factors. But one of the most important elements that influences game performance is the training process. The training process has, among other things, an impact on the adaptation of the player's organism. It is a long-term, purposeful process. This process is influenced by many factors. Marek Tvrdy et. Al. (2020)

Compared to the past the physical training it represents a huge increase and therefore places higher demands on the individual energy and functional systems of a soccer player. Barnes et al. (2014) did not find any significant changes in the total distance run between the 2006/2007 and 2013/2014 seasons but find a significant acceleration of the game. Colibaba E.D. (1998)

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. Neta, (2008), Radulescu (2008), Visan P., Visan V., (2018)

It is a certitude that the Technical Commission of the School of Soccer Coaches and Physical Trainers Specializing in Football in Liverpool UK, is the official patented proponent of the specialty virtual library phenomenon, for Soccer Tutor Tim Manager. [www.soccertraining.com](http://www.soccertraining.com) (2019)

From our personal point of view we recommend Tactics Manager like an excellent football training software. We can strong say that is simple to use, but also we can say is practical and functional with everything is necessary and ready to create and organize a lot of exercises, even for the goalkeeper training. In addition to all the functionality allows me to create videos for a better explanation to the keepers.

<https://www.soccertutor.com/tacticsmanager/> (2019)

Today, in the modern football is necessary to be informed and whole process is possible through the source of information and documentation in the online environment, the creation of an account on the specialized platform. Cojocaru V. (2001,2002)

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. Trapattoni, G.; Cecchini, E. (2005)

#### Hypotheses of the experimental approach:

□ We believe that if using the information and documentation platform of the Tactics Tim Manager software - pdf Soccer Drills, like a innovative new way in the field of supporting specialized teaching support, than can optimize the training process at junior level used by physical trainers and trainers in football.

#### Material and Methods

The research methods used in the survey are based on questionnaires:

- the method of studying the specialized bibliography in the online environment;
- method of video observation and PDF documents;
- video recording method;
- audio-video method;
- the computerized graphical representation method;
- the questionnaire method.

How to document / inform and use the specialized software platform Soft Ware Soccer Tutot Tim Manager,

For an overview of how to approach the information, documentation and implementation of specific training topics for the football game, a basic action in the activity of football coaches, we considered it necessary in the present research, design and implementation of a specialized questionnaire, on the topic. Soft Ware's Soccer Tutot Tim Manager, applied to a number of 100 specialized coaches, coaches of different age groups and experience level.

The purpose of the questionnaire is to identify through the query with specialized questions, coaches of the football specialty, of different age levels and categories of activation activation but also stages of experience in the field, which are the real sources of documentation and information before the realization of the training plans in the personal activity to train, but also the way of exposing, explaining and presenting the training themes in front of the group of athletes / footballers.

The questionnaire was addressed to a representative sample of football coaches, specialized both in the groups of children and juniors but also as an activity in seniority, activating in different leagues, different age categories and experience level, the latter performing their activity both in the county. Argeș and outside the county, the GH Academy. Hagi - The future but also at the national group of children and juniors.





Fig 1 Explanation by the program's practical image; Example of training themes:

The specialists of the field consider the platform / Soft Ware's Soccer Tutor Tim Manager, as an innovative way in terms of both the extremely current source of information, as well as the way of presenting and displaying the training plans.

The questionnaire consists of 10 questions, having an open character, so that we can determine the importance of the aspects of choosing the sources of documentation through the Soccer Tutor Tim Manager platform, as well as the means applied in the thematic training times, so effective from the point from the point of view of the specialists, how to present the exercises in the training plan as well as the way of exposure.



Fig 2 Elaboration of the sociological questionnaire regarding the design and implementation of the training specific to the current football game

