

HOW TO DESIGN A MODEL FOR APPROACHING THE METHODOLOGICAL-SCIENTIFIC CONCEPTION OF TRAINING AND COMPETITION IN THE FOOTBALL GAME

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Abstract: At the national level, a strategy for children's, juniors' and seniors' development in the football game is not yet clearly conceived. This paper highlights some aspects that must be considered in this regard. Therefore, we have built a structure that is based on the development of the football player, with the coach and the football player in the center of it, but without neglecting the conditions of ambiance within a certain club.

The purpose of our research is to rank the elements underlying the constitution of the conception of play and training, adapted to the specificity of the Romanian football player as well as to establish the scientific foundations that must be respected in order to obtain a coherent direction of participation at the lowest level of sports training.

Within the model of scientific and methodical approach, for each stage of training there are methods and means that will make the athlete's participation more attractive, with no aspect of the total football game being excluded from the training. In training, a central place is occupied by mental training, which gives the football player the motivation to participate at the highest level.

The general directions established in the research will finally lead the athlete to a higher level of preparation and creative interpretation of all the situations which could occur in the official competitions.

At the same time, emphasis will be placed on theoretically and methodically well-trained athletes, with a high capacity for understanding the information transmitted by the coach, for analysis and superior synthesis of participation in adversity circumstances.

The conclusions of the research synthesize the essence of designing the model based on the methodical stepping of the training and on the high development of the football player from 5-6 years old up to the senior level.

Keywords: *football, training, model, game design, development stages, ambiance.*

Introduction

The coach-educator's main essential mission is to ensure the child's development in sporting, social, psychological and educational terms. The coach-educator knows the game and knows the players. Of course, a coach-educator will not know everything, even in his/her own subject. However, the coach-educator must have a very good understanding of the messages to be communicated. Victories and defeats are nothing compared with what football can promote in terms of human and social values. Football is a vital aid in training future citizens and encouraging young people's inclusion in society. Football can be a marvelous tool in conveying such values as respect, solidarity, mutual support, sharing, etc. The coach-educator's mission, or indeed vocation, means sharing, giving, communicating and interacting with others and taking enjoyment in this [1].

At the national level, a strategy for children's, juniors' and seniors' development in the football game is not yet clearly conceived. This paper highlights some aspects that must be considered in this regard. Therefore, we have built a structure that is based on the development of the football player, with the coach and the football player in the

center of it, but without neglecting the conditions of ambiance within a certain club.

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Any activity will have to consider programming and planning. It is obvious that the training activity, will respect the principles of periodization of training.

The design of a model of game and training will have to be made and accepted at the club level [7]. The technical director of the club (the center for children and juniors) will be responsible and effectively addressed for this. The model will be respected and implemented by the club coaches. Needless to say, the scientific direction of training will be taken into account by putting into practice the methods and means specific to the training on its components.

Therefore, it is good to take into consideration the components of the club philosophy, accepted by all people involved.

Material and method

The organization of any center for children and juniors will respect the following :

I. The center for children and juniors consists of:

- 1 general manager of the CCJ;

- 1 head of the programme for the development of juniors' department;
- 7-13 group coaches;
- Two coaches to deal with training goalkeepers (selection and training of advanced goalkeepers; selection and training of younger goalkeepers).
- A physical trainer for the advanced junior groups: A, B and C.
- Doctors / nurses, who participate in trainings and official games.
- Competition organizer.
- For the smooth running of the activity of the center for children and juniors, a coach is appointed for each age category.
- In the junior groups A, B and C each coach will be assisted by an assistant coach from the lower group and vice versa.
- A coach is assigned to the other groups, who, as the case may be, will lead the activity of two or more junior groups.
- The trainings are conducted under high level methodological and infrastructure conditions, clearly established regarding the number of hours, weekly programme and training field.



Fig.1. Structura Academiei de Fotbal

II. Organizing actions for scouting and selection:

- Actions to detect talents in the schools in town and within an area of 50 square km;
- Actions to detect the talents in other football schools;
- Actions to detect talent in nearby counties and over the country;
- Organization of specially designed trials for the selection of talented juniors;

- Promoting these actions through mass media;
- The annual organization of one or even two tournaments by the club;
- Coaches' participation in the competitions organized by the County School Inspectorate.

