

**METHODOLOGICAL ASPECTS REGARDING THE IMPROVEMENT OF
SPEED THROUGH MEANS SPECIFIC TO THE GAME OF SOCCER IN A
GROUP OF STUDENTS 15-16 YEARS OLD**

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Abstract

Improving the quality of motor speed is a topic that has always been of interest to both students and teachers.

The purpose of this work is to succeed in improving the motor quality and speed of the students in the experimental group, and in other words, to succeed in establishing the veracity of the hypothesis from which I started, that is, to succeed through the means of the football game to develop speed.

This work aims to improve the speed of a group of 15-years-old students through the means specific to the football game in particular.

Following the completion of the three initial tests and the three final tests by the students, we managed to collect the results presented in the paper.

Introduction

Speed as a motor quality has been extensively analyzed by physical education and sports specialists and is the most spectacular motor quality that attracts the most in any sports competition.[2,3,7]

The best way to successfully engage students in any activity is to make them challenge themselves, push their limits and the limits of those around them. Speed, in all its forms of manifestation, is the attractive way to succeed in meeting the objectives of the lessons, without the students being able to consciously realize the difficulties of the tasks they have to solve.[5,10] Certainly, if we approach a theme of the motor quality of speed, we will observe the willingness of the students to complete any type of task and their pleasure in performing it, all these things come from the desire of each one to compete, to show the qualities, to prove that he is better than his fellow opponent.[1,11]

Improving the quality of motor speed is a topic that has always been of interest to both students and teachers. If students are attracted to the joy of being faster, better, to compete with each other or even with their own achievements, teachers are attracted to this quality, because it is very easily quantifiable, but very difficult to develop.[4,9] Not many students can excel in this capacity, but this should not stop teachers and students from pushing for improved performance. By

combining the means of football and those of athletics, the lesson will certainly be much more attractive and the results will be much better.[6,8]

Material-method

The purpose of this work is to succeed in improving the motor quality and speed of the students in the experimental group, and in other words, to succeed in establishing the veracity of the hypothesis from which I started, that is, to succeed through the means of the football game to develop speed.

The hypothesis of the work:

The game of football is a complex sport through the multitude of types of effort to which the participant is subjected. Beloved by many people around the world, but also by children, football certainly helps the players to develop their motor skills to the maximum. This work aims to improve the speed of a group of students 15-16 years old through the means specific to the football game in particular.

Objectives of the study:

1. Establishing the students' level of somatic development and applying a set of means that will lead to their progress in improving speed at the end of the experiment;
2. Independent practice of physical exercises, leading to a harmonious development and a healthy lifestyle;
3. Carrying out initial tests to be able to observe the level of the students at the beginning of the experiment and final tests to be able to observe the progress or regression of the students following the experiment;
4. Development of motor skills, especially speed, as well as consolidation and improvement of motor skills in the soccer game.

Analyzing the school curriculum for the 9th grade, we came to the conclusion that the most eloquent tests for the evaluation of speed motor quality are:

1. Speed running over a distance of 50m on flat ground
2. Shuttle 5x 10 m
3. Pass frequency test.

The students who took part in the study were students of the High School with a sports program in Botoșani, students of the 9th grade, they were members of the football groups, between 15 and 16 years old. The students and their parents were asked to consent to participate, they were subjected to a health check before the start of the experiment. The choice of the two groups was made on the basis of a test, which consisted of a test of speed over a distance of 50m. All 16 students, 8 of the experimental group and 8 of the control group, performed the test only once.

The experiment was carried out on the sports field of the High School with Sports Program in Botoșani, the conditions being optimal, from an environmental point of view, there being no problems from a meteorological point of view,

without periods of very low temperatures, without precipitation or strong wind. The period of the experiment being 03.02.2022-14.03.2022, the period in which the students of the experimental group conducted a number of 30 lessons coordinated by me under the supervision of the teacher, and those of the control group under the coordination of the physical education teacher.

In order to achieve the objectives, we created a set of 18 means specific to the football game, which would help the students of the experimental group to succeed in achieving the objectives.

Results and Discussions

Following the completion of the three initial tests and the three final tests by the students, we were able to collect the following results:

Table 1 Experimental Group Values Initial and Final Testing

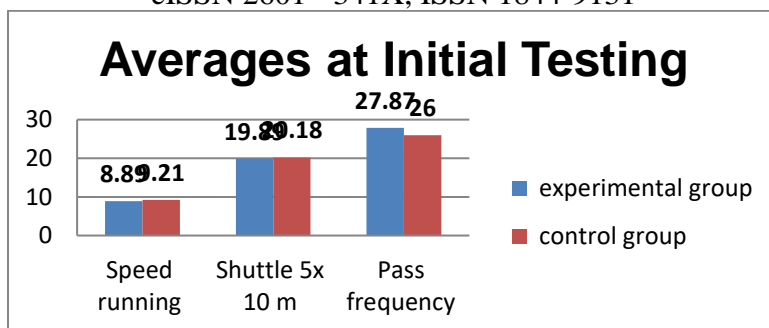
Parameters	Speed running over a distance of 50m (second)		Shuttle 5x 10 m (second)		Pass frequency test	
	It	Ft	It	Ft	It	Ft
Average (X)	8.89"	8.81"	19.89"	19.74"	27.87	29.25
Standard deviation	0.088	0.074	0.093	0.090	0.83	1.035
C.V.(%)	0.99%	0.84%	0.46%	0.45%	2.99%	3.53%

Table 2 Control Group Values Initial and Final Testing

Parameters	Speed running over a distance of 50m (second)		Shuttle 5x 10 m (second)		Pass frequency test	
	It	Ft	It	Ft	It	Ft
Average (X)	9.21"	9.1"	20.18"	19.79"	26	27.25
Standard deviation	0.110	0.167	0.110	0.092	1.069	1.035
C.V.(%)	1.20%	1.83%	0.84%	0.46%	4.11%	3.79%

Table 3 Means at Initial and Final Testing

Group	Speed running over a distance of 50m (second)		Shuttle 5x 10 m (second)		Pass frequency test	
	It	Ft	It	Ft	It	Ft
Experimental Group	8.89"	8.81"	19.89"	19.74"	27.87	29.25
Control Group	9.21"	9.1"	20.18"	19.79"	26	27.25

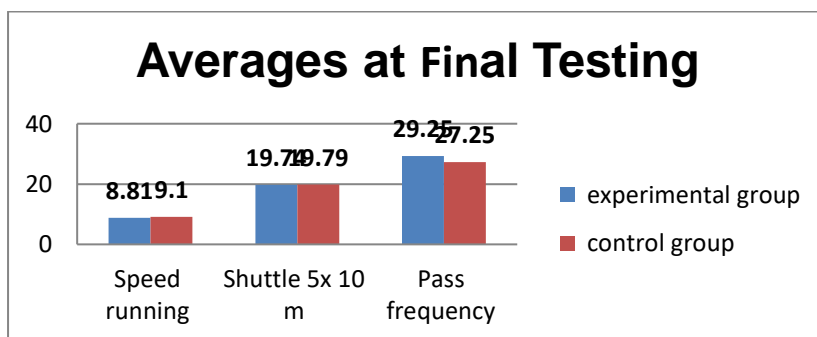


Graphic no. 1 Average of initial testing

50m sprint: From the graph of the 50m sprint test we can see that the average of the experimental group is 0.32 tenths better than that of the control group. This value highlights the fact that the students of the experimental group have a much better moving speed on average than the students of the control group.

Shuttle 5x10m: The second test, the one in which the students performed the movement at speed on 5 x 10m, the students of the experimental group obtained an average value of 19.89" compared to the value of the control group of 20.18". The experimental group averaged 29 tenths less than the control group, the almost 3 tenths showing that the experimental group has a much better acceleration and deceleration speed than the control group

Frequency-step: In the third test, the one in which the students performed the frequency-step test, the students of the experimental group, as well as in the other two tests, had higher values than the students of the control group. The average of 27.87 compared to 26, shows that the students of the first group have on average 1.87 more executions.



Graphic no. 2 Average of final testing

From the graph of the averages at the final tests of the two groups, we can draw the following conclusions:

50m sprint: In the 50m sprint, the experimental group has an average value of 29 tenths better than the control group. The difference between the two groups at the final test is a significant 29 tenths, highlighting the fact that the students of the experimental group have a much better movement speed.

Shuttle 5x10m: In the second test, the students of the experimental group also have on average a better evolution than those of the control group. The difference between the two groups being much smaller than just 5 hundredths. Which shows us that although both groups made progress on this test, the progress of the students in the control group was greater.

Frequency - step: On the third test, the students of the experimental group also this time have better values on average by 2 executions. These values certify the fact that in all tests the students of the experimental group, both in the initial and the final testing, had higher test executions than the students of the control group.

Conclusions

After the experiment we can conclude that the means in the football game are effective in developing speed, but not the same as the means in athletics.

The means of playing football instead, develops the combined motor qualities, qualities that a player needs, such as speed-strength, speed-skill.

Although the number of lessons that were part of the experiment was not very large, all the students of the experimental group made progress, which leads us to the conclusion that the chosen actuation systems were effective.

The students of the experimental group achieved the greatest progress in the step frequency test, progress that was the result of training in which integrated means were used for the development of execution speed.

After analyzing the results, we notice that all students made progress, this leads us to the conclusion that they were actively involved, were very receptive and managed to fulfill the tasks and objectives of the experiment.

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