

## INDIVIDUALIZED TRAINING - THE BASIC METHOD IN THE PHYSICAL TRAINING OF FOOTBALL PLAYERS

*Grosu Bogdan-Marius*

*Stefan cel Mare University of Suceava, Romania*

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**Abstract:** The individualization of the training is done by modeling, which appears as a principle, but also as a method. It aims to maintain the sporty form through a fair dosage in which work with different volume and intensity is usually adapted to maximum efforts. The individualization of the training helps us by the fact that, knowing how to dose the individual effort, we can apply a greater number of technical - tactical exercises, which contributes to the progress in this respect.

**Introduction:** In the international colloquia and specialized bibliography, the coaches permanently discuss the individualized training of football players of all age categories, especially juniors, always showing a special interest in their preparation for high performance. Countries such as Italy, Spain, England, Germany and the Netherlands, countries with the strongest football at the moment, pay special attention to the younger generation, each club having at least one junior team as well as teams of specialized coaches to detect, select and train the most talented to become professional footballers.[1,2]

As a method, individualization is very relevant in sports training. This method allows the coach to choose from the multitude of known exercises the best ones depending on the bio-psycho-functional features, depending on age, period (transition, training, competition) and the degree of training in which the athlete is in order to obtain the most favorable effects. [3,4]

### **Material-method.**

Individualization is a form of training of players according to the individual and group particularities, the requirements and the specific effort of the football game. The individualization of the training is done by modeling, which appears as a principle, but also as a method. [9] The individualization of training in the game of football aims to achieve the following major objectives:

- development, improvement and harmonization of well-mastered technical-tactical skills and of predominant motor qualities;
- correcting and improving some technical-tactical skills wrongly acquired and some less developed motor qualities;
- improving the game on pairs, compartments and team, depending on the placement on the field (system), as well as the requirements of the game. [5,6]

The research took place between November 2019 and March 2020 at the Junior Sports Club in Suceava, with a group of 10 players aged 16-18.

For the development of motor qualities we recommend the use of the following methods: continuous efforts for the development of general resistance; efforts with variable intensities, to maintain the capacity of effort; the interval method, for the development of specific resistance; interval repetition method, for speed development, circuit for force development. [7,8,9]

### Initial testing

Nr. crt.	Name and surname	Test 1 (no. of repetitions)	Test 2 (meters)	Test 3 (meters)	Test 4 (seconds)
1.	G. B.	16	17	2780	8, 81
2.	L. M.	18	15	2800	9, 23
3.	M. A.	19	18	2800	8, 50
4.	B. M.	17	16	2855	10, 08
5.	C. M.	20	18	2960	9, 72
6.	B. A.	21	19	2900	10, 43
7.	M. D.	22	18	2950	10, 00
8.	P. C.	20	19	3000	11, 67
9.	I. A.	18	17	3100	11, 32
10.	S. C.	18	17	3050	9, 41

PARAMETERS	TEST 1 (no. of repetitions)	TEST 2 (meters)	TEST 3 (meters)	TEST 4 (seconds)
X	19,00	17,42	2933,33	9,91
Standard deviation	76,89	75,40	12,35	1,05
C.V. (%)	76%	75%	123%	10,05%

### Final testing

Nr. crt.	Name and surname	Test 1 ( no. of repetitions)	Test 2 ( meters )	Test 3 ( meters )	Test 4 (seconds)
1.	G. B.	18	19	2900	8, 51
2.	L. M.	19	19	3000	9, 00
3.	M. A.	21	19	2900	8, 32
4.	B. M.	19	18	2950	10, 00
5.	C. M.	23	19	3000	9, 42
6.	B. A.	23	20	3100	10, 01
7.	M. D.	23	19	3150	9, 69
8.	P. C.	21	20	3100	10, 67
9.	I. A.	20	18	3180	10, 32
10.	S. C.	19	19	3150	9, 21

PARAMETERS	TEST 1 ( no. of repetitions)	TEST 2 ( meters )	TEST 3 ( meters )	TEST 4 (seconds)
X	20,67	19,00	3061,25	9,51
Standard deviation	73,89	73,40	9,35	0,85
C.V. (%)	73%	73%	93%	8,50%

TESTS	TEST 1 ( no. of repetitions)	TEST 2 ( meters )	TEST 3 ( meters )	TEST 4 (seconds)
Initial Testing	19,00	17,42	2933,33	9,91
Final Testing	20,67	19,00	3061,25	9,51

### Conclusions:

In the game of football, individual and individualized training can be done in two forms:

a) within the collective training, by applying the principle of individualization, when: the player performs in group the same exercises; the player performs on workshops, positions, compartments, exercises set by the coach (example: simple driving, shooting at the goal; strict marking in games with a small number of players), at the same time, some players at the coach's direction, perform individually certain physical training exercises, technical-tactical training; the coach can handle 1-2 players, who have special tasks for the official game.

b) within separate trainings, which are planned and carried out on the same day as the collective one, but at different times.

Training can be done on other days, when there are no activities. These can be scheduled 1/2 hour before or after the end of the group training, but the effort will be included in the planned volume on the weekly cycle.

In carrying out individual and individualized training we recommend the following:

- for the development of motor qualities, the training will be carried out on biological age groups, each group having its own effort parameters (the number of repetitions, the work intensity, the return breaks will be indicated, etc.);

- for the technical-tactical improvement, the work should be done on couples, compartments, groups of players. After establishing the real indices of the individual qualities of the juniors, the individual file will be drawn up on a weekly cycle, with the parameters of the effort that will be used in the work.

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