

MORAL AND ACTION UNIT TRAINING IN A FOOTBALL TEAM GAME

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Abstract:

The popular and beautiful game of football is practised in over 200 countries, being the most played and well-known game of the humanity history. It is good to know that football is not anymore a game that answers the pleasure or need to move. In the performance sport, trainings and football matches are very complex and a lot more demanding, both mentally and physically, for the players.

In modern ages, football came to be a total commitment of the players. In order to accomplish the game goals at very high levels, football uses flexible techniques, and starting playing it at very early ages is essential and really useful. The development of this game determined the usage of some general and specific strategies. These strategies recommend methods and means that increase the children's and teenagers' training and also focus on organisation aspects of the game, development of playing capacity and of concepts and techniques used to build and support the unity of a team.

Keywords: commitment, team, dynamics, goal, performance, unity.

Conceptual boundaries

The popular and beautiful game that is football is said to be practised in over two hundred countries, being the most known and wide-spread game in the history of mankind. It is good to know that football is not anymore an answer to pleasure and need for motion. In professional sports, workouts and football matches are very complex and more demanding both mentally and physically for participants in this game.

Choosing and using those methods and means that are strictly necessary to meet objectives (close or distant) of existing crowd is one of the most difficult and complicated problems the coach is facing. New methods and tools used in training without completely ignore the role of the others, must ensure players with complex training, multi-faceted. That explains why there were placed in training

some methods and means that simultaneously addressed several factors, and this explains the emergence of broader, more realistic terms. This process is ongoing. Any attempt to determine experimentally some new ways to use methods and means is an element of progress, a sure step towards achieving performance.

Argument

We find it in the statement of Ion Motroc, a famous football coach, who said: “ Coach’s mastery and experience are highlighted by its ability to channel individual potencies in a single one: the power team. Given the many peculiarities that distinguish players between them, tackling moral unity of action requires time and special concerns, the purpose mirroring the outputs and outcomes of the team. “

These words gather the substance from reality itself of daily physical movement, a reality that precedes the football as a performance sport. The fact that the systematic practice of physical exercise and sport should be extended to the entire youth of the country, from the earliest ages and continuing with students in high schools and schools of arts and crafts, or post-secondary schools and universities, or with the youth of companies , businesses and public institutions, people from the countryside, so that we have active participation in the field of movement education to maintain a state of psycho-emotional well and biologically, to grow and to have robust youth, fully physical and moral healthy, all these would allow more efficient integration of the multiple requirements of modern and postmodern society. It is quite important to have a strong basis of selection for performance sports and, consequently, for playing football.

In this context it is good to appreciate and support the contribution of physical education and sport to youth training according to the requirements and demands of modern life. This objective is even more valuable if you mention that increased strength indexes, skill, speed and strength, along with mastering a set of multilateral driving skills, ensure, if necessary, a more rapid adjust of young people in different professions and an effective integration into economic activities, in society, mass sports movement, in performance sports, especially football, since it is the most common and easiest sport.

Research purposes

Formation of team moral unity and action should not be seen as a stage objective (usually the last part of the establishment of sports form), but permanent. There is no limit of perfection in this respect. Solutions that converge towards that goal are numerous:

1. creation of games training situations to highlight individual contribution to the collective effort;
2. engaging the entire staff in providing a special effort, focusing on intensity and complexity;
3. tactical skills training, stimulate players' interest and movement to acquire tactical schemes.

Research hypothesis

We often encounter situations where some players with initially observed individual qualities do not acquire expected perfection because of excessive individualism, or, conversely, to lack of personality in times when the game would require, continuing to practise exclusively the collective game. These extreme cases are due to a lack of consistency in the methods and means used in training and due to delays or lack of persistence in measures. Here is where we should intervene in choosing those new and modern methods, to lead us to strengthen football team cohesion, its moral and action unity, the valuable and spectacular performance of the players.

Research Methods

Given these considerations, we suggest two methods that can interfere with training games:

- a) Introduction of rules and tasks covering the basics of collective game.

Strict application of the rules must not make the game different, to deflect it all, but to improve it especially where there are persistent bad habits of players following a poor conception of the game.

