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MANAGERIAL BASES OF SPORTS TRAINING IN PERFORMANCE FOOTBALL

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Abstract. *As a science applied in sport, management has led to a better organization of sports activity, sports structures and compartments within them, in establishing the tasks of those involved in sports. The persisting general opinion such as football, evolves towards a game of force (forgetting in concrete cases about technical-tactical football) is not correct. Performance football requires the development of all the essential elements within the system of guiding the performance training of athletes, therefore not only the physical capacity, even if it is a game characterized increasingly by a strong adversity.*

Sports training methods in football are the ways in which coaches manage to achieve and evaluate the players training more accurately, taking into account the training modeling in order to optimize the footballers' performance in official competitions.

Starting from the main forms of organization of the activity used in the football training process, it is noted that each of them, by their particularities, imposes certain means adequate to the objectives that are intended to be achieved, adequate strategies are drawn for the given test, but also praxiological ways are required.

Keywords: *Sports Training (ST), management as a process, training leadership, performance footballers.*

The Sports Training Management (ST) provides a group of major important functions that ensure the maintenance of an optimal structure for achieving the programs and goals of the training system for performance athletes.

Achieving a great performance is the dream of any practitioner of a sport. If in individual sports, performance is a permanent battle with records, then in team sports, performance means the titles won in domestic competitions, internationally conquered trophies, or as the ultimate performance, winning the title of world champion with the team.

Sports training is the instructive-educational pedagogical process (conducted under the guidance of specialists) systematically and gradually staggered over

the course of several years, in order to progressively exploit the competitive qualities, abilities, knowledge and skills of the footballers.

As an instructive - educational process, the sports training includes two organic sides correlated with each other - training and education (Figure 1).

Training - provides for the transmission of the specialized knowledge to the athletes, processing of the biological potential (morpho - functional), the acquisition of the techniques and tactics of the game, their psychological and theoretical training.

Education - includes systematic action to influence the formation and modelling of the athletes' personality on intellectual, moral, affective and aesthetic level [4].

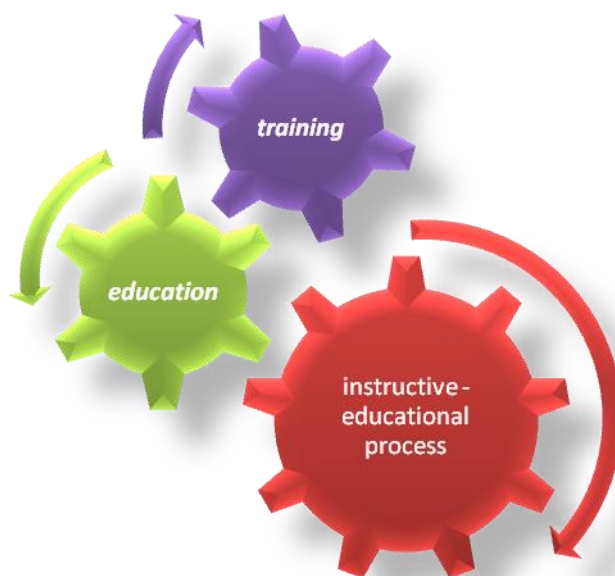


Fig.1. Components of Sports Training

In the instructive-educational act, any information, idea, message or scientific notion communicated to athletes must be personalized, and their psychology and personality should be referred to by the coach as an empathic personality because the athletic psychological, cognitive, moral structures of athletes are not identical with the coach's development, but only under the functional, operational and operational one.

Or the "coach-athlete" relationship allows highlighting the managerial aspect of the coach's activity in the process of designing, organizing, conducting, and evaluating the outcome of athletes.

The goals of the training, among which the most important is development of the performance capacity, determine the choice of methods as well, their harmonious blending and the giving of valuables that often customize them so much that they no longer resemble with the "originals" [3].

As a science applied in sport, management has led to a better organization of sports activities, sports structures and their

compartments, to the attribution of those involved in sports [7]

The conduct of the training process is carried out by the coach with the active participation of the athletes and provides for three groups of operations (Figure 2):

1. Collecting information on the health of athletes, including the physical, technical-tactical, psychological training indicators, the reactions of different functional systems on the training and competitive efforts, the parameters of the competitive activity, etc.

2. Analysis of the information based on the established parameters, elaboration of the ways of planning and correction of the training and competitive activity characteristics regarding the set objectives and the expected effect.

3. Establishment and realization of decisions through the elaboration and implementation of the goals and objectives, as well as of the plans and programs with adequate means and methods, in order to achieve the effect of the training and competitive activity.

