

The Underpinning of Technical Training of Talented male Football athletes From 11 To 12 Years Old After A Training Year

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ABSTRACT

The aim of this was to underpin technical training in football players 11-12 years old. For improving technical skills in football players, sixty three talented male Vietnam football players 11-12 years old have participated in this quasi-experimental study. After modifying the complex of technical tests by our research group, the technical training was underpinned due to their mistakes in technical skills. The quality and quantity of techniques were improved after designed technical training in this age.

Key words: Technical Training–Football Skills–Football Players–Children

1 INTRODUCTION

The player's technical skill base is the technical preparation, the level of the most effective and entertaining decisions of the game (Menz HB, 1998; Rebelo A, et al. 2013). However, the demand for technical training varies with age and gender. Programs must be tailored to their needs and capabilities. These considerations vary with the stage of development, the level of exercise and the willingness of the player to progress to the next training step.

Football training is understood as a systematic development of each component, depending on the preparation time leading to maximum effectiveness in children in selected sport discipline. The basic problem is the lack of an appropriate test to measure technical skills in football players aged 11-12, as well as the low level of technical training. In recent years, the theoretical and methodological foundations of the reserve system for professional football have been developed (Shea C.H, et al. 2001; Ramírez-Campillo R, et al, 2015). Although researchers have documented the practice profiles of football performers, they have contributed to our perception of investing significantly the time and effort required to achieve great results. (like practice architecture), there is still a lack of knowledge of the specific practices that players perform on the path of

excellence; (Manolopoulos K, et al, 2016). In particular, research is required to identify "what" and "how" of practice (Hosseini Khezri SA, et al. 2018) and which practices can be more effective in 11-12 year old football players.

2 MATERIAL & METHODS

Two football teams from Ho Chi Minh City-Vietnam were a test group (N = 31, height 157.66 ± 7.15 cm, weight 44.67 ± 5.41 kg) and control group (N = 32.) height 159.23 ± 5.25 cm, weight 46.71 ± 6.32 kg) is the subject of this study. They took part in the Ho Chi Minh City Youth Prize to evaluate technical skills. It is a prerequisite that the player is not injured at the start of the project.

Collect data according to our designed engineering tests (7 technicals tests). All technical training courses are provided during the 12 week training sessions we provide after testing in October 2017. Technical exercises are designed and implemented in a rigorous manner. Easiest to says. Football players have warmed their bodies up before exercising. In the training phase of the study, different aspects of technical and physical training (related to football techniques) are provided by our team and coaches to improve all Technical skills in football players 11-12 years old.

The set of exercises was provided for football players at this age after testing (September 2017). This exercise begins from easiest to difficult for performing and learning skills more efficiently.

Physical training were performed every week to improve the implementation conditions associated with controlling body and head. Eye-hand coordination exercise should be performed with close eyes and then throw the ball to air. After throwing open the eyes and control ball by hand with open eyes. Throwing the ball after closing eyes can improve mistakes which are related by failure of prediction of ball (HosseiniKhezri SA, et al, 2018). Rolling a ball is good for coordination and one kind of eye foot coordination. Practice throwing and rolling objects (balls) at a target. For improving coordination, we can make change in distance of zone or target.

Catching a ball with your hands, a glove or lacrosse stick is a good exercise for improving their coordination. They could also catch other things like a Frisbee. Balance + fast footwork is the sequence of high-speed jumps landing on the right and left foot in circles placed on the ground, receiving the ball and doing a slalom around poles and making a long aerial pass. In controlling body exercise, 12 players should be in a 15×25m square and try to throw ball to each other and then control ball with body. In the other type of controlling ball consecutive in space, every player should have a ball (HosseiniKhezri SA, et al, 2018). They must kick to ball sequentially. They should begin first from: right leg, right hip, right shoulder, left shoulder, left hip, left leg. Controlling ball with chest and body was provided to improve controlling body and record the best scores in this technique. Controlling head exercise was provided for specially controlling by head. Physical and technical aspect of training could get better in this technique. In this exercise, two players should be in front of each other. One player should throw the ball with hand and opposite players must control ball with Head. Distance between players which are in front of each other should be 5m. After 10 attempt players position should be change. Controlling ball with long passing and Juggling with controlling are two mixed exercises for the end of training (HosseiniKhezri SA, et al, 2018).

In the juggling with pass, players juggle inside playing area (every other touch must be with weaker foot). On coach's command players settle the ball with their weak foot and dribble until coach says "Juggle!" again. Player whose ball goes out of bounce does 10 squat jumps. Receiving ball while dribbling and change speed and direct according by situation are important aspect of dribbling. Football players at this age should perform different type of dribbling by different size of ball. Zigzag running is the first exercise which should be provide at the first stage of training. Coaches was Set up cones in a zig-zag formation. Players should perform one by one. Running with changing speed and direction is the main aspect of dribbling skills in football players 11-12 years old. Most of players at this age have limitation to perform dribbling because of it. Set up cones as a square and player have to running without ball around the square. Running with ball by inside and outside of foot was performed after 6 weeks of training program. This training is similar to dribbling in real match situation. Each player running as quick as possible with inside and outside of foot around the cones with ball (slalom part). Kicking with different type of

passing by making different zone and distance (short pass 5m), (middle pass, 15m), (long pass or high distance pass, 35m), pay attention on targeting,

Using different level of passing practice such mixed passing and shooting, Short passing with inside of foot, Passing with wall every day one by one or by group and Imagery practice are the most important approach to improve their ability in passing. Shooting and passing are in the same basically of skills. Group exercises and personal exercises can implement in every section of training program. Shooting exercises must be under consideration real condition of match. This can make players more success in the competition. Physical training can also be one of the exercises in shooting. Targeting by hand exercise (Throwing the ball to zone like basket to increase targeting skills) was designed at the first part of exercises period. The main aspect of shooting is targeting on zone. For improving this, we would design training which are easy to do. Kicking ball to one zone can perform after targeting by hand. Try to kick the ball in static position to goal is the aim of this exercises. The place of kicking should not be mentioned at first time. After some training section they should change the distance of zone.

