

**MINISTRY OF NATIONAL EDUCATION
NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS**

ABSTRACT

DOCTORAL THESIS

**STUDY ABOUT THE SPECIFICITY OF
ORGANIZING AND PREPARING THE
FOOTBALL PLAYERS AGED 13 TO 14 IN
THE PRIVATE CLUBS OF ALBANIA**

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Motivation for the topic selection

Due to the fact that in Albania there is rather little specialty information on the age of 13 to 14, many specialists (instructors, coaches, teachers) have minor concerns with it, they working at random or using almost exclusively the game method for the technical-tactical preparation and particularly for the learning of tactical-tactical skills, the outcomes of the training process being a slow progression, which is sometimes incomplete and insufficiently individualized.

The activity goal for children and juniors is the promotion of some athletes to junior national squads and their integration into the football teams activating in the upper echelons. This goal is often compromised because of the above-mentioned aspects.

Within the private football club named “Klubi Sportiv Egnatia Rrogzhinë”, we tried to initiate a study on groups of children aged 13 to 14, in order to find solutions through which we can resolve a part of the presented issues. This research aims to establish if, by using some scientific conceptions, learning types, principles, methods and means, by respecting the objectives specific to the preparation stages, by mainly acting on the factors that decisively influence and contribute to the acquisition of technical-tactical skills, these ones can be improved and solidly learned within a shorter period of time, according to each athlete’s individual particularities.

When establishing the objectives of our study, we considered that it had to complete and facilitate the achievement of both the objectives specific to sports training and the general objectives of the educational process, with a focus on the intellectual, moral and aesthetic education.

The topicality of our research results from the necessity to improve the length of the instructive-educative process by improving the selection process, in correlation with the sports training stages specific to football game. In this

context, both the quantity and quality of the instructive-educative process destined to children and juniors represent a crucial factor able to ensure in the future the players' higher performance level, in conformity with modern football game and its spectacular evolution (full commitment and dissipation of the strict specialization on positions).

The importance of our research resides in the investigation of the instruction process that includes two factors:

- selection – which was made objectively and on scientific bases;
- competent (scientific) preparation.

In this sense, we insisted on the concept of “modern training in the football game”, a concept ensuring the mass base quality in performance football by means of many factors:

- organization, management and stimulation of children's and juniors' activity;
- continuous improvement of the professional training;
- selection developed at a high objectivity level, based on scientifically constructed models;
- appropriate technical-material facilities.

We consider that a very important issue is represented by sports selection correlated to the preparation stages, that is why, through our study, we try to approach this topic in compliance with all the training science requirements.

In juniors, the most fragile and dynamic segment in its psycho-morpho-physiological and social evolution, the importance of selection and preparation is particular and consists of knowing the incomparable particularities of this age.

We think that, through the contribution brought to the knowledge of the above-mentioned particularities, this research eliminates the possibility of some methodological errors that might have irreversibly negative consequences.

Object of the research

It is represented by the preparation process of junior football players aged 13 to 14, within the Private Sports Clubs, relying on the implementation of the experimental program with and adaptive content.

Purpose of the research

To improve the preparation system of junior football players aged 13 to 14, within the Private Sports Clubs, relying on the implementation of the experimental program conceived and proposed by us.

Objectives of the research

1. To analyze and generalize the specialty literature regarding the preparation of junior football players aged 13 to 14, within the specialized units.
2. To appraise the qualitative level of the physical and technical-tactical preparation of junior football players aged 13 to 14.
3. To determine the sports training content for junior football players aged 13 to 14, within the Private Sports Clubs.
4. To give theoretical and experimental arguments for the effectiveness of the methods implemented in the preparation of junior football players aged 13 to 14, within the Private Sports Clubs.

Tasks of the research: to study the bibliographical sources; to select the work tools; to establish the hypotheses; to conduct the experiment; to process and interpret the data; to draw the conclusions; to edit the thesis; to submit the thesis in public.

Hypothesis of the experimental research

Technical-tactical skills can be much faster learned and the preparation process outcomes may register a better progression if we use some scientific conceptions, learning types, principles, methods and means, according to the individual particularities specific to each football player aged 13 to 14.

Research methods and techniques: bibliographical study, observation, measurements, statistical-mathematical method, graphical method, experimental method.

Subject sample

The group involved in the development of our study, as an ameliorative method - according to the hypothesis, is made up of children aged 13 to 14, who train within the “Klubi Sportiv Egnatia Rrogozhinë” of Albania. (Annex 1)

In conformity with the research standards, it corresponds as homogeneity, from the topic and the previous preparation points of view, but also as types, with various shades, depending on the individual particularities. The number of subjects in the experimental group is 12 and the number of those in the control group is also 12.

Only the experimental group is part of the “Klubi Sportiv Egnatia Rrogozhinë”, the control group belonging to the Sports School of Rrogozhinë (this group didn't perform the presented exercises).

