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**EXPERIMENTAL STUDY ON PREPARATION THE PLAYER  
SPECIALIZED AS A GOALKEEPER IN THE UNDER 16 FOOTBALL  
GAME**

*GROSU Bogdan-Marius*

*Ștefan cel Mare University of Suceava, Romania*

Email address: grosu.bogdan@usm.ro

**Keywords:** *football, preparation, goalkeeper, under16.*

**Abstract:**

The optimization of means of action in the specific training of the football goalkeeper at the age of under 16 must be based on a content of means in training of more than 60% context of adversity.

### **Introduction**

We propose to find some optimal, new means of action, useful in the specific training of the football goalkeeper, in order to improve the training methodology specific to the position of the goalkeeper in order to get as close as possible to the modern, current conception of the technical-tactical manifestation of the players specialize in this position. [1,2]

The training process represents a complex and varied set of actions organized rationally and systematically integrated, oriented towards achieving a common goal. [3,4,5]

The goalkeeper's specialized training consists of performance objectives at this level of training, on the grounds that achieving performance with the team is also determined by the level of his training.

### **Material and method**

In this experiment, we aimed to verify the results of the means of action used and the dynamics of progress by means of the weight of the means in the context of adversity of more than 60% of the workload for each category of objectives established over a period of 6 months. The specific trainings took place over a period of 24 weeks, with 3 trainings per week, so a total of 72 trainings. [9,10]

Within the 72 training sessions, 4 categories of objectives were set:

- interventions by the goalkeeper in specific speed (reaction, execution, movement, repetition) – 12 technical-tactical structures. Within this category, the total amount of practice time was 1620 minutes, of which 972 were in the context of adversity [8,9,10]

- interventions by the goalkeeper at speed in force mode (detente-explosive force) – 9 technical-tactical structures. Within this category, the total amount of practice time was 1350 minutes, of which 810 were in the context of adversity [8,9]
- interventions of the goalkeeper at speed in the mobility-elasticity regime - 11 technical-tactical structures. Within this category, the total amount of practice time was 1237 minutes, of which 742 were in the context of adversity [8,10]
- goalkeeper interventions under specific coordination - 10 technical-tactical structures. Within this category, the total amount of practice time was 1282 minutes, of which 769 were in the context of adversity [9,10]

The initial testing took place included the following tests that measured: waist size, weight, frontal coxo-femoral mobility, vertical jump, 50 m speed and long jump. The experiment was applied to a number of 5 goalkeepers from the under 16 LPS Suceava group. We present below the table with the results of the initial testing obtained by the subjects:

## Results

**Table 1. INITIAL TESTING**

<b>r. Crt.</b>	<b>Name and surname</b>	<b>.B.</b>	<b>.S. m)</b>	<b>. kg)</b>	<b>OB. cm)</b>	<b>.J. cm)</b>	<b>peed s)</b>	<b>.J. m)</b>
.	I.R.	006	,89	0	4	0	,5	,60
.	B.T.	007	,80	2	9	4	,7	,25
.	S.P.	006	,87	5	2	0	,0	,28
.	R.L.	2007	1,82	67	43	49	6,5	2,50
.	J.C.	007	,83	4	8	5	,4	,40

We present below the table with the results of the final testing obtained by the subjects:

Table 2. FINAL TESTING

<b>Nr. Crt.</b>	<b>Name and surname</b>	<b>Y.B.</b>	<b>W. S. (m)</b>	<b>W. (kg)</b>	<b>MOB. (cm)</b>	<b>V.J. (cm)</b>	<b>Speed (s)</b>	<b>L.J. (m)</b>
1.	I.R.	2006	1,89	80	36	55	6,3	2,83
2.	B.T.	2007	1,80	62	45	47	6,5	2,40
3.	S.P.	2006	1,87	75	46	42	6,8	2,35
4.	R.L.	2007	1,82	67	33	55	6,4	2,75
5.	J.C.	2007	1,83	74	40	49	6,4	2,62

