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THE SPHERE OF THE SOURCES FOR ENERGY AND OF THE MEANS FOR RENFORCING IN FOOTBALL

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Summary: If the footballers have a rich nourishment in carbohydrates, she has an positive effect on the capacity of them biological performance. The footballer who is good trained, has a big concentration of glycogen in muscle, if the meal after the last training before the game contents a big proportion of carbohydrates. Also, the footballers can to use in excess the vitamins A, C and E, with the justification that they are capable to stop the fortuitous frequency of the free radicals who oxidize and who work in the same kind as the antioxidants.

In the view of the reinforcing after effort, the footballers have at disposition a series of natural means: the aerobical activity; the therapy through extent (stretching); the total rest, as well as a series of physiotherapeutical means: the massage; the therapy at warm; the therapy at cold; the cold-warm

Key words: sources of energy; balance of energy; nourishment; reinforcing; naturals means; physiotherapeutical means; tehnicis of relaxation.

Because, the consumption of energy of the footballers in the time of the training and the game is very big, the food supplements are extremely important.

In this sense, is essential for the player to reserve oneself a good power balance on the long time, for to ensure the best evolution and for to forestall the varied problems of health. Thus, when the balance of energy is negative, the problems appear.

From all the substances who offer a big energy, the proteins, the fats and the carbohydrates are the more important. This thing means that, the content of carbohydrates from the nourishment out of the days before the game, must be big. The pastes, the rice, the potatoes and the bread secure a important source of carbohydrates from nourishment.

Before it was recommended a diet with 2-3 days of the intense training and with a nourishment with a small content of carbohydrates and after a diet changed with a big content of carbohydrates in the last two days.

This blast of carbohydrates is not necessary. A player who is good trained, has a big concentration of glycogen in muscle, if the meal after the last training before the game contents a big proportion of carbohydrates.

The process of blast of the glycogen in muscles is slowed down after a big effort. Because this effort represents the more important property of the football play, it's possible that the player to have a reduced stock of glycogen face to the normal stock from the time of the intense trainings. This can be a motive for which many players are tired and exhausted after hard trainings camp and/or after some games.

Many examiners uphold the idea that a rich nourishment in carbohydrates has a positive effect on a capacity of performance in the time of football game.

The organism has a good balance of energy when the consumption of energy, on a long period time, is not big face to the quantity of energy who is produced by the organism. So the necessary of energy is satisfactory.

The nourishment served with some hours before game must be light, because the potential of growth of the contain of glycogen in muscle is edged.

After the game and the meetings of training, when the contain of glycogen in muscle is diminished, the capacity of construction of the warehouse in muscle is meaningful grew up, while after some hours, this growth of the capacity for to stock begins to subtract. Thus, it's recommended as, the players to drink a beverage with carbohydrates, or to eat bananas who contains carbohydrates, directly after the cessation of the activity. A snack or drink of 75-100 gr. carbohydrates must be consumed in the first half hour after the game or training. This it must be completed with a meal who is good balanced.

So, before the game, the footballers must to take: a main meal how it's the lunch or supper, with 3-4 hours before or a light snack with 1-3 hours before.

After the game, the footballers must to serve: the nourishments or drinks with carbohydrates immediate after game, as the sporting drinks or the bananas; a complete meal after a hour or some hours, for to remake the stocks of carbohydrates.

In the time of a game, the warehouses of carbohydrates are exhausted. Because the necessary of liquides is also big, from certain motives it's suitable as the players to drink liquides with sugar, especially in the time of the game.

The resistance grow up if a drink with sugar is consumed in the place of the water. The concentration and the accuracy of the player are also, improved. One study meked in England showed that the teams who consumed the drinks with sugar marked many goals and received a few goals, face to in the situations when they drink only water.

The drinks must contain 5-7 % sugar, together with a little salt. The salt lightens the absorbion of the water in the small intestine. If the concentration of the sugar and salt is big, this thing cans have negative effect and also, cans hinders the liquid to pass beyond of stomach.

The proteins are the base of the organism, and are used, together with another things, for to build the construction of the muscular tissue. In the time of the rest, the necessary of proteins is 0,7 g/kg/day. This it's means 50-60 g for one grown - up.

Because a normal nourishment has a big relative content of proteins, the daily consumption cans be until 100 g.

On another part, the footballers must to consume drinks in the time of trainings and the games and to hold account that:

- the daily necessary of liquides is 2-3 litres on day;
- the sensation of thirst is not a good sign of the level for liquides of the organism;
- the liquides for a player who drank in the time of a game, must contain until 5-7 % sugar, because this affects positive the concentration and accuracy;
- the continuous consumption of liquides in a day, and not only in the time of the meal, helps the organism to maintain the balance of liquides.

The discussion about the necessary of vitamins and minerals in sport is fiery. This discussion appears thanks to the influence of the trust in the effects of the food supplements and in part of the conviction that the supplements of vitamins and minerals are injurious for health, but that somebody cans take very well supliments, „only in case”. These explanations can not be accepted.

We can uphold that the footballers which have a good balance of energy, consume the majority of the vitamins and minerals who are on market. The base of this idea is that the absorbion of the vitamins and minerals brings up thanks to increase with look at the transformation of the energy, if the player has a good balance of energy. The exception is the iron.