III. Changing the mindset and attitude of all the factors involved in the instructional-educational process by respecting the following values:

1. COHERENCE	VALUES	6. COLLABORATION
2. ASPIRATION		7. RESPECT
3. TRANSPARENCY		8. CORRECTITUDE
4. UNITY		9. CREDIBILITY
5. VISIBILITY		10. RESPONSIBILITY

IV. Continuous improvement of the coaches:

1. Preparation - high level personal development;
2. Performance - obtaining results that are appropriate to the club's requirements;
3. Promotion - to a higher level of age and qualification.

The role of the coach for juniors is to create inspiration as well as to stimulate the learning environment, to interact permanently with his player, according to the tasks and situations of the game. The player is offered the opportunity to solve the problems that arise in the game, according to the learning environment offered in training [8].

V. Promotion of athletes in upper echelons

1. Promotion to older age group - all players who possess specific skills and can really help the older age group will be promoted;
2. Promotion to the national junior team - detecting, selecting and training the players in the

senior group at a high level, which will lead to the selection of at least 2-3 players in the national team;

3. Promotion to the second team of the club - the players at the end of the junior year, respectively U19, U18 and U17, could be promoted to play for the second team of the club, only on real basis, after careful analysis carried out by the staff of the Academy.

4. Promotion to the first team of the club - the junior and senior players who stand out in the second team will be promoted to train and play in the friendly and official matches of the first team.

VI. The construction of the methodical philosophy of approaching training and competition is based on the construction of a clear game model, based on the pleasure of participating and assimilated by all the members of the academy.



Fig. 2. The training model

Within the philosophy, the training approach will be divided into 5 stages:

1. attracting the child to the center and developing the pleasure of playing the game - 5-6 years old;
2. the correct learning of the game technique - 7-10 years old (primary school);
3. learning and reinforcing the actions of individual and collective tactics - 11-14 years old (high school);

4. improving situational tactics under adversity - 15-18 years old (high school);
5. adapting and actively involving in high performance - after 18 years old (seniors).

Each stage is based on the training oriented through the perspective of tactical periodization.

The key success factors within the club will be the introduction of professionalism in children's and juniors' football. Therefore, a concrete plan for development will be designed for all young

players. Their coaches will follow this plan established at the academy level. They will create the premises for the motivation of participating at the highest level [9]:

- Mentality of a winner and integration in the team.
 - The characteristics of the game to which the philosophy of the club is aimed will take into account the following:

- Establishing the game system
- The ball is transported in the field in a systematic way, according to the game system;
- A balanced way of playing predominantly offensive;
- Developing superior players in 1vs1 situations, with spirit of fighting;
- Creativity and initiative in all positions in the field;
- Making rapid transitions;
- The game will always be progressively oriented towards the opponent's gate;
- Fast play from 1-2 touches!
- Advanced possibilities for taking the ball and for redistributing tasks in the offensive and defensive collective block.

- A clear way to play offensively with elements recognized as part of the philosophy of the academy:

- 1-2 touches;
- Rapid movement of the ball;
- Fast movement of players;
- The ball is played predominantly towards the opponents' goal and is kept in possession;
- The ball is quickly transmitted to the best placed player;
- Permanent concern of the players to offer solutions for passing;
- Balanced concern about changing the game through diagonal passes, only after careful analysis;
- Searching for spaces to play the ball between the lines of the opponent.

• Rapid defensive transition;

- A clear way to play defensively:

- Creating the defensive block with specificity;
- Permanent communication between players;
- Distance 8-12 m between players!
- Achieving the defensive balance;
- Limiting the opponent's game options;
- Permanent pressure on the opponent with the ball;
- Rapid offensive transition.

- Individual attention for each aspect of the development: technical, tactical, physical, mental, social;

- Development and integration of at least two players per year in the first team.

The general profile of the football player will be oriented from the very moment he begins football towards the following characteristics:

- Athletic players who are resistant to long-term efforts and possess explosive speed;
- Exceptional technique in conditions of high speed;
- High motor and emotional intelligence;
- Leadership qualities and mentality of a winner;
- Healthy lifestyle;
- High training possibilities in all aspects of the game;
- Low risk of injury from a medical point of view.

