

## FINDINGS ON THE TRAINING CLASSES OPTIMIZE STARTING FOOTBALL

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**Keywords:** football, optimize, training, beginners, means

**Abstract:** Evolution football game, which in recent decades has experienced a high level of progress at a speed game much improved, and possession of the ball as prolonged requires training future players since the earliest ages, so selection and training from the age of 5-6 years. To address the scientific selection and training of children is necessary to know, studying and highlighting the player's performance profile of high performance, structured models to be attained during instruirii. La this age without previously accumulated a minimum of technical knowledge - tactic with characteristic entuziasmul childhood students will turn the game into a cluster continues around the ball, there is collaboration, which will not allow learning proper basic technical elements and will contribute decisively sometimes, loss of pleasure practice this sport. In this respect, rehearse separate elements and basic techniques, individually, in pairs or small groups of students in the form of static exercises, easy dynamic of relays with different degrees of complexity, depending elevilor. Jocurile of the ball must supplement this means, have simplified rules and a predominantly playful.

### **Introduction:**

A side with important significance in practice jocturilor sports in general, so by default the game of football is the activity of choice, an activity that aims at finding and attracting children with real motor skills to practice football in an organized and guidance specialized instructors. The selection is used for choosing which children can prepare for his coach sports tournaments. Selection is a process that takes place permanently. Coach purpose is to find children who meet the requirements involved in the game of football. Until it reaches the primary selection, the child is at a young age at which the probability can not say if he has talent for football. Often, the choice of sports is because of their parents, friends and even random. But decisive is not the way a child came to practice football but, like many children learn and love the

sport because only this way can be selected from its most talented. For this it needs to prepare. But while there is also the risk of a hasty elections. Therefore, children should not be forced immediately after the first meeting with the coach, to become footballers. A 6 or even 9 years is not aware of the capabilities and inclinations that we have, and parents and teachers can not say for sure what kind of talent possesses. If talented and feels attracted to football, there is a certainty that he remain in the field and to continue training.

#### **Material-method:**

In recent years, football has developed significantly in all its components: technical, tactical, physical, psychological, which led to the practice of a football game with the technical and tactical conducted at high speed. For the new technical and physical, it becomes necessary to prepare children to have a specific character ever set, focusing on technical training as early childhood purposes of aggregating a bag as big of elements and techniques to realize how quickly jump to a higher level. In terms of training content at this age, players must be able to play. As a result, means it will initiate technical training game with the ball and without the ball (elements and techniques of learning). Also, these funds will give the player a minimum game intelligence and quality coordination, balance and laterality.

At the beginning of training, the children selected will be evaluated through samples and tests , because the coach might know the strengths and weaknesses of each child, to know the value of each component of the group, so that he will know further how to address each component of training .At this age (8-10 years), the children being to beginners , it is advisable to use simple exercises without high degree of difficulty , what will that training be pleasant for children. The ball must not be missing from these exercises.

The main components of training that will be addressed in a higher weight will be the technical side and the overall physical development.

For the technical side, will develop and utilize exercises for learning is hitting the ball with the flat with shoelace inside shoe outdoor shoe filled for kicking the ball away with the head still and jersey, learning takeovers with the flat, thigh, chest, head, learning technical and tactical structures for attack and defense -two- learning as a community. With learning these techniques, children should be told and their tactical use. This group of children selected for initial training, training has a strong training and capacity building and driving skills

General tasks of this age group are:

- general physical development , better health and motor skills development ;
- technique and tactics understanding of the fundamentals of the game ;
- educating moral qualities and will.

To develop these tasks indicated:

- a) use of a large number of physical exercise in a different movements and varied nature of neuromuscular effort. The focus will be on flexibility exercises, skill, mobility, speed and flash .
- b) technical training will focus on learning successive technical elements basic as: hitting the ball with your foot, taking leadership, dodge, aiming at learning correct each process with a special focus guide equal to both feet, both at reception and at kicking the ball away.
- c) learning tactics is implemented gradually. It begins with an introduction to individual tactical actions ( marking - marking, attack and defense, ball movement ) and continue with small games 1-2 partners.
- d) Because, at this age, the child is characterized by a sharp responsiveness, a developed sense of observation and imitation, desire for knowledge, affirmation, sensitivity, it is recommended that demonstrate and exemplify be accompanied each time by appropriate explanations. At the same time they will be tempered with tact pedagogical trends of individualism that may occur.

