

## CONSTATATIVE STUDY ON THE LEVEL OF PHYSICAL TRAINING OF U19 JUNIOR FOOTBALLERS IN ROMANIA

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**Abstract:** *In this research we aimed to assess the level of general and specific physical preparation of U19 (under 19 years) juniors' football game ascertaining experiment was undertaken. To this end, we organized and ran from March to September 2018 preliminary experiment. Evaluation of physical training for juniors U19 was as physical tests established by the Romanian Football Federation, applied junior national teams. Thus, these physical tests were applied to a number of 196 athletes, juniors 17-18 years in Romania and the two teams expected ingredients for inclusion in pedagogical experiment basis. Results and discussion arising from this study are included in this paper.*

**Key words:** *physical training, U19 juniors, ascertaining experiment, football*

### 1. Introduction

The physical factor has been the object of study of many specialists in the field of physical education and sports [3], [4], [5], [6], [10], [11], who, through physical training understand a system of measures that ensure the functional capacity of the body, the development of basic and specific motor qualities, the development of morpho-functional indices, the improvement of motor skills and abilities and a good state of health. "Physical training ensures the energetic background of performance, stimulating the increase

of morpho-functional indices and consequently of motor qualities, thus increasing the general effort capacity of the body, which will highlight the technical and tactical baggage provided by the competition rules of the test in which it specializes athlete." [10, p. 255].

Physical training, according to specialists in the field of physical education and sports, has two basic aspects: general physical training and specific physical training [1], [2], [3], [6], [8], in which, other authors add multilateral physical training [7], [9].

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C. Cernăianu [2000, p.80] shows that the main objective of general physical training, regardless of the specifics of sport, is to improve the capacity for effort. The greater the potential for effort, the easier it is for the body to adapt to the continuous increase of physical and psychological training requirements. Similarly, the broader and stronger the general physical training is the higher the level of bio motor qualities that the athlete can reach.

The deficiencies in the general physical training, as well as the underestimation of its importance, "reduce the player's capacity for effort; make it difficult to improve the technique, because mistakes in the execution of the technical elements already learned." [2, p.80].

In the specialized literary sources, multilateral physical training is considered as a basic principle of training according to which any athlete, regardless of the sport practiced, must pay special attention to the development of the four basic motor qualities, if he wants to achieve high performance level. Without a multilateral physical training acquired before specialization and maintained afterwards, maximum performances cannot be achieved [10, p.117].

Regarding the multilateral physical training, it is mentioned that this is done differently, according to the requirements for each branch of sport; the means used being selected according to the morpho-functional and motor abilities of the athlete.

The specific physical training has a content oriented mainly towards the development of the effort capacity specific to the sports branch, as well as the combined motor qualities of priority

and differentiation involved, ultimately determining the specific performance. In the game of football, the specific physical training represents the modelling of the basic motor qualities in order to acquire the highest morpho-functional indices, in accordance with the technical and tactical requirements of the game.

In the content of specific physical training, the number of motor qualities employed increases and as such the process of their development implies a richer and more complicated mixture. The action systems designed to improve specific physical training must aim at two directions: the development of combined motor skills specific to football and the improvement of motor skills and abilities of motor acts with or without the ball that effectively perform the technical-tactical actions required by the football game.

## **2. Objectives**

In order to assess the level of general and specific physical training of U19 juniors in the football game in Romania, a fact-finding experiment was undertaken.

## **3. Material and Methods**

In this experiment, conducted between March and September 2018, the assessment of the level of physical training of juniors was done according to physical tests, established by the Technical Commission of the Romanian Football Federation (R.F.F.), applied to national junior teams.

Checking the degree of physical training of juniors, according to the scales of the physical tests of the R.F.F. for the national group of juniors, it was done by applying the

respective tests to a number of 196 athletes, U19 juniors from Romania and to the components of the two teams expected for inclusion in the basic pedagogical experiment.

#### 4. Results and Discussions

The mean values obtained from the ascertaining experiment are presented in the following table in Table 1.