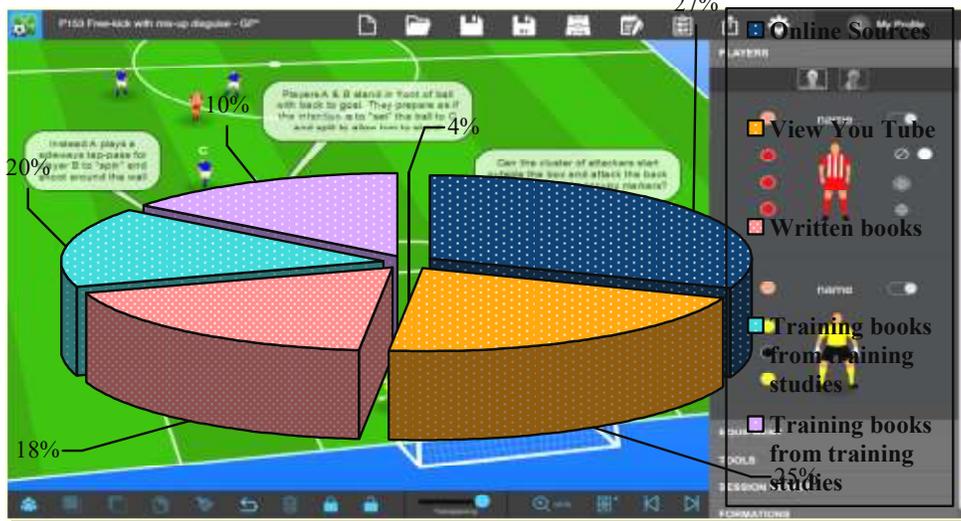
## Results

1. The first question of the questionnaire refers to the importance of the weight of accessing the information sources in designing and carrying out training plans, accessing online sources but also making records / training books, written sources in specialized books, etc.?

The analysis of the answers issued by the specialized trainers questioned in this research to this question, shows us the following order: the football game - 30%, written sources online - 20%, youtube viewing - 18%,

books written - 18%, notebooks trainings from the period of specialized studies - 10%, discussions with the coaching club colleagues.

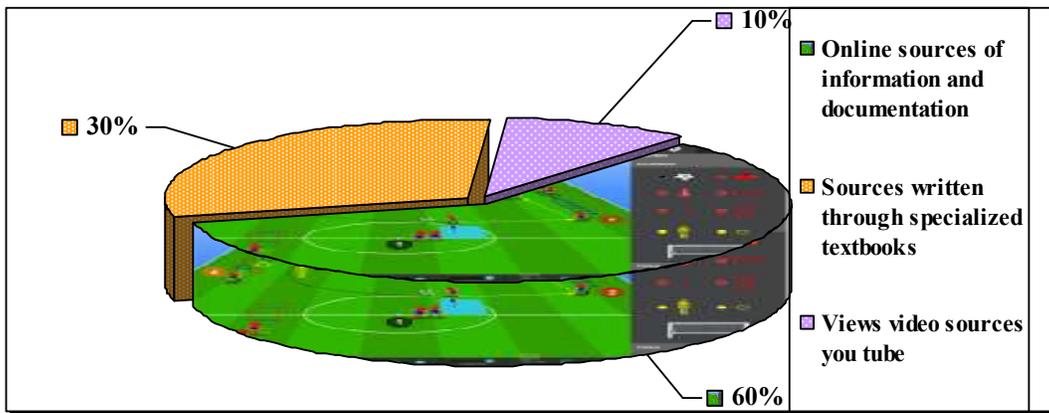
Thus we can conclude that even in the present generation of children, in the age of technology, the sports game, especially the football game remains among the most attractive sports disciplines, which is why we have chosen to lay the foundations of planning with a much higher percentage. specific means of the mini-football game, in relation to the traditional / usual planning that most teachers access.



**Chart No. 1.** What sources of information do you use in the preparation of training plans for the actual football game?

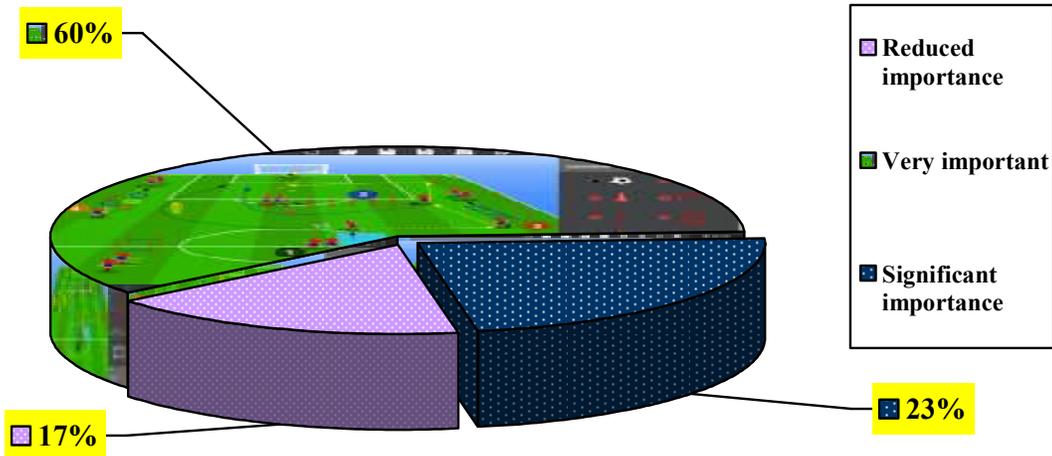
2. As for the proportion that the personal development of the football coach must occupy through the sources of documentation, information and finding information on the specificity of football training in the tone of the current times, online, so the implementation is balanced. the way of online documentation, in parallel with the sources read from specialiation books but also the views on you tube.

