

## **PRELIMINARY STUDY ON THE EFFICIENT USE OF MEANS FOR FINISHING ACTIONS IN JUNIOR FOOTBALL**

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### **Abstract:**

The preliminary study consisted in applying a 10-item questionnaire to 20 coaches with UEFA licenses (C, B and A) from Suceava, Botosani, Neamt and Bacau areas. The items of the questionnaire aimed to ascertain the importance of the fundamental moment of the football game, namely the attack and the orientation of the training strategies in the context of the practice of finishing actions with adversity in superiority, equality and numerical inferiority in small and medium groups.

### **Introduction**

The importance of the study is to establish objectives that constitute the methodological framework for the training of young players (11-15 years old) in football, taking into account the biopsychomotor dynamics of children of this age. The objective dominance refers to the adaptation of children to organized collective activity and the discovery of their physical and psychological availability on the one hand, and on the other hand refers to harmonious physical development and progressive psychomotor development with appropriate means[2,6].

The aim of the research is to find the most effective strategies to implement in the training process of players and to optimize the technical-tactical performance in the successful completion of attacking actions in football. [3,4,5]

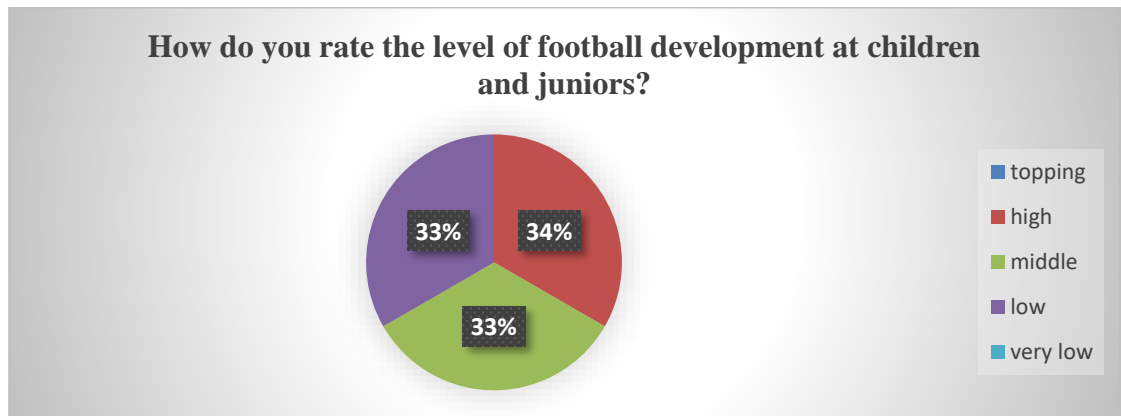
### **Material and method**

In order to see where we stand, more precisely as a level of understanding of this handicap among young footballers, but also to understand the importance that those in charge of coaching children attach to the completion of the training, we developed a questionnaire that we applied to 20 coaches with UEFA licenses (C,B and A) from Suceava, Botoșani, Neamț and Bacău areas, then summarizing the answers to the questions in order to obtain a clearer perspective on the existing situation. [7,8]

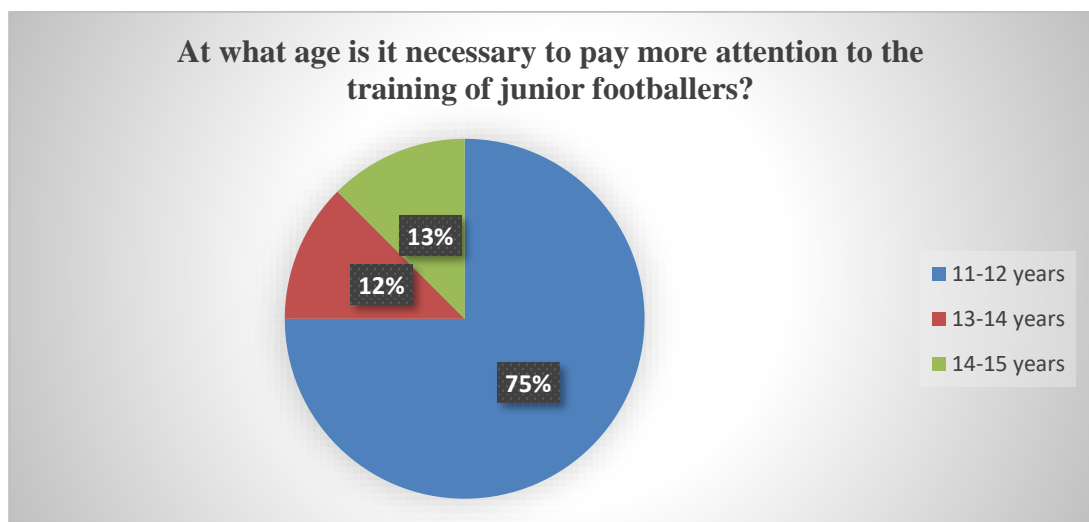
In the following, I will present both the questionnaire and its results, which I analysed individually and concluded that, although most of the respondents consider that finishing is quite important in the game of football, they still prefer to use classical means of training without adversity to those with adversity in superiority,

