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THE SELECTION TOWARDS THE FOOTBALL OF PERFORMANCE

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Abstract: *This paper is achieved in the view of the reflection concerning the principals standards of selection and preparation towards the football of performance. As driving test we used: running of speed on 50 metres; the jump in length of on place; running of resistance 1500 metres; elevations of the trunk at vertically from lying on back, time of 30 seconds; extensions of the trunk from lying with the face, time of 30 seconds; tractions in arms.*

Key words: *selection; preparation; performance; tests; football.*

1. Introduction

The performance in football presents a very great importance, while the rapid her development as cultural value makes insufficient the natural selection obtained through competition.

The selection for the football of performance not means the removement of these footballers from to practise this sport. Even in the case in who somebody is not remarked, selectioned by means of the actual methods, he has the latitude of to practise in continuation the football, while the successes can to rebring him in the row of the footballers with perspectives.

In this research we have in view to establish the fundamental principles of appreciation of the football players, but and to fixed the back-ground of general driving trials at who levels the footballers must to touch them once with them participation at selection.

2. Aim

The activity of research has as purpose the whish as this study to constitute a concern more great of the coaches of to take more much in calculation the desires and the necessities of the children in function of the elements of selection from psychological point of view.

3. Hypothesis

- We suppose that the using of the documents of psychological nature:

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record cards of observation, anamnesis, the elements of the psychological profile, will contribute at the improvement of the sporting selection in football;

- The psychological selection will conduct at the development of the area of selection at the level of the seniors.

4. Methods of research

In the view of the achievement of this paper we used the next methods of researches: scientifical documentation; the method of the observation; the experimental method; the statistical methods; the method of the graphical representations.

5. The content of the experiment

The experimental team was constituted from the young footballers who belong to F.C. O'elul Galaţi, borned in 1993 year, coach Rogea Mitică.

The witness team was make up from the young players who belong to F.C. Dunărea Galaţi, born in 1993, coach Manolache Gabriel.

We mention that the players of both teams started to practice the football play from to the age 8-9 years and they passed by through more many phases of selection, consequently, we can say that the experiment was applied of the best players of them age.

The research had place on the stadiums of the both teams.

We used in experiment the next driving trials:

1. *Running of speed on 50 metres*: Start from legs, it goes at sonorous signal. It runs as two, on grass, the players put on boots of football with studs, two repetitions and it notes the best.
2. *The jump in length of on place:* It notes the best jump from two trials acieved on grass, the players put on boots of football with studs.
3. *The running of resistance - 1500 meters:* It runs on grass with boots of football without studs.
4. *Elevations of the trunk at vertically from lying on back*, time of 30 seconds. The elevations of the trunk it achieves in speed, with the twofold knees, with the soles on soil.
5. *Extensions of the trunk from lying with the face*, time of 30 seconds: The extensions it achieved in speed, the legs immobilized by another player, the elevation of the trunk it makes until at 30 centimetres.
6. *Tractions in arms* – maximum number: It executes at the bar of gymnastics, with the pass of the chin over bar (Giacomoni, M., 2009).

6. The results of the research

1. *Running of speed on 50 metres*

The statistical parametres for the running of speed on 50 metres Table 1

Parametres	Experimental team			Witness team		
	T_1	T_2	T_3	T_1	T_2	T_3
Arithmetical average	6,96	6,77	6,57	7,05	6,94	6,81
Standard deviation	0,21	0,23	0,22	0,27	0,27	0,30
Maximum	7,30	7,20	7,00	7,50	7,40	7,30
Minimum	6,60	6,40	6,30	6,40	6,30	6,10
Amplitude	0,70	0,80	0,70	1,10	1,10	1,20
Coefficient of variation	3,02	3,40	3,35	3,83	3,89	4,41

