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STUDY REGARDING THE EVOLUTION OF THE FUTSAL TEAM OF "OVIDIUS" UNIVERSITY FROM CONSTANȚA AT THE WORLD ACADEMIC GAMES

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Abstract: *The present research analyzes the evolution of the futsal team within the World Academic Championships from Netherlands - 2011 and Serbia -2012. As it was ranked the second in Netherlands, the technical management of the team changed the training strategy of the team, which had in view the reorientation of the training on technical and physical components. After the programs of special trainings have been applied, it was registered a significant progress, the team being ranked the first on the World Academic Championship of futsal, Serbia-2012.*

Key words: *futsal, strategy of training, evolution*.

1. Introduction

As there are significant attempts so that football could get formative trends for youth and future generations, the new branches derived from football, (soccer), namely futsal, football beach, football tennis, etc. come to these requirements of developing the personality of players, pupils, students and other categories of people that practice these sports within a organized unit, or in their spare time [26], [28], [31].

Indoor football (footsal/futsal) had a fast ascension in Romania, due to the regulation, attractiveness, financial conditions that do not require significant adjustments, beauty and spectacularity [19].

The Futsal game was recently and fast adopted at the level of Constanța city and our faculty, the sportsmen, namely the students evolving with great pleasure, enthusiasm and desire to win both in the national and international championships, namely the World Academic Championship of FUTSAL.

In the training process for indoor football there are formed and fixed different actuating skills, complex, conditioned reflexes, between the central nervous system, locomotive apparatus and internal organs; there are improved coordination, capacity of reaction and effort, it is improved the technique and tactic which is specific to football, which assures a good adaptability at variable situations of the game.[2,3]. The speed of displacement and execution, the skill of handling the ball, the force of shots and passes, resistance during the whole match are necessary and solicited in indoor football. We can say that physiologically speaking, the indoor

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football represents a preponderantly dynamic activity of maximum and below maximum intensity, separated by very short breaks, when it is created the possibility of partial coming back of some physiological indexes to the rest values [5], [7].

The movement on the field is discontinuous and acyclic, the player making sudden displacements on short distances, different as direction and rhythm, all these triggering an average muscle mass with a high consumption of energy [21, 22].

The efforts of the indoor football players is ranked between big and very big efforts, being characterized by the acyclic succession of aerobe phases with the more often anaerobe phases. The solicitation of nervous and neuromuscular system is more intense comparing to circulation and breathing, whose activity benefits from the breaks during the replacements of the players[9], [32].

2. Objectives

Having in view the future participating in the internal and international championships, the different problems of approaching the training of a futsal team, I chose this theme for making an analysis of the games played so far in the World Academic Championship of Futsal from Netherlands 2011 and Serbia 2012, and in the same time for analyzing the training of the team with means from football, adjusted to the specific of this branch.

Thus, I left from the hypothesis that the applying in the training process of some operational models adjusted from football and specifically planned would lead to significant progress especially at the chapter – technique, at the futsal team of „“Ovidius”” University from Constanța and the increase of efficiency in the game.

3. Material – method

The experiment took place at the futsal team of „“Ovidius”” University from Constanța, formed of 12 players who are the students of the Faculty of Physical Education and Sports from Constanța.

All the exercises and the entire training took place in the Hall of Sports from Constanta for a period of 8 months**.** The experiment was made on the 12 players that play at different centers from the Municipality and County of Constanța, both at football and futsal, with average age of 22,66 years old. The tests applied within the research

The initial and final tests (November – June) on the players mentioned consisted in three physical tests and three technical tests [14], [24].

The physical test no. 1. The test named “ 3x10m “ consisted in running from the start line until a pole situated at a distance of 10 meters from that line, after which they came back to the starting line and went back to the stake. They ran with maximum speed, this test requiring short stops and fast returns.

The physical test no. 2. The “3x30m” test required the players to sprint from the start line to a stake situated at a distance of 30 meters from that line, after which they came back to the starting line and went back to the stake. The players ran at their maximum speed, this test requiring its subjects to have a very good start, sprint, sudden stop and fast return.

The physical test no. 3. The test “2x10m, 20m, 30m, 40m “, fully solicits the players from the physical point of view; in turn, the players sprinted from the start line to a stake at a distance of 10 meters, they came back to the start, and then they ran to a stake situated at a distance of 20 meters from the start, after which they returned to this line, then in the same maximum speed they ran to a stake situated at a distance of

30 meters and returned to the start line after which they sprinted to a distance of 40 meters from the start line and came back where they left. This test required many sudden stops and short returns, soliciting the muscles and the joints, all being deprived by oxygen.