The analysis of the answers of the 100 coaches specialized in football, involved in the survey through a questionnaire, found that online sources are efficient and topical in percentage of 60%, sources read from specialty books, printed training plans, writing in the specification training staff, a percentage of 30% of them have this behavior of documenting and carrying out training plans, and 10% watch only the footage of the specialized trainers exposed on youtube sources.



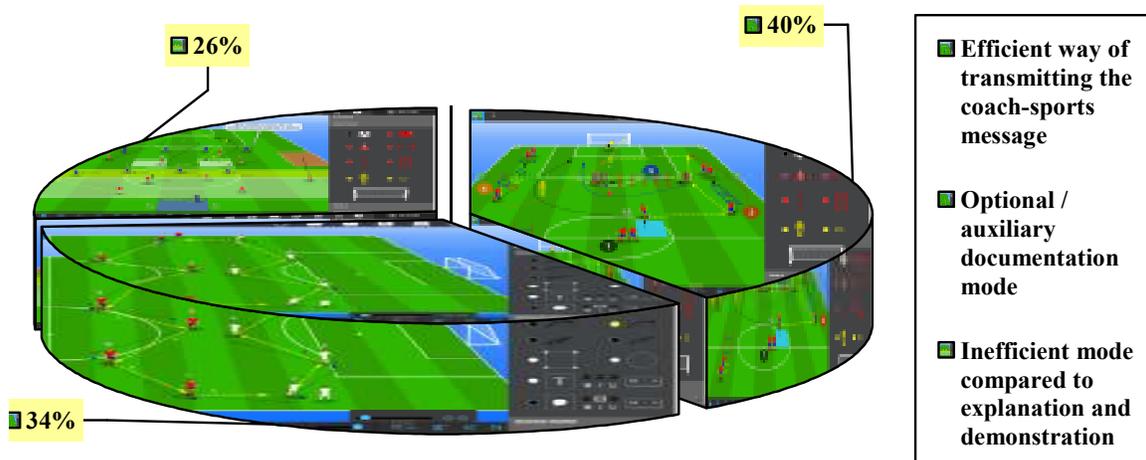
**Chart No. 2.** To what extent do you consider the online sources of specialized documentation and information in the process of preparing the training plans?

3. To question number 3, what degree of importance do you attach to the application issued by the Platfotma Soccer Tutor Tim Manager, an application with the specificity of a real virtual specialized library, to which most football coaches are affiliated, at international level, with an application that has as a support both the support of the process of informational documentation and the presentation of training panels, in a manner of 3/4 D boards, designed to streamline the transmission of the message from coach to sportsman, 60% of specialized trainers of the football game gives and considers a very high importance to this process of implementation through the specialized platform, 17% consider that the process is of small importance, based only on the personal experience of specialized, 23% of those questioned. considers that the process has an insignificant impact on the training process.



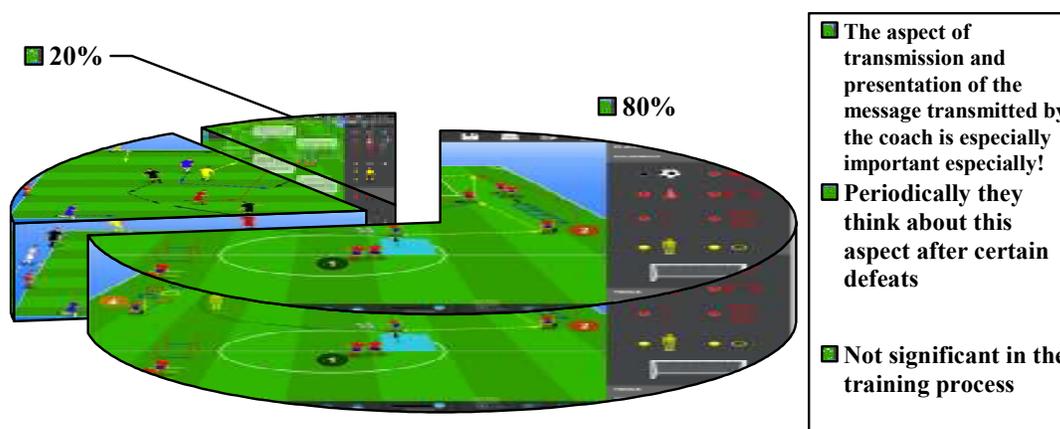
**Chart No. 3.** What degree of importance do you attach to the application in the process of accomplishing the training topics of the specialty of the football game in relation to the use of the online platform Soft Ware Soccer Tutor Tim Manager?

