

## METHOD OF TECHNICAL TRAINING OF FOOTBALL PLAYERS DURING PRE-BASIC TRAINING

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**Annotation.** The question of technical training football players is considered. Revealed that the percentage of defects in the performance of technical elements of a good at football players of different ages. In the main experiment participated 44 players. The study used data from testing of technical training young players 10-11 years. It was revealed that the curricula of different authors (except the French) offer to study each technique separately in different sequences. The technique of technical training in the annual cycle during the pre-basic training, taking into account the sequence of techniques. Found that the ratio error decreased from 42 (90%) and 14 (58%). It is shown that in-depth training players 10-11 years are characterized by combining several techniques. A significant improvement in the technical readiness of young players.

**Keywords:** technology, training, players, technique.

### Introduction

Multi year training of junior players is regarded as an integral component of all system of sportsmen's training, it subordinates to appropriate laws, including orientation on the highest achievements [3,5].

Leading coaches and specialists in football remark that technical preparedness of JSSs' leavers in football is insufficient and significantly yields to increased requirements of up-to-date football. Many of sports schools' leavers, who were invited in teams of masters, are far from technical skillfulness level of masters' team players [1,2, 9,10].

Many scientists, such as: [4,5,6,7,8] dealt with the problem of improvement of junior football players' technical preparedness, but still there is quite insufficient quantity of works, devoted to improvement of technical preparation process of 10-11 years old football players at the stage of preliminary basic preparation; that is why this subject is an urgent one.

The work has been fulfilled as per plan of scientific & research works of Dniepropetrovsk state institute of physical culture and sports.

### Purpose, tasks of the work, material and methods

*The purpose of the work* is to work out and experimentally ground methodic of technical preparation in annual cycle at the stage of preliminary basic training, considering improvement of techniques sequence as well as their combination with advanced training of 10-11 years old football players.

*The methods and organization of the research:* in the present work the following research methods have been used: analysis and generalization of literature sources; sociological questioning, pedagogical observation (evaluation of efficiency of football players' competition activity by analyzing of statistic records of matches); pedagogical testing; studying of psycho physiological indicators, pedagogical experiment, methods of mathematical statistics. The research was carried out on the base of JSS, SJS GD (sports junior school of general development) and comprehensive secondary school No 73 of Dniepropetrovsk, with children of 10-11 years old age. In main experiment 44 football players of experimental (22 sportsmen) and control (22 sportsmen) groups took part. Experiment took 1 year, from September 2010 to August 2011. After finishing of the experiment the children of both groups were repeatedly tested. In the experiment, control group was trained as per JSS program for the group of primary preparation of fifth year of training. Experimental group was trained by the program, which was worked out by us.

### Results of the researches

The offered methodic was realized on the base of didactic and specific principles (the part of which is stipulated by JSS program): scientific approach, systemic character, sequence, conscious attitude toward trainings, activity, independence, using of visual aids, accessibility, individualization; variety and novelty, orientation on reaching the highest results, correlation of time norms in different trainings in general day schedule of junior sportsman, gradual increase of loads during year, integrity of general and special preparation, optimization of correlation of training means during year.

The methodic, which was worked out by us for technical training of experimental group, considered results of preliminary study, that in sportsmen's competition activity, at different stages of multi-year training the most frequent mistakes occurred with combining of such techniques as dribbling – pass, dribbling – dodging-kick, dribbling stopping of ball, pass – stopping of ball – pass, pass – kick, play by head – headings, taking ball off-pass, feints – pass, throws-in from behind side line.

The main approaches in the offered technical training were:

- re-distribution of hours' correlation and training content in every month of annual cycle (with preservation of total annual quantity of hours);
- gradual increase of training time (during September-October – 3 training days a week, in November – March – 4 training days a week, in April-May – 5 training days a week, in June – August – 6 training days a week);
- the developed by us sequence implies training of techniques not only separately, but as well as the combinations of several techniques, which are to be fulfilled during match as integral complex, that permit to master

them quicker and better. Besides, we considered technical mistakes in their interconnections, i.e. after wrong pass usually wrong taking of ball follows, bad taking of ball results in bad dribbling, dodging or kick, i.e., during match nearly all elements are to be fulfilled continuously and most mistakes are made just with passing from one action to other;

- innovative approaches to planning and application of physical exercises, which are used in technical training of junior football players (working out of training blocks).