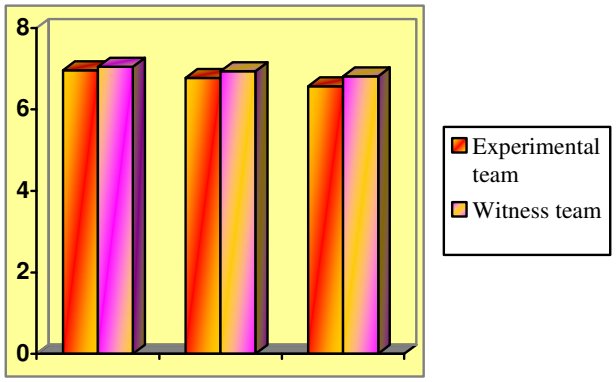

Fig. 1. *The dynamic of the average levels from running of speed on 50 metres*

The difference between tests – running of speed on 50 metres Table 2

The team	T_1	T_2	T_3	D_{21}	D_{21} (%)	D_{32}	D_{32} (%)	D_{31}	D_{31} (%)
Experimental team	6,96	6,77	6,57	-0,19	-2,73	-0,20	-2,95	-0,39	-5,60
Witness team	7,05	6,94	6,81	-0,11	-1,56	-0,13	-1,87	-0,24	-3,40

At the experimental team, at the final test it registers a subtraction with 5,6 % (0,39 seconds) face of the initial test.

At witness team, at the final test it registers a subtraction with 3,4 % (0,24 seconds) face of the initial test.

The both teams are homogenous, because the coefficient of variability has the values under 10% (Drăgan, A., 2009).

Table 3

The differences between the average levels of the teams – running of speed on 50 m

The team and the differences	T_1	T_2	T_3
Experimental team	6,96	6,77	6,57
Witness team	7,05	6,94	6,81
Experimental – witness	-0,09	-0,17	-0,24
$\frac{(\text{experimental} - \text{witness})}{\text{witness}} \times 100$	-1,28	-2,45	-3,52

At the initial test, the average level at the experimental team is with 1,28% (0,09 seconds) more little face of the average at the witness team.

At the final test, the average level at the experimental team is with 3,52 % (0,24 seconds) more little face of the average at the witness team.

2. *Running of resistance*

The statistical parametres for the running of resistance Table 4

Parametres	Experimental team			Witness team		
	T_1	T_2	T_3	T_1	T_2	T_3
Arithmetical average	344,19	340,19	334,63	345,38	341,75	338,13
Standard deviation	5,26	5,65	5,64	4,24	4,01	3,76
Maximum	360,00	357,00	352,00	352,00	348,00	344,00
Minimum	338,00	334,00	328,00	337,00	334,00	331,00
Amplitude	22,00	23,00	24,00	15,00	14,00	13,00
Coefficient of variation	1,53	1,66	1,69	1,23	1,17	1,11

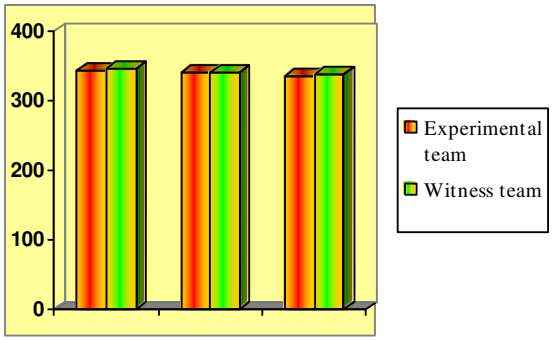

Fig. 2. *The dynamic of the average levels from running of resistance*

The difference between tests – running of resistance Table 5

The team	T_1	T_2	T_3	D_{21}	D_{21} (%)	D_{32}	D_{32} (%)	D_{31}	D_{31} (%)
Experimental team	344,19	340,19	334,63	-4,00	-1,16	-5,56	-1,63	-9,56	-2,78
Witness team	345,38	341,75	338,13	-3,63	-1,05	-3,62	-1,06	-7,25	-2,10

At the experimental team, at the final test it registers a subtraction with 2,78 % (9,56 seconds) face of the initial test. At the witness team, al the final test it registers a subtraction with 2,1 % (7,95 seconds) face of the initial test. Also, the both teams are homogenous, the coefficient of variation has values of the levels under 10 %.

