

## CONSTATATIVE STUDY ON THE MOTOR DEVELOPMENT OF FOOTBALLERS FROM 10-11 YEARS

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### **Abstract:**

The article aims to identify the general aspects of the development of physical and technical indices. I applied tests specific to the age of 10-11 years, speed tests: running speed 50m, long jump from the spot, but also tests for skill: driving the ball between milestones (5 milestones placed 1.5m apart), frequency of passes (hitting the ball wide from a distance of 3-4m from the overturned gym bench). Each of the players performed the tests twice, with the best result. We performed an initial test at the beginning of the school year followed by a final test at the end of the school year. Following the research, it was found that the physical development indices as well as the technique development indices had different values, observing an improvement at the end of a year of training specific to the game of football.

### **Introduction:**

The training of the children aims at the formation of the motor skills, as well as of the technical-tactical skills, necessary for the practice of the football game. The correct acquisition of motor skills is not isolated, starting from the idea of easy to hard, from simple to complex, so the exercises will be related to the dynamic aspect of the game, the emphasis being on developing balance, multilateral mastery of the musculoskeletal system, development of spatial orientation [1,4] The general objectives pursued at this age are focused on the development of skill (coordination) as well as speed, and less on the development of endurance and strength. [2,8] Technical training aims to learn ball control , learning the basic technique of taking, leading and transmitting the ball, by diversifying football exercises in the form of movement games complementary to other disciplines. [2,5] Some features of the technique in the game of football would be: to be accessible to all age groups, must be correct in skills, in qualities, precise, supple and subtle. [8,10] In terms of physical development emphasis It is put on the continued development of psychomotor skills through the skills of movement (running) in the mode of skill (coordination), neuromuscular processing of the body, in general, with emphasis on the development of the leg muscles. [2,7]

According to specialists, at this age the system Children's muscle is constantly developing, reaching 28% of body weight. [3,6] Muscle tone is lower and allows for simpler movements, but is unfavorable to fine and precise movements. [3,9] From a functional point of view, the thorax has a narrow shape, the airways have small diameters, the heart rate (pulse) being higher in the initial stage [10].

### **Material-method:**

The methods used to make this article are the study of literature, the method of observation, the method of research. In the research we used the most common tests applied to children. In the physical tests we used speed running over a distance of 50 meters. The players were placed on a single line, following the sound signal one at a time, to perform a speed run over a distance of 50 meters. Jumping on the spot: The long jump on the spot is an exercise known to all those who do physical education during school. The technique of long jumping on the spot is relatively simple and includes the following phases: a-flexing the knees and bringing the arms back, b-impulse, c-flight and d-landing. In the technical tests we used: frequency of passes to the gym bench: The player must send the ball (for 30 seconds) to the gym bench. the bank. The aim is to obtain as many consecutive passes as possible in the gym. Driving the ball between the posts (5 posts placed at a distance of 1.5 m between them): The player must lead the ball between the posts, both with the awkward and the awkward kick. The milestones are placed at a distance of 1.5 meters between them. It is not allowed to touch the milestones with both the foot and the ball. The aim is to cover the route in the shortest possible time. The group of experimental children is part of the Luceafărul Bucovina club.

### **Results:**

Following the initial and final tests, there is an improvement in the motor skills of 10-11 year old players. The tables below show the values obtained at the initial test applied at the beginning of the school year and at the final test at the end of the school year.

Table 1. Physical tests

Last name/ first name	Speed 50m.	Long jump	Speed 50m.	Long jump
	Ti	Ti	Tf	Tf
S.M.	8,3"	1,60	7,8"	1,70
G.C.	8,6"	1,50	7,6"	1,66
L.I.	7,8"	1,66	7,0"	1,80
M.R.	8,9"	1,70	7,6"	1,85
M.T.	9,0"	1,60	7,6"	1,74
B.T.	9,3"	1,60	8,0"	1,75

Table 2. Technical tests

Last name/ first name	Leading the ball Ti	Pass frequency Ti	Leading the ball Tf	Pass frequency Tf
S.M.	5,0”	15	4,4”	18
G.C.	4,6”	17	3,8”	19
L.I.	5,0”	18	4,6”	22
M.R.	4,0”	20	3,5”	26
M.T.	3,9”	18	3,6”	18
B.T.	4,4”	19	3,7”	20
J.T.	4,1”	15	4,0”	15

Table 3. Results

	Leading the ball	Pass frequency	Speed 50m.	Long jump
Initial test. Arithmetic mean	4,44”	17,42	8,64”	1,60
Final test. Arithmetic mean	3,94”	19,71	7,61”	1,74
Progress	-0,23”	+2,29	-1,03”	+0,14

### Discussions:

The article is important to more easily identify the values of technical and physical indices in players aged 10-11 years. Values can be applied and compared in children's and junior clubs. In all the tests applied, an improvement of the respective times and number of repetitions was observed. The result from running speed decreases in the final test by 0.23 seconds, and the number of repetitions from the passing frequency increases by 2.23 repetitions. In the physical tests, the following improvements are observed; in speed running the time decreases by 1.03 seconds, and in long jump the players progressed by 0.14.

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