

THE IMPLEMENTATION OF THE METHODS AND MEANS FOR THE DEVELOPMENT OF THE AGILITY IN FOOTBALL, AT THE AGE 12-13 YEARS

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Abstract: *The article is dedicated for the implementary concerning the learning of the principal methods and the means in the view of the development of the speed in the football game, at the age of 12-13 years. As physical trials, respectively specific trials, we applied: speed 50 metres; resistance 800 metres; jump in length of on place; the throwing of the ball of oine, respectively, pass at wall 20 seconds; shot of the ball with the head 15 seconds; dribbling 30 metres, TE-TA Complex.*

Key words: *methods, means, agility, physical trials, specific trials, football.*

1. Introduction

The high level of the performance in the modern football imposes the continuous improvement of all the sides concerning the sportive preparation. Thus, of important place returns of the development for the driving qualities, through which the speed is very important.

If we have in view the particularities of age for the children of 12-13 years, as well as the distinct degree of physical preparation of these, the teachers, the

coaches must to elaborate tests, trials and norms for to put in evidence the qualities of the children and for to separate them value.

Because there is a tendency for the dynamic of the competition effort, it's necessary as, on the methodological plan to action for the growth of the execution speed of the means of base (technical-tactical) of the football game. In the achievement of the driving act, one of the forms of testimony concerning the speed it's dominant (between the speed of

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reaction, of execution, of repetition, of shifting, of option for to put into gear).

In the preparation of the children in football it's necessary the reevaluation of the conception concerning the role and the place of the speed in to programme the training, as a condition of the optimization of the sportive performance. Thus, we started from these truths and we researched the strategy of the preparation for the children from the classes with sportive programme (football), and we put accent on the development of the speed in system of ability, in this way the efficiency of the technical processes to growth.

If we have in view the fact that the age of 12-13 years represents the age with the best capacity of driving learning and rapid progress of her and the fact that the speed is the driving quality over we can to action in a systematic mode for the development of all her testimony forms beginning from the age of 12 years, while the effect of the systematic action subtracts step by step until at the age of final maturity, we must to find the best exercises and games which can to influence the development of this quality.

2. Aim

The aim of this paper is to reflect the methods and means concerning the preparation of the children of 12-13 years for the development of the speed in the football game, driving quality which is very important. The tasks of the research consisted in: the identification of the best exercises and games which can to determine a positive influence in the development of the speed in system of ability; the pursuit of the effects achieved by the selected exercises and games for the development of the speed in system of ability at the children of 12-13 years.

3. Hypothesis

The hypothesis of the research was formulated thus: „we suppose that the exercises and games which were selected for the development of the speed in system of ability at the pupils of 12-13 years from the class with special football programme from the frame of Secondary School with Sportive Programme from Galaţi, will have positive effects in to improve of her values”.

4. Methods of research

For to achieve what we proposed towards the aim of the research we used the next methods: the method of the observation; the method of the tests; the experiment; the statistical methods.

5. The content of the experiment

In the view of this research we choose a group of 16 children from the sixteenth class with special programme of football from the frame of Secondary School with Sportive Programme from Galaţi as experimental team and a group of 16 children from the sixteenth class with normal programme of General School No. 11, Galaţi, as witness team. The systems of action were applied in the frame of the specific preparation hours, according of the annual plane of preparation.

The trials and the control norms for the general physical preparation consisted in: running of speed on the distance of 50 metres; the jump in length of on place; running of resistance on the distance of 800 metres; the throwing of the ball of one at distance.

The trials of specific physical preparation were: shot at goal after dribbling through sticks; shot of the suspended ball with the head; pass at wall (20 seconds); technical – tactical complex (the player, placed at 30 metres distance

face of goal, in outside of the field, executes the throwing from at edge, runs 10 metres towards a ball situated on place, executes the leading of the ball 10 metres, after which shots at goal (from at 10 metres)) (Giacomoni, M., 2009).

6. The results of the research

As operational methods for the development of the speed in system of ability in the frame of the preparing hours, we used the exercises in intimate conditions of game for the development of the speed in system of ability (Drăgan, A., 2009).

Exercise 1 - Passes in two from shifting, executed in maximum speed, finality with shot at goal. Methodical indications – with passive opponent, then half-active and active, on the distance of 30-50-60 metres, it repeats of 5-6 times.

