

phases of a difficult action improves the promptness of the learning process of the element's technique, as well as the efficiency of leading the entire training process.

THE DEVELOPMENT OF MOTOR QUALITIES ON 16-18 YEARS FOOTBAL PLAYERS

*Caracaleanu Sorin Gabriel, PhD student,
Caracaleanu Cristian Mihai, PhD student,
Bucharest, Romania*

Keywords: motor skills, motor profile, performance, route, experiment.

The aim of the article is to try to reveal the methodology of the improvement for some actions and the creation of specific skills from the age of the junior, in order to train future players and at the same time to provide the coaches, trainers or those who train the children and junior students, theoretical, methodical and practical training ideas. The performance behaviour and biomotorist profile, which characterizes the senior players teams, can constitute the "prospective" model of the play and training for juniors, on condition of the creative adaptation for selection and training strategies. The high performance capacity at the age of maturity can not be achieved only through collective training. Individual trainings and individualization must find their place and importance from the age of the junior. The model of the players on their posts as well as the performantialbehaviour of the seniors, taken as a reference model or perspective model, is the operation that will lead to qualitative changes of junior training, the procedure requiring the restructuring of the instructional objectives, the action and verification systems at this age level. The content of the junior training program developed by the Romanian Football Federation should be improved by specifying objectives and operating systems specific to each post in the basic structure of the team, namely: goalkeeper, side defender, central defender, midfield, center, inter, extreme, peak. This subject is a problem that concerns those in the field of junior football where early specialization is regarded.