

THE DEVELOPMENT OF THE MOVING-SPEED QUALITY AT THE PRIMARY SCHOOL THROUGH MOVEMENT AND PREPARATORY GAMES SPECIFIC TO FOOTBALL

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Abstract: The systematic practice and good organization of sport activities during the physical education hours, contributes to the realization of an active function of all body systems at the childhood, adolescence and youth. Thus, we shall have guarantees that when they are adults they will be propagators of the movement idea and frequent probationers. The implementation of the physic education is made with more success when the moving capacities of the students have a higher development level which will be turned upon the luggage of moving skills and abilities, too.

Introduction:

Our work tries to find the most efficient ways of improving the speed of any kind of manifestation, through games specific to football. Being a study for a long period there were used that instruments, which are simple, efficient and perfect adaptable to the conditions of a primary school from the town. So, the arguments which were on the basis of this theme choice, were bounded to the attempt to search new forms of the moving qualities, raising the interest students' interest. In the literature of specialty the theme of this study can be found, but the solution methods of the proposed things do not coincide, this aspect being the „innovator factor” which is asked for a scientific research.

Material-method:

Also a study upon the speed development in all its manifestation forms for a period of eight month using very diverse methods to operate, I consider that it can become the theme of a research work which suggests to increase the teacher's experience who compares himself day by day which a series of transition problems.

In bearing with the speed development of the school curriculum I anticipate particular instructiv-educational objects to each class and it indicates the main exercises and activities on which elements are formed

acting systems used in the class' lessons for the achievement of objectives.

So, in the classes I-IV it is anticipated the education of all action forms of speed – reaction speed, execution and repeat speed in direct relation with the adoption of general movement basis, space orientation, the movement perception, the adoption of moving abilities and skills and the practice of movement games which request this capacity.

The football as a sport through the complexity of the involved moving acts in the execution of all moving acts, and through the use of the technique and tactic elements that it has, represents an important source of possibilities through which it is possible to operate at all moving capacities. In this work we start from the idea that even from the instruments assumed from the football game, such as dynamic and movement games proper to the football, it can be done the speed development.

To support the theoretical ideas of this work, its purpose will be in the finding of the more efficient instruments and methods from the football which will influence positively the speed (with all its acting forms), both in general and in specific form. To get this purpose there were set the following tasks:

- the knowing of the initial trading level of the research sample;
- the study of specialty literature attached to the themes;
- delimitation of those means which have the higher effect in the speed amelioration;
- the permanent application of the acting system in the class hours in the IV-th link, during the first and second semester;
- the distinguished setting of the operational methods according to the subjects' physical training and age level;
- the initial and final probation, in such a manner that it will be evident the development progress in the moving quality;
- registration and statistic
- the dates statistical registration and processing;

This work has as a result the theory which asserts the idea that, through dynamic games and preliminary games particular to football, the speed development can be positively influenced.

The improvement of this moving quality could be noticed through the results' comparison of the two experimental classes during the eight month of experiment. To demonstrate this aspect there were used the following tests:

Class tests with specific character:

25 meters running – on a flat ground, in a length of 25 meters; the pupils will execute the running in maximal speed. Each running is registered in seconds. The start will be taken from arisen position and will be given by the teacher. The timing is made at the first motion of the pupil's body. This probation has an effect the speed development of the movement.

Rounds in two 20 seconds

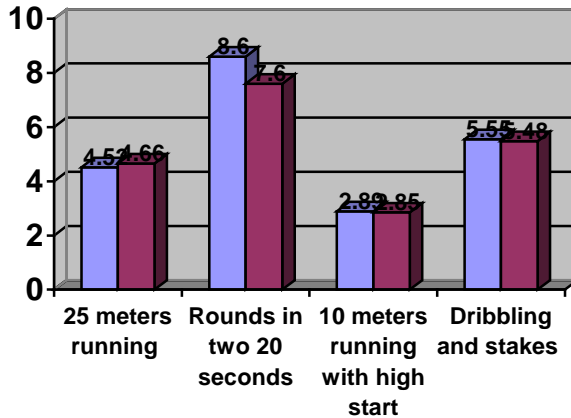
This test has as an effect the following of the reaction development. Two students will stay front in front at 3 meters distance. At a sign of the teacher they will begin to pass the ball between them for 20 seconds.

