

## CHARACTERISTICS OF THE AGE CAPABILITIES OF THE YOUNG FOOTBALL PLAYERS' MASTERY SKILLS TRAINING

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### **Abstract**

The basis of the sportsmanship of football players is technical training, the level of which largely determines the effectiveness and the degree of the game.

Football experts note a certain gap between Romanian athletes compared to the best foreigners in the technique of ball control, which is already highlighted in the initial stages of training. At the same time, as separate components of the gap, the ability to effectively perform actions associated with the handling and control of the ball in complicated conditions is particularly noteworthy.

The experience of the World Championships, Europe, and the Continental Cups of the club teams testifies to the low quality of the technical ability of the athletes in the context of an increase in the game intensity and intensified simple fights for the ball. This is often confirmed by the inability to defeat an opponent in an individual situation, which is a mandatory requirement in such sports games as, for example, basketball, handball and hockey.

**Keywords:** football players, skills, training

Modern football has greatly changed the functions of the players and the requirements for the level of training of the athletes.

The basis of the sportsmanship of football players is technical training, the level of which largely determines the effectiveness and degree of play [1, 2, 3].

It is characteristic that the total volume of technical and tactical actions is equal and often exceeds the indicators of the world's leading teams. That is, the physical activity of our athletes is at the optimum level with inadequate performance skills. Some experts see the reason for this in the insufficiently high level of the teaching and training process in sports schools, in the errors in the methodology of technical training, in the absence of certain part of coaches with a creative attitude towards working with children and young men. Others point out that the limited opportunities for players in domestic football are the result of many years of justifying the priority of athletics in preparing for the reserve.

At the present stage, the intensity of the game is increasing, which requires that a football player possesses, first of all, the ability to quickly and efficiently perform technical and tactical techniques in an unexpected environment, within time and space limits. A team that wants to be successful today must play fast, that is, it must have

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players who have rational technique and combine it with the speed of movement. In this sense, some football professionals use the term "speed technique".

The fight between the offense and the defense can be decided in favor of the offense only with the help of refined techniques, which are based on darts, dribbling and hidden passes. According to domestic and foreign experts, with massive defense, the assists can only be created with the help of rational, fast and precise handling of the ball. Under such conditions, usually only with the help of a confident shot by two or three opponents, the player with the ball or his partners can enter the shock position.

It is only available to football players with an unusually high individual ability, especially in slots and dribbles. Experts note that the game technique must meet the requirements of opportunity and speed of execution. Some techniques have become very rare in the game, for example, a complete stop of the ball, because in the modern rational game, more and more people are moving towards the transfer of the ball in motion without stopping. At the same time, certain techniques have regained great importance. We are talking about fakes, dribbles, hidden transmissions. Therefore, technical and tactical training should be presented as a logical chain of a long-term process that has its own specific goals and objectives at each stage of age. The gap noted in the mastery of the game techniques in the initial preparation stage negatively affects the further improvement of the football players.

Technical and tactical training in sports games cannot be a random combination of various means of training. It is important to choose the ones that have the necessary positive impact on the successful mastery of the technique and tactics of the game in each of the stages of long-term training.

The systematic approach to training young footballers is not accidental. It is dictated by the need to solve the urgent problem of the technical equipment of athletes and the creation of a controlled learning process with the help of a certain methodology. The systematic approach involves linking and taking into account all the elements of training in a single dynamic structure, in which each element has a systemic quality, which makes it possible to highlight the dynamics and the level of improvement of a particular technique.

The technical-tactical ability, as you know, is characterized by the volume and versatility of the techniques that a football player has, as well as by the ability to effectively apply these techniques in the conditions of the games. Because the technique of football is a combination of a large group of techniques and methods of handling the ball, his study turns into a complex and lengthy process. In order to solve learning problems with less time and effort, the systematization of the studied material and the determination of a rational sequence of teaching technology are of great importance. Because in sports games the means of play are technical and tactical actions, it is considered appropriate to study tactics together with teaching the technique. Thus, technical and tactical training in the long-term training of player-athletes should be considered as an integral process.

The construction of the initial training process in football technique, based on the provisions of the theory of the step-by-step formation of movements, makes it easy to manage and contributes to an increase in the effectiveness of the training process. The development of motor skills in the first stage of specialization is based on the use of the body's abilities for cumulative adaptation, in which, under the influence of repeated

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influences, the formation of the main structures of movements takes place. Thus, in the initial stage of training, an important factor is variability, which allows you to cover all the variety and a large amount of training tools.

The analysis shows that the methodological approaches traditionally developed in our country and abroad can be grouped according to the most similar characteristics in terms of the sequence of initial training in ball handling techniques as follows:

- 1) learning to hit the ball with the inside of the foot;
- 2) learning to juggle the ball in different ways;
- 3) training with a combination of various methods of variable performance of individual techniques;
- 4) "bundled" learning, when there is a strictly conditioned succession of combinations of techniques;
- 5) teaching the technique of ball control while moving in a confined space - small areas.

Practice shows that all these methodological approaches have a right to exist. Their diversity should not be seen as a negative point. However, the delay of national football players in ball handling technique, noted by the best foreign specialists at the present stage, requires the introduction of new, scientifically based approaches to build the training of players in practice, starting with the initial stages of many years. training. It seems that the absence in the internal methodology of a unified approach to the initial teaching of ball handling technique (the succession of mastery of playing techniques) can be considered one of the factors limiting the effectiveness of long-term training of the reserve sport as a whole. The analysis of the theoretical aspects of the studied problem allowed us to assume that the best way to further increase the level of technical and tactical training of young athletes, especially in the initial training stage, would be such an approach when the complex considers simultaneous:

1. The age dynamics of the quantitative and qualitative indicators of the structure of the competitive activity of the young football players, the versatility of the technique and the tactics of the game.
2. The relation of the training structures and competitive activity with the content of the technical and tactical training in the educational programs for the sports school for young people.
3. Taking into account the age priorities of the individual technical and tactical action groups.

