

EXPERIMENTAL STUDY ON STRENGTH DEVELOPMENT OF QUALITY DRIVING THROUGH SPECIFIC FOOTBALL GAME IN MIDDLE SCHOOL

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Abstract: In sports games there are many ways to enhance the quality of the driving resistance. They are very frequent situations that apply to specific training methods for developing motor skills sports games in physical education curriculum. In football development using various methods specific resistance of the game, which adapted to the specific age and readiness of secondary school pupils can be effective in optimizing the process of improving this quality. This paper aims to verify the effectiveness of specific training methods in the development of quality football game driving resistance of secondary school students. The theoretical importance of the work is that it provides an appropriate analysis of theoretical concepts regarding the quality of motor strength, curriculum content on resistance and specific training methods for the development of this football game driving qualities. The practical importance of the work is that develops and verifies the effectiveness of a training model based on specific training methods play football for driving quality development students in secondary resistance.

Introduction:

Driving qualities are qualities of the body which provides the opportunity to perform various acts driving with different indices of efficiency in relation to their stage of development.

They can continuously develop if acted upon systematically specific means judiciously selected and graded accordingly. After their form of expression and the influence they have on the human body, we distinguish the following qualities: strength, speed, skill and strength. Some driving skills in a certain stage (early), are "innate" and depend on existing hereditary background but can be influenced in that it can grow.

The game of football is part of sports with a longer duration of 3-5 minutes, but the intensity of efforts changed at short intervals. In these

sports, although exercise duration would allow adaptation of major functions and possible provision of sufficient oxygen for aerobic energy release about the phenomenon can not occur because before to reach equilibrium between requirements and intake of oxygen body enters a new situation caused by exercise intensity change.

Material-method:

The purpose of this paper is to provide a theoretical analysis and practical aspects of driving quality and resistance methods and procedures specific methods to develop its football game to complete a study of secondary school curriculum and to develop and verify the effectiveness a training model based on specific training methods football game, designed to develop students' resistance.

In this experiment subjects are students of class VII C School Group "Iorgu Vârnav- Liteanu" Liteni. This class students will be tested in relation to their ability level of resistance, followed by application of a development program that driving skills through specific elements and processes play football. At the end of this program, will again test the resilience, respecting the administration of the test conditions. This class consists of 20 students, including 16 boys and 5 girls, aged 14 to 15 years. Grade VII A and B VII School Group "Iorgu Vârnav- Liteanu" with a staff of 26 students and 27 were control groups.

Samples and control rules applied were:

1. Running resistance: it starts with the feet and start running on flat ground on the distance of 1000 m. With timer running time.
2. Running combined 4x (30 m. X 4) are two cones placed at a distance of 30 m., From one another; contractor located next to a pole starts to signal to the other pole, suddenly stops in front of his speedy return to the first milestone, brakes again and repeat the round-trip once; after these four sections of 30 m. each, pause 30 seconds. resume the race three times, with breaks of 30 sec. after each group of 4x30m .; is thus carries a total distance of 480m (4x 120 m.) being 30 breaks per 120 m sec.după .; timed race, recording elapsed time for the 4x120 m., disregarding counting breaks;
3. Complex trial - the player with the ball foot is facing the gate, 32 m. From the goal line; one meter in front of it is the first pole, and 3 to 3 meters further 4 stakes, the last pole (5th) is 3 m. away from the line of 16 m .; the signal, the player starts in gear, drive the ball through the five milestones, after passing the last pole, pull the gate and return to the

place of departure; after a break of 10 seconds. repeats with another ball path; runs 4 times this route.

4. The player goes to sprint back to the running direction of the distance of 5m., Performing 180 degree turn, make a sprint 5m., Passes over two gates placed transversely at 3m. distance running race through four cones arranged in a straight line from 2 to 2 m., turn 90 degrees, 5 m sprint. jaloanne pass through four arranged in zigzag of 3 to 3 m., crossing three gates arranged in line in 3 in 3 m. and sprint to the finish line 10 m.

5. The same route through the ball at his feet.

Drive systems for development of resistance in the game of football:

Option 1:

- 15 To 20 minutes running on the pitch, tempo varied imposed:
- The first lap sprint to the goal line at 16 m .;
- In the second round, a sprint from goal line to the center;
- The third lap sprint on one side of the field;
- In the fourth round two runs with varying pace on distance of 16 m. After which it can resume the cycle.

Option 2:

- Idem Ball first variant management using certain portions or complete.

Option 3 (model range):

- 3x60 m. 1/1 (with return-light running 200 m.);
- 6x200 m. Running 3/4 (with return light running 200 m.);
- Running 3x60 1/1 (with return light running 200 m.).