To ensure the properties of the material taught in these years, it is recommended to take three lessons per week (excluding game) under the direction of coach, with a duration of 60-90 minutes, and that opportunities to play unguided - every day, the children feel the need to play-and using a summary gaming equipment.

If this paper, the experiment was conducted in compliance with strict requirements for completing an experiment, as follows:

- in the research groups of children participating athletes were composed of the same age and the same level of training - beginners groups of children aged 8-10 years ;
- methodology, the experiment was conducted with two samples mandatory experimental sample and blank sample:
  - Experimental groupe - beginners group 8-10 years (children born in 2004-2006) belonging to Association Football Club Botosani;
  - Groupe experiment - beginners group 8-10 years (children born in 2004-2006) High School of Sports Botosani;

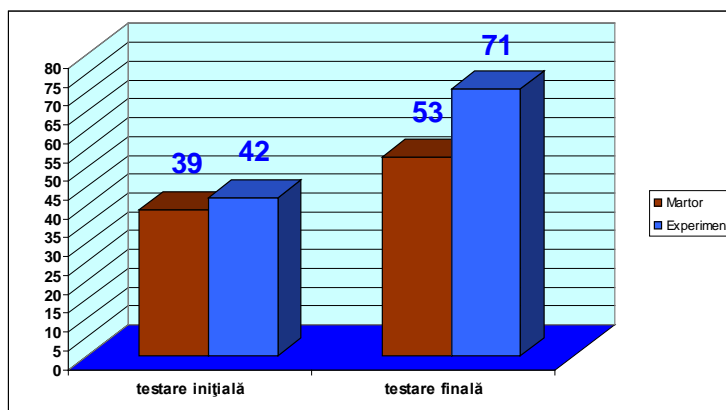
- the conditions of training and sports grounds were the same for both groups of children, using two land:
  - Football field reduced room
  - Reduced football field outdoors.
- the main objective of the experiment was to demonstrate that relationships play a team better prepared from a technical standpoint, will be superior to a team whose preparation was not based on learning elements and technical procedures necessary to prepare children beginners.

The research was conducted under the Sports High School Sports in Botosani, during the period April 2014 - July 2014 two groups of children were composed of athletes aged 8-10 years, children born in 2004-2006.

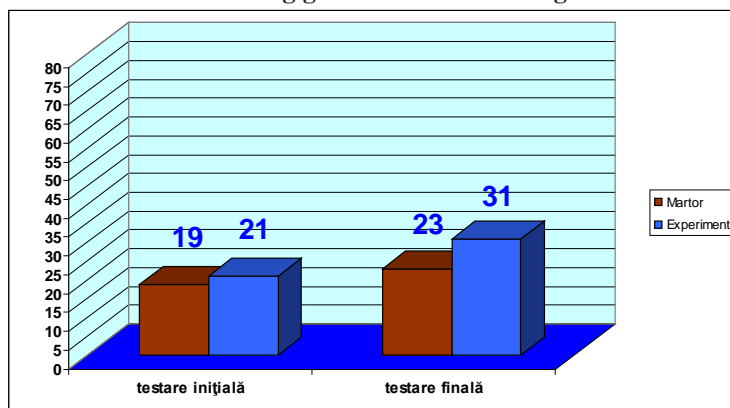
### Results and discussions

The types of tests that apply to juvenile football practice are consistent with training factors, namely: physical tests, tests and tests of psychomotor technical and tactical.

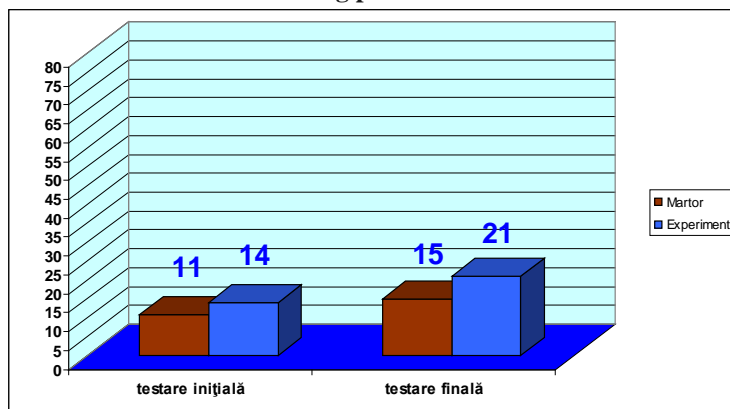
Chart No. 1- Making passes with the flat



