

## OPTIMISATION OF THE SELECTION PROCESS IN FOOTBALL GAME FOR 10-12 YEARS OLD CHILDREN

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**ABSTRACT.** The essence of the selection is to establish a diagnosis, a prognosis of the future developments in the field of sports performance. As a basic tool in this action are at our command the tests. Regarding sports performance, these issues were discussed in several meetings of the European Federation for Sport and Corporal Activities, having the goals the standardization of the tests in sport. The final conclusions certify the unanimous use of the psychomotor tests, appropriate to the studied group age. It was proposed to establish some batteries of tests and the analysis of the results for planning the age-specific sports training.

**Keywords:** *selection, player, tests, optimization, results*

**REZUMAT.** *Optimizarea procesului de selecție în jocul de fotbal la copii în vârstă de 10-12 ani.* Esența selecției constituie stabilirea unui diagnostic, a unei prognoze a evoluției viitoare în domeniul performanțelor sportive. Ca instrument de bază în această acțiune ne stau la îndemână testele. Referitor la domeniul sportului de performanță, aceste aspecte au fost dezbătute în cadrul mai multor reuniuni ale Federației Europene Pentru Sport și Activități Corporale, având ca obiective standardizarea testelor în domeniul sportului. Concluziile finale certifica întrebuințarea unanimă a testelor psihomotrice, adecvate grupei de vârstă cercetată. S-a propus stabilirea unor baterii de teste și analiza rezultatelor, pentru planificarea pregătirii sportive specifice vârstei.

**Cuvinte cheie:** *selecție, jucător, teste, optimizare, rezultate*

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## **Introduction**

The investigation of the events which succeeded in the world of football over the past decade, is offering us an amount of information for deciphering and formulating the organizational principles of the total game, in a synthesis based both upon a series of valid concepts and methods of the contemporary science (system, structure, organization, decision, information, etc.), and also on other younger, in-full affirmation.

The purpose of choosing the theme is to make the selection of a football team, to deal the notions of initiation and learning the fundamental technical processes of the game of football and to follow the team performance in inter-school competitions. The theme of this paper is presented in purely technical aspect without being neglected the psychological preparation characteristic to this age.

In soccer, as in any sport or sports game selection has its special role in that they permanently needed choice, finding the best and able children to become high performance players, especially now when all teams, from the smallest up to high performance clubs, have an interest in select, increase and promote more players (Ștefan & Velea, 2002).

On the issue of sports orientation, we must recognize that some of the material provisions of the first methods to achieve a basic general training and then routing to a particular sport seem to be forgotten, especially for sports games (Cernăianu, 2001).

In the present work we propose the approach of some efficient methods and means and characteristics of the respective age viewing the initiation learning of the techniques and their implementation during the football games. We choose this theme regarding the possibilities for optimization of the selection process in the game of football, because this factor of the training has a particularly important weight in the training process and because of the fact, that great performance in football cannot be conceived without a superior technical and tactical.

Mastering the techniques in the performance football game increases the efficiency of each player individually and of the team as a whole.

A proper technical training of the performance football can be achieved with specific means of the football game, but also with means specific of other sport disciplines. All these means made scientifically and rationally assist in the preparation of the general physical preparation and particularly of the specific one.

These considerations led me to choose the present theme considering that technical training is the most important in the terms of training at any coach.

Being given the features and characteristics of age, technical training is carried out also on the basis of volume and intensity which are leading to the enhancement and improvement of technical processes by the large number of repetitions, especially in learning, aiming at the optimal correlation between volume and intensity (Dragnea, 1996).

For any technician most handy selection criterion remains the most convincing game for children and youth and those consecrated as efficiency and effectiveness in the game are decisive arguments in achieving good results in the league or official competitions (Ştefan & Velea, 2002).

### **Materials and Methods**

The following research methods were used in this study: the documentary method, the experimental method and the statistical method. Descriptive statistics were performed on all recorded data.

These samples were initially applied on the 18-th of September as initial test and at the date of the 30-th of January as final test. In the course of our research we applied the following general physical training tests:

**Speed Running 50m.** This sample was made with standing start and the junior was timed from the first move. We have given him two tests, the second after a period of 15 minutes, taking into account the best time.

**Long Jump.** In this sample was allowed the execution of the jump with just one swing of the arms. We also allowed two tests taking into account the best jump. We measured the distance from the tips of the legs (before the jump) and position of the heels (landing).

**Endurance Running.** This test was conducted over a distance of 600m, the age of the children, being under 12 years. In this sample they ran once. Children who turned the race to walking I considered dropping out, and I noted with "0" points (1 case).

**Throwing the rounder's Ball.** It was executed with one hand on the spot. We have given them two tests, considering the best throwing.

**Pull ups.** The bar is gripped with palms facing inward, with arms bent at the elbows, chin above the bar. We granted one test.