The absorbion of the iron from food into bowel is in relative mode subtracted. Only 10-15 % from iron is absorbed. The absorbion cans be increased if, the food contains a big quantity of the vitamin C. Other components of the nourishment, how are the whole-meal and the tea, can burden the absorbion.

We can lose the iron in small quantities through perspiration and pass water, but and in situation when the footballers bleed in stomach and bowel. The proportion of the anaemic players is not big face to the mans as a rule. This thing cans uphold the idea that the training can not duke at the loss of the iron.

If we discover the anaemia, we must take supplementary iron. But, if we give the supplements in plus of the footballers who don't have anaemia, this it represent a irresponsible thing. A supradose of iron cans to have negative effects.

In present we can use in excess the vitamin A, C and E, with the justification that they are capable to stop the fortuitous frequency of the free radicals who oxidize and who work in the same kind as antioxidants. This theory is interesting, but the number of the studies is insufficient and the results are contradictory for to can establish positive effects.

A rich nourishment in carbohydrates has an positive effect on the capacity of biological performance. The footballer with a good balance of energy don' has need to take supplements for food, with the exception of the iron, then when this is in deficit.

For reinforcing, the footballers have many natural means, such as:

- the aerobical activity – after microcycles for hard trainings or difficult games and/or tours, the players can make 1-2 easy sittings of aerobical effort. Thus, the players will be helped to eliminate fast the noxious substances from the body. These sittings replenish the warehouse of energy more fast than a total rest (passive rest);

- the therapy through extent (stretching) – the extent must be used not only the training of force, but also immediately after the games. A muscle stretched is more flexible than a muscle strained and makes as the elimination of the noxious substances to be more fast. The easy and continuous extents alternated with massages, help the muscles to recover more fast from the minor accidents. The coach musts to know that the elasticity growed of the muscles lead to the growth of the resistance for the muscles at accidents (bruises and extents of muscles). The active extent time of 15-20 minutes before the game, has as effect the preparation of the players to be ables for the start of the play. Thus, the extent is important for the tendons who are very required in the time of the energetical actions, typical of the football. A strong and flexible tendon resists at the effort at traction and tear.

- the total rest – or passive is the principal means for to restore the capacity of work of the players. A player who has the wish to have success in a game must to relax 9-10 hours in the time of the night.

We can use more methods for to have a relaxed sleep. The techniques of relaxation, a massage or a warm bath before going to the bed, all help. It's necessary as the bedroom to be dark, without noise and with oxygenated air (fresh air).

- the massage – to massage in a mode systematic the muscles with a view to relax and to eliminate the toxical substances added in the time of the trainings. You can to use the massage 15-20 minutes before the training, 10 minutes after the shower of training and a little more time after o hot bath. The professional massage and the auto-massage have a positive effect over the players through to reduce the tiredness, the fury, the low spirits and the anxiety. Through the specifical techniques, the massage grows the circulation of the blood, brings more oxygen and nutritional substances for the cells of the muscles and the effect is the elimination of the tiredness for the muscles.

- the therapy at warm – the modalities for the utilization of the warmth are: the saune, the hot baths and the baths of steams, as well as the moist packings at warm. The bath of steams and the saune have effect over the body and over the reason.

The hot showers (36-42 degrees Celcius) time of 8-10 minutes relax the muscles and improve the circulation of the blood.

The deep of insight for the warmth, in time of the saune, is approximately 4 cm. The warmth stimulates the perspiration who eliminates the toxins from the body and improves the sleep.

If the toxins are not eliminated, then the tiredness it prolongs and the stimulation of the central nervous system is affected.

The therapy through warmth must not to be applied immediately after the training when the blows appeared or when the player has fever.

- the therapy at cold – To apply the cold materials such as the massage with ice through packings, hot-water bag with ice who is broken and placed around of the organ who is wounded or to use the cold water, all these have an analgesical effect (the sensation of pain substracts).

You can to use the therapy at cold immediately after training, for to apply time of 15-20 minutes.

- the cold-warm baths – You can to alternate the therapy at cold with the therapy at warm. The players benefit by the action of the pump full of the muscles (vasodilatation and vasoconstriction) who makes as the blood to circulate through the body more fast. Thus, the cells of the muscles receive the nutritive substances and oxygen.

The cold-warm baths alternate the cold shower time of 1 minute, with the hot shower time of 5 minutes. In this mode, the cold-warm baths begin and finish with cold and start from extremities and then continue with the body.

The cold-warm baths are adapted for the superficial wounds, for to relax the muscles and to eliminate the toxins from the body. Also, the cold-warm baths can be used at 1-2 hours after the trainings or after one game, at home or at a room of hotel.

- the pressopointure – is an energetical massage who has at base the mobilization of the vital energy who exists and circulates in the human body.

- the laserotherapy – represents a modern method used in classical medicine and in sporting medicine. The laser produce many effects: he cans to anti-inflame, to provoke local vasodilatation.

- the negative aeroionisation – has to base the positive effects produced by the loaded particles with negative energy over the body after effort.

In conclusion, the footballers who use these means for recovery will be energetically and prepared for another session of training or another game.

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