The technical test no. 1 – "Step with the loop" This test was for measuring the exactness of the pass, the player using the flat part of the basic foot. For this test there were used 12 stakes, 6 on one side and other 6 on the other side with a distance of 1 meter between them. The player had to send the ball, which was in a static position and situated at a distance of 10 meters on the axis of the passage formed by the space between the stakes, without touching any of them, passing through the passage formed by the stakes. This test requires a very good focus before the execution, high exactness and correct hit (biomechanically speaking) of the ball with the flat part. The intensity of the execution was also important, as a hit with average intensity is much better in such executions than one with high or low intensity.

There were executed 10 repetitions for each player.

The technical test no. **2** – "Shot with the lace " This technical test is a complex one as this procedure cumulates both the exactness of the shot and its high intensity. For this test I used a carton cube with the side of 1 meter. At a distance of 10 meters from the cube, perpendicularly on one of its sides was placed the ball in static position, which was hit by the player with the lace and strongly so that it could hit the cube. There were 10 repetitions for each player.

The technical test no. 3 – "Lobbed step " This procedure is of great difficulty as it implies a good coordination of the movements made for this execution. The player must feel the ball and lift it slowly on the lace of the skilled foot after which to lob it in a delimited area situated at a distance of 15 meters. For this test I used 10 stakes with which I formed the circular area with a diameter of 3 meters. The player had to lob the ball in static position at a distance of 15 meters from the middle of the area delimited by the stakes. This test implies a good feeling of the ball and a great skill, coordinated with the appreciation of the distance at which the ball follows to be sent. There were used 10 repetitions for each player.

The training was focused on speed exercises short distances, 20 m, 30 m 4x10m, 40 m with and without the ball, executed against time. With the ball were executed on these distances, dribbling, passing to teammate with Ryan at the gate. All the exercises have been carried out with the right foot and leg, and to move to back to back. Duration of the training program was 15 min. has a total of 192 liquidities of workouts in which he worked on the components targeted for 48 hours [16,17], [27].

4. Results and Discussions

After the centralized training and the models drawn and applied at the Futsal Team of "Ovidius" University from Constanța we can state that it registered a significant progress from one stage to another, year after year.

The team participated at the World Academic Championships of Futsal from Netherlands-2011 and Serbia-2012. At these championships was ranked in Netherlands-Amsterdam the second, and in Serbia-Belgrade, it was ranked the first.

The comparative analysis of the evolution of the Futsal Team of "Ovidius" University from Constanța, Faculty of Physical Education and Sports at the World Academic Championships of Futsal from Netherlands-2011 and Serbia-2012 highlight a significant evolution both in qualifications and in groups. The analyses of the average of goals received and scored

highlight a better training in season 20011-2012 of the futsal players from the team of "Ovidius" University from Constanța regarding the participation at the World Academic Championships of Futsal, Belgrade, 2012. Thus, in qualifying groups the average of scored goals increases significantly statistically speaking ($p<0.05$) with 5.2 more goals in 2012. If the goals received remain at the same value in groups, in semifinals there are received 3 more goals than in 2011, but what is more revealing for the training made is the maintaining at the same level of the goals received and scoring a higher numbers of goals to the opponent team from Iran. We must mention that the finals were played every year with teams from Iran, strong teams but with almost the same players (transferred).

Amsterdam 2011

„"Ovidius"" University Constanta vs. University of Nancy, FRANCE : 13–1

„"Ovidius"" University Constanta vs. Academy Moscow State, RUSSIA :19–0

„"Ovidius"" University Constanta vs. „Imam Hossein" University, IRAN: 2–2

„"Ovidius"" University Constanta vs. Ziane Achour University, ALGERIA: 14–7

"Ovidius" University Constanta vs. Sakhalin State University, RUSSIA : 4–0

Classification in the group (chart 1)

1."Ovidius" University Constanta (Championship 2009, 2010) ROMANIA : 13 p
2.„Imam Hossein" University, IRAN
3.Sakhalin State University, RUSSIA
4.Ziane Achour University, ALGERIA
5.University of Nancy, FRANCE
6.Academy Moscow State, RUSSIA

