Complex Preparation of Players 9-10 Years

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Abstract

From the point of view of diversity of large sports and enthusiasm sports to people around the world, football is an impact phenomenal, which spectacle and attractiveness of extraordinary keeps to himself the interest and enthusiasm of billions of people of different ages and gender all over the planet.. The specific characteristics of football game of football activities require assessing in the content aspect of technique and tactics prerequisite for motor activity. According to some authors, technical player's actions express a special process of expression of specific skills and are exclusively dependent on the level of motor skills players. Football is a sport that kind of game is always connected with the participation of two teams. The aim of the game is in accordance with the rules of competition to score more goals in the opponent's gate and take victory. Typical for the football game are actions that are performed especially in the lower limbs and less in other parts of the body. It is forbidden to play with hands except goalkeeper and prescribed in a particular area. Player who controls the ball aims succeeding his players through collective action and the efforts of all the team players to pass the field areas in order to reach the gate of the opposing team to score a goal. In general football as a collective game it provides excellent opportunities for personal and collective expression of the intellectual motor skills of people of different ages.

Keywords: Sports activities, Football game, Teenage players, Teaching training

1. Introduction

From the point of view of diversity of large sports and enthusiasm sports to people around the world, football is an impact phenomenal, which spectacle and attractiveness of extraordinary keeps to him the interest and enthusiasm of billions of people of different ages and sexes of the various the entire planet (Rachev, 1971; Godik & Shishkov, 1983).

The specific characteristics of football game of football activities require to assess in terms of technique and tactics content prerequisite for motor activity. According to some authors, technical player's actions express a special process of expression of specific skills and are exclusively dependent on the level of motor skills of the players (Kostov, 1987; Boychev, 1987).

At the same time technical elements occur efficiently when actions are supported by a sufficient level of physical preparation in the preparation stage set perennial players.

In this mode, we believe that the idea located in our study for the definition and evaluation of complex preparation of teenage player's age 9-10 years will contribute to the objective in training learning process (Rachev, 1971; Mardov & Gadev, 2001).

1.1 The Purpose

The purpose of our study was to learn the characteristics that influence the development of complex preparation to the players (9-10 years old).

1.2 Assignments of the study

To accomplish the purpose specified have decided to solve the following assignments:
- The study of complex preparation / development level of the main motor attributes and technical preparation /

players 9-10 years old.

- The study of relations between particular tests that determine the complex preparation of young players.
- The creation of normative tables for evaluation of complex preparation of footballers aged 9-10.
- Formation of conclusions and recommendations.

2. Analysis

2.1 Features of the game of football.

Football is a sport game type of game is always connected with the participation of two teams. The purpose of the game is in accordance with the rules of competition to score more goals in the opponent's gate and take the victory.

Typical football game is mainly performed operations in the lower limbs and less in other parts of the body. It is forbidden to play with hands except goalkeeper and described in a particular area (Buchvarov, 1992; Mardov & Gadev, 2001).

Player who controls the ball aims succeeding his players through collective action and the efforts of all the team players to pass the field areas in order to reach the gate of the opposing team to score a goal (Godik & Shishkov, 1983; Dimitrov, 1985; Kostov, 1987).

Football game develops great emotions and creates unique experiences depending on the game and the movement of the result (Gavriiski, 1987; Boychev, 1987; Dimitrov, 1985).

In general football as a collective game provides excellent opportunities for personal and collective expression motor skills and intellectual people of different ages (Rachev, 1971).

2.2 Multifunctional characteristics and motor body of the child.

Growth and development of the human body is a process wherein the amount of accumulation, increasing the number of cells, weight, dimensions of the body and the other leads to new structures and functional changes.

At the age of 7-8 years old growing child's body size. Biomechanics and movement in the structure are almost identical to those in adults. Anthropometric indicators height and weight from year to year increase.

At the age of 9-10 years old in the growth of specific body parts of boys and girls did not find significant differences. At the age of 7-11 years, children grow by an average of 5-6 cm in length and add 2.5-3.5 kg. in weight.

The cardiovascular system of children is in the process of intensive growth and physical growth. Blood pressure is significantly lower and does not provide significant resistance peripheral vessels. In girls pulse is larger than that of boys of all ages

The surface of the lung in adolescents is higher than the body in adults. At the age of 8-9 years opening prevails chest. With the advent of prepuberty and puberty, and especially the emergence of gender differences to remain breathing chest girls, and boys through the diaphragm.

