

Observations regarding the speed development of football players aged 12-14 years

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Abstract

Background. We added to the training of 12-14 year old football players some athletic methods with the intention of raising the level of general and special physical preparation of juniors and in turn leading to a better assimilation of the technique and structure of running, which are so necessary for football players and, especially for the development of the speed, expressed both in objective indexes specific to athletics (time, distance), and in the game of football.

Aims. To establish the specific physical preparation of young football players as well as to measure the efficiency of using athletic methodology during football players' trainings.

Methods. This study was initiated two years ago and its subjects are the 22 players of the FC Bihor C junior team. The research methods used were observation, tests and experiments. The tests comprised development in the speed of racing 30 and 50 m distances and also in the speed distance of 4 x 10m which is specific to football.

Results. With regard to the speed in the 30 and 50 m distances, a considerable improvement of the time ($p < 0.05$ or $p < 0.01$) between the initial and the final testing was obtained. We observed the same progress with the speed that is specific to football (4 x 10 m).

Conclusions. The team that used during their training some athletic methods adapted for use in football made considerable progress in all three distances. The correct assimilation of the running technique can contribute to the increasing of the quality of the training process, determining the improvement of physical preparation and providing the foundation for perfecting technical and tactic skills.

Key words: training, juniors, physical preparation, speed.