Table 1  
*Comparative results on tests established by the R.F.F. for the physical training of U19 juniors (n=196)*

Crt. no.	Tests	U19 junior national team	U19 junior (n=156)	C.S.S. Brasovia Control group (n=20)	C.S. Coltea 1920 Experimental group (n=20)
1	Running on 30 m (sec)	4.2	4.56	4.47	4.44
2	Running 3x1600 m (average, sec)	360	401	403	398
3	Long jump (m)	2.4	2.12	2.21	2.17
4	Pentastalt (m)	13.5	12.28	12.21	12.33

Analyzing the results recorded in the first test, Running on 30 m, we notice that the average of the players from the U19 national team is 4.2 sec. In fact, the results of the national team were taken as a model, being compared with the results of the other teams included in the pedagogical experiment.

If we follow the results recorded in this test, we notice that in all cases they are lower than those obtained by the players of the U19 national team. Thus, the average value of the results obtained at the level of the U19 junior tested in Romania in this test

was lower than that of the national group by 0.36 sec, while in the CSS Braşovia team (control group) the difference was 0.27 sec, and to the CS Coltea 1920 team (experimental group) this being 0.24 sec.

Speed is a more conservative motor quality, being quite difficult to develop, but at the age of 18-19, it can be partially influenced by applying a series of special methods verified in the practice of performance sports, including football (Table 1 and Figure 1).

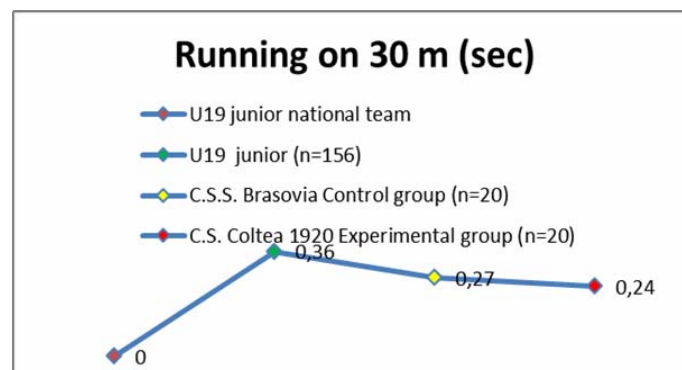


Fig.1. Comparative analysis of the average differences registered by the subjects of the research groups at Running on 30 m

Analyzing the results recorded in the 3x1600 m running test, a difference is observed in the training of athletes who participated in the preliminary experiment. Thus, the average result at the level of the

national team is 360 sec, compared to the average results lower at the national level by 41 sec, at C.S. Coltea 1920 with 38 sec and at C.S.S. Brasovia with 43 sec (Table 1 and Figure 2).

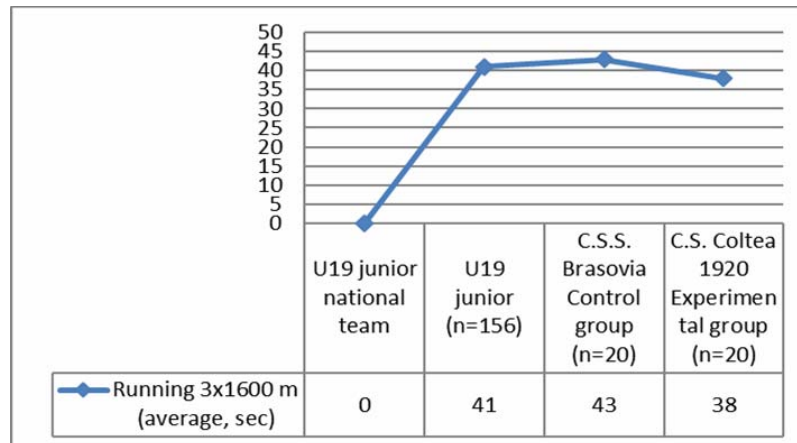


Fig.2. Comparative analysis of the average differences registered by the subjects of the research groups at Running 3x1600 m

Although the differences in this test in the ascertainment experiment are significant, they can be improved by giving the necessary time and attention to appropriate general physical training for juniors and research groups, implicitly on the development of specific endurance.