Table 6

The differences between the average levels of the teams – running of resistance

The team and the differences	T_1	T_2	T_3
Experimental team	344,19	340,19	334,63
Witness team	345,38	341,75	338,13
Experimental – witness	-1,19	-1,56	-3,50
$\frac{(\text{experimental} - \text{witness})}{\text{witness}} \times 100$	-0,34	-0,46	-1,04

3. *The jump in length of on place*

The statistical parametres for the jump in length of on place Table 7

Parametres	Experimental team			Witness team		
	T_1	T_2	T_3	T_1	T_2	T_3
Arithmetical average	2,14	2,23	2,32	2,04	2,12	2,20
Standard deviation	0,13	0,12	0,13	0,16	0,17	0,16
Maximum	2,50	2,55	2,65	2,45	2,50	2,55
Minimum	2,00	2,05	2,15	1,90	1,95	2,05
Amplitude	0,50	0,50	0,50	0,55	0,55	0,50
Coefficient of variation	6,07	5,38	5,60	7,84	8,02	7,27

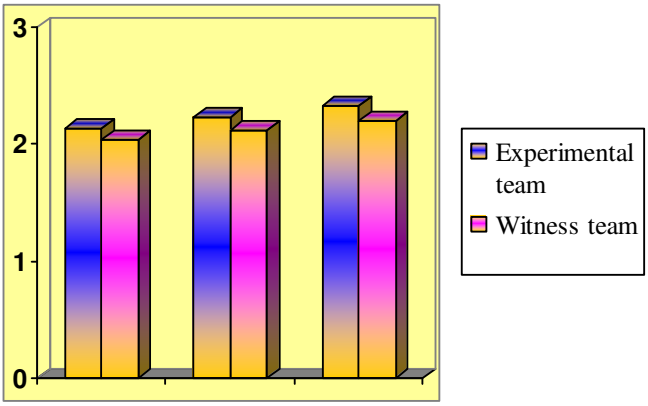

Fig. 3. *The dynamic of the average levels from jump in length of on place*

The difference between tests – jump in length of on place Table 8

The team	T_1	T_2	T_3	D_{21}	$D_{21}(\%)$	D_{32}	$D_{32}(\%)$	D_{31}	$D_{31}(\%)$
Experimental team	2,14	2,23	2,32	0,09	4,21	0,09	4,04	0,18	8,41
Witness team	2,17	2,25	2,20	0,08	3,92	0,08	3,77	0,16	7,84

At the experimental team, at the final test it registers a growth with 8,41 % (0,18 metres) face of the initial test.

At the witness team, it registers at the final test a development with 7,84% (0,16 metres) face of the initial test.

The both groups present a homogenous degree, because the coefficient of variation has values under 10%.

Table 9

The differences between the average levels of the teams – jump in length of on place

The team and the differences	**T_1**	**T_2**	**T_3**
Experimental team	2,14	2,23	2,32
Witness team	2,17	2,25	2,20
Experimental – witness	-0,03	-0,02	0,12
$\frac{(\text{experimental} - \text{witness})}{\text{witness}} \times 100$	-1,38	-0,89	5,45

At the initial test, the average level at the experimental group is with 1,38% (0,03 metres) more little face of the average at the witness team.

At the final test, the average level at the experimental group is with 5,45% (0,12 metres) more great face of the average level at the witness group.

4. *Elevations of the trunk at vertically from lying on back, time of 30 seconds*

Table 10

The statistical parametres for elevations of the trunk at vertically from lying on back, time of 30 seconds

Parametres	**Experimental team**			**Witness team**		
	T_1	**T_2**	**T_3**	**T_1**	**T_2**	**T_3**
Arithmetical average	24,50	26,50	28,88	24,19	25,75	27,44
Standard deviation	2,00	2,31	2,31	1,22	1,44	1,55
Maximum	27	30	33	27	29	30
Minimum	20	22	25	22	23	24
Amplitude	7	8	8	5	6	6
Coefficient of variation	8,16	8,72	8,00	5,04	5,59	5,65