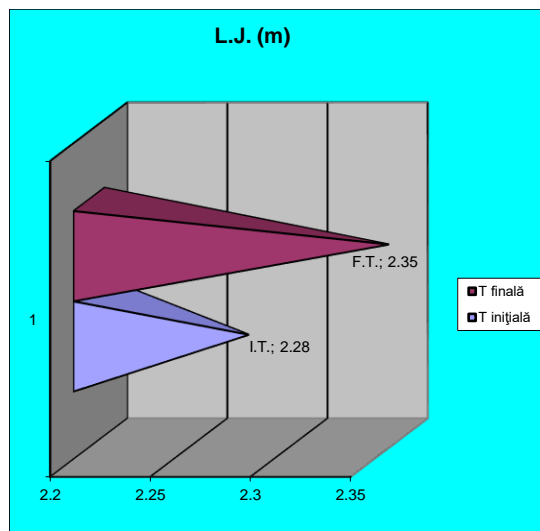
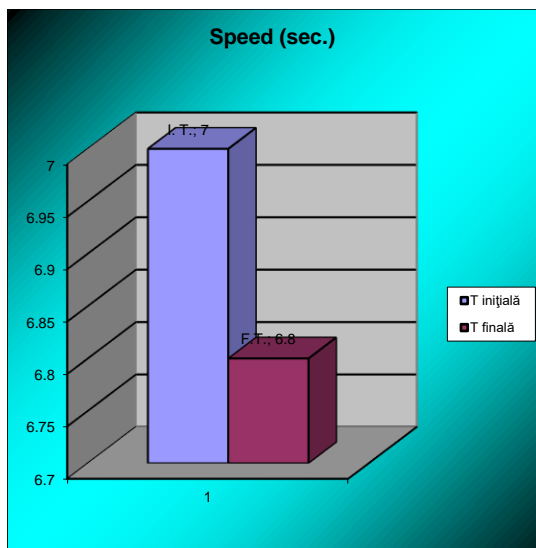
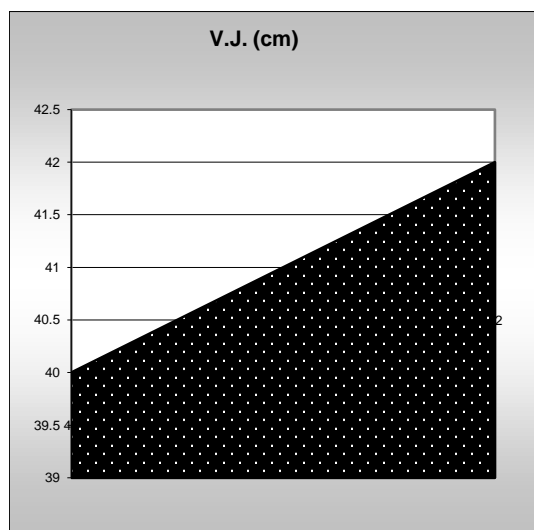
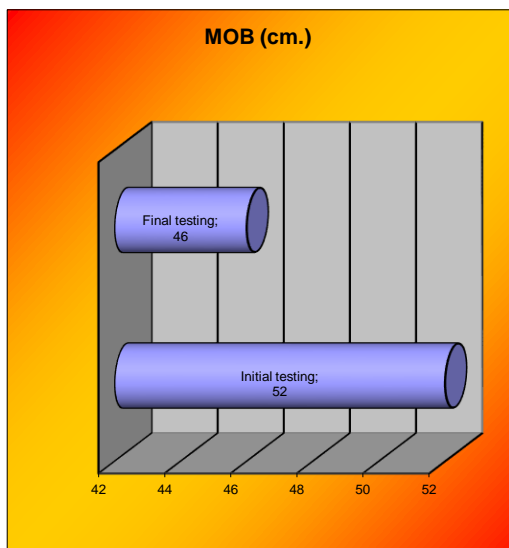
### Discussions

By comparing the data between the initial and final testing we can say that the methodology used in this experiment is good, because at the end of the experiment all subjects registered a visible progress regarding the improvement of the specific indices of this post, a fact that was observed not only from the data analysis but also especially from the developments of the subjects I.R. ,B.T. , R. L. and V. D. at UNDER 16.