Regarding the results of the Long jump

test (Table 1 and Figure 3), it is observed that their value was lower than those achieved by the U19 national team, to the detriment of the juniors tested, the differences being 28 cm nationally, 19 cm to the C.S.S. Brasovia team (control group) and 23 cm to the C.S. Coltea 1920 team (experimental group).

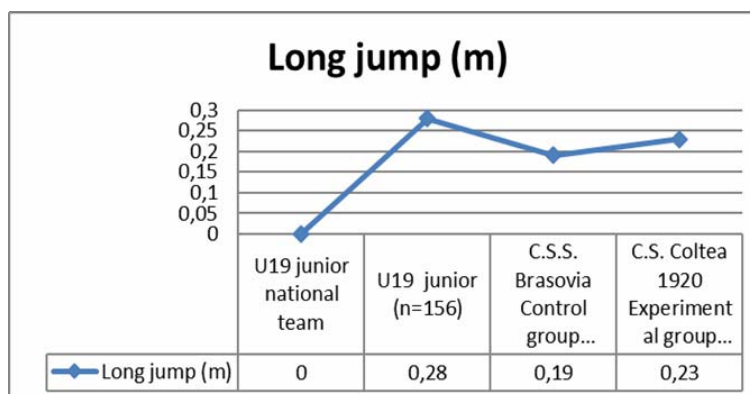


Fig.3. Comparative analysis of the average differences registered by the subjects of the research groups at Long jump

In the Pentasalt test, a significant difference was found between the results achieved in the U19 national team, where the average was 13.5 m, this difference

being 1.22 m at the national level, 1.29 m in the C.S.S Brasovia, respectively 1.17 m at C.S. Coltea 1920 (Table 1 and Figure 4).

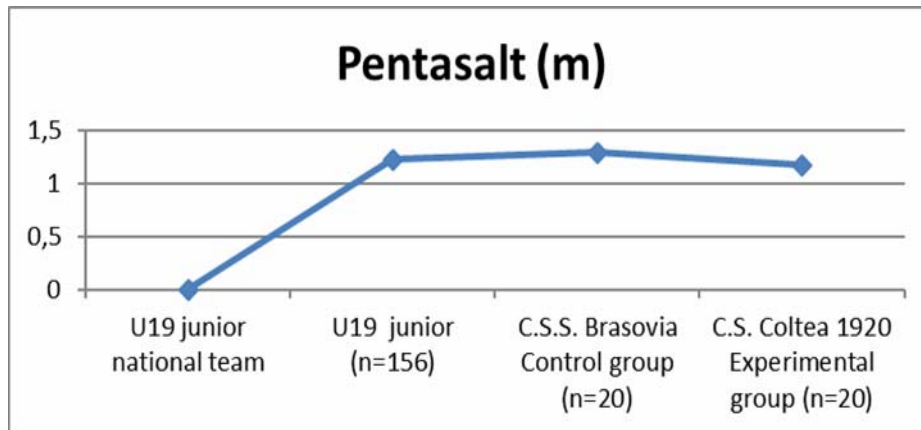


Fig.4. *Comparative analysis of the average differences registered by the subjects of the research groups at Pentasalt*

## 5. Conclusions

Following the ascertaining experiment, the insufficient development of motor qualities was highlighted in U19 juniors at national level and in the two groups expected for pedagogical experimentation, compared to the Romanian Football Federation.

Physical training is a component of sports training, having a special role, decisive in the training process, providing the energy needed to achieve great performance. In the training of the football game, the physical training has different weights in the training periods, depending on the age and the level of the athletes, depending on the load of the competitive calendar.

After testing the juniors in the preliminary experiment and analyzing the data, it was found that in all tests performed the value of the results was lower than that recorded by the U19

national team, to the detriment of the juniors tested.

The approach of the training components, the methodology that was used, the dynamics of the effort parameters with values specific to the stages or training cycles, as well as the organization and development of attractive, mobilizing, dynamic and interesting training lessons must be strictly adapted to the respective age levels. Only in these conditions can the intermediate and final objectives of stage or age stage be met [2], [6], [7], [11], [12].

In order to obtain superior performances at the level of U19 juniors, we consider that coaches must insist in training, equally, on both general and specific physical training.

## 6. Acknowledgements

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