Exercise 2 – Long disengagement towards goalkeeper, running on contraattack with an attacker, leading, shot at goal in the presence of the passive opponent, half-activ and activ.

Exercise 3 – The contraattack with 2 attackers: the player A takes over the ball disengaged by goalkeeper, passes her of B player who conducts and shot at goal. Methodical indications – it executes by 5-6 times which it change the places.

Exercise 4 – The contraattack with 2 attackers and with 1-2 opponents; long disengagement of the goalkeeper, the player A takes over the ball disengaged by the goalkeeper, conducts in a oblique mode 10 metres and passes the ball of B player who, between time it changed the place. B player deeply passes at A who shot at goal. Methodical indications – it executes by 5-6 times after which it change the places.

Exercise 5 – A player, situated with the back at goal, at 10-16 metres of this. He executes a short passe of B player who runs in maximum speed towards ball and

shots from the first at goal. Methodical indications - A player alternates the passes left – right, it repeats by 10 times after which it changes the places.

Exercise 6 - A player situated with the back at goal, at 16 metres by this, while B player is situated at 25 metres face of goal. B player passes the ball at A who comes out in her welcome and it achieves a taking over from return, leading and shot at goal. Methodical indications – it repeats by 10 times after whom it changes the roles.

Exercise 7- A player conducts the ball in a mode oblique, then he passes of B. This it takes over the ball, conducts her and attempts to finish. Methodical indications - it repeats by 5-6 times after which it changes the places.

Exercise 8 – A player conducts the ball on a short distance, then he passes of B who achieves short dribbling and it passes the ball in a lateral mode of A displaced on the direction of the goal, who finishes. It repeats by 5-6 times after whom it changes the roles.

Exercise 9 – A player passes of B and then it runs towards the corner of the field where he will regets the ball from B, after what this it achieved a dribbling. After the execution of the passe towards A, B player it shifts in maximum speed and it occupies a favourable position for to shot at goal from the semicentration of A. Methodical indications – it cans complicate through the introduction of the active and semiactive defenders.

Exercise 10 - A player conducts the ball in great speed until in the right of B player situated at 10-15 metres of this, with the back at goal. B player dispossesses of while A player executes rapid running towards the initial place.

At experimental team we achieved these exercises and we follow in the training lessons them action over the development of the speed in system of ability (Ploieșteanu, C., 2005).

The physical preparation trial – experimental team

Table 1

No.	Name and first name	Speed 50 m		Resistance 800 m		Jump in length of on place		The throwing of the ball of oine	
		TI	TF	TI	TF	TI	TF	TI	TF
1	C.F.	8.3	8.0	3.35	3.25	1.65	1.90	29	33
2	D.H	8.5	8.3	3.33	3.23	1.60	1.60	28	30
3	E.C.	8.1	8.0	3.25	3.20	1.60	1.70	30	35
4	F.D	8.0	8.0	3.15	3.11	1.65	1.72	25	30
5	G.A	8.5	8.3	3.30	3.28	1.70	1.80	42	45
6	G.V	7.5	7.4	3.07	3.04	1.72	1.85	31	35
7	I.N.	8.1	7.8	3.25	3.19	1.70	1.85	30	31
8	J.R	8.3	8.1	3.37	3.33	1.70	1.71	30	30
9	M.B	8.3	7.8	3.09	3.06	1.80	1.75	35	35
10	O.G	8.2	8.3	3.15	3.14	1.70	1.75	32	35
11	O.I	7.9	7.8	3.34	3.33	1.55	1.60	30	37
12	S.F	8.5	8.2	3.40	3.23	1.65	1.70	34	37
13	S.L.	7.7	7.7	3.14	3.08	1.70	1.85	31	30
14	T.D	8.1	7.9	3.40	3.31	1.55	1.72	23	25
15	T.L	8.2	7.9	3.31	3.31	1.60	1.90	28	32
16	U.A	8.2	8.0	3.19	3.17	1.75	1.90	30	33
17		8.1	7.9	3.25	3.20	1.66	1.76	30.5	33.5
Arithmetical average									
Difference TI-TF		-0.2		-0.05		+0.10		+3	