equality and numerical inferiority, which have an impact on the finishing actions during the game. [9,10]

We further analysed each question and used the chart method to present the answers in percentage terms.



On the first question, "How do you rate the level of football development in children and juniors?", opinions were divided between high, medium and low, with almost identical percentages. We can therefore conclude that, depending on the level of training of the children they come into contact with and the conditions of training, which determine how the technical qualities of these players can be highlighted, those involved in training young footballers have very different opinions. [1,3]



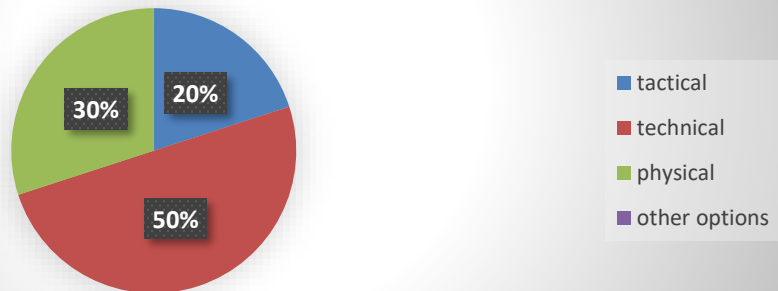
When asked about the age at which special attention should be paid to junior footballers, the answer is mostly inclined towards the 11-12 age group, which is an excellent period, as we have seen above, for teaching technical-tactical skills and for the psychological shaping of juniors.

When it comes to physical training, as we can see in the diagram below, an overwhelming majority consider it to be very important, with the other 33% considering it of medium or low importance. We considered that these respondents put more emphasis on technical, tactical or psychological training.



The next question in the questionnaire, which is closely related to the one before it, clarifies the motivation for the choice made by the respondents and involves explicitly highlighting the factors that matter in the training of junior footballers. Thus, half of the respondents consider the technical factor to be the most important, while the other half is almost equally divided between the other two factors, the physical and the tactical.

**Which of the factors of sports training require more attention in the preparation of junior footballers?**



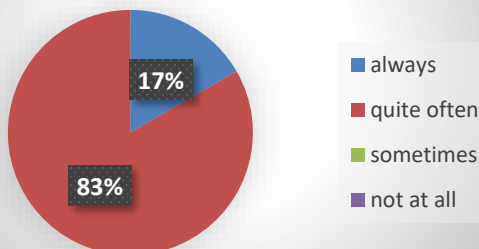
We will see below that those who train the teams spend a relatively high amount of time training children, averaging between 50 and 80 hours per training cycle.

**In an annual training cycle for junior footballers, how many hours will you plan for technical-tactical training?**

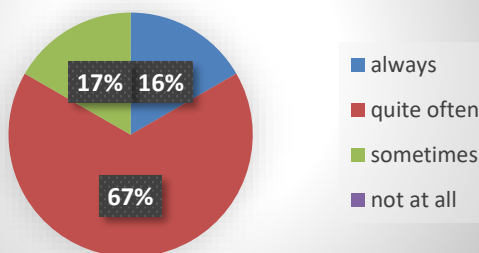


The answers to questions 6 and 7 outline the degree of "openness" to the new of those who are in charge of training the new generations of junior footballers. We observe that they use traditional and innovative methods in parallel in the training they do and only a very small, insignificant percentage prefer only traditional methods, or only modern ones. From this we can conclude that 'old' and 'new' football go hand in hand and that new approaches to training young footballers are based on well-established technical and tactical procedures.