Maximum oxygen consumption is showing lower value, and is a key criterion for determining the cardio respiratory. This work depends on three main components: the minute volume of the heart, lung respiratory area and the content of hemoglobin in the blood.

2.3 Selection of 9-10 year old footballers

Pre-selection, as part of a system for the preparation of sports perennial in football, suggests objectivity prediction about the prospects of development of those involved, on the basis of a sufficient number of tests information and prediction tests for the force, which will ensure progressive dynamics of individual indicators, the final values.

Experience and practice pedagogical and sports show that disclosure suitable for this age individual / optimum combination itself anatomic-morphological, functional, data motor and mental / focusing on developing football, is a task the solution of which involves a number of features and objectively derived from these difficulties.

3. Methods

Research and experiments have been conducted in accordance with the metrological requirements for precision measurement (Dimitrov, 1985).

First, it affects the metrological verification of the equipment and facilities, and the accuracy of several methods travailed research, confined to erroneous measurements in individual testing with minimum implementation.

For this purpose they are given and specific indicators were observed methodological experienced people, and also people who have completed the study.

To accomplish the assignments that appear before the study used the following methods:

1. Analysis of Literature
2. Sports Pedagogical Testing
3. Mathematical and Statistical Methods

Table 1. *Pedagogical testing sports*

No.	Naming test	Measuring values	Measurement precision
1	Comfortable hand force	kg	1
2	Abdominal muscles	no	1
3	Pumps	no	1
4	Traction	kg	1
5	Flexibility	cm	1
6	Start 20m	s	0,01

4. Results and Discussions

- No.1 Test: Comfortable hand force.
  Measuring the strength of the hand with dynamometer comfortable realized wrist. Hand be held slightly sideways and forward of the body. We made two tests and marked with the best evidence.
- No.2 Test: Abdominal muscles.
  The maximum number of take-offs marked, which can fulfill the ECJ player tested by sitting down until the condition for 20s, where feet are focused and not moved. The realization starts when the person gives signal tests.
- No.3 Test: Pumps
  By extending opening state hands as the size of shoulder and realized pumps marked maximum number which is able to perform the test player for 30 s..The realization begins with the signal.
- No.4 Test: Traction
  By bending at the knees and the condition of the body leaning forward to establish dynamometer soles of his feet with both hands and caught up with the barrel and retiring guiding force measured by body and knees. The result measured by dynamometer.
- No.5 Test: Flexibility
  The player tested feet threw him on a bench that is 50 cm high. Done before bending the body and right hands are close to each other. Measurement of results becomes vertically meter that is where they are located where the soles of his feet is equivalent to 100cm. Reaching hands down soles marked with / + /, and feet above denoted by / - /. We made two tests and marked the best evidence.
- No.6 Test: Start 20 m.
  The test takes place on a runway lined prior to which is recorded starting line and the finishing line running. Measurement of results is done with the aid of a stopwatch. Footballer of the test is placed in the line of departure and suppressed signal and stopwatch. Stopping the stopwatch test done when the player touches the finish line. Made two measurements and measurements better marked.

Table 2. Description of tests.

Tets No. =>	1	2	3	4	5	6
Indicators	kg	No.	No.	kg	cm	s
X	18,13	21,95	35,72	53,16	101,20	4,02
m_x	0,44	0,52	0,85	1,75	0,48	0,04
Me	18,50	21,00	35,00	48,50	101.00	4,10
Mo	19,00	21,00	32,00	41,20	100,00	3,90
S	3,41	4,04	6,60	13,57	3,69	0,30
Ex	0,08	1,62	3,04	-1,27	0,56	1,52
As	-0,24	0,74	1,38	0,53	-0,18	-0,86
R	16,00	22,00	39,00	42,20	18,00	1,50
x_{min}	10,00	14,00	20,00	38,80	91,00	3,20
x_{max}	26,00	36,00	59,00	81,00	109,00	4,70
V%	18,81	18,4	18,48	25,53	3,65	7,46

5. Conclusions

From the above studies and the conclusions that come from being pulled some conclusions and recommendations that would like to summarize:

1. Data from preliminary testing confirms our view that the new time and environment, to develop the game of football and in particular the development of new players requires updating of indicators for assessing the benefit of their complex preparation.
2. Development of force and strength indicators in this age period is required to be made in terms of indicators of the same dynamic and plasticity in building muscle in order, create a sense necessary to use appropriate force in space and time, which is characteristic of the technique and application of elements in football.

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