MEANS USED TO STREAMLINE THE ATTACK ON THE LEVEL OF A JUNIOR FOOTBALL TEAM

Gheorghe Gabriel CUCUI

Abstract
In nowadays football games, the forwarders are forced to kick the goal in more and more difficult conditions. They have permanently, ahead of team, quite a lot defenders very well prepared, organized in combined defendant systems and areas marked man to man, that are doubling them very well. In these conditions the strikers are forced to kick the goal from very difficult situations, almost always in situations of time and space crises.

Keywords: football, means, efficiency, attack, juniors.

JEL classification: I210, I290

1. Introduction

Improving the educational level of childrens and juniors was a major concern for a large number of specialists in the field.

Harnessing psycho-motor performance reflects a complex process that requires multiple solutions based on training information, experiments, research and studies(Apolzan, D., 1998).

The training juniors have a number of features, mainly due to the particularities of their development. A training enables the particularities of the player and optimal outcomes.

Most technicians that are working in football believe that at the moment, this game is in it’s maturity, in terms of organizing the game and the players that have a voice (Cojocaru, V., 2000).

Beyond the passions and satisfactions, football is based on some profoundly human virtues: strength, intelligence, honesty, loyalty, mastery; these qualities present in almost all the great players, become the embodiment of the ideals and passions of millions of fans. In their play, childrens lend the name of a great player and are taking the model.

If were reflected seriously, we would certainly reach the conclusion that this unusual attraction of football lies in its special charm: it has an immediate goal, marking goals and an ulterior purpose-close victory.

1 Universitatea “Valahia” din Târgoviște, gabi_cucui@yahoo.com
In actual football games, attackers are forced to shoot the goal under increasingly more difficult conditions (Cernăianu, C., 2000). They constantly appear very well prepared, organized in defense systems, combined areas marking man to man, that are doubling them as well. According to attackers, they are forced to shoot the goal in situations quite difficult, almost always in crisis of time and space.

**The purpose of the paper**

The work is based both on increased efficiency in preparing junior attack, but also on optimizing the training process in terms of physical preparation of the players.

**Hypothesis**

I think that improving the physical preparation of the players can get training to optimize and increase efficiency in the attack of a junior football team A.

**Research methods:**

- Observation method;
- Statistical and mathematical method;
- Graphical method.

**Means used in the preparation of the study team:**

- 4 to 5 players playing against the defense that attacks, four predecessors and a midfielder. The attack is always started by midfielders and forwards that will look like in ball movement and rapid changes to overcome the opposition of the defenders. If one defender is managing the dispossess or interception, he sends the ball to the midfielders who are constantly traveling behind regeneration and the width of the land. Permanent changes of position defense forcing the midfielder to watch all the time and long on different positions.

- right wing in the retracted position, receiving the ball from one of the guards, a drive into the opponent and an attack on diagonal pass to the second central striker who shoots the goal or pass it to one of the partners.

- player A passes to B, then back the midfielder commits to C. He sends the ball to B who envelops, B retrieves and crosses peaks E and F.

- assists zigzag, defense extreme B, C which turns midfielder D. B envelops pass and gots the D, E and F peaks crosses finalizing.

- passing between the defender and the midfielder C, A and pass es back the tip E which in turn passes to the midfielder D and goes to completion. D launches the ball to the defender who enveloped B. He crosses towards the peaks and completes.

- exchange of passes between central defender (A) - Defender lateral (B). A tip
is taken back and it’s passed back to the midfielder D, C launches veiled extreme depth. E is crossing the peak F and completes the other ball coming from C.

- a two between the defender and midfielder C. A pass on the peak (E), it passes midfielder D side and then is crossing with extreme F. B envelops receives the ball and crosses, E or F completes.

- passing the diamond side to release the midfielder C. perpendicular peaks E and F create a space for penetrating, drawing defenders in the marking. C completes.

**Stage of research and tests used:**

The experiment was conducted during the period March 2013 - March 2014, the venue of the gym (in winter) and inside football grounds Nucet Agricultural High School.

During the Winter period (preparatory) the team benefited from a training camp Dobrești, 8 days in the camp, and in the summer (July) the trainings were held for 7 days in the resort Voineasa.

Knowing this, I took the first step that was research and initial testing taking place from March 19 to 23 2013 and the final testing from 28.02. to 03.03. 2014.

To appreciate the driving force development índices on football players of 17-18 years old, an experiment was conducted where the results of two teams (experimental group and control group GSA Nucet Dâmbovita CSS) scales were compared with FRF

The tests used:

- 30 m (sec.) – Running speed;
- Running 12’ (m.) – Running resistance;
- Pentasalt (m.);
- 30 m. Huge (sec.) – Driving the ball against time.