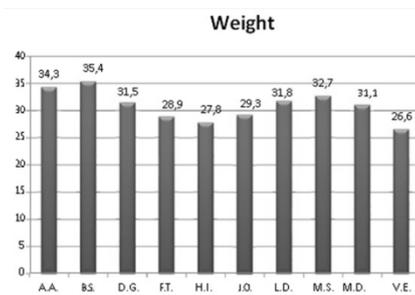
**Sit ups.** The initial position is lying on the back with hands behind the head, elbows on the mat, knees bent, feet on the mat, tiptoes being supported under the fixed scale. At the signal, the performer raises the trunk vertically, in seated position, with elbows touching knees, then immediately returns to the original position for repeating the execution. We considered as correct only those executions where elbows touched the knees when lifting. The execution time was 30 seconds

## Results

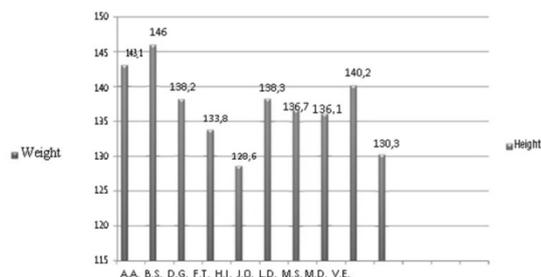
Physical development is defined as the outcome and influencing action in the correct and harmonious growth of the human body. The human body grows to a certain age, but this development can be influenced by the process of practice of the physical exercises. Physical exercises acts on the body with a special methodology to ensure a harmonious development at different ages.

**Table 1.** Anthropometric measurements

No.	Name	Age (years)	Weight (kg)	Height (cm)	Thoracic perimeter (cm)
1	A.A.	12	34,3	143,1	67,4
2	B.S.	12	35,4	146,0	68,2
3	D.G.	11	31,5	138,2	65,3
4	F.T.	10	28,9	133,8	63,4
5	H.I.	10	27,8	128,6	59,9
6	J.O.	10	29,3	138,3	61,8
7	L.D.	10	31,8	136,7	66,1
8	M.S.	11	32,7	136,1	64,1
9	M.D.	11	31,1	140,2	66,5
10	V.E.	10	26,6	130,3	62,3



**Fig. 1.** Representation of the weight of the subjects



**Fig. 2.** Representation of height

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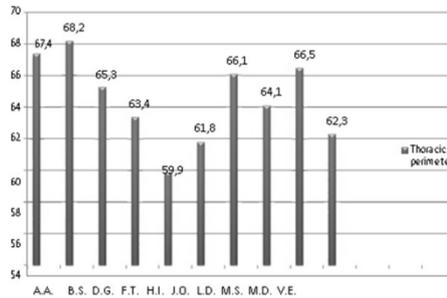


Fig. 3. Evaluation of the thoracic perimeter

Next we want to present the centralizing of data obtained in the course of the research.

Table 2. Evaluation of the subjects in the initial and final physical tests

No.	Name	Speed running 50m		Long jump		Endurance running		Trowing the ball		Pull ups		Sit ups	
		Ti	Tf	Ti	Tf	Ti	Tf	Ti	Tf	Ti	Tf	Ti	Tf
1	A.A.	8,8	8,6	154	155	3,46	3,44	20	23	4	6	18	20
2	B.S.	8,7	8,5	164	165	3,48	3,46	21	24	3	5	18	19
3	D.G.	8,6	8,1	153	155	3,45	3,41	22	22	4	5	19	21
4	F.T.	8,2	7,9	155	157	3,44	3,41	23	24	3	5	24	25
5	H.I.	8,6	8,2	158	157	3,42	3,38	23	25	2	4	26	28
6	J.O.	8,1	7,9	159	161	3,48	3,36	21	22	5	4	24	25
7	L.D.	8,0	7,8	161	165	3,51	3,48	20	21	6	8	19	21
8	M.S.	7,9	7,8	160	162	3,58	3,51	19	22	2	5	18	19
9	M.D.	8,0	7,8	155	158	3,44	3,40	20	23	5	7	17	19
10	V.E.	8,5	7,9	165	165	3,55	3,49	20	24	7	8	25	27