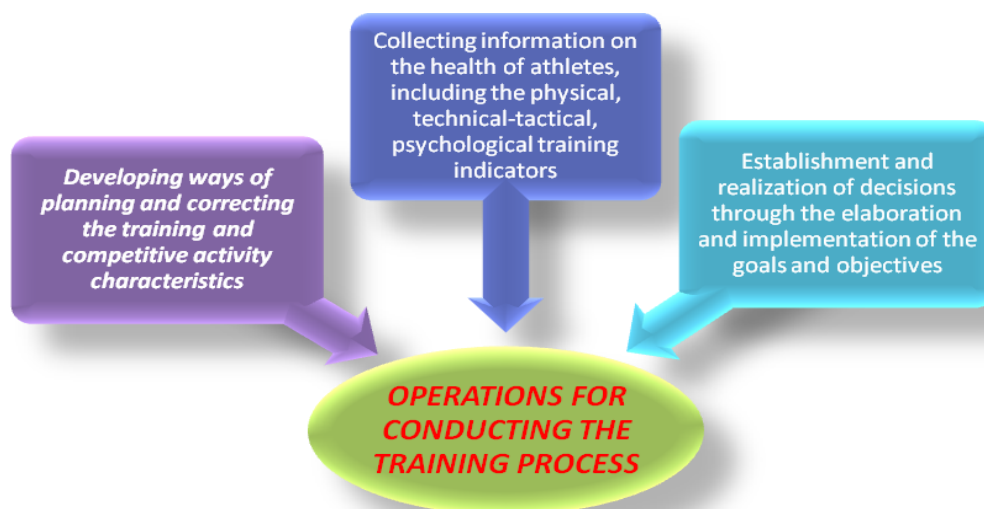


Fig.2. Operations for conducting the training process

Achieving the goals of the sport training involves the use of a variety of exercises (activity means specific to sports) of different types applied under certain hygienic conditions (referred to as associated means) as well as the use of devices, installations and equipment used in some methods or combinations of methods, all these being the means of sports training or its specific tools

aiming to optimize the effects of exercises and technical skills [1].

The following methods are known in the sports training (Figure 3):

- for developing exercise capacity and motor qualities;
- for learning, strengthening and improving technical and tactical skills;
- for recovery of effort capacity;
- an integral training.



Fig.3. Sports training methods

The essential feature of training methods is given by the relationship between effort and rest, that is, between energy consumption and gained fatigue, on the one hand, and the rest needed for recovery, on the other.

Sports training methods in football are the ways in which coaches manage to make and evaluate players' training more accurately, taking into account the training modelling to optimize the performance of footballers in official competitions.

The coaches use different methods depending on the stages of training, the type of training, the peculiarities of their own team, the training objectives and set performance, etc. [2].

In the opinion of the authors Ghenadi. V, Grapa F. and Balint Gh. [5], the concept of "physical exercise" has changed its meaning and content in recent years, becoming a very

complex activity, sometimes coming from the sphere of formative-educational influences and migrating to the material sphere of his practitioners and managers.

By physical exercise is meant a systematic and conscious motor action aimed at influencing the physical, psychic, motor, physiological, spiritual and material moral states of the people.

Repetition of exercise in a scientific way is the fundamental condition for achieving optimal efficiency in achieving the goals of *Sports Training*. Therefore, the repetition must be accompanied by rigorous methodological rules, depending on the proposed goals. The content of the physical exercise is analyzed in analogue mode, also after its efficiency, after the finality achieved by content elements (Figure 4).