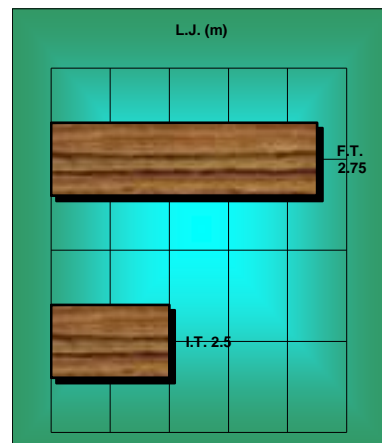
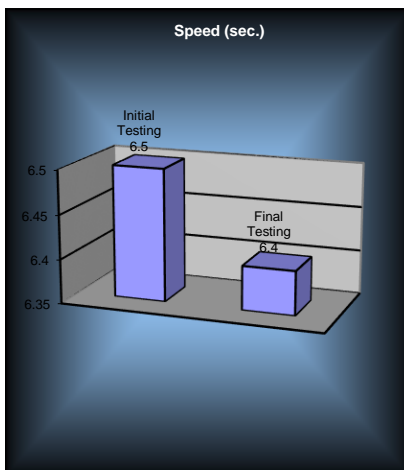
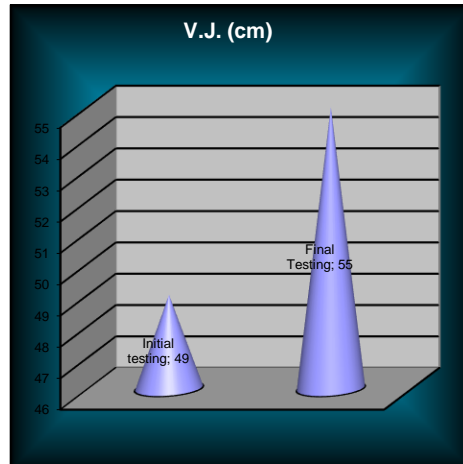
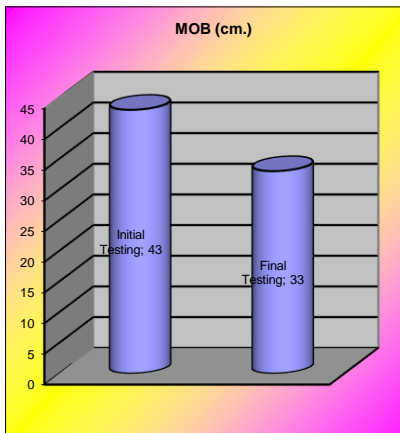
Table 3. COMPARATIVE TABLE BETWEEN INITIAL TESTING AND FINAL TESTING

<b>NAME AND SURNAME</b>	<b>TEST</b>	<b>INITIAL TESTING</b>	<b>FINAL TESTING</b>
<b>I.R.</b>	MOB. (cm)	44	36
	V.J. (cm)	50	55
	Speed (s)	6,5	6,3
	L.J. (m)	2,60	2,83
<b>B.T.</b>	MOB. (cm)	59	45
	V.J. (cm)	44	47
	Speed (s)	6,7	6,5
	L.J. (m)	2,25	2,40
<b>S.P.</b>	MOB. (cm)	52	46
	V.J. (cm)	40	42
	Speed (s)	7,0	6,8
	L.J. (m)	2,28	2,35
<b>R.L.</b>	MOB. (cm)	43	33
	V.J. (cm)	49	55
	Speed (s)	6,5	6,4
	L.J. (m)	2,50	2,75

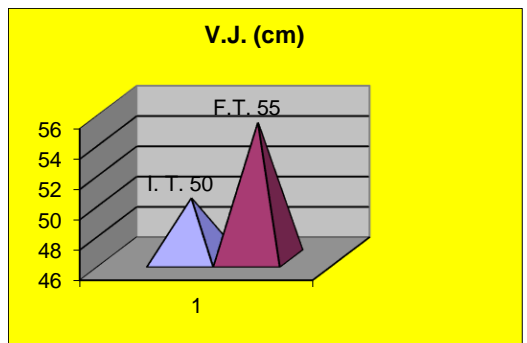
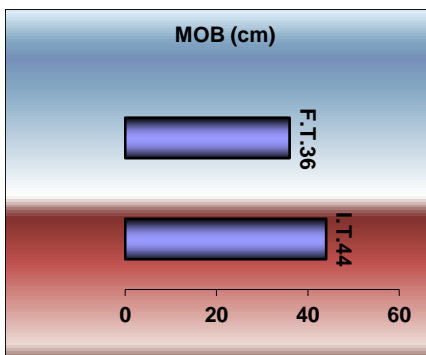
<b>J.C.</b>	MOB. (cm)	48	40
	V.J. (cm)	45	49
	Speed (s)	6,6	6,4
	L.J. (m)	2,40	2,62