**To what extent do you apply traditional training methods according to classical methodology?**

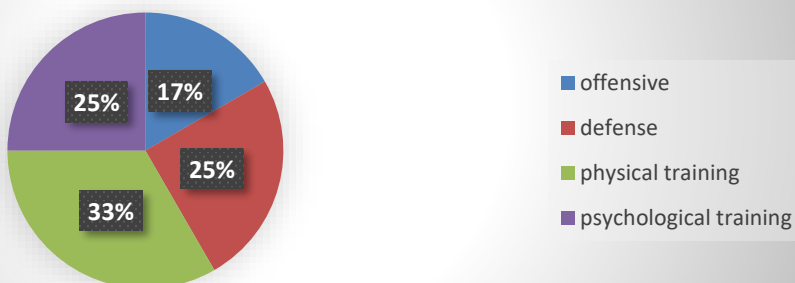


**Are you an advocate of technical and tactical innovation when it comes to coaching junior footballers?**

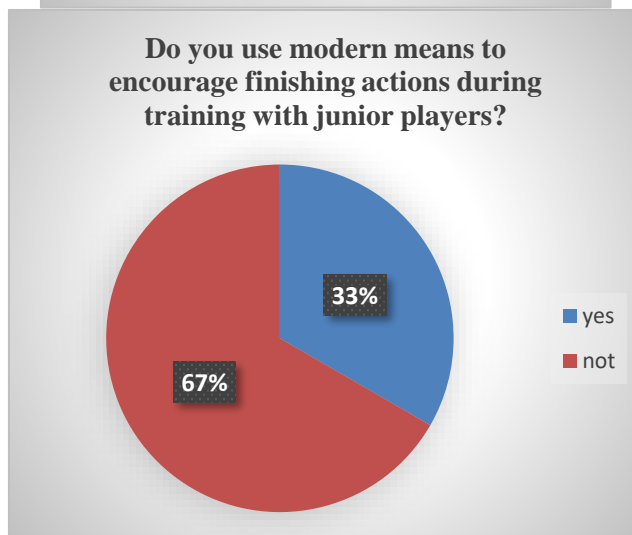
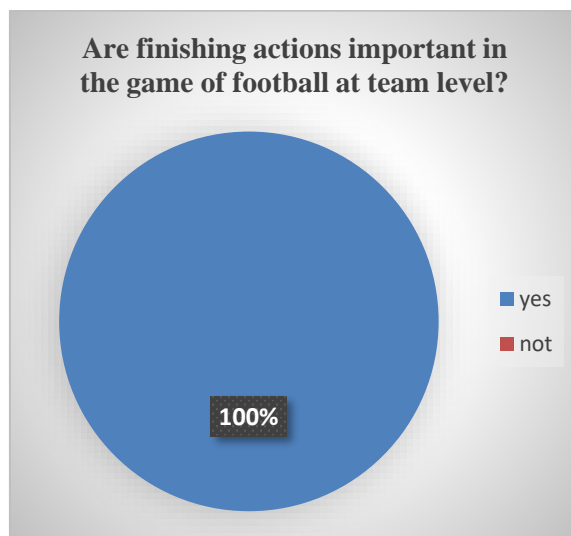


The next question in the questionnaire takes respondents into the realm of competitive football and asks about the most important aspect of playing football at a competitive level. We see here that opinions are almost equally divided when it comes to attack, defence, physical and mental preparation.

**In your opinion, what is the most important aspect in a competitive football game?**



At the end of this questionnaire we wanted to find out how important, in the opinion of the respondents, are the finishing actions in the football game at team level. We noticed that although they unanimously answered that finishing actions are important, only 33% use modern means to encourage these actions in the training process of juniors.



## Conclusions

First of all, it is good that the chosen technical-tactical actions are used over a long period of time, not only in a few hours of training, i.e. during a year or even longer, as they constitute the skeleton on which the whole game mechanism is built. On the other hand, in order to obtain the results planned, it is necessary to model the team's activities as closely as possible to the conditions of the competition, simulating as closely as possible the game situations on the pitch, so that the professional experience and cunoștințele of the coach or teacher depend on achieving a balance between the volume, intensity and complexity of the exercises proposed.

Secondly, training at the age of 11-14 must be provided using an average number of means, and the emphasis must necessarily fall on their cyclical repetition in order to perfect the technical-tactical elements. These means must be repeated under conditions of adversity in inferiority, equality and inferiority, small and medium groups (1vs1, 1vs2, 2vs2, 3vs2, 3vs3) in order to reach the initial declared goal, to increase the efficiency of the finishing actions.

Third but not least, in the design and implementation of training sessions, a mandatory condition is to ensure a good synchronization between the organizational structure, the working capacity of the subjects, the material and technical conditions provided and the objectives proposed for the training process.

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