In connection with the above, the task has been set - to identify the optimal sequence of mastery of the game's techniques in the process of long-term training of football players. To solve this problem, A.P. Zolotarev [4] analyzed the quantitative and qualitative characteristics of the technical and tactical activity (TTA) of football players aged 8-17 in 230 matches. Research has established that both quantitative and qualitative TTA indicators of young athletes differ depending on age (Fig. 1).

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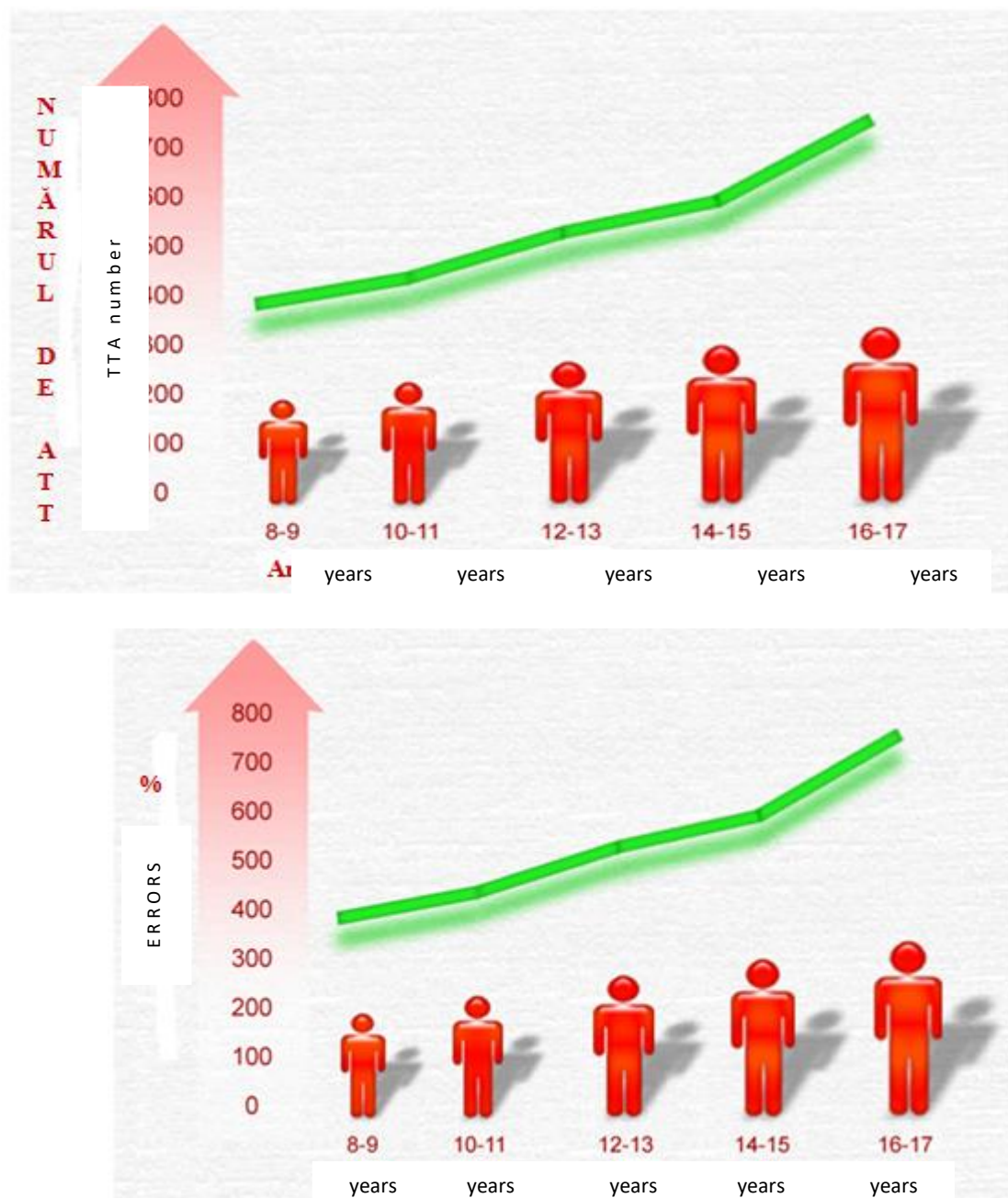


Fig. 1. Age dynamics of quantitative and qualitative indicators of the competitive activity of young football players

The volume of TTA in the age range from 8 to 17 years increases by 89.7%, while quality indicators - by 39.3%. At the same time, the most significant increase in the quantitative indicators of TTA is observed after 15 years and is 31.4%. In athletes aged 16-17, TTA's competitive volume indicators are close to the values of qualified adult football players. The effectiveness of TTA increases with the age of young athletes, not revealing significant differences only between the indicators of football players aged

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between 8-9 and 10-11 years. At the same time, as with the volume indicators, the highest increase in TTA efficiency is observed after the age of 15 and is 7.5%.

As mentioned, the growth rates of quantitative technical and tactical activity parameters in young athletes are more than twice as high as in the qualitative indicators. This may, on the one hand, be evidence of certain age-related development patterns of young football players (increased functional capacity, significant increase in physical fitness), on the other hand, it may indirectly reflect the level of effectiveness of technical training on long-term.

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