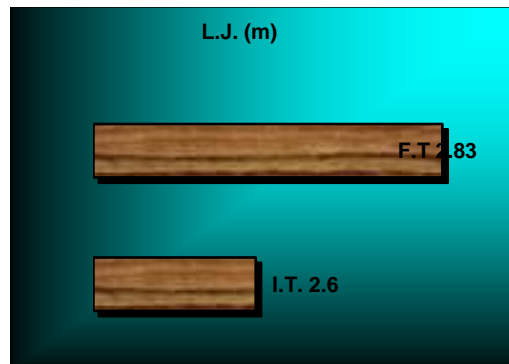
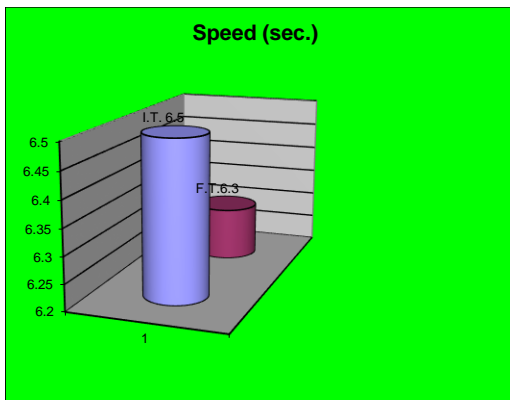


**Graph 1 of progress dynamics between initial and final testing for the subject S.P.**

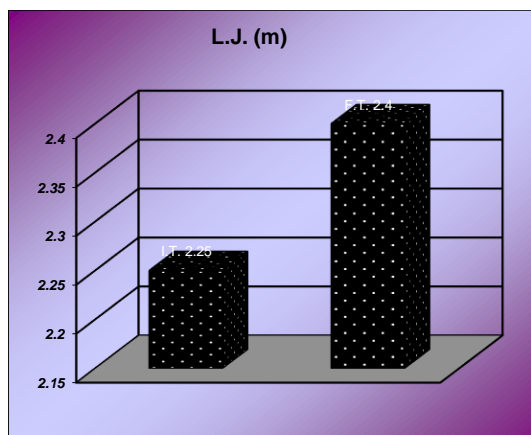
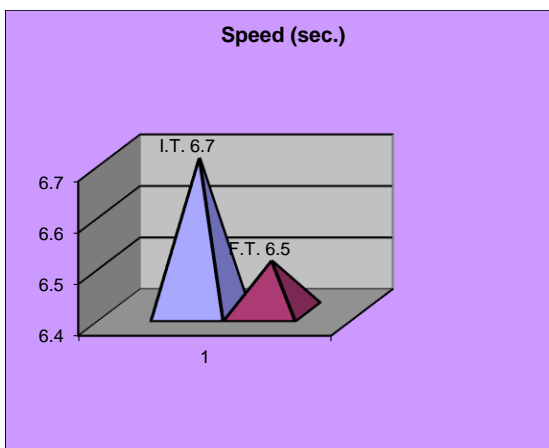
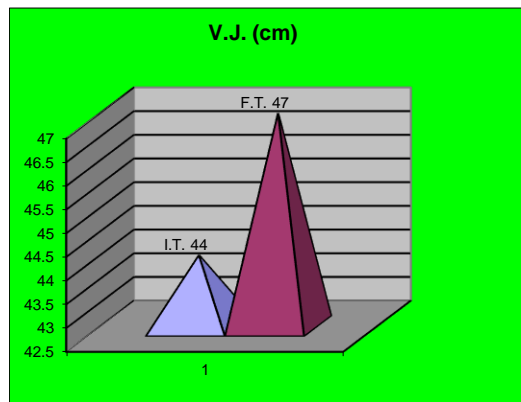
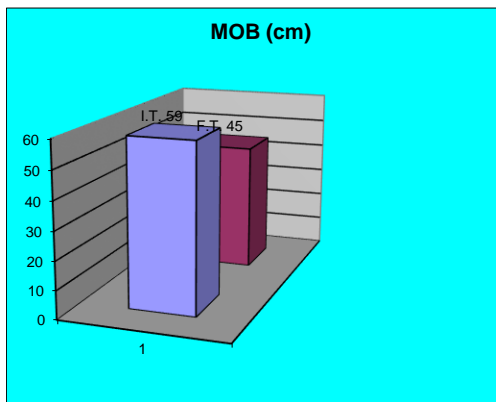