Two times of testing were performed in pre and post technical exercises program (pretest=May 2017, Post Test=May 2018), (Thuc D.C, 2018). The set of technical tests performed in pre exercises to measure technical level and replicated after exercises period. The tests were administered outdoors on a playing field. The players warmed-up in the usual manner before a practice session (stretching and jogging), and also as short time rested between tests. One professional football coach has supported and followed all test. The following tests were modified by ours and performed in this study.

Statistical analysis, all the results are reported as means ± standard deviation (SD). To establish the levels of technical preparedness, level indicators for each indicator using the value of the normal of the deviation equal to $\bar{X} \pm 2/3 \sigma$ (Malina RM, et al, 2005).

Paired T test was calculated difference between two times of technical skills (pre and post exercises). Results were accepted as significant at (P=0.05). Group size and statistical power were estimated using SPSS 20.0 (Thuc D.C, 2018).

3 RESULTS

Descriptive results for the seven variables studied after exercises period are presented in Table 1 . The results from the t tests showed how the exercises (12-week periods) were statistically significant in any of the models obtained (all $p > 0.05$). The other fixed factors revealed significant differences of controlling body (0.001; $p < 0.05$), controlling head (0.000; $p < 0.05$), running without ball (0.013; $p < 0.05$) and running with ball (0.000; $p < 0.001$); passing (0.000; $p < 0.01$), shooting accuracy (0.023; $p < 0.05$), and shooting (0.903; $p < 0.05$). Table 1 shows the descriptive and T tests results in football players.

The result of above table shows that, there is no significance differences between shooting before and after exercises (sig = .903, p<0.05). The descriptive analyze of this variable also was not increase by training. Pre exercises (11.8 ± 4.4) and post exercises (11.8 ± 4.7). However, shooting accuracy (coach selected) was improved after technical exercises. Pre exercise was 2.15 ± 1.5. After exercises was 3.14 ± 1.23. There was significance differences between two stages of technical training (sig=.000).

Table 1. The paired T test and description result of technical skills in football players 11-12 years old (EG).

Tests	Pre Ex-ercises		Post Ex-ercises	
	M	SD	M	SD
Control of the ball by any parts of the body, except hands (times)	71.54	49.12	116.44	71.45
Control of the ball head (times)	10.13	4.55	11.22	6.14
Running with the ball (dribbling), (sec)	11.02	0.86	10.06	0.79
Running without a ball, sec (dribbling), sec	8.23	0.08	7.89	0.43
Ball transfer for accuracy, points	1.53	0.71	3.28	1.13
Kicking on accuracy on goal, points	11.82	4.42	11.78	4.67
Kicking on the accuracy of the gate zones, scores	2.21	1.45	3.09	1.24

Table 2. Results of technical preparedness of football players 11-12 years before and after the experiment (M ± SD).

Technical aspects	Experimental Group		Control Group	
	Be-fore EXP	Af-ter EXP	Be-fore EXP	Af-ter EXP
Control of the ball by any parts of the body, except hands (juggling), number of times	71.54 ± 49.12	116.44 ± 71.45	121.76 ± 107.32	139.56 ± 120.19
Control of the ball head, number of times	10.13 ± 4.55	11.22 ± 6.14	10.51 ± 5.45	12.42 ± 5.46
Running with the ball (dribbling), sec	11.02 ± 0.86	10.06 ± 0.79	9.71 ± 0.79	10.56 ± 1.07
Running without a ball, sec	8.23 ± 0.08	7.89 ± 0.43	7.12 ± 0.45	7.63 ± 0.32
Ball transfer for accuracy, points	1.53 ± 0.71	3.28 ± 1.13	2.03 ± 0.71	2.65 ± 1.09
Kicking on accuracy on goal, points	11.82 ± 4.42	11.78 ± 4.67	10.28 ± 3.78	13.21 ± 4.15
Kicking on the accuracy of the gate zones, scores	2.21 ± 1.45	3.09 ± 1.24	2.07 ± 0.91	3.65 ± 1.13

Most of football players have improved technical skills after exercises which are prerequisite for football players 11-12 years old (Table 2).

- a) Test 1: Shooting at the accuracy of the goal
- b) est 2: Shooting on the accuracy of the gate zones

- c) est 3: Running with the ball (dribbling)
- d) est 4: Running without a ball
- e) est 5: Passing to the ball by accuracy
- f) est 6: Control of the ball by any part of the body, except hands (juggling)
- g) est 7: Control of the ball head

4 DISCUSSION AND CONCLUSION

Thus, the level of technical preparation of the players of the test team has improved significantly after the test. The number of players demonstrating the high level of preparation in the implementation of the main components of technical skill has increased in ball control by body and head, passing ball, dribble speed and impact on the gate area.

Statistically, the running speed of the dribbling track has no shadows and attacks on the guarded ports are at least unchanged. But if the runtime improvement without the ball is not included in our research tasks, then the work on the accuracy of the shots on goal must be continued.

This study shows that the level of technical preparation of male football talents in Vietnam aged 11-12, the test has improved significantly after the test. This study is similar to that of ([1-8] HosseiniKhezri SA, et al, 2018).

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