Specific trials – experimental team

Table 2

No.	Name and first name	Pass at wall 20 seconds		Shot of the ball with the head 15 seconds		Dribbling 5 x 30 m (seconds)		TE-TA Complex	
		TI	TF	TI	TF	TI	TF	TI	TF
1	C.F.	29	31	7	8	25.1	25.0	4.9	4.8
2	D.H.	27	30	5	7	24.2	22.5	6.9	6.6
3	E.C.	30	32	5	5	27.1	26.1	5.4	5.3
4	F.D.	19	30	6	5	25.2	23.4	5.3	5.2
5	G.A	29	33	6	6	25.6	23.6	5.5	5.4
6	G.V.	29	30	6	7	24.2	23.5	5.9	5.8
7	I.N.	33	33	6	8	24.6	22.8	4.9	4.9
8	J.R.	30	34	7	8	23.5	22.5	5.1	5.1
9	M.B.	26	30	5	7	23.0	22.9	4.6	4.5
10	O.G.	30	30	6	6	25.1	25.1	5.7	5.5
11	O.I.	22	26	4	6	23.5	22.8	5.3	5.4
12	S.F.	25	26	8	9	24.2	24.2	5.7	5.4
13	S.L.	30	32	7	9	23.3	22.3	6.2	6.0
14	T.D.	18	29	5	6	22.8	22.8	5.6	5.6
15	T.L.	24	26	5	6	26.1	25.2	4.9	4.8
16	U.A.	30	31	7	8	25.1	24.2	5.5	5.5
Arithmetical average		30.5	33.5	5.93	6.93	24.5	23.7	5.4	5.3
Difference TI-TF		+3		+1		-0.8		-0.1	

The physical preparation trial – witness team

Table 3

No.	Name and first name	Speed 50 m		Resistance 800 m		Jump in length of on place		The throwing of the ball of oine	
		TI	TF	TI	TF	TI	TF	TI	TF
1	A.R.	9.1	9.2	4.02	3.32	1.40	1.45	23	23
2	C.O.	8.4	8.1	4.03	3.37	1.74	1.91	29	34
3	D.C.	8.6	8.3	3.46	3.28	1.65	1.73	29	35
4	D.J.	8.2	7.9	4.07	3.40	1.62	1.80	27	30
5	D.P.	9.0	8.3	3.23	3.21	1.70	1.75	26	30
6	F.B.	9.6	9.3	4.14	3.48	1.35	1.50	25	27
7	F.E.	8.7	8.6	3.38	3.26	1.62	1.68	21	28
8	G.L.	8.2	7.9	4.05	3.44	1.62	1.74	27	29
9	H.U.	8.5	8.3	3.53	3.31	1.66	1.77	27	28
10	M.N.	8.4	8.1	3.24	3.15	1.67	1.90	25	26
11	N.A.	8.9	8.8	4.10	3.38	1.63	1.68	23	27
12	P.I.	9.0	8.4	3.58	3.35	1.76	1.75	22	24
13	R.I.	8.1	7.7	3.34	3.26	1.70	1.80	27	36
14	R.O.	8.8	8.4	3.30	3.20	1.67	1.70	24	28
15	S.C.	8.8	8.7	4.00	3.41	1.56	1.65	28	29
16	V.G.	8.4	8.4	3.48	3.30	0.55	1.65	23	25
Arithmetical average		8.6	8.4	3.45	3.32	1.61	1.71	25.3	28.6
Difference TI-TF		-0.2		-0.13		+0.10		+3.3	

Specific trials – witness team

Table 4

No.	Name and first name	Pass at wall 20 seconds		Shot of the ball with the head 15 seconds		Dribbling 5 x 30 m (seconds)		TE-TA Complex	
		TI	TF	TI	TF	TI	TF	TI	TF
1	A.R.	12	14	2	2	35.1	33.0	7.8	7.1
2	C.O.	17	23	3	6	30.9	30.6	6.5	6.3
3	D.C.	30	30	8	9	25.6	23.5	6.0	5.8
4	D.J.	19	20	5	5	30.8	29.8	6.9	6.0
5	D.P.	16	20	6	8	28.0	26.8	6.1	5.9
6	F.B.	14	15	2	4	31.0	32.2	6.4	6.2
7	F.E.	16	16	4	5	28.0	26.9	6.3	6.1
8	G.L.	16	19	5	6	27.0	25.1	6.6	6.4
9	H.U.	17	21	4	5	28.1	26.9	7.0	6.6
10	M.N.	23	25	6	7	27.2	25.9	7.0	6.4
11	N.A.	18	22	9	6	27.1	26.2	6.4	6.0
12	P.I.	22	23	5	7	29.4	28.4	5.8	5.8
13	R.I.	24	28	5	8	25.7	24.6	5.9	5.8
14	R.O.	20	24	3	4	20.3	29.8	6.0	5.9
15	S.C.	16	19	2	5	29.1	27.2	7.0	7.0
16	V.G.	15	16	3	4	28.9	28.6	6.4	6.3
Arithmetical average		18.4	20.9	4.31	5.68	28.2	27.8	6.5	6.2
Difference TI-TF		+2.5		+1.37		-0.4		-0.3	

