



THEORETICAL ISSUES OF THE PERFORMANCE IN FOOTBALL

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Abstract

Performance in football is determined by several factors that are closely interrelated and interdependent. These factors are variable depending on the level of training and performance.

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Performance in football is determined by several factors that are closely interrelated and interdependent. These factors are variable depending on the level of training and performance. Prior to analysis is necessary to clarify the concept of performance .

Performance is defined as the result obtained by the practitioner in performing a given task, seen, measured and evaluated by himself or by an observer. Athletic performance is a valuable result, individually or collectively, obtained in a sports competition and expressed in absolute numbers after official sites system or the place in the ranking (Dragnea A., Mate Teodorescu S., 2002).

1. Predisposing factors and priorities in football game

The continuous improvement of the strategies and selection methods – this is the first study phase of a the entire complexe using simplified models; these models developed in order to identify and train the future performance players are corroborated with the forecast about results which can lead to high performance. The strategy of selection and the selection should not be reduced to the early detection of children with special skills, but should also includes the next stage in initiating football (8-10 years). The whole strategy of selection, seen as a dynamic system, offers from stage to stage a good quality to the whole process, increasing its effectiveness .

The increase of the working volume in trainings – is primarily determined by the needs of quantitative accumulation, but is imposed by the increasing number of technical and tactical actions in modern football, which involves dynamic growth of the game and hence the intensity of effort .

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A closely connection between the containing and methods of the training and the requests of the modern football – the main solution is to adapt the exercises as much as possible in all periods of the training, according to the competition calendar. Currently it highlights a substantial increase of the specific training inside the general preparation plan. The general training has a greater role in the first phase of the preparatory period as a part of active preparation, followed after 2-3 weeks by a clear specific training period. It is noteworthy that in training of the children and juniors, general character methods play an important role, which decrease to the high performance athletes.

The increase of the effort intensity in the training lessons – increasing the number of technical and tactical actions both in attack and in defense, carried out in a quick tempo, determines the same character to the training as well. (Mănescu, C.O., 2008)

The amplification of the social echo regarding performance sport – the phenomenon is caused by at least 3 factors:

- enhancing the social importance of sport as a means of relaxation and entertainment, but also to combat the sedentary lifestyle
- modern man's natural desire to compete with others and to surpass himself on all levels, therefore physically
- sport as a profession and obtain substantial financial income

The scientific leading of the trainings – scientific aspect of the entire process of preparation must be done in an unitary form system - biological, methodical, psychological, hygienic and organizational within an interdisciplinary research, operational etc.

The management of the trainings – the stakeholders involved in the training management and strategy. From the subject arrives to coach some information (with feedback role) regarding:

- his attitude towards work
- data about the activity itself: the volume and intensity of training, errors manifested, how the work is organised etc.
- data about the immediate effect of exercises materialized in heart rate, breathing, and blood pressure.
- data highlighting the cumulative effect of the training, like technical skills, artistic aspect of executions, or the motric skills

For directing of the educational process, the most important are the indicators regarding the reactions of player's body functions in the efforts undertaken to the lessons and different types of macrocycles. Therefore is necessary to carry out a



regime of work and rest to ensure necessary and complex conditions to body toward planned adaptation. (Mănescu, C.O., 2010)

2. The contribution of an external and internal factors for the improvement of the instructive process and football play

The contribution of the club leading and technical staff – the club management role is mainly to ensure and improve the material conditions of the training process, and to solve problems related to the administrative official games (home, travel, domestic and international)

The quality of the human element – depending by the biometric potential, mental, technical and tactical skills of the players, can be specified the game design and preparation, performance and training objectives, means of implementation, the renewal and strengthening of the team. Factors influencing the player's training are: the native talent, technical and tactical skills level, fitness, education, lifestyle and diet, attitude towards parents and friends, extending previously acquired qualities (Cernaianu, C., 2001).

The skills of football coach can be grouped into 4 categories (Stanculescu, V., 1982): general skills (general intelligence, sense of observation, learning ability, capacity creation), special skills (communication skills, diplomacy, organizational skills), traits and temperaments of character (high principles and fairness, initiative, sense of responsibility, sociability, ambition, self-control), knowledge (general culture, specialized basic knowledge about specific training, knowledges about management, knowledge of foreign languages).

The place for the trainings and football plays – generally for well prepared teams with confident players in their capabilities, this factor did not influence too much their play on the ground.

The quality of the playing and training field – regardless of age and level sporting value, the pitch quality is an important factor favoring the educational process and quality performance. Ensuring, first of all, the physical integrity of the players, a well built and maintained field can stimulate the play, can protect against potential injury, but more importantly for coaches, can bring a superior and clean technic to the players.

The rivals – can become both favoring and disfavoring factors for the team. Favoring can be considered the valuable opponents on all training components, so superior to our team, provided an open game conduct, modern, total commitment but in complete sportsmanship. An opponent may have a negative influence through the various administrative or psychological kind of pressures.



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