Option 4:

- 5-6 minutes jogging;
- 2x100 m. Sprint;
- 2x100 jogging;
- 2x50 m. And 200 m. Walk;
- 3 minutes leading ball with changes of pace and direction;
- 2x50 m. In two passes along the length of the field;
- 2x30 running with leadership and poultry;
- 3x30 m. Running with completion;
- 5-6 minutes running free.

Results and discussions:

The following table shows the results of the tests specified value and the initial and final control rules:

Table No. 1 - Value results from control samples and standards

Nr Crt	SAMPLE	Experimental group		Group control 1		Group control 2	
		T. I (s)	T. F (s)	T. I (s)	T. F (s)	T. I (s)	T. F (s)
1.	Running 1000 m.	250	246	249	245	251	246
2.	4 x (30 m.x 4)	97	92	96	95	97	94
3.	The complex trial	38	32	39	37	39	34
4.	Trail without the ball	26	21	25	23	36	30
5.	Track Ball	34	29	35	33	35	34

Analysis of the results in the table leads to the following findings:

- All samples and standards to control both classes (experiment and control group) progress;
- progress has been most evident in the experimental group, especially for tests 2, 3, 4 and 5;
- Running resistance both classes have the same progress recorded 4 seconds, the means of developing resistance running the same;
- progress to running combined experimental class was 5 seconds, and the control group progress was only one second;
- comprehensive and proven track ball designed to highlight the effectiveness of specific training methods soccer game continued efforts in developing resistance to the technical implementation, progress is 6 experimental group and 5 seconds and the control group was recorded progress only 2 seconds;
- the control sample consisted of completing the route without the ball, designed to highlight the effectiveness of specific methods of developing resistance football game in development of resistance to repeated efforts to speed the experimental group progressed 5 seconds and the control group progress only 2 seconds

- practical efficiency of these differences recorded argue training methods specific to the game of football in general resistance development to students in grades VII.

In terms of dynamic graphical results achieved by the three groups is as follows:

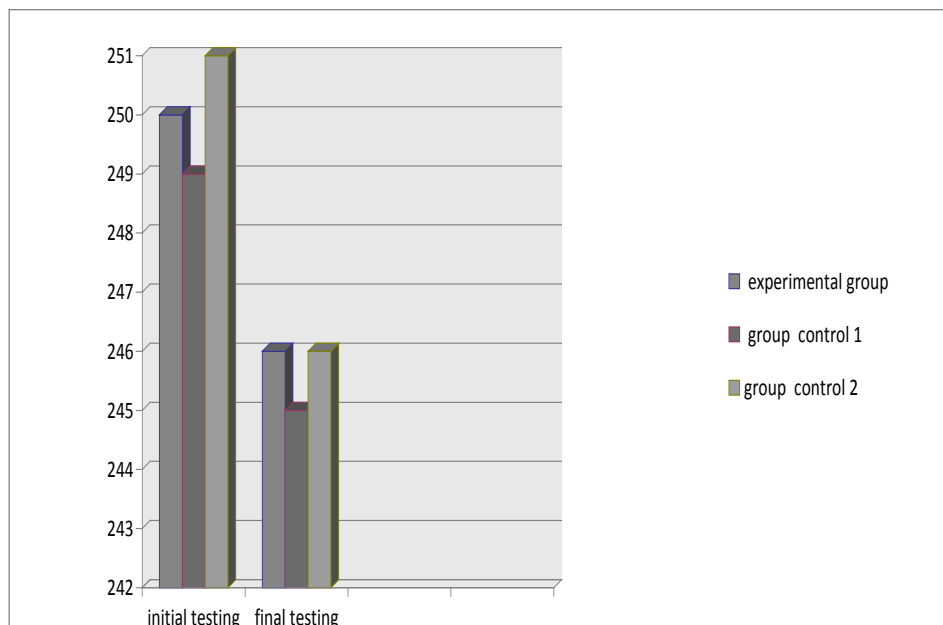


Chart No.1 - Running 1000 m

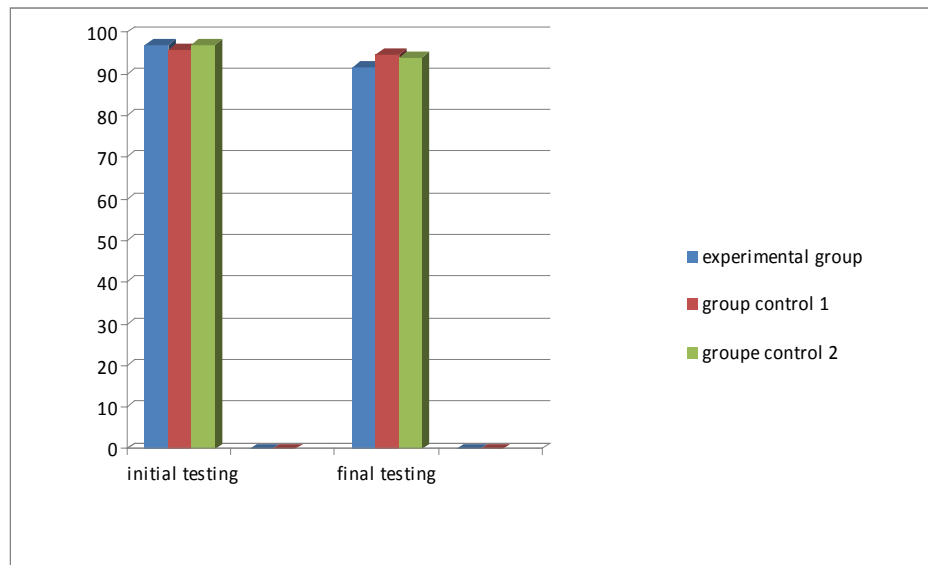


Chart No.2 – 4 x (4x30m)