From the dates of the research, we can find that the both groups achieve progresses in the development of the speed and of the tested qualities through the physical and specific preparation trials for football.

The witness group accomplishes preparation in the frame of the two hours on week, according to the calendaristical planification.

We action for the development of the speed in the four lesson through specific exercises for to consolidate and perfect the elements and technical-tactical methods from football accomplished in the destined link to the achievement of the lesson homeworks.

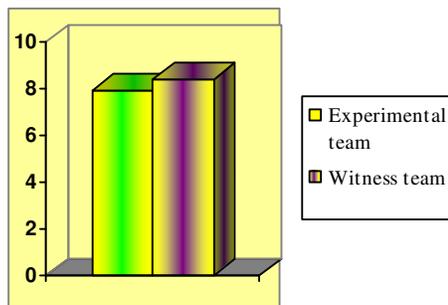


Fig. 1. *The dynamic of the values at the final test, comparative the experimental group with the witness group at speed 50 m*

Concerning the physical preparation trials, at *speed 50 m*, we see in the tables 1, 3 and in the figure 1, that the experimental team obtained at the final test an average value of 7,9 seconds which is more good face of the average value of the witness team who achieved 8,4 seconds.

This shows that at the experimental group is homogenous as physical preparation, as effect and of the specific action of the training lessons.

All 16 pupils from the class with football program obtained the performance

required by selection, some between them obtained very good performances (7,4 sec - 1 pupil, 7,7 sec - 1 pupil, 7,8 sec - 3 pupils, 7,9 sec - 2 pupils, 8,0 sec - 3 pupils).

At specific trials – shot of the suspended ball with the head, dribbling through stakes, pass at wall, technico-tactical complex – the pupils from the experimental team obtained very good results face of the pupils from the witness team.

All these demonstrated the effectiveness of the operational means applied in training.

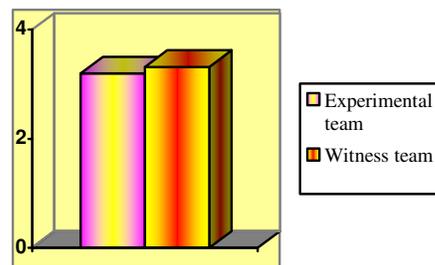


Fig. 2. *The dynamic of the values at the final test, comparative the experimental team with the witness team at resistance 800 m*

At *resistance 800 m*, according to the tables 1, 3 and of the figure 2, the experimental team achieved at the final test an average value of 3,2 seconds which is superior to the average value of the witness team who obtained 3,32 seconds.

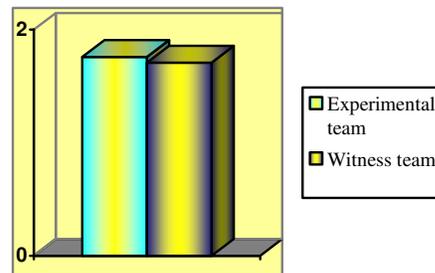


Fig. 3. *The dynamic of the values at the final test, comparative the experimental group with the witness group at jump in length of on place*

We observe that at *jump in length of on place*, according to the tables 1, 3 and of the figure 3, the experimental team obtained at the final test an average value of 1,76 metres which is the best face of the average value of the witness team who achieved 1,71 metres.