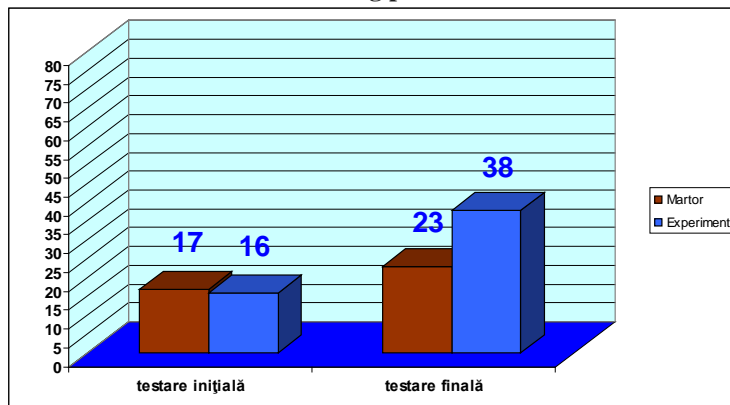
**Chart No. 2- Making great medium and long lace inside**



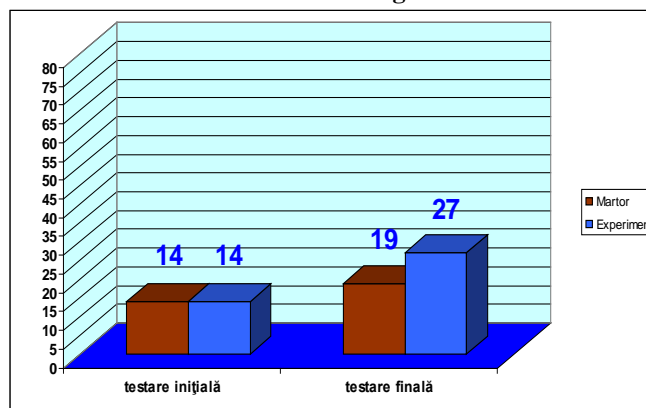
**Chart No. 3- Making passes with outdoor shoe**



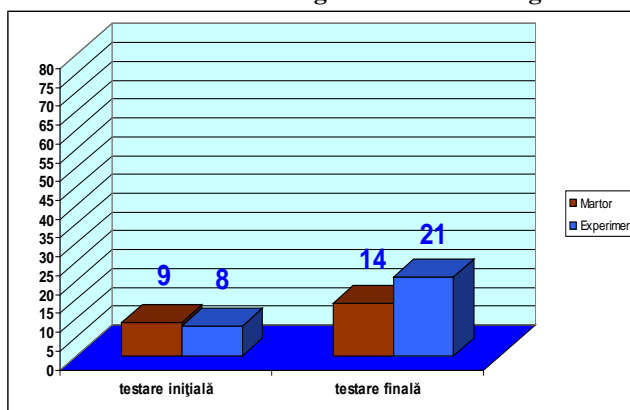
**Chart No. 4- Making passes with the flat**



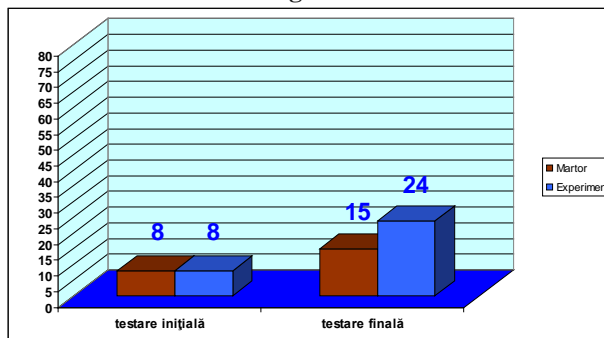
**Chart No. 5- Taking the ball**



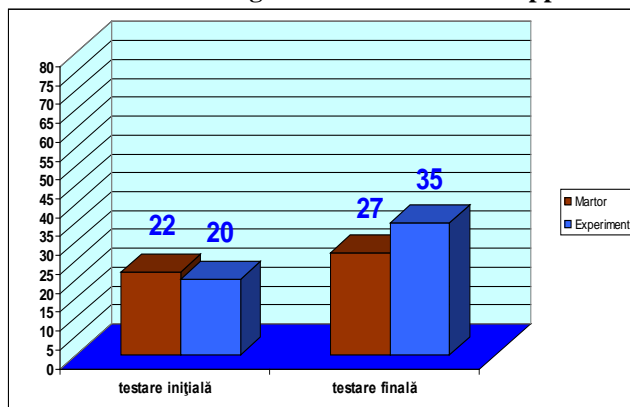
**Chart No. 6- Taking the ball to the thigh**