The action plan for establishing the working strategy involves:

1. WHO DO WE WORK WITH? - Knowing the age characteristics of the players.

Player personalities [10]:

- enthusiasm and creativity;
- leading role in the team for tactic
- automatisms
- control function for group-internal
- processes within the team
- types of players based on individual
- strengths
- types of players with great winning
- mentality
- role model for the team

Professionalism:

- motivation and discipline on and off the pitch;
- self-criticism and openness;
- stable professional approach: constructive;
- processing of setbacks, emotional extreme;
- situations such as spotlight / bench;
- internalized norms and values of a consistent;
- competitive orientation.

Life perspectives:

- (players) personalities with a safe and good appearance;
- internalized social values and social skills (team orientation, not only in football!);
- sound-school vocational training;
- individual strengths and resources outside of football as the basis of stable self-confidence.

2. WHAT DO WE DO? - Knowing training objectives (physical, technical, tactical, theoretical, psychological, artistic and biological) and performance objectives.

3. WHAT DOES OUR TEAM LOOK LIKE? - Knowing specific qualities of players in positions -

the model of the philosophy established by the club.

Side defenders:

- waist average 175 cm;
- should have a very good technique, used with discernment depending on the tactical situations of attack or defense;
- should know very well the strict and double marking;
- have a good physical training to participate in the attack to the 4th zone, with precise centering or shooting to the goal by surprise and coming back in defense with the same efficiency.

Central defenders:

- average waist 180 cm;
- the ability to organize the game in defense through intuition and anticipation;
- with a very good ability to jump and to dominate the "head game" with high balls in zone I of defense;
- very good orientation in the field for the construction of the attacks, starting from zones 1 and 2 as "coordinator" (especially the counterattack or the fast attack);
- to form together with the side defenders and the midfielders the "block" of the defense - a mobile elastic and aggressive one - judiciously using the defense on the zone, man to man and pressing;
- with the midfielders be able to control (effectively recontrol) the middle of the field to increase the period the team is in possession of the ball but also the possibility to resume unfinished attack actions.

Midfielders:

- Waist on average 175
- very good field orientation and technical-tactical ability to participate in the construction of the fast attack as well as of the positional attack in zones 3 and 4 as "coordinators" from the moment of taking possession of the ball throughout the width of the field, with changes of direction and tempo;
- summing up the responsibility to participate in the finalization zone (the 4th) with "decisive" passes and distance shots to the goal - provided the immediate return to defense;
- on the support of a very good physical and technical training to ensure the organic connection between the compartment of the defenders and the attacking line as well as the permanence of the defensive balance;

- in front of a superior opponent, they should have the technical-tactical and psychic ability to launch rapid attacks or counter-attacks.

Forwards:

- waist: on average 175 cm;
- speed players in all its forms of manifestation with a very good technique of driving the ball on small spaces and with maximum speed;
- they should be incisive with assuming the obligation to shoot towards the goal as accurately as possible and from different angles, in adverse (desperate) conditions, ultimately aiming to a shot from 11 m, but avoiding the simulation of the foul, which can lead to sanctions (yellow or even red card);
- good physical endurance for maximum efficiency up to the last minute of play;
- in case of non-finalization or loss of the ball, they should be the first executors of the pressing, and in difficult times of defense they should help.

Goalkeeper:

- the ability to catch the ball - from the spot, from the jump, from the move.
 - boxing the ball;
 - exit from the goal (centers) - blockage;
 - rebounding the ball in play, quickly and accurately with both the hand and the foot;
 - to close as accurately as possible the shot angles of the opponents by a good position in the goal area and outside the goal;
 - to place himself correctly on the direct and indirect free kicks, to make the wall correctly (using an appropriate number of players);
 - know how to intervene in high centers by appreciating distances (without entering under centers);
 - to give precise and timely directions to his teammates;
 - to play the role of the libero if the stage demands it;
 - to know how to build the game from his level.
- HOW TO PLAY? - Knowing of the characteristics of the game model used: in possession, out of possession and in transitions. The goalkeepers are included in all the elements of the training and game process.