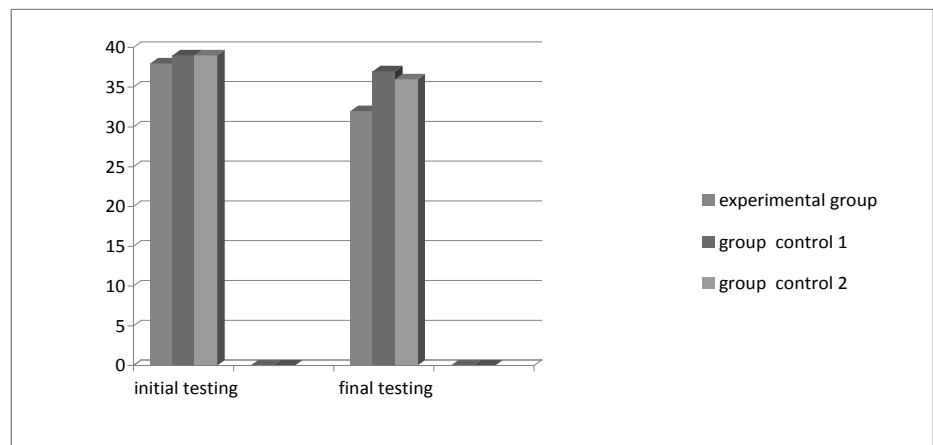


Chart No. 3 - Complex sample

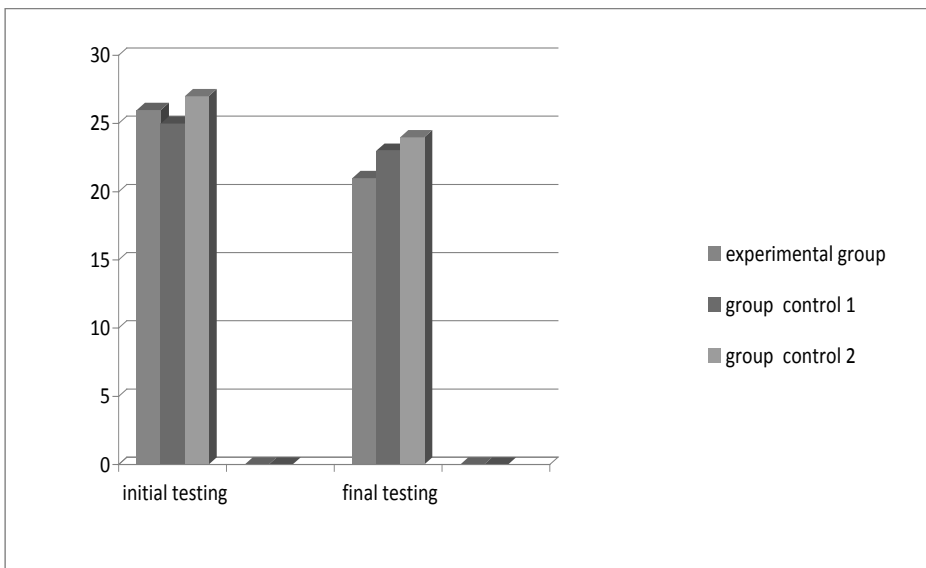


Chart No. 4 - Trail without the ball

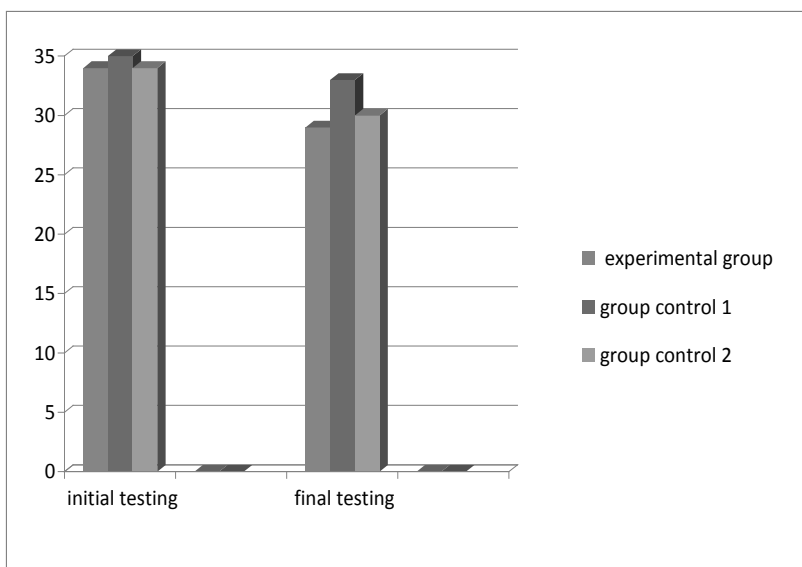


Chart No. 5 - Route with ball

Conclusions:

The following recommendations were made to improve physical education in secondary school for the development of resistance:

- improving conditions for effective school physical education (sufficient time hours, adequate space, qualified staff);
- frequently use other extracurricular activities (work with representative teams, trips, contests) that can complete the necessary movement in general, and improve the quality of resistance, in particular;
- finding the most appropriate ways and means of developing resistance to the age of pupils, their level of training and its purpose;
- Running the minimum amount recommended is about 6-10 minutes of moderate intensity, so that, depending on the level of preparedness of students, increase volume, increase intensity or to operate with both parameters;
- particular emphasis should be placed on maintaining a uniform tempo because children tend to change constantly rhythms and perform every exercise with great intensity;
- efforts is recommended to start with relatively small volume (3-4 minutes);
- found that it is better to work only in slow tempos and uniform required and intensities variables and increased efforts to ensure multilateral resistance training;
- can also apply various forms of working with intervals adapted to readiness, age, specific conditions (eg running of 80-120 m. - To a landmark 1-2 minutes rest, running back);
- gains strength exercises during this period of great importance in balancing functions, especially the cardio, but also have an important role in maintaining mental balance;
- recommended moderate efforts focusing on rhythm (the movements and breathing), maintaining correct posture;
- interval training should be applied sparingly, ensuring opportunities to return from active portions.
- swimming is recommended for resistance development at this age.
- recommended increasing the contribution of other educational factors - family, clubs, associations, etc.

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**STUDIU EXPERIMENTAL PRIVIND DEZVOLTAREA
CALITĂȚII MOTRICE REZISTENȚA PRIN MIJLOACE
SPECIFICE JOCULUI DE FOTBAL ÎN GIMNAZIU**

Cuvinte cheie: calități motrice, rezistența, mijloace, model, fotbal, programa școlară

Rezumat: În jocurile sportive există o multitudine de modalități de dezvoltare a calității motrice rezistența. Sunt foarte dese situațiile în care se aplică metodele de antrenament specifice unor jocuri sportive pentru dezvoltarea calităților motrice în educația fizică școlară. În fotbal se folosesc numeroase metode de dezvoltare a rezistenței specifice jocului, care adaptate la particularitățile specifice vârstei și a gradului de pregătire al elevilor claselor gimnaziale pot deveni eficiente în optimizarea procesului de îmbunătățire a acestei calități. Prezenta lucrare își propune să verifice eficiența metodelor de antrenament specifice jocului de fotbal în dezvoltarea calității motrice rezistența la elevii din ciclul gimnazial. Importanța teoretică a lucrării constă în faptul că realizează o analiză corespunzătoare a conceptelor teoretice referitoare la calitatea motrică rezistența, a conținutului programei școlare referitoare la rezistență și a metodelor de antrenament specifice jocului de fotbal destinate dezvoltării acestei calități motrice. Importanța practică a lucrării constă în faptul că elaborează și verifică eficiența unui model de pregătire bazat pe metodele de antrenament specifice jocului de fotbal, destinat dezvoltării calității motrice rezistența la elevii din ciclul gimnazial.