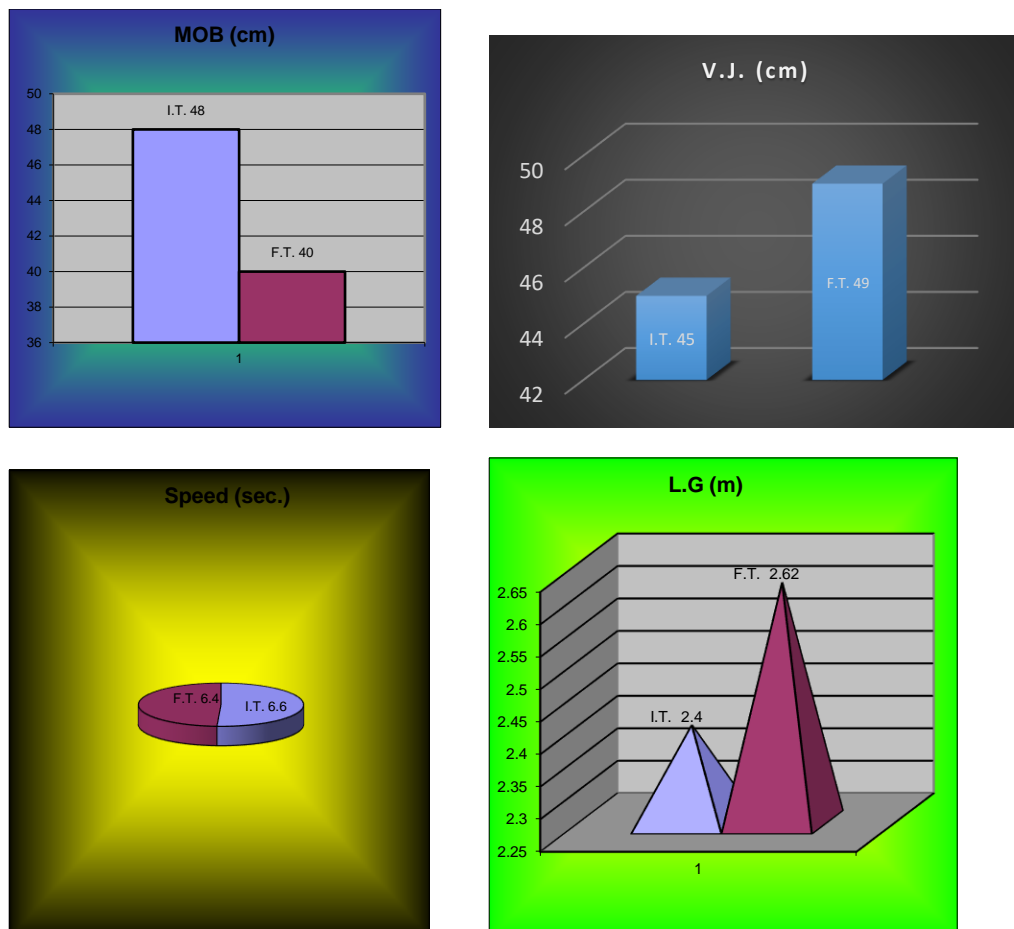
**Graph 2 of progress dynamics between initial and final testing for the subject R.L.**





Graph 3 of progress dynamics between initial and final testing for the subject I.R.





**Graph 5 of progress dynamics between initial and final testing for the subject J.C.**

### Conclusions

Through the analysis and interpretation of the obtained results, we can state that by using the means of action presented in this research, the specific motor qualities (combined) of the player specialized in the goalkeeper position have improved (taking into account the tracked indicators). This improvement of specific motor qualities was possible due to the increase in the number of means used in the context of adversity.

Also, with the end of the experiment, we can conclude that the predominant use of the means of action specific to this position will visibly ensure increased efficiency in the training process, definitely leading to better evolutions of the goalkeeper in official competitions.

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