**Table no 1 The presentation and processing of research results:**

<table>
<thead>
<tr>
<th>Nr. crt.</th>
<th>Physical tests</th>
<th>F.R.F</th>
<th>G.S.A. Nucet</th>
<th>C.S.S. Dâmbovița</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>T.I.</td>
<td>T.F.</td>
<td>T.I.</td>
</tr>
<tr>
<td>1.</td>
<td>Speed 30 m (sec.)</td>
<td>4,2''</td>
<td>4,3''</td>
<td>4,2''</td>
</tr>
<tr>
<td>2.</td>
<td>Run 12’ (m.)</td>
<td>3200</td>
<td>3000</td>
<td>3200</td>
</tr>
<tr>
<td>4.</td>
<td>Pentasalt (m.)</td>
<td>13,50</td>
<td>13,44</td>
<td>13,50</td>
</tr>
<tr>
<td>5.</td>
<td>30 m. Huge (sec.)</td>
<td>4,6''</td>
<td>4,6''</td>
<td>4,4''</td>
</tr>
</tbody>
</table>
Graphic no 1: Comparing the results obtained in the sample of 30 m

Running speed 30 m. The experimental group presented this evidence to TI values of 4.33 sec and 4.24 sec at T. F. and the control group is initially 4.51 sec. and finally reaches 4,40 sec. Increasing experimental group is 0.09 sec. and a control group of 0.11 sec.

Graphic no 2: Comparing the results in test Cooper

Running 12'. Experimental Group presents this sample values 3000m at TI and 3200m at T. F. and the control group initially has finally reached 2900m and 3100m. The increase is equal to the experimental group control group 200m.
Means used to streamline the attack on the level of a junior football team

**Graphic no 3: Comparing test results pentasalt**

Pentasalt Experimental Group presents this sample values of 13.44 m at TI and 13.50 m sec at T. F. and the control group has initially 13.40 m to 13.45 m and finally arrives.

**Graphic no 4: Comparing test results 30m huge**

In the sample of 30 m huge the experimental group at TI values are 4.65 sec and 4.43 sec at T. F. and the control group is initially 4.81 sec. and finally reaches 4.70 sec. Increasing experimental group is 0.22 sec. and a control group of 0.11 sec.
Table no 2: Entries on quotient attack actions during matches

<table>
<thead>
<tr>
<th>Stage</th>
<th>Cassette recording</th>
<th>G.S.A.Nucet</th>
<th>C.S.S.Dambovita</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Shares of appeals concluded and finalized gate space</td>
<td>T.I.</td>
<td>T.I.</td>
</tr>
<tr>
<td>III, IV, V, VI, VII</td>
<td>Shares of appeals concluded with completion in space outside the gate</td>
<td>7,6</td>
<td>6,2</td>
</tr>
<tr>
<td></td>
<td>Goals scored</td>
<td>1,2</td>
<td>0,8</td>
</tr>
<tr>
<td>Stage</td>
<td>Shares of appeals concluded and finalized gate space</td>
<td>G.S.A.Nucet</td>
<td>C.S.S.Dambovita</td>
</tr>
<tr>
<td></td>
<td>T.F.</td>
<td>T.F.</td>
<td>T.F.</td>
</tr>
<tr>
<td>XVIII, XIX, XX, XXI, XXII</td>
<td>Shares of appeals concluded with completion in space outside the gate</td>
<td>9,4</td>
<td>7,2</td>
</tr>
<tr>
<td></td>
<td>Goals scored</td>
<td>2,6</td>
<td>1,4</td>
</tr>
</tbody>
</table>

Conclusion

The study of literature relating to the specific age and performance achieved by many football players of 17-18 years of great performance means that this echelon preparation process, the structure and content should be on the process training of senior players.

Analysis of the preparedness of junior A, highlights that it is necessary to have a very good physical preparation in order to support undertaking new shares technical and tactical, and improving certain aspects of tactics collective attack and crystallization systems play in attack and in defense.

Following performances at the games played by teams experimented and following means used in preparation, we can see that the game GSA Nucet ‘grew’ from the point of view of efficiency in the attack, which confirms that the means used to strengthen the attack, all forms of attack, are the effective stand proof number of goals scored in positional attack and counter attack.

Social research can be seen as a sports training factor under lying physical training football training. Technical and tactical actions, specific yield attacks in a match are based on a thorough physical training done.

REFERENCES