4. Regarding a percentage step in the design and implementation of training planning for the development / improvement and efficiency of work performance in training, a large part of the number of coaches questioned took into account in a positive way, supportive. of the transmission and clarity of the message issued by the coach and received by the athletes (footballers in the training process), through the specialized pallet platform Soft Ware Soccer Tutor Tacatics Tim Manager. Thus 40% of the coaches questioned, consider the method of transmitting information in training and perceived correctly by athletes, 34% of the total number of coaches questioned, I think it is only an auxiliary / optional way to enrich the information source, 26% of the number total of the specialized trainers involved in the survey study through the questionnaire, considers the modality inefficient compared to the explanation and the demonstration.



**Chart No. 4.** What do you consider to be the percentage of use of the mini-football game in the design and implementation of the planning for the development of the motor qualities?

5. Regarding the answer to the question: when designing the specialized planning, do you consider the importance of the satisfaction and the clarity of the perception of the messages transmitted, of the children / sportsmen / footballers at the end of a competitive season? 70% of the specialized coaches are coaches for the groups of children and juniors in different age categories, obviously having involuntarily taken this aspect into consideration, 20% of the coaches work for different senior teams at different levels of the league, the latter consider that only periodically they think after certain failures to these aspects, and 10% do not even consider this aspect of transmitting the message sent by the coach to his receivers athletes / footballers.



**Chart No. 5.** When designing the specialized planning, do you consider the importance of the satisfaction and the clarity of the perception of the transmitted messages, of the children / sportsmen / footballers at the end of a competitive season?

### Discussion

Starting by the aim of this study, when we believe that if using the information and documentation platform of the Tactics Tim Manager software - pdf Soccer Drills, like a innovative new way in the field of supporting specialized teaching support, than can optimize the training process at junior level used by physical trainers and trainers in football, after we analyze the answers of our specialized questionnaire, we can made some strengths ideas from our research:

□ From our opinion we think that the football coaches, specialized both in the groups of children and juniors, can use with success the Soft Ware's Soccer Tutor Tim Manager, like a specialized sources of information and documentation, and after that can optimize the training process trainers in a personal and particular way;

□ The most important practical aspect who is in our research is the possibility to analyzing certain games with the help of the specialized software platform Soft Ware Soccer Tutor Tacatics Tim Manager, through the properties of accessing the software, the ability to reproduce the phases of the game in a 3 / 4D graphic plan, passing these programs in the panel and the module video, setting up all the training plans in PDF format and saving them in the platform's own account.

Verifying the implementation in the thinking of the specialized trainers of the responsibility of transmitting clearly and efficiently the messages in the didactic moments of the trainings;

□ Also, like a result of this study we believe like a strong argument for practical training, the Soft Ware Soccer Tutor Tacatics Tim Manager can be used by the football coaches, is the way of finding and combining the information and documentary sources on certain percentages, combining information in the online environment with the classical bibliographic one, the modern way of presenting the programs and thematic training plans;

### Conclusions

The most important idea of our study is to develop new way of approaching football training at junior level by using the information and documentation platform of the Tactics Tim Manager software - pdf Soccer Drills, like a innovative new way in the field of supporting specialized teaching support, than can optimize the training process at junior level used by physical trainers and trainers in football. The results obtained with the help of a number of 100 specialized coaches, coaches of different age groups and experience level from Arges county and Hagi Academy, conclude that the most specialists of the field consider the platform / Soft Ware's Soccer Tutor Tim Manager, as an innovative way in terms of both the extremely current source of information, as well as the way of presenting and displaying the training plans. There is a certain fear of applying the specialized platforms as a source of information sources, of knowing the new one in the online environment, related to the dynamics of specialized training, in balance with the professional experience, with the discovery of the written sources (the case of the coaches) with good years of professional experience), the easy fear of opening to knowledge in the online environment of specialized bibliographic resources. A very important aspect is found in the satisfaction of the current generations of children / sportsmen / footballers, both in the attractive way of transmitting messages from the coaches and in the correct perception of them in the sphere of manifestation of the motor actions and activities specific to the football game; The way of understanding from the coaches when accumulating specialized information through the specialized software platform Soft Ware Soccer Tutor Tacatics Tim Manager, everything leads to a concrete process of organization and efficiency in training by setting concrete goals, their exposure and the way of presentation in front of the group of athletes, action with the effect of manifesting the requirements in more concrete ways;

Therefore it can be observed that the opinions of the specialized coaches regarding the implementation in the training process of the specialized platform Soft Ware Soccer Tutor Tacatics Tim Manager, opens up new horizons in the sphere of the information process, documentation and processing of the specialized information from the part of the coaches as well as the optimization of the process of transmitting the correct specialized messages from the transmitter (the coach), to the receiver (the group of athletes / footballers), all in an environment of efficiency of the training process. Based on the opinions issued by the specialists of the field, questioned in the present research, we consider that we can implement at the level of the Romanian Football Federation - the Department of the Federal School of Specialized Coaches, in order to improve, support and support, the package of real sources of information and documentation. up to date.

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