

EXPERIMENTAL STUDY ON PREPARATION OF SPECIALIZED PLAYER AS A GOALKEEPER IN THE GAME OF FOOTBALL AT JUNIORS

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Keywords: football, goalkeeper, training components, means.

Abstract: Training the football players for requirements of the global performance is dependent on the dynamic approach of the components of the football game, that is conditioned by the existence of a theoretical-methodical-realist concept, these being offered in accordance with the game model.

The training process is a complex and varied overview of actions that are rationally organized and systematically integrated, oriented towards achieving a common goal.

Specialized training of the goalkeeper is made of performance objectives at this training level, on the assumption that getting performance with team is also determined by the goalkeeper's preparation.

Goalkeeper's training is important in getting performance, because these players within the team sustain a complex game, being the most important player in team's defensive, being the last bastion in blocking the opponent's attack in receiving goals.

Accordingly, the goalkeeper training can be improved through new methods and means of training, being the result of the optimization and standardization of training.

Introduction: Knowing the correlation that exists between the game's components (the physical, technical, tactical, moral-volitive and theoretical-methodical component), that influences permanent and in evolutionary mode, in order to ensure the progress and practice of a modern football, they contribute to the achievement of a higher values of all game's components. For a more judicious selection of exercises which are to be used in training the team's goalkeepers, coaches will have to take into account the characteristics of the current football technique, widely recognized and that we further present: the usefulness of the technical processes, the tactics of the game, coming into possession of the ball, the fineness of execution, the accuracy of the ball, a variety of technical processes and explosivity (reaction) of the technical executions.

Material – method:

The hypothesis of the study

Regarding the method of training the goalkeeper in the football game, through used methods and means, by schedule, their algorithmic and standardization, we are trying to demonstrate that through their implementation, we can contribute to the means improvement, to the formation and improvement of goalkeepers.

For the formation of a complex and complete player in the gate, we considered that it is necessary to have as purpose of training a better problematic and efficiency of the means used to obtain maximum efficiency in the case of concrete application in phases of game of football goalkeeper. As the tasks of the study we opted for standardization of specific means of the goalkeeper in the idea that:

- decreasing the training period;
- improvement of some components;
- optimization of training;
- strengthening the main tactical and technical processes;
- selection of means;
- programming and management in training;

In the research we used the juniors I and II from football teams LPS CSS Suceava. The experiment was conducted in the competition year 2011-2012 on the football field of these teams. The experiment was conducted during the period 15th November 2011 - 18th April 2012 and it had as subjects the goalkeepers of junior teams I and II of the High School Sports Program.

The component of the experiment group and the codes that will be used throughout this study are included in the following table which contains: name and surname of the subjects, year of birth, as well as some of the data obtained as a result of the initial test - the size, weight, front coxo-femoral mobility, vertically detenta, speed on 50 m and long jump on. Initial testing took place on 15th November 2011.

Table no.1 – Codes that will be used in the study

1. Year of birth (in years)	.B.
2. Size (in metres)	

	.
3. Weight (in kg)	.
4. Coxo-femoral frontal mobility (in inches)	OB
5. Vertically detenta (in inches)	.
6. Speed 50 meters (in seconds)	.
7. Long jump on the place (in metres)	.

For a goalkeeper to be effective in the current context of the football game, his training should be geared towards the specialization on this post.

Of all the means of action that are known and used in the training of the goalkeepers, the coach must use the best ones according to the individuality and the model of the players on posts. All the data presented above have determined us that at the beginning of the study to establish a series of optimal means of action for specific football goalkeeper training, common to all the subjects of the research.

Analyzing his game in terms of tactical and technical, depending on the tasks that this player has to do during the game, we came to the conclusion that in the specific training of the football goalkeeper there should be used means which have as a main objective the improvement of some specific qualities for this post.

These qualities are:

1. specific speed (reaction, execution, displacement, repetition);
2. speed as force (détenta -explosive force);
3. the speed of mobility-elasticity;
4. specific skill.

In this experiment, we intend to verify the results of the used action means and the dynamics of progress through two trials: one mid-term (conducted during the experiment on 14 th March 2012) and a final one (completed at the end of the experiment on the 18th August 2012).

The means of action used during the experiment were classified as follows:

- Means of action for specific speed (reaction, execution, displacement, repetition) – 50 exercises
- Means to act for speed force (explosive force) – 30 exercises
- Means of action for speed of mobility-elasticity-25 exercises
- Means of action for specific skill-50 exercises
- Means of action in the form of the game and race for each category specified above-70 games

Results and discussion:

The next step in this research, according to the experiment content is the data analysis. In this regard we note that this review will be done by comparing the obtained results at the initial testing and final testing.

Initial testing took place on 15th November 2011 and it included the following samples that measured: the size, weight, frontal coxo-femoral mobility, detenta front vertically, speed on 50 m and long jump on the place. We present in the following table the results of the initial testing on subjects.

Table no.2 – Results of initial testing

Nr. Crt.	Name and surname	Y.B.	S.	W	MOB	D.	S.	L.
.	I.R.	992	,89	0	4	0	,52	,60
.	B.T.	993	,80	2	9	4	,78	,25
.	S.P.	994	,87	5	2	0	,09	,28
.	R.L.	1994	1,82	67	43	49	6,53	2,50
.	J.C.	994	,83	4	8	5	,48	,40

Final testing took place on 18 th August 2012 and contains the same samples as initial testing. We present in the following table the results of the final testing on subjects.