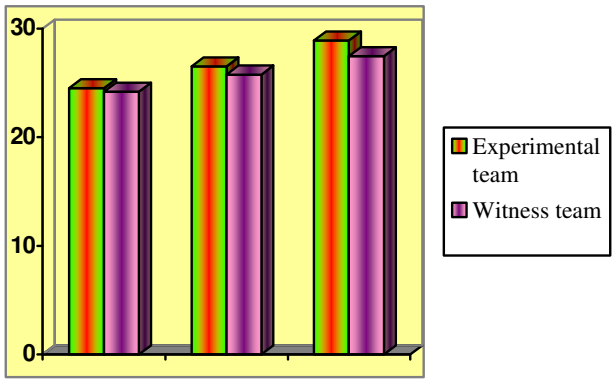

Fig. 4. *The dynamic of the average levels from elevations of the trunk at vertically from lying on back*

Table 11

The difference between tests – elevations of the trunk at vertically from lying on back

The team	T_1	T_2	T_3	D_{21}	D_{21} (%)	D_{32}	D_{32} (%)	D_{31}	D_{31} (%)
Experimental team	24,50	26,50	28,88	2,00	8,16	2,38	8,98	4,38	17,88
Witness team	24,19	25,75	27,44	1,56	6,45	1,69	6,56	3,25	13,44

At the experimental group, at the final test it registers a growth with 17,88 % (4,38 repetitions) face of the initial test.

At the witness group, at the final test it records a increase with 13,44 % (3,25 repetitions) face of the initial test.

The both groups are homogenous, as effect as the fact that the coefficient of variation has values under 10%.

Table 12

The differences between the average levels of the teams – elevations of the trunk at vertically from lying on back

The team and the differences	T_1	T_2	T_3
Experimental team	24,50	26,50	28,88
Witness team	24,19	25,75	27,44
Experimental – witness	0,31	0,75	1,44
$\frac{(\text{experimental} - \text{witness})}{\text{witness}} \times 100$	1,28	2,91	5,25

At the initial test, the average level at the experimental team is with 1,28% (0,31 repetitions) more great than the average level at the witness team.

At the final test, the average level at the experimental team is with 5,25% (1,44 repetitions) more great than the average level at the witness team.

5. *Extensions of the trunk from lying with the face, time of 30 seconds*

Table 13

The statistical parametres for extensions of the trunk from lying with the face

Parametres	Experimental team			Witness team		
	T_1	T_2	T_3	T_1	T_2	T_3
Arithmetical average	34,38	36,69	39,44	33,81	35,69	37,06
Standard deviation	3,40	3,53	3,76	2,74	2,65	2,67
Maximum	38	41	43	38	40	41
Minimum	28	30	32	27	29	30
Amplitude	10	11	11	11	11	11
Coefficient of variation	9,89	9,62	9,53	8,10	7,43	7,20

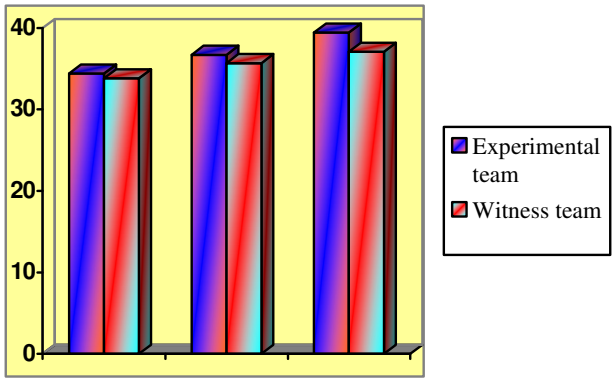

Fig. 5. *The dynamic of the average levels from extensions of the trunk from lying with the face*

Table 14

The difference between tests – extensions of the trunk from lying with the face

The team	**T_1**	**T_2**	**T_3**	**D_{21}**	**D_{21} (%)**	**D_{32}**	**D_{32} (%)**	**D_{31}**	**D_{31} (%)**
Experimental team	34,38	36,69	39,44	2,31	6,72	2,75	7,50	5,06	14,72
Witness team	33,81	35,69	37,06	1,88	5,56	1,37	3,84	3,25	9,61

At the experimental team, at the final test it registers a growth with 14,72% (5,06 repetitions) face of the initial test.

At the witness team, at the final trial it records a growth with 9,61% (3,25 repetitions) face of the initial test.

Also, the both teams are homogenous, because the coefficient of variation has values under 10%.