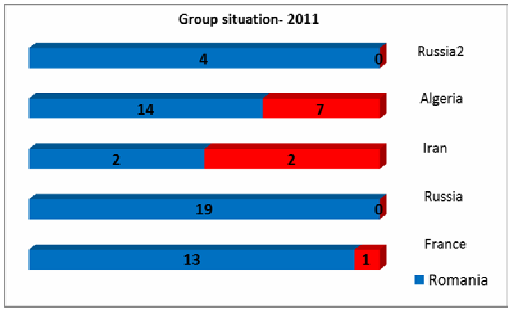

Chart 1. *Situation of goals scored and marked in Netherlands Group 2011*

Belgrad 2012

Results in the group–group 1

„"Ovidius"" University Constanta vs. University Ziane Achour, ALGERIA: 17–2

"Ovidius" University Constanta vs. University Mgahkis , RUSSIA : 27–0

"Ovidius" University Constanta vs. „Abid Mazandaran" Institute of Higher Education, IRAN: 3–8

Classification in the group (chart 2)

1.„Abid Mazandaran" Institute of Higher Education - Iran
2."Ovidius" University Constanta (Champion 2009,2010) – Romania
3.University Ziane Achour - Algeria
4.University MGAHKIS – Russia

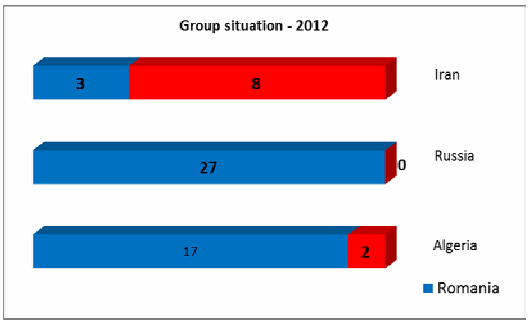

Chart 2. *Situation of scored goals and received goals in group Serbia 2012*

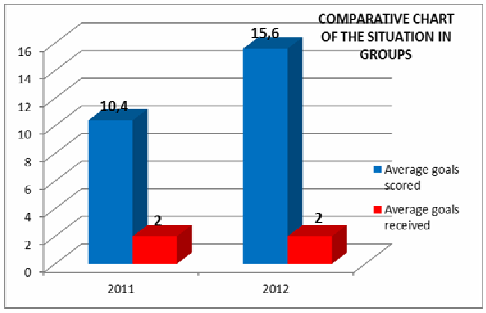

Chart 3. *Comparative situation of scored goals and received goals in groups Netherlands 2011 Serbia 2012*

Semifinal 2011

"Ovidius" University Constanta vs. University of Tirana, ALBANIA: 7–2

Semifinal 2012

"Ovidius" University Constanta vs. „Imam Hossein" University, IRAN: 7–5

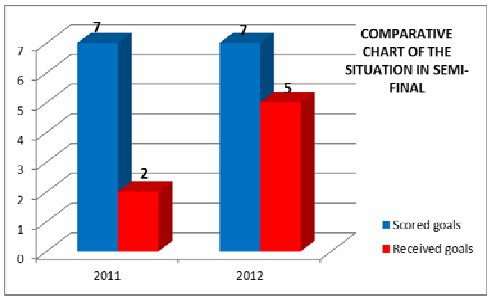

Chart 4. *Comparative situation of scored goals and received goals in semifinals Netherlands 2011 Serbia 2012*

Final 2011

University "Ovidius" Constanta vs. Islamic Azad University, IRAN: 2–5

Final classification 2011

Rank 1. Islamic Azad University, IRAN
Rank 2. "Ovidius" University Constanța – ROMANIA
Rank 3. Imam Hossein University, IRAN

Final 2012

"Ovidius" University Constanta vs. „Abid Mazandaran" Institute of Higher Education, IRAN: 7–5

Final classification 2012

Rank 1. "Ovidius" University Constanța, ROMANIA
Rank 2. „Abid Mazandaran" Institute of Higher Education, IRAN
Rank 3. „Imam Hossein University", IRAN

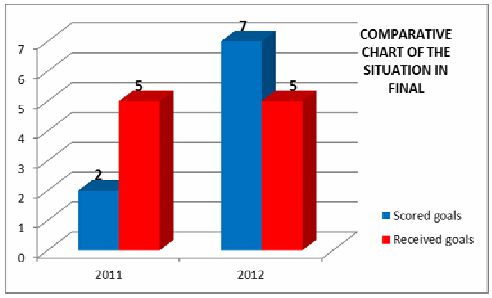

Chart 5. *Comparative situation of scored goals and received goals in final Netherlands 2011 Serbia 2012*

5. Conclusions

Analyzing and construing the data from the experiment we can draw the following conclusions:

The hypothesis of the paper was confirmed, being made the improvement of the working methodology within the training program.

The drawn and applied programs were efficient, the team having registered significant progress both at physical and technical training.

The comparisons made between the results obtain at the tour from Netherlands 2011 and Serbia - 2012, revealed the efficiency of training and the improvement of efficiency of games by the goal average obtained.

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