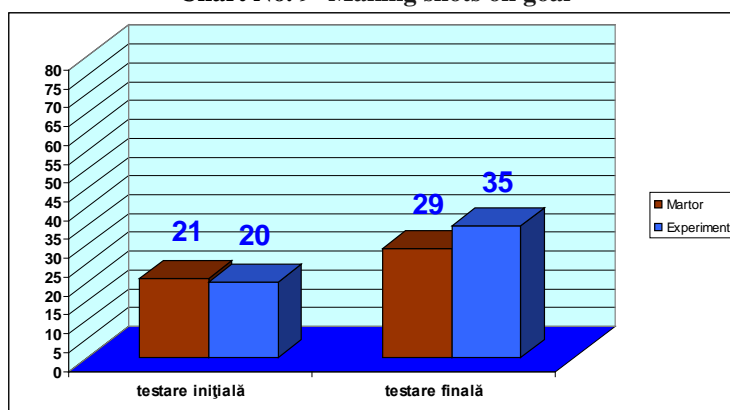
**Chart No. 7- Taking the ball with his chest**



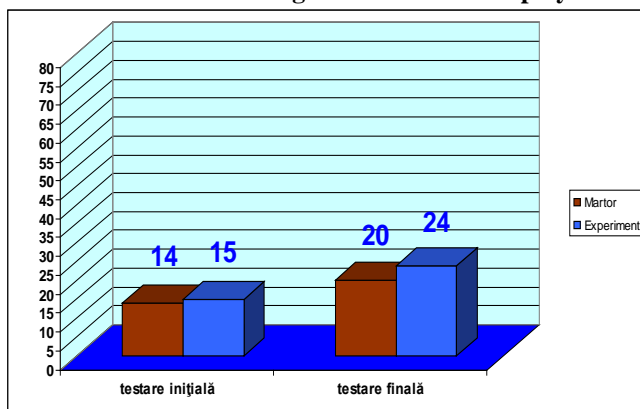
**Chart No. 8- Making feint to overcome the opponent**



**Chart No. 9- Making shots on goal**



**Chart No. 10- Making combinations of 2 players**



### **Conclusions:**

Currently, the football player must go through several stages of preparation, and finally come to practice football in a professional club. If after several years football was practiced in gaming pleasure today to be footballer is a profession in itself, where players receive the best conditions for training, the financial side is always present in the vocabulary of football players, not conceive practicing this game without pay. For the organization, composition and preparation of such a group level, the first step is selection work, the coach must seek and attract children to practice skills of the game through various tests and trials and from different backgrounds. Children can be selected from schools in their pursuit at playgrounds, at various official competitions and friendlies

Regarded as an important component of footballers preparation, selection work should be carried out in the most serious way possible, respecting truly samples and control rules set out in books and specialist programs. The selection will be conducted on an ongoing basis, not just when you want to compile a group, as always can appear Children qualities in an early stage of selection did not attend, or who meanwhile have developed some skills to practice this sport.

The coach must always be in the process of search and discovery of new talent, you need to attract and prepare them to participate in various competitions and promoting their value to the following groups.

Lessons training should be enjoyable, it should not be missing from training for children, games of movement and relays will also be present during training in order to make training more enjoyable for children and to develop the spirit of competition. Children should be actively encouraged, mistakes must be corrected on time and learning of techniques during training will always use the explanation and demonstration.

In any sports game, technique is crucial in that it influences the actions of a team game, which depend largely on how a player mastered the techniques and elements of that game. Football, making it part of sports games and it requires a high level of technical executions by those who practice it. Technical training is essential for children aged between 8 and 10 years for the next stage of the small football is even decisiv. The elements and the techniques to be learned correctly for the next stage of preparing children for them to be learned and strengthened, not corrected.



It is easier realization of technical training as it is known the pleasure children to play with the ball, and their satisfaction when you manage to perform certain techniques.

At this age, all components of training will assist in the preparation of children, but some with lower weight, such as psychological preparation, physical training and others having a higher share in the exercise, and here I refer to theoretical and tactics.

Children can play football just when their technical baggage will rise to a certain level and expressing their land will be positive. The tactic of a team can not be performed during a match unless the players will be well prepared technically.

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