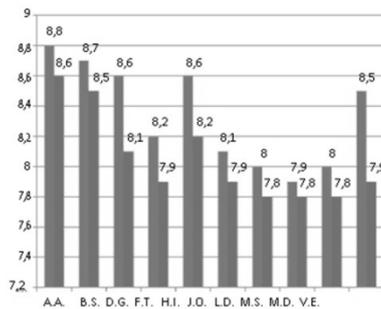


Fig.4. Testing in the Speed of 50 m

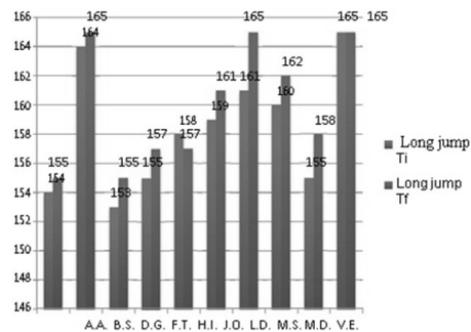
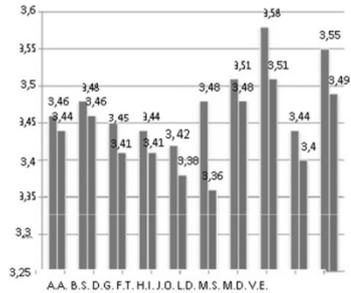
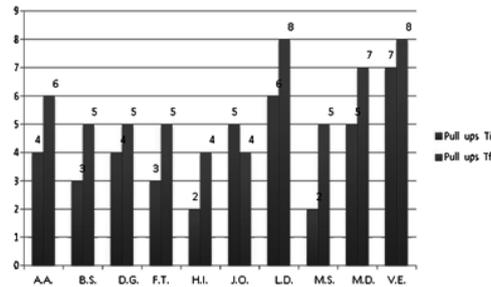


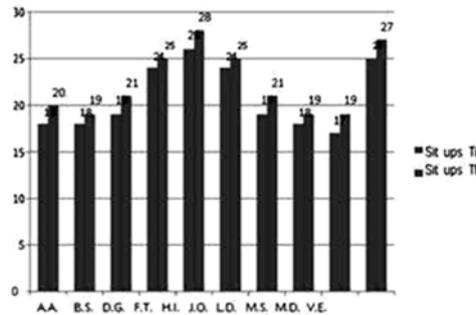
Fig.5. Graph Sample Testing in the Long Jump



**Fig. 6.** Endurance Running Testing (600 m)



**Fig. 7.** Evaluation in Sample of pull ups Test



**Fig. 8.** Evaluation of sit ups

For selection in football at this age group are used the following battery of tests.

**Physical Standards:**

1. Speed Running on the distance of 20 m; are given two attempts with 5 minutes break between them, registering the best. The timer triggers at the start signal.
2. Speed Running on the distance of 30 m; are given two attempts with 5 minutes break between them, registering the best. The timer triggers at the start signal.
3. 5x10m shuttle; it is drawn on the field two parallel lines at the distance of 10 m apart. Behind the two lines in the vicinity of their plot are drawn two circles with a diameter of 0.5 m, side by side. In each of the two circles situated behind one of the lines, it is placed a piece of wood, which has the shape of a cube with sides of 5 cm.

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The performer has his two feet in the circles which has no cubes. At the signal, the performer runs to bring a cub and plant it in one of the circles in which he initially stayed with his feet, then goes immediately to bring the second in the other circle. From the starting signal until the planting of the second cube is timed. The cubes are placed by hand, being forbidden their throwing. Is given two trials, with a break of five minutes each and recorded the best.

4. Endurance running 800m; time is recorded in minutes and seconds.
5. Bilateral Game 4x4;
6. Bilateral Game 7x7;
7. Bilateral Game 11x1

**Technical Standards:**

1. Keeping the ball in the air;
2. From 20m to 16m advancing then moves up to the line of the gate and shoots on goal. The ball must go beyond the goal line in the air.

**Morphological requirements:**

- Waist over medium and high (150 cm);
- Physical robustness.

**Table 3.** Physical and technical tests

Tests	Mark 1	Mark 2	Mark 3	Mark 4	Mark 5	Mark 6	Mark 7	Mark 8	Mark 9	Mark 10
Speed running 20m	4,14	4,13	4,12	4,11	4,10	4,09	4,08	4,07	4,06	4,05
Speed running 30m	6,4	6,3	6,2	6,1	6,0	5,9	5,8	5,7	5,6	5,5
Endurance running 800 m	4'.15"	4'.10"	4'.05"	4'.00"	3'.55"	3'.50"	3'.45"	3'.40"	3'.35"	3'.30
Shuttle 5x10m	20,6	20,5	20,4	20,3	20,2	20,1	20,0	19,9	19,8	19,7
Keeping the ball in the, air (sec)	15"	20"	25"	30"	35"	40"	45"	50"	55"	60"
Bilateral game 4x4 small pich 2x10 min	<b>It is estimated behavior in game</b>									
Bilateral game 7x7 small pich 2x10 min										
Bilateral game 11x11 big pich 2x10 min										

### **Conclusion**

- As the results of the experiment we found, regarding the level of driving training, physical and functional development that these parameters are in "normal range", studying the scales of the National School System of Assessment
- After centralised data analysis can be seen an increase at all six tests: speed running 50m, Length Jump in Place, Resistance Running, Throwing the Rounder's Ball, Traction, Trunk Raising from lying in sitting.
- The analysis of the indicators in our experiment shows a substantial increase from the initial test application and the final one, the difference in time being of only 5 months.
- Selecting and developing the action means is a fundamental condition for the coach and the teacher to clearly shape the content of the educational activity process and that of performance.
- The structure and content of training applying movement games with the elements of football game will arise from the objectives of each training in part.
- For objectives being achieved it must be chosen systems of action which are appropriate for the material basis.
- The means chosen must respect the effort curve for the training effort in the organization and leading of training with technical elements of the football game will be respected its structure in parts

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