



THE ROLE OF THE PHYSICAL TRAINER IN DEVELOPING A PHYSICAL CONDITIONING PROGRAM

Cătălin Octavian MĂNESCU¹

Abstract

Modern football of ourdays requires players with exceptional physical capacities, especially strenght, power, endurance, speed and flexibility. The physical trainer must study the role and characteristics of each player with intelligence and expertise, establishing a specific program for each one individually, applying all his experience in a physical program based on intense activities and necessary resting periods.

Keywords: *physical trainer, football, physical training, key factors, role and responsibilities, physical preparation programs.*

JEL classification: I12; I23

1. Introduction

Physical training was and is the starting point that provides support for all other components of sports training while ensuring the development of the game of football, although it was not always given due attention (Mănescu, D.C., 2013).

In the first decades after the appearance of the game, we could not speak about conducting physical training, the players were only based on physical qualities with which they were endowed by nature and improve some of them during games and by game.

Over the years, the physical preparation of football players was improved, reaching that, currently, the improvement of the physical abilities to be a truely obsession of all coaches working in football performance.

In actual football, when a player is pressured by lack of space and time, marked severely by his opponents, players can only meet the requirements of „total football” only by possessing speed, strength, power, skills and endurance at the highest possible level.

At this point we can really understand the role of the physical trainer in sports, generally, and in football, particullary. He is the one who is responsible for the development of the necessary physical capacities to allow the players to achieve high performance.

¹ The Bucharest University of Economic Studies, ctln_manescu@yahoo.com



2. The key factors to consider when preparing a physical condition program (T.Goncalves, 1998)

The major and most important factors are:

- increase the capacity of the respiratory system;
- increase the volume of blood pumped by the heart to the circulatory system;
- hypertrophy of the necessary group of muscles;
- strenghten the necessary group of muscles and their relation to tendons and ligaments;
- decrease the presence of the lactic acid in the muscles during and after the football activity.

In order to create a total training program to develop the high performance abilities of the football player without jeopardizing his health, one of the most important role of the physical trainer is to analyze the following factors:

- the interaction of the physical conditioning program with the technical and tactical player development supported by the psychological aspects;
- evaluate the year planning constantly to make sure the final goal or the different objectives are still the focus of each member and especially the group;
- evaluate the comportment principles of each player and make sure the priorities of the group (fun, development and success) are still in order;
- organize the program and the specific training for each capacity based on frequency, intensity and volume of the activity;
- always have in consideration the motivation factor. The variants to analyze are:
 - a. the physical capacities of each player ;
 - b. the health of each player and the conditioning to stay free of medical problems and injuries ;
 - c. the possibility of receiving the appropriate training related to the weather and location.

Along with these factors, a good physical trainer has to supervise three more aspects as important as the others :

1. rest – players must allow themselves a period of rewcuperation between and after training sessions. Lack of rest can interfere in the quality of the play because of the increasing level of stress and emotional pressure ;
2. nutrition – players must have a balanced diet based on nutrients important to the daily balance the body request in order to perform necessary activities. These nutrients are vitamins, salt minerals, proteins, carbohydrates and fat;
3. weather – avoid work on excessively hot or cold days.



3. The role and responsibilities of the physical trainer in sports training

- a. planning, educating, directing and supervising the physical conditioning program of the players related to the general training schedule of the week, month and year;
 - b. planning, educating, directing and supervising the warm-up during the training sessions and before the match;
 - c. assisting the technical director when requested during the technical and tactical sessions;
 - d. establishing and orienting special physical training programs for the injured players, on conjunction with the medical and the physical therapy department;
 - e. providing a summary of the weekly activities, establishing better supervision in each player development;
 - f. giving opinions about the importance or not of the quantity and quality of friendship games at regional, national or international level;
 - g. keeping a control record with all the data and information that could be important to the development of the activities and the next years planning;
 - h. organizing and directing physical evaluations of the players;
 - i. attending seminars, courses, symposiums and secure licenses that could introduce new techniques, systems and methods of training;
 - j. providing the players with their results in physical evaluations and game performances and always warning about the problems with their off the field behaviour that could interfere in their general physical condition.
- (J. Mazzei, 1998)

4. Conclusions

The role of the physical trainer inside a football team is very important, as he is the one who handles the specific physical preparation of the players ; he has the role to support the technical staff to determine the type of effort that fits the physical training; his work begins with the evaluation process of the player and interferes with the training program; his involvement is present in determining the type of specific effort with the ball, in determining the type of effort involved in certain exercises, in framing work exercises in a category of effort, either in terms of collective or individual point of view, establishing the macro, meso and microcycles of training program.

His team position in the club is to be found somewhere between the coaching and medical staff; he is the one that collects medical informations, interprets them in relation to the athletes resources and processes them through specific training methods.



There are no magical formations that can transform ordinary players into great players or change a weak team into a dominant team. No trainer, no physicians and no system of play will work effectively if the team is stocked with inferior players, whereas virtually any formation can succeed with superior players. So, although the system of play provides structure and defines a starting point for team tactics, it should never be the primary focus. *Individual player development is and always will be the most important ingredient for success on the football field.* (Luxbacher, J., 2005).

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