The study started on January 12th 2011 and the final testing was on December 22nd 2011.

The **statistical processing** of data collected from the research groups, the experimental and control ones, aimed to study the evolution of the following groups of parameters, in order to validate or invalidate the hypothesis of our research: physical tests, technical tests and the young football players' behavior during the game playing.

CONCLUSIONS

By considering the specialists' opinions, after the study of specialty literature, we can draw the following conclusions:

The performer's biological model varies from one stage to the other and is continuously changing. By individualizing a talented person by means of the selection process (based on some scientific methods and tests), we can bring

him to the level of the performer's biological model only through a carefully directed and long-duration preparation process.

The directed selection must be a complex system that will operate with objective indicators (medical, biological, psycho-sociological, motor and methodical ones), its aim being the achievement of a complex potential that, under the scientific training influence, leads to top performance (with a prognosis character).

Orientation models in the football game selection must represent operational tools that will comprise somatic-functional-motor-psychic predispositions, inclusively performance tests and norms specific to the preparation stages determined by the age.

Sports evaluation supposes the existence of a system of conceptions and techniques referring to the measurement and appraisal of the results obtained within the instructive-educative process and the competitive activity.

Evaluation, measurement and appraisal through control trials and tests can be regarded as a comparison of the plan with the result, so that objective corrections, reorientations and restructurings of the system can be performed, in order to optimize the instructive-educative and the selection processes.

For the football game, as for almost all the sports disciplines and branches, the control trials and tests are necessary to check the future performance players' qualities; without them, the selection and preparation processes escape our control.

The way towards the achievement of outstanding performances is currently possible only through a scientific selection determined by three factors:

- genotypic factors (related to heredity, talent);
- phenotypic factors (related to the accumulated traits: somatic, functional, motor and psychic ones);

- social and sports integrating factors (organization and management).

Selection and preparation should be regarded according to the formative-type models: children, juniors III, juniors II, juniors I, which must take into account the following criteria: health status, social conditions, physical capacity, body dimensions, general motricity, facilitating motor aptitudes, psychic capacity, technical-tactical preparation, game testing.

The development of our study, which practically consisted of the utilization and implementation of some methods already known and applied in the current football game (different from some outdated and scientifically unfounded methods), allows us to assert that the athletes' progression, both qualitatively and quantitatively, is greater by far.

If related to the "moment" (stage) and the assimilation level of technical-tactical knowledge and skills there aren't big differences between the two groups, these ones become more and more significant when fixing, improving, applying and checking them, especially during the game playing. Experimental subjects express themselves in the bilateral game with more easiness, rapidity, accuracy and confidence, by respecting and putting into practice the offensive and defensive technical-tactical skills and knowledge, both individually and collectively, better than the control group. This is due to the means implemented while learning and improving them, but also to the methodical forms distinctly applied in the four stages and to the modalities of organizing the group during the training process. The performed exercises and games (minutely presented in the chapter about the study development) were selected so that they contribute to both the learning and formation of technical-tactical knowledge and skills and the improvement of the factors that influence them: attention focusing capacity, perception of signals with the increase in speed of the space and time orientation, development of the capacity to make quick and efficient decisions.

When exercising the means, the same structures of stimuli (structured exercises, exercises to place somebody in a situation, application games) within the four stages of the perception organization:

1. the actions are correlated to typical situations;
2. the actions are differentiated depending on the newly issued situation;
3. situations are anticipated;
4. situations are surprising and the utilization of some basic methodical forms (primary initiation, improvement, application, indication, improvisation, imitation, handicap, competition, programs related to the extreme behavior and training) contribute to the “full” assimilation of technical-tactical skills, but mostly to the development of the capacity to cope with unpredictable and various game situations.

The modern game analysis for each age category and each preparation stage has led to a series of specific traits that must be taken into account by those involved in (coaches, teachers), because selection (correlated to the preparation stages) is an important training component. Globally, the game performed by the best senior and junior teams highlights the physical, technical, tactical and psychic qualities on positions, equally in attack and defense. Thus, the game at the highest competitive level (correlated to the current exigencies of modern football game) will measure the efficiency of both the preparation model and the programming and planning processes. The translation (transformation) of the modern game parameters in values and percentages and their achievement on formative levels lead to performance reaching on the national and international planes.

The football game practiced by junior teams presents relatively the same essential characteristics as the game practiced by senior teams. The formative value of the selection on stages greatly depends on the value of the senior

players' models. These ones represent biological models, where the physical, motor and psychic traits have an orientation character.

We consider that the hypothesis of our study is validated, by giving us the possibility to improve the process of learning and improving the technical-tactical skills. This is reinforced in practice by the promotion of the teams involved in our experiment to the Albanian Superleague.

By having in view all these comparative conclusions, we hope that this research will arouse the curiosity and the intention to put into practice its most valuable and useful aspects.