



Volume XXI 2018

ISSUE no.1

MBNA Publishing House Constanta 2018



Scientific Bulletin of Naval Academy

SBNA PAPER • OPEN ACCESS

Level of the specific motricity of the begginers women soccer players (10-12 years old)

To cite this article: [D V Gidu](#), *Scientific Bulletin of Naval Academy*, Vol. XXI 2018, pg. 322-325.

Available online at www.anmb.ro

ISSN: 2392-8956; ISSN-L: 1454-864X

doi: 10.21279/1454-864X-18-I1-049

SBNA© 2018. This work is licensed under the CC BY-NC-SA 4.0 License

Level of the specific motricity of the beginners women soccer players (10-12 years old)

DV GIDU¹

¹Lecturer PhD, Faculty of Physical Education and Sport, "Ovidius" University Constanta, Romania, e-mail: virgil.ene@anmb.ro

Abstract: Aim. The aim of this study is to assess the level of the specific motricity of the beginners women soccer players. Method. In this study were participated 20 women soccer players from Selenia SN Constanta junior team. To investigate the specific abilities of girls there were used tests mentioned by the literature: juggling, the precision of the shot, controlled speed dribbling, kicking ball, dribbling through cones. Results. At all tests our girls obtaining significant smaller values than those proposed by our Federation for boys same age (10-12 years old). Conclusions. The level of specific motricity in beginners women soccer players from our junior team is one unsatisfactory

Key-words: women soccer players, beginners, specific motricity

1. Introduction

Football, sports discipline who enjoys the widest spread in the world, has come from his appearance and until today had a long development and progress. This true social phenomenon, called 'the soccer game' has led to the development of numerous studies and research dealing with various aspects of the methodical order, up to the physiological and psychological considerations (Șiclovă, R., 2000). Football is primarily a collective, team-based game that involves direct contact with the opponent and which requires the athlete multilaterally, both through the complexity of the movements and due to the varying working conditions (Hoare, D.G., Warr, C.R., 2000).

Since its appearance until today, the football game has seen considerable progress, with no limits to this effect. But getting higher football performance is conditioned by the early detection of girls with real qualities for practicing football, by the application of scientific criteria in their selection and, last but not least, of quality training (Cojocaru, V., 2002, Comăniță, P., 2004). In football, the selection and training of beginner groups on scientific bases is the subject of many research by field specialists (Junge, A., Dvorak, J., Peterson, L., et al., 2000, De Mello, J.J., Bellew, J., Winter, T., Leverman, L., 2003, Ene-Voiculescu, C., Ene-Voiculescu, V., 2010). In terms of female football, however, things are not so good. Thus, even in the case of girls, it is necessary to implement the idea that, without proper selection and training in our country, there will be no female football that will rise to the international competition level (Mușat, G., Simion, G., 2007). Considering the fact that the Romanian specialized literature and the scientific research deal very little with the problems of the selection and preparation of the debutants in the football game, it is necessary to find some selection criteria and some means and methods of training that will lead to the achievement of sport performance in this branch of sports.

The scientific approach undertaken by us aims to bring to the forefront the need to develop some evidence and norms that will constitute a model for women's female debut selection.

2. Methods

In order to determine the level of specific motricity (in this case, technical training) 5 technical tests were administered, namely:

- Juggling;
- Passing precision;
- Controlled speed dribbling;
- Kicking the ball;
- Dribbling through cones.

3. Results and discussions

- The following data were obtained following the tests (Table no. 1):

Table no.1: Results in specific motricity tests

Subjects		Juggling (no/1min)	Passing precision (no from 10)	Controlled speed dribbling (20 m/sec)	Kicking the ball (m)	Dribbling through cones (15 m/sec)
N = 20	X	18.10	3.25	7.22	14.43	11.99
	DS	± 3.76	± 1.06	± 0.19	± 1.73	± 0.47
	CV%	20.77	32.61	2.63	11.98	3.91

According to the FRF scores, for the age of 12-14 years, we have the data (scores) only for "juggling" and "dribbling through cones".

As can be seen from Table 1, the following result was recorded in the juggling test, which compared to the FRF Scoreboard shows as follows

- Total (n = 20) $X = 18.10 \pm 3.76 = 0$ points.

In this sample, the variability coefficient ranges between 10 and 20%, indicating that these values are relatively high in homogeneity.