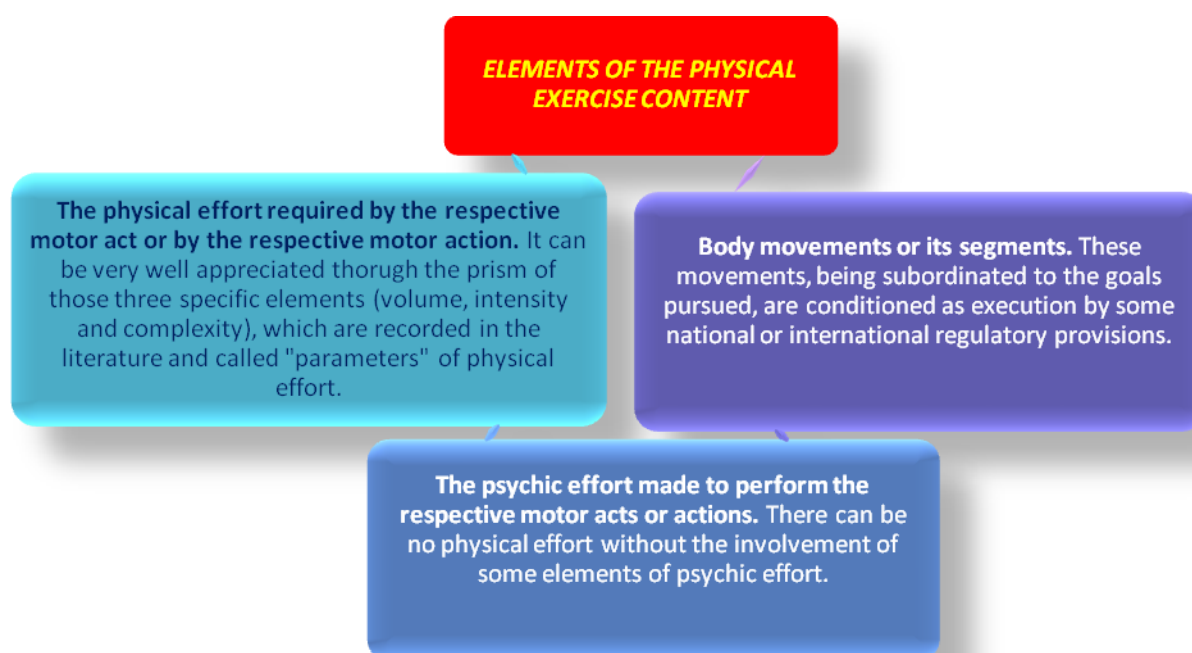


Fig. 4. Elements of the physical exercise content

Starting from the main forms of organization of the activity used in the football

training process, it is noted that each of them, by peculiarities that these possess, imposes

certain means adequate to the objectives that are proposed to be achieved.

The means of sports training are classified as follows:

- ✚ means of training (of lesson);
- ✚ means of restoring the effort capacity;
- ✚ competitive means.

Competitive means have different forms and content from one branch of sport to another. A particular form has the integral exercises of competition within the sports games [6], which refers to:

- ✚ school game;
- ✚ game of training;
- ✚ checker game;
- ✚ competitive game.

Performance football has a particular development, given both the game itself, the competition, and the training process.

There is general opinion that football, like all modern sports games, evolves towards a game of force, in some concrete cases forgetting about technical-tactical football. Performance football requires the development of all the components of the training, so not only of physical capacity, even if it is a game characterized increasingly by a strong adversity.

All players' activities and executions, both of defenders and of strikers, are conducted in crisis conditions of space and time. In this respect, have occurred simple and rapid executions, by a single touch, deviations or jumping over the ball (in both games situations).

In current football, the trend towards simplicity and efficiency, both in attack and defense, is observed, because the conditions of the game impose this as an objective necessity.

In accordance with the conducting necessities of athletes' health status within the training process, several forms of it (conducting) are highlighted:

- of stage, directed toward the optimization of the structural preparation of the training process (multi-annual preparatory stages, macrocycles, periods, etc.).

- present, which ensures the optimization of athletes' behavior within the microcycles and mesocycles of the training, of separate competitions.

- operative, aims at optimizing the body's reactions, working and resting regime, the characteristic of motor actions within the execution of certain exercises or complexes of means, programs of training lessons in certain competitions starts, etc.

More generally, conducting can be defined as an orderly systematization, i.e. bringing in accordance with the objectified law, which acts in the respective field (in our case - football - social phenomenon).

An important part of the conducting processes with complex dynamic systems is the feed-back principle, according to which successful conducting is only achieved when the conducted object will obtain information about the recorded effect by an action or another on the directed object.

For a rational conducting within the training process, it is necessary to create an attitude, in which in the foreground will be presented concrete purposes and corresponding processes to the expected results, that comes from the conducting tasks of the given system.

Thus, all elements will be interconnected not only structurally but also functionally. The most effective these steps will be when phased conducting systems will be developed, also forward-looking programs will be developed for long periods of sports training of footballers.

The effectiveness of conducting with athletes' condition, training process and competitive activity is determined by a



multitude of elements that can be grouped as follows:

- predisposition;

- process;

- implementation (Figure 5).