Table 15

The differences between the average levels of the teams – extensions of the trunk from lying with the face

The team and the differences	**T_1**	**T_2**	**T_3**
Experimental team	34,38	36,69	39,44
Witness team	33,81	35,69	37,06
Experimental – witness	0,57	1,00	2,38
$\frac{(\text{experimental} - \text{witness})}{\text{witness}} \times 100$	1,69	2,80	6,42

At the initial test, the average level at the experimental group is with 1,69% (0,57 repetitions) more great than the average level at the witness group.

At the final test, the average level at the experimental group is with 6,42% (2,38 repetitions) more great than the average level at the witness team.

6. *Tractions in arms*

The statistical parametres for tractions in arms Table 16

Parametres	Experimental team			Witness team		
	T_1	T_2	T_3	T_1	T_2	T_3
Arithmetical average	5,94	7,75	9,81	5,75	7,13	8,63
Standard deviation	1,18	1,48	1,76	1,39	1,36	1,45
Maximum	9	12	14	9	10	12
Minimum	5	6	8	4	5	7
Amplitude	4	6	6	5	5	5
Coefficient of variation	19,87	19,10	17,94	24,17	19,07	16,80

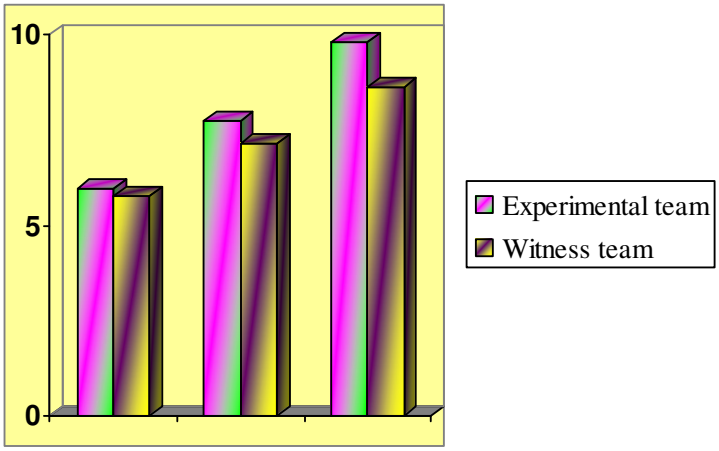

Fig. 6. *The dynamic of the average levels from tractions in arms*

The difference between tests – tractions in arms Table 17

The team	T_1	T_2	T_3	D_{21}	D_{21} (%)	D_{32}	D_{32} (%)	D_{31}	D_{31} (%)
Experimental team	5,94	7,75	9,81	1,81	30,47	2,06	26,58	3,87	65,15
Witness team	5,75	7,13	8,63	1,38	24,00	1,50	21,04	2,88	50,09

At the experimental team, at the final test it records a growth with 65,15% (3,87 repetitions) face of the initial test.

At the witness team, it registers an increase with 50,09% (2,88 repetitions) face of the initial test.

The both teams are relative homogenous, because the coefficient of variation presents values between 10-20% at the intermediate and final test

Table 18

The differences between the average levels of the teams – tractions in arms

The team and the differences	T_1	T_2	T_3
Experimental team	5,94	7,75	9,81
Witness team	5,75	7,13	8,63
Experimental – witness	0,19	0,62	1,18
$\frac{(\text{experimental} - \text{witness})}{\text{witness}} \times 100$	3,30	8,70	13,67

At the initial trial, the average level at the experimental group is with 3,3% (0,19 repetitions) more great than the average al the witness group.

At the final test, the average level at the experimental team is with 13,67% (1,18 repetitions) more great than the average at the witness team (Drăgan, A., 2009).

7. Conclusions

At all the test, the experimental team achieved superior values of the average face of the witness team.

In the frame of the selection, we must to follow and identify the essential key principles, for the success of any system of selection of the talented footballers, without to prescribe an ideal shape (Ploieşteanu, C., 2005).

8. Propositions

We propose as the trials and norms from the system of selection to be correlated with the stage of preparation, in this meaning it musts to be different trials for the groups of beginners, advanced and performance, as well as the another normative acts of the performance football: Unitary System of Examination and Appreciation of the physical and sporting preparation and them promotion in the teams of sporting preparation.

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