In "dribbling through cones" test, subjects obtained the following result, which according to the FRF score table has the following values:

- Total (n = 20) $X = 11.99 \pm 0.47 = 0$ points.

The coefficient of variability is below 10%, which means that the results obtained are highly homogeneous.

Also in table no. 1 are presented the results obtained by the girls beginners in football, at the rest of the tests proposed by us, namely: passing precision, kicking the ball, controlled speed dribbling

In "passing precision" test, girls obtained the following result

- Total (n = 20) $X = 3.25 \pm 1.06$.

In "kicking the ball" test we registered the following values:

- Total (n = 20) $X = 14.43 \pm 1.73$.

In "controlled speed dribbling" test, girls obtained the following result

- Total (n = 20) $X = 7.22 \pm 0.19$.

Analysis of the results of the specific motricity tests led us to the following conclusion: compared to the FRF model for boys of the same age (10-12 years), the girls do not have the necessary technical purchases to obtain the minimum scale required to pass these tests.

Table 2 shows the number of points obtained by the girls based on the results recorded by them at the tests recommended by the FRF, according to the scoring table.

Table no 2. Score obtained on FRF tests

Test	Speed 30 m (sec)	Andurance (600m)	Crunches no/30"	Mobility (cm)	Juggling (No/ minut)	Dribbling through cones (sec)	Total score
Total	4	7	6	0	0	0	17 points

Analyzing the values for general motricity, we note that the highest score was obtained at the resistance run. Another conclusion is that the girls achieved the minimum score (6 points), only for two of the tests - resistance and crunches. We recall that these scores are those set by FRF for 10-12 year old boys.

On the basis of these results it can be concluded that the level of specific motricity of the beginner's soccer girls is unsatisfactory.

4. Conclusions

Analysis of the results of the specific motricity tests led us to the following conclusion: compared to the model provided by FRF for boys of the same age (10-12 years), the girls do not have the technical acquisitions necessary to obtain the minimum scale necessary for the passage of the respective tests.

Taking into account that the requirements for graduation of the tests imposed by the Romanian Football Federation for this age group (10-12 years) presuppose the accumulation of a minimum score of 6 points for each test, we can state that the level of the general and specific motricity of the debutants in football is inappropriate. However, it should be remembered that this score is valid for boys and not for girls, therefore, for the future, we propose to develop a system of evidence and control rules that will be relevant for beginners female football.

Title

Level of the specific motricity of the begginers women soccer players (10-12 years old)

References

- [1] Cojocaru, V., (2002) – Particularitățile și rolul lor în modelarea instruirii- culegere de lucrări tehnico- metodice, F.R.F. - Școala Națională de antrenori, București: 56-62.
- [2] Comăniță, P., (2004) – Contribuții la îmbunătățirea conținutului procesului de instruire prin analiza conținutului jocului competițional la copii și juniori, Antrenorul Nr. 6, F.R.F., Ș.F.A., București: 32-36.
- [3] De Mello, J.J., Bellew, J., Winter, T., Leverman, L., (2003) - Physical and physiological characteristics of adolescent boys and girls varsity soccer players, World Congres on Science and Footbal, Lisbon, 11-15 April, 191.
- [4] Ene-Voiculescu, C., Ene-Voiculescu, V., (2010) - Methodology of training for developing young tennis players (aged 10-12 years old) – Annals of University “Ovidius”- Physical Education, Issue 2 Supplement //, mai 2010: 484-485;
- [5] Hoare, D.G., Warr, C.R., (2000) – Talent identification and women's soccer: An Australian experience, Journal of Sports Sciences, Volume 18, Number 9/September 1: 751-758.
- [6] Junge, A., Dvorak, J., Peterson, L., ET AL., (2000) – Psychological and sport-specific characteristics of football players, The American Journal of Sports Medicine, nr1, 28.
- [7] Mușat, G., Simion, G., (2007) – Aspecte privind selecția în jocul de fotbal feminin, Analele Universității Ovidius Constanța, Seria Educație Fizică și Sport, Vol VII, Seria VII, Ovidius University Press, Constanța: 426
- [8] Șiclovan, R., (2000) – Despre fotbalul feminin, Modulul I – Școala de antrenori, FRF: 104-108
- [9] *** (2009) – Le football des 9/12 ans - poussins – benjamins. L’initiation: l’age d’or des aquisitions techniques, DVD, Direction technique Nationale, Centre Technique National Fernand Sastre, Federation Francaise de Football.