Table no.5 – Results of the final testing

Nr.	Name and surname	Y.B.	S.	W	MOB	D.	S.	L.
.	I.R.	992	,89	0	6	5	,38	,83
.	B.M.	993	,80	2	5	7	,50	,40
.	S.P.	994	,87	5	6	2	,76	,35
.	R.L.	1994	1,82	67	33	5	,40	,75
.	J.C.	994	,83	4	0	9	,46	,62

From the analysis of data from comparative table between initial and intermediate testing it can be seen a constant dynamic of progress. This dynamic of progress is very good at some of the subjects I.R., R.L., good at subjects B.T., V.D and medium at S.P.

We present further the table with comparative data of the initial testing with data from the final testing obtained during the research:

Table no.7 – Comparative results of the initial and final testing

Name and surname	Test	Initial testing	Final testing
I.R.	M.O.B.	44	36
	D.	50	55
	V.	6,52	6,38
	L.	2,60	2,83
B.T.	M.O.B.	59	45
	D.	44	47
	V.	6,78	6,50
	L.	2,25	2,40
S.P.	M.O.B.	52	46

	D.	40	42
	V.	7,09	6,76
	L.	2,28	2,35
R.L.	M.O.B.	43	33
	D.	49	55
	V.	6,53	6,40
	L.	2,50	2,75
J.C.	M.O.B.	48	40
	D.	45	49
	V.	6,48	6,46
	L.	2,40	2,62

Through the comparison of data between the initial and final testing we can affirm that the used methodology in this experiment is good, because at the end of the experiment all subjects have recorded a visible progress regarding the improvement of the indices of motrical qualities specific to this post, fact that could be seen not only from the analysis, but especially from the evolution of the subjects I.R. and B.T. at juniors I and R.L. and V. D. at juniors II. Through the analysis and interpretation of the obtained results we can say that, by using the means of action presented in this research, specific motrical skills (combined) of the player specialized as goalkeeper have improved (considering the necessary clues). This improvement of specific motrical qualities was possible due to the growth of the number of individualized workouts specific for this post.

Also, with the end of the experiment, we can conclude that the use of the actions' means specific to this post will ensure in a clearly visible way an increased efficiency in the training process, leading clearly to better developments of goalkeeper in official competitions.

As far as we concerned, optimizing the content of technical and tactical training in specific training of the football goalkeeper is a difficult and, at the same time, delicate problem, that requires a lot of tact and skill, accompanied by a bag of specialized knowledge.

From the analysis of the results of this experiment, we are able to affirm that the use of optimization and individualization within the training process will ensure an considerably increased efficiency to the process of training, leading clearly to increase of the capacity of effort, to the increase of the indices specific to this post.

The weight of individualization does not decrease the importance of collective training, neither quantitatively nor qualitatively. Collective training provides the framework for integration in the team's game of the new value indices achieved by goalkeepers through individualization.

In order to obtain the performance objectives, the coach must optimise the means of action depending on the bio-psycho-functional particularities, depending on age, the period (of transition, of preparation, of competition) and the degree of preparation in which the athlete is.

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Titlu: Studiu experimental privind pregătirea jucătorului specializat pe postul de portar în jocul de fotbal la juniori.

Keywords: fotbal, portar, componentele antrenamentului, mijloace.

Abstract: Pregătirea jucătorilor de fotbal pentru cerințele performanței la nivel mondial este dependentă de abordarea dinamică a componentelor jocului de fotbal care este condiționat la rândul lui de existența unei concepții teoretico-metodice realiste, acestea fiind oferite în conformitate cu modelul de joc. Procesul de instruire reprezintă un ansamblu complex și variat de acțiuni organizate rațional și sistematic integrate, orientate spre atingerea unui scop comun. Pregătirea specializată a portarului se constituie în obiective de performanță la acest nivel de pregătire, pe considerentul că obținerea performanței cu echipa este determinată și de nivelul pregătirii acestuia. Instruirea portarului este importantă în obținerea performanței, deoarece acești jucători în cadrul echipei susțin un joc complex, fiind jucătorul cel mai important în defensivă echipei, fiind ultimul bastion în blocarea atacului advers în primirea golului. În consecință, instruirea portarului poate fi îmbunătățită prin metode și mijloace noi de antrenament, fiind rezultatul optimizării și standardizării pregătirii.

Titre: Étude expérimentale sur le lecteur gardien du but préparation spécialisée dans le jeu de football junior.

Mots-clés: soccer, éléments de formation de gardien de but, des moyens

Résumé: Préparation des joueurs de football les exigences de performance dans le monde entier dépend approche dynamique de composants jeu de football qui à son tour est conditionnée par l'existence d'un concept de mauvaises théoriques méthodologiques – listes, qui sont offerts sous le modèle de la partie. La formation est un processus complexe et variée d'action systématiquement intégrés rationnellement organisée visant à atteindre un objectif commun. Une formation spécialisée pour gardien de but sont les objectifs de performance à ce niveau de formation, compte tenu que l'obtention de la performance de l'équipe est complétée et la formation du gardien. Formation est important dans la réalisation de performances, car ces joueurs de l'équipe support de jeu complexe, le joueur le plus important de la défensive de l'équipe, le dernier bastion de l'attaque adverse bloque la réception d'ouverture. Par conséquent, la formation gardien de but peut être améliorée par de nouvelles méthodes et de formation, le résultat de l'optimisation et la standardisation de la formation.