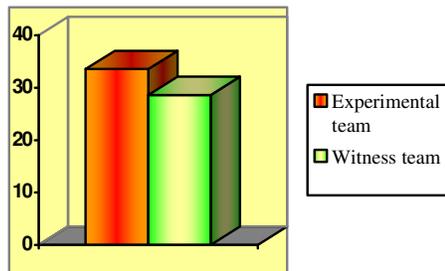


Fig. 4. *The dynamic of the values at the final test, comparative the experimental team with the witness team at throwing of the ball of oine*

At *throwing of the ball of oine*, we observe in the tables 1, 3 and the figure 4, that the experimental team touched at the final test an average value of 33,5 metres which is superior to the average value of the witness team who obtained 28,6 metres.

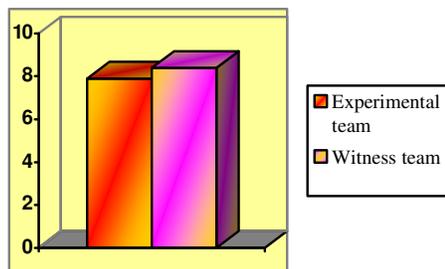


Fig. 5. *The dynamic of the values at the final test, comparative the experimental group with the witness group at pass at wall 20 seconds*

Concerning the specific trials, at *pass at wall 20 seconds*, we see in the tables 2, 4 and in the figure 5, that the experimental team obtained at the final test an average

value of 33,5 passes which is superior face of the average value of the witness team who achieved 20,9 passe in 20 seconds.

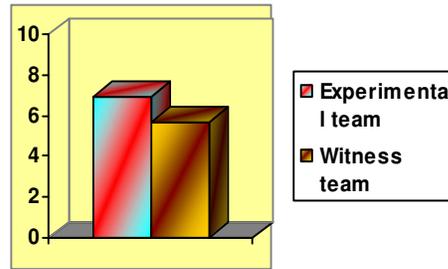


Fig. 6. *The dynamic of the values at the final test, comparative the experimental team with the witness team at shot of the ball with the head 15 seconds*

If we research the trial concerning *shot of the ball with the head 15 seconds*, we observe in the tables 2, 4 and in the figure 6, that the experimental team achieved at the final test an average value of 6,93 shots which is more good face of the average value of the witness team who accomplished 5,68 shots.

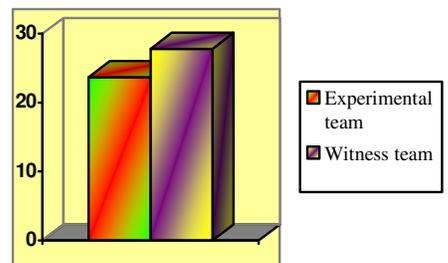


Fig. 7. *The dynamic of the values at the final test, comparative the experimental group with the witness group at dribbling 5 x 30 m*

Also, at *dribbling 5 x 30 m*, we see in the tables 2, 4 and in the figure 7, that the experimental team obtained at the final test an average value of 23,7 seconds which is more good face of the average value of the witness team who touched 27,8 seconds.

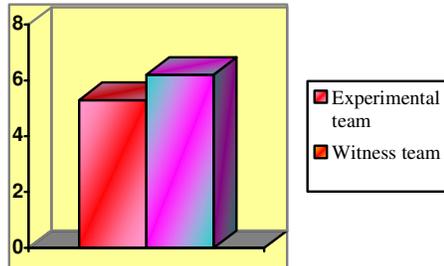


Fig. 8. *The dynamic of the values at the final test, comparative the experimental group with the witness group at TE-TA Complex*

Concerning the *TE-TA Complex* test, we see in the tables 2, 4 and in the figure 8, that the experimental team obtained at the final test an average value of 5,3 seconds which is more good face of the average value of the witness team who achieved 6,2 seconds.

7. Conclusions

If we synthesize, we can say that at all the physical and specific trials, the experimental team achieved superior values of the average face of the witness team. The results at control trials demonstrated that there is an evident correlation between the development of the running speed and the improvement of the execution speed of some elements and technico-tactical methods of the football game. Thus it improves the speed under which it executes the shot of the ball with the head, through the growth of the numbers of executions in time. Also, if we develop the shifting speed, it improves the

execution and repetition speed of the technical elements of base, such are – the pass, the leading, shot at goal.

8. Propositions

The test achieved at pupils from experimental team according to the pupils from witness team demonstrated that over the speed we must to action at the beginning of the primary cycle with specific means in a organized process. The absence of the sporting activities, of the concern for the development of the driving qualities in the primary cycle leaves mark over the subsequent development of the children from the physical point of view and of the driving capacities.

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