The peculiarity of our methodic was working out of training blocks for technical preparation with application of:

- training blocks for junior football players' mastering of the following techniques' combinations: dribbling-pass; dribbling-dodging-kick; pass-taking of ball- pass; play by head-headings-taking ball off-dribbling; dribbling-feints; stopping of ball-kick; throw ball in from behind side line;

- training blocks for development of psycho-motor qualities (RAM, quickness of motor response, response for moving object and so on);

- outdoor games for consolidation of techniques' and their combination's mastering;

- outdoor games for conjugated consolidation of techniques and development of physical qualities.

In conditions of pedagogical experiment it was established that there is statistic interconnection between results of technical preparedness and special physical qualities at weak ( $r=0,32-0,48$  with  $p < 0,05$ ), middle ( $r = 0,50 - 0,69$  with  $p < 0,01$ ) and strong levels ( $r=0,070-0,86$  with  $p < 0,01$ ).

It was found that in experimental group the technical level of game by the tests of JSS program is confidently higher than in control one and it is witnessed by the calculated Student's t ( $t=5,810-11,222$ ), that shows the efficiency of application of training blocks in technical preparation. Results of the research of control and experimental groups (with  $p < 0,05-0,001$ ) witness about statistically significant differences between indicators of technical preparedness (see table 1).

Table 1

*Indicators of 10-11 years old junior football players of control and experimental groups before and after experiment*

Control test	Stage of experiment	Indicators							
		$\bar{X}$		$\pm S$		V %		p	
		CG	EG	CG	EG	CG	EG	CG	EG
Kick for distance (m)	before	22,90	24,80	3,89	3,57	18,80	14,40	> 0,05 1,353	<0,01 5,810
	p > 0,05 (t=1,92)								
	after	29,60	36,70	4,80	3,18	21,60	11,50	p < 0,05 (t=4,23)	
Throw ball in from behind side line (m)	before	9,80	10,80	1,90	1,49	20,90	13,80	>0,05 1,684	<0,01 7,805
	p > 0,05 (t=2,11)								
	after	10,2	12,70	1,30	1,43	14,60	11,20	p < 0,05 (t=6,45)	
Dodging of stands for quickness (sec.)	before	20,60	19,90	2,80	2,23	12,20	11,20	>0,05 1,423	<0,01 8,322
	p > 0,05 (t=1,85)								
	after	19,90	18,40	2,60	2,19	11,60	11,70	p < 0,001 (t=2,55)	
Complex with ball (sec.)	before	7,80	8,00	1,20	0,90	16,40	11,30	>0,05 0,998	<0,01 9,701
	p > 0,05 (t=1,81)								
	after	7,50	6,80	0,77	0,74	11,80	12,80	p < 0,05 (t=2,22)	
Juggling (the quantity of strikes of ball)	before	18,7	21,1	13,6	12,8	72,6	60,7	<0,05 2,652	<0,01 10,33
	p > 0,05 (t=0,55)								
	after	22,9	31,20	16,90	15,50	62,90	53,10	p < 0,05 (t=4,43)	
30 m run with dribbling (sec.)	before	6,16	6,04	0,50	0,34	7,96	5,70	<0,05 4,141	<0,01 11,22
	p > 0,05 (t=1,73)								
	after	6,03	5,76	0,55	1,00	9,40	17,50	p < 0,05 (t=2,23)	

In experimental group results of tests (dodging of stands for quickness, complex with ball, 30 m run with dribbling) improved up to the level that is higher than normal and the results of tests (kicks the ball for distance, throw

ball in from behind side line, juggling) increased up to norm level. Control group's indicators also became better but not the level higher in comparison with initial ones, that is why nearly all indicators were lower than normal, except the results of two tests, which were equal to the norm level. It should be noted that in experimental group variation coefficient substantially decreases up to 5,70-11,20% after experiment, while before trainings it was more than 60,7%. These results witness about greater homogeneity of the results than before the beginning of the experiment, In control group both before experiment (from 20,90% to 72,60%), and after experiment variation coefficient has wide range (from 21,60% to 62,90%).