Transitions can be the keys to success [11]:

- Quick attack of the opponent to get possession of the ball. (Quick support);
- Players run at speed and dribble in the opponent's defensive zone;
- Fast forward progress;

- Long ball to own players behind opponents' defense.

In game 11vs11, tactical periodization can have the following morphocycle model:

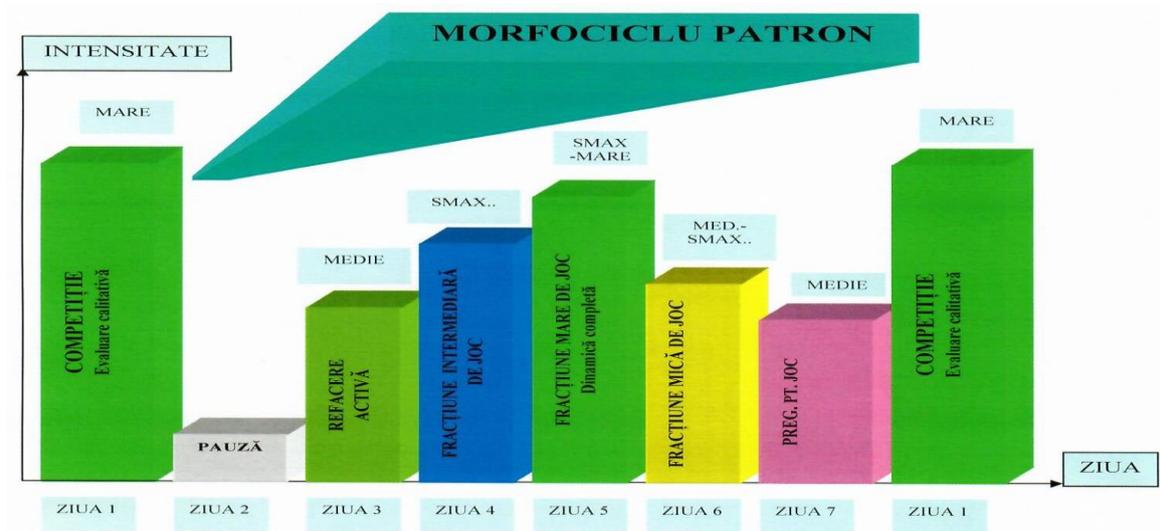


Fig. 3. The model of the weekly cycle of preparation

Each time on every day of the week, in the complex of methods and means related to the established tactical periodization model there will be taken into account the following:

- Complexity of principles
- Complexity of execution dynamics;
- Duration of exercises;
- Duration of the game;
- The football pitch;
- Number of players.

Discussions

The vocation of the coach-educator, in his/her role as a trainer, is to introduce all those boys and girls who want to discover the joy of football to the sport and initiate them in its practice [12,13].

In order to achieve the objectives associated with this role as a trainer, the coach-educator's mission in his/her "football school" must be the following:

- To welcome all young players from the age of six without selection;
- To promote a sporting education based on respect and fair play from the youngest age;
- To encourage a spirit based on the enjoyment of playing and the desire to improve.

Without being an expert, the coach-educator must have a certain basic knowledge:

Knowledge of children:

- General developmental features at different ages;
- Relationships, behaviour, communication and language;

Teaching and organisational skills:

- The methods of teaching;
- Organising a football session;
- Organising a tournament;
- Organising a festival.

Basic knowledge of football:

- Small-sided games;
- Football games/exercises;
- Teaching the basic techniques of football.

Therefore, the whole activity depends on the coach's vocation and talent. These aspects are the result of continuous training over the school years. Receiving accurate and up-to-date information from teachers as well as thousands of hours of practice with junior players turns a coach into a specialist who works on modern scientific bases adapted to the players he/she trains.

Conclusions

1. The organization of a club based on modern methodological-scientific basis, is the prerequisite for achieving performance.
2. The philosophy of a club will always depend on the quality of its coaches and players.
3. The game model will be taught and put into practice in the official competition.
4. Each training component will be trained specifically to the philosophy imposed.
5. The organization of the training will be oriented towards practicing total football, with specification to the model imposed and approved by the club.

Author contribution

All authors had an equal contribution to the manuscript.

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