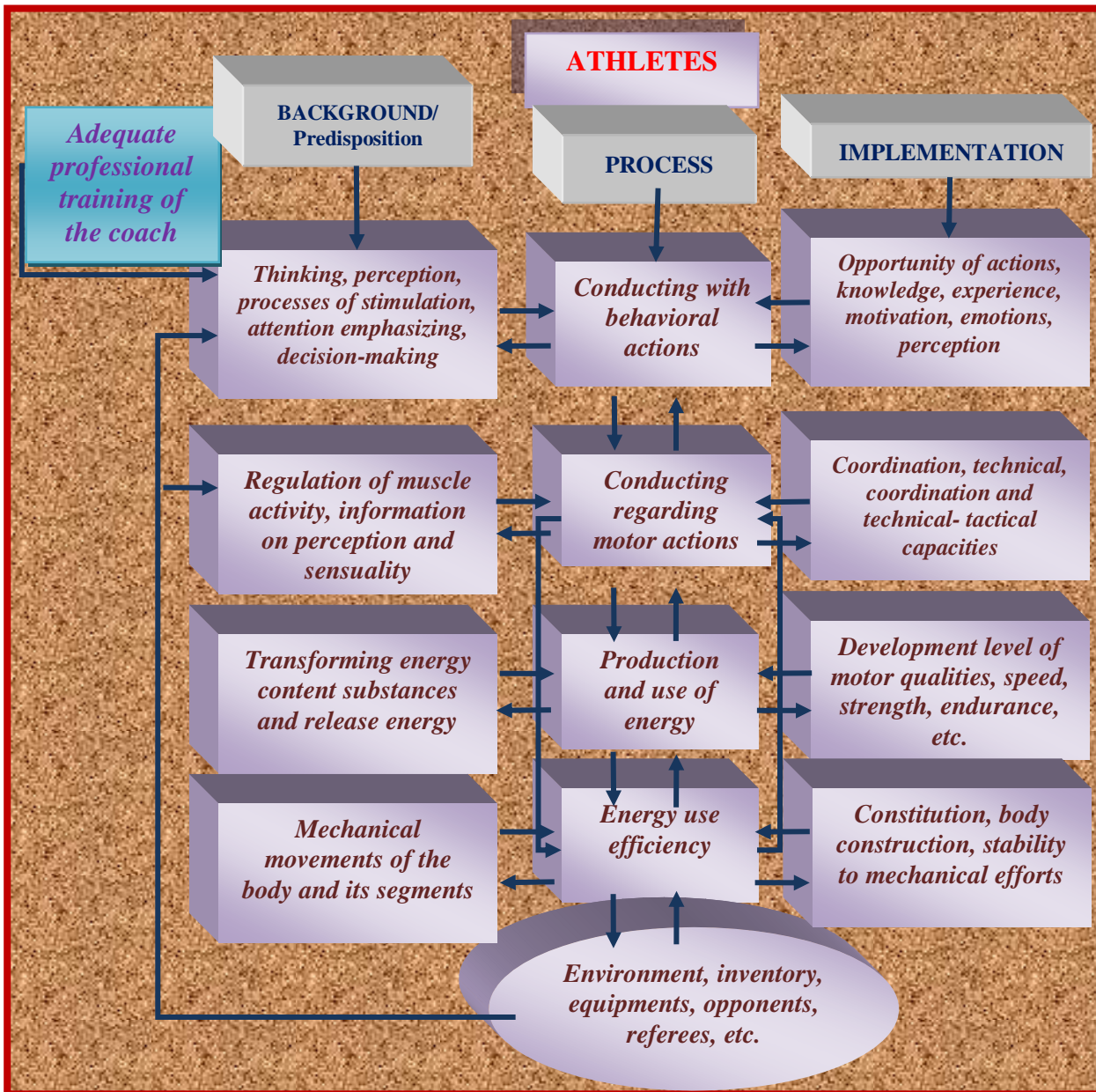


Fig.5. Interconnection of essential elements within the conducting system of the training process of the performance athletes

Taking into account all the elements in their complex interconnection, in the previous figure, appears quite important for a managerial process of adequate sports training.

Among the causes that considerably diminish the degree of effectiveness of

conducting the multi-annual training of sports reserves can be mentioned:

- the lack of an informational database on the level of physical development, motor training and health status of children and adolescents for selection in the initial training groups (in football);

- the lack of a multi-annual, scientifically argued, selection of prospective athletes for completing national teams in various sports tests (including football);

- the lack of elementary conditions for achieving the objectives of the instruction and training process;

- lower efficacy of the professional training system, raising of the professional level, attestation and issuing licenses of the specialists who provide the training of the sports reserves;

- the lack of highly qualified specialists in the sports reserves training system, which would achieve the training process in sports schools of a different type;

- imperfection of the normative-legal basis, which would regulate the activity of sports schools: that is to establish the rules of remuneration for the work of coaches and teachers, including the special success of the disciples; the conditions for awarding qualification categories for teachers -coaches; of the maximum volume of the instruction and training activity; organization of the instruction and training process, etc.

- poor state of the activity of sports schools, as well as the scope of control regarding the efficacy of their work.

It is necessary from a managerial point of view:

- monitor the real state of the training and competition bases, equipment and inventory; the number of coaches and their qualification; the real number of the groups and their athletes for forecasting the needs of developing different long-term sports tests;

- develop and implement stimulus measures for highly-qualified teachers-coaches who work with beginner athletes at more advanced stages of training of sports mastery;

- develop and apply stimulus measures of the competitive performance of young athletes.

- elaboration and continuous adaptation of the content and structure of the methodical-sports technologies applied in the training process at different stages of the competition period, according to the laws of geographical acclimatization and time zone, in the conditions of the sudden change of the life regime and in the process of athletes' movement to the places of training and competition;

- achieving efficient planning, optimal programming and conducting of the training process and competitive activity of performance athletes.

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