Besides, it is important to note that not only time and qualitative indicators improved, but their execution became of better quality in experimental group than in control. In table 2 we present percentage of football players, who made typical mistakes in tests before and after implementation of the developed by us methodic.

Table 2

*Comparison of quantity of football players, who make typical mistakes in tests before and after experiment*

Typical mistakes in tests	Quantity of sportsmen (%) Before experiment		Quantity of sportsmen (%) After experiment	
	Control group	Experimental group	Control group	Experimental group
<b>Kick ball for distance</b>				
Direction of running does not coincide with direction of kick	40	40	45	10
Supporting leg is positioned just near ball	60	60	55	25
Supporting leg is too far from ball	40	40	40	20
<b>Throw ball in from behind side line</b>				
With throwing in ball was not raised behind head	60	60	70	20
Throwing in with one arm	40	40	40	30
Leg separated with ground with ball still in hands	70	65	55	40
<b>Dodging of stands for quickness</b>				
Dodging with head bent down	70	70	85	50
Dodging with too strong pushes of ball	70	70	70	50
<b>Complex with ball</b>				
Stop after every technique	80	85	70	45
Low speed of technique's fulfillment	75	75	55	35
Bad transition from one technique to other	60	55	60	20
<b>Juggling</b>				
Foot is too tensed when contacting the ball	80	80	60	30
<b>30 m run with dribbling</b>				
Dribbling with head bent down	90	90	70	45
Dribbling with too strong pushes of ball	70	70	50	20
Eye are constantly fixed an ball	50	40	45	45

During experiment we carried out purposeful work on elimination of mistakes in experimental group; we applied group and individual approach when teaching techniques and their combinations. For example: with test "complex with ball" typical mistakes of junior sportsmen were stops after every technique, low speed of techniques' fulfillment, bad transition from one technique to other.

During match such mistakes result in losing of synchronous sequence of the complex fulfillment; player, fixing attention on one technique, loses control of ball. We tried to eliminate such mistakes with the help of exercises, offered by us blocks of exercises, considering the marked out by us "accents" for correction of mistakes (see table 3).

Table 3

*Analysis of mistakes of "complex with ball" test*

Technical mistakes	Results of mistakes	Accents with correcting of mistakes
Stops after fulfillment of every technique	Losing of synchronous sequence of the complex fulfillment	Exercises for combination of techniques
Low speed of technique's fulfillment	Player fixes attention on one technique	Fulfillment of techniques at high speed, in hidden and sudden way
Bad transition from one technique to other	Player loses control of ball	Exercises with clear target, exercises for fulfillment of separate techniques

Thus, results of our research permitted to make conclusion of the following. As per up-to-date ideas the effective methods are those, which are close by their structure, to competition exercises and simulate the level of muscular tension and structure of the fulfilled movement adequate to competition loads at the moment of their fulfillment.

In control group we did not carried out sequential correction of mistakes and for this reason, they were not eliminated; besides defects of training also could be their reasons: mistakes in teaching of techniques' fulfillment methods, methodic mistakes of training process, development of inadequate skill, uncertainty and anxiety with fulfillment of technique, to long transition from one technique to other.

In experimental group the offered methodic of training manifested itself from positive side, comprehensively influencing on effectiveness of the fulfilled techniques. Percentage of mistakes reduced from 42-90% to 14-58%, in control group - 43-85% at final testing (see table 2). In the process of training movement and improving of techniques mistakes are natural. Their timely revelation and elimination of their reasons to great extent condition efficiency of the process of football techniques' training.

### Summary

Results of our researches witness that the offered methodic of training of football elements was improved at the cost of purposeful sequence in training, correct selection of warming up exercises and development of motion abilities, which are required for fulfillment of techniques. All these factors permitted to accelerate and with high quality carry out the process of training and improvement of football elements at trainings.

Thus, the obtained results witness about efficiency of the worked out methodic for junior football players, as far as efficiency of their further football activity depends on the level of their technical preparedness and their ability to carry out techniques continuously, that was completely proved by the results of our research.

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**Cite this article as:** Matyash V.V. Method of technical training of football players during pre-basic training. *Pedagogics, psychology, medical-biological problems of physical training and sports*, 2013, vol.4, pp. 47-51. doi:10.6084/m9.figshare.691016

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Received: 14.02.2013  
Published: 30.04.2013