Both rules and tasks particularly stimulate conscious activity of the players, channelling and coordinating efforts towards greater efficiency, to victory. In this respect, Ion Ionescu, the Romanian well-known football coach, said: "The formation of moral unity through play is

performed while the activity of each player is indicated when known individual tasks for carrying out the common idea”.

b) Creating handicap situations in training games through: numerical relations of inferiority; gap forces, individual value gap, disability score; disabled on training conditions.

For the method to have the desired effectiveness on psychological components there are required:

- establishment of effort to be made by the player;
- exercises, complexes, programs must be made so as to be within the upper limits of application.

Related to this, players need to take a proper group work attitude that will also boost those involved with some reservations or who run totally mechanically.

In determining the manner of a team game, the main objective is to resolve collective and organized nature of the game. It is a goal as difficult to accomplish as it is difficult to maintain and improved. “The determination to implement a whole series of tactical measures is a complex process in whose solving are critical - most times - coach competence and value, and responsiveness of players involved in this process,” concludes Professor Viorel Cojocaru on this issue in his research- “Strategy for junior high performance football training“.

As deficiencies are to be highlighted the following:

a) small number of tactical skills or the exceeded existence of tactical skills. Without thorough assimilation of a bag of skills needed to act on the ground that consistently generate effective game on the plan of attack and defence, we can not hope to obtain valuable results.

b) existence of a few tactical skills decreases overall quality team game, punctuates players’ actions, reduce entertainment, while increasing the importance of the “chance” to obtain a favourable result.

To illustrate, from defence phase, improved significantly in recent years: actions muster team after losing the ball, followed by congestion in the danger zone of the gate, do not provide sufficient safeguards to avoid opening. The speed ??of succeeding actions, the increased number of players that attack, using increasingly confusing combinations, is only a few factors that give an obsolete character to the means of defence mentioned.

To be present to operate creatively, players must defend accustomed to when to make things more and more efficient, namely: performing rapid or slow retreat, deliberately playing to the needs imposed; simultaneously marking action, so the opponent to have to cross several opposition ways to reach situations to completion; increase safety in more advanced areas of land in order to recover and entry into possession by taking risks.

Because it is one side of the preparation which involves painstakingly, interruptions, corrections, reversals, complex effort, some players are retained and do not properly participate in this activity. Hence the decrease in team play. Knowing this, the first requirement is to bring the players able to participate actively, to bring players in optimal condition for tactical work, create optimal responsiveness to the theme that is practised. Of course, an important requirement is to prepare all the requirements for the purposes of training that sets such a purpose. We refer to intuitive materials, auxiliary equipment, vests of different colours enough balls and, of course, to work quietly.

Regarding the training itself should consider the following issues: tactical work to be done on the merits of rest, players' nervous balancing, release their possible nervous tension created by the last game, check players during training by free practice, unhindered combination, scheme or manoeuvre in question; leadership training as dynamic as possible, with examples, demonstration, permanent correction with alternating analytical work at global, accurate indication of the role that each player must meet in that collaborative action, of how they can help to increase efficient action.

Constant team formula is a much demonstrated prerequisite for a successful game, to achieve favourable and valuable results. "Impossibility of the use of all or part of players at certain times in which we add additions or reduction of the lot are objective reasons that can disrupt the game", state the teachers Buşe I. and S.D. Ogorescu in "Football synergistic." The effects of these conditions are proportionate tasks of the players that had to be replaced. Based on those facts, the situation itself is a condition of actual training that requires special methods and means.

The first requirement that emerges is a deep analysis of the game by all components. We refer to theoretical knowledge, but also to the

actual from the field. To that end, among the players there should be no differences, a preparation of “owner” and another for “book”.

Regarding the organization of training, it is clear the need for dividing the lot of players not only strictly on compartments. The players should be divided on sharing their game profile, after near tasks they have to perform and exercise appropriate means is a requirement that must be given careful attention. Some criteria that may underlie such division team would be:

- players involved in making mark (midfielders and defenders);
- players involved in building attack (goalkeepers, defenders, midfielders, forwards);
- players involved in surprising quick actions of attack (lateral defenders, midfielders).

Conclusions

In the process of training especially during precompetitive and competitive periods it is a priority to develop good combined driving qualities typical to football game as an effective means of modelling competition training in specific applications; therefore there are proposed four workouts during precompetitive period and three during competitive period within a training micro stage.

By such means we get to what we wanted, to moral and action unity of a team, an extremely important issue in obtaining success on any level of competition, eventually obtaining the expected performance.

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