10 meters running with high start – it is verified first of all the reaction speed and its progress in time. The children will run on a 10 meters distance from high position but only on the teacher's sign. The teacher will time from the control moment.

Dribbling and stakes – there are used by 3 stakes put at a distance of 2 meters between them, on a reduced football ground and on a length of 20 meters. The child with a ball has to get in dribbling the distance, among the three stakes. The test is timed by the teacher.

The initial tests took place on the date of 14th of October 2012, and the final on the date of 15th of May 2013. After the execution of the initial tests, the witness group (120 boys) has used to achieve the objects the traditional methods which are presented in the school curriculum. The experiment group (120 boys) has used after the initial tests the proposed methods (dynamic games and preliminary games specific to the football) for the speed development.

The difference of the final means between the experimental and witness group



■ Final mean-experimental group ■ Final mean-witness group

Conclusions

This work is about an experiment which lasted 8 months. In this period the students who have participated to this experiment have got at each test particular controls, which had to confirm or weaken the theory. It has to be specified that in the tests choice it was looked for that this moving quality to be underlined in the most representative acting forms.

The results collection, their interpretation, their reflective way in the moving act of the subjects offers a series of conclusions which can be also considered solutions for improving the activity of the one who has worked with the children. The getting of this results, the way of their raise, attest that the chosen methods, have been efficient and have influenced the wished moving quality. Thus, the inclusion of preparatory games specific to football raised students' interests and the lesson improved its efficiency. The methods alteration anticipated by the school curriculum but also the dynamic games and especially those specific to the football, had as an effect the getting of equal index in the development of the moving quality and of the all acting forms. The use of materials and grounds common for the pupils had as a result their participation without accommodation efforts.

Thus, we state that the alteration of the curriculum methods with the dynamic games and specific to football, prove that these are very closed and for this situation represents teacher's „operator block”.

The raised problem in the work theory has found the fit answer: the speed can be developed with success and through the dynamic games and through those specific to the football.

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Titlu: Dezvoltarea calității motrice-viteza la ciclul primar prin jocuri de mișcare și pregătitoare specifice fotbalului

Cuvinte cheie: viteza de mișcare, școala primară, jocuri, fotbal

Rezumat: Practicarea sistematică și bine organizată a activităților sportive în cadrul orelor de educație fizică, contribuie la realizarea unei funcționări active a tuturor sistemelor organismului la vârsta copilăriei, adolescenței și tinereții și, conștientizând aceste generații, vom putea avea garanția ca atunci când vor deveni adulți vor fi propagatori ai ideii de mișcare și frecvent practicanți. Îndeplinirea obiectivelor educației fizice se realizează cu mai mult succes atunci când calitățile motrice ale elevilor au un nivel ridicat de dezvoltare, nivel ce se va răsfrânge definitiv și asupra bagajului de deprinderi și priceperi motrice, care se pot îmbunătăți prin jocuri dinamice specifice fotbalului.

Titre : Développement débit primaire de qualité de conduite à travers des jeux de mouvement et le football spécifique préparatoire

Mots-clés: la vitesse de déplacement, à l'école élémentaire, les jeux, le football

Résumé : La pratique d'activités sportives systématiques et bien organisées dans les classes d'éducation physique, de contribuer à un fonctionnement actif de tous les systèmes du corps dans l'enfance, l'adolescence et de la jeunesse et la réalisation de ces générations, nous aurons la garantie que quand ils deviennent adultes, ils que propager l'idée de mouvement et couramment pratiquée. Objectifs d'éducation physique atteint plus de succès lorsque les qualités de conduite des élèves ont un niveau élevé de développement, un niveau qui aura une incidence sur le stock de la définition et la conduite des compétences et des capacités qui peuvent être améliorées par des jeux dynamiques spécifiques du football.