

GENERAL ASPECTS REGARDING THE IMPORTANCE OF GOALKEEPER TECHNIQUE IN FOOTBALL GAME FOR CHILDREN AGED 12-13

Tatarcan Cătălin-Andrei
Secondary School of Mitocu Dragomirnei

Key words: goalkeeper, skill, training, development, technique, test

Abstract

As a result of the application of specific exercises to the goalkeepers, detailed below, we noticed an improvement in the technique specific to that position (goalkeeper). We used elements and technical procedures for catching, diving and throwing the ball specific to goalkeepers. The study shows that the efficiency of the goalkeepers in the target group is higher, the number of goals received after the test being lower than those in the control group. The children subjected to the test are players from the *Luceafărul Bucovina Club*.

Introduction

Technical training means all the methodical and organizational measures established in the training process, in order to acquire the technique specific to a branch of sport [1]

In football, technical training is a basic component of sports training and it is the activity of learning, consolidating and improving the specific procedures for handling the ball. Quality technical training requires continuity and progressiveness as well as the application of age-appropriate working methods. [2]

The level of technical training depends largely on the initial level and on motor skill experience of the player. This also leads to appropriate methodological measures so that, for beginners, the training process will seek to achieve, in subjects, a very broad motor skill basis. [4]

Due to the specific importance of the position, the goalkeeper's game is a technique with certain peculiarities determined by the fact that, unlike the field players who are not allowed to play the ball by hand, the goalkeeper can do this. [2]

Currently, in football, the goalkeeper's tasks and technique have become much more complex. It is recommended that the goalkeeper have a very good footwork and be able to play the so-called libero position (shortstop). [4]

Goalkeeper' specific technical elements and procedures:

Fundamental position - is the placement of the goalkeeper according to the position of the ball on the field, which gives him the most convenient possibility for catching, boxing, deflecting or for executing an exit from the goal. [6]

Move around the court - this includes all forms of movements in the football field, such as walking and running, but also jumping, falling, lifting (depending on the game situation). [3]

Catching the ball- Catching the ball with the legs outstretched on the same line (parallel), sitting on one knee, catching the ball coming from the side, without diving, catching the ball at knee height, without diving, catching the ball coming at the height of the abdomen, without plunging, catching the ball coming to the height of the chest, catching the balls with high trajectory, catching the ball in the plunger. [5]

Ball blocking - ball boxing, ball deflection

Putting the ball back into play - putting the ball back into play by throwing from below, putting the ball back into play by throwing it over the shoulder, putting the ball back into play from the side throw, putting the ball back into play with the foot [6]

Methods-materials

The methods used to write this article are the study of the literature, the experiment method and the observation method.

As a result of applying the test, we noticed an improvement in the technique of the target group. The exercises used in the experiment were applied to the goalkeepers in the target group, children aged 12-13 years. The experiment shows that the efficiency of the experiment group is higher than the control group, children in the experiment group receiving fewer goals than the control group, which determines that the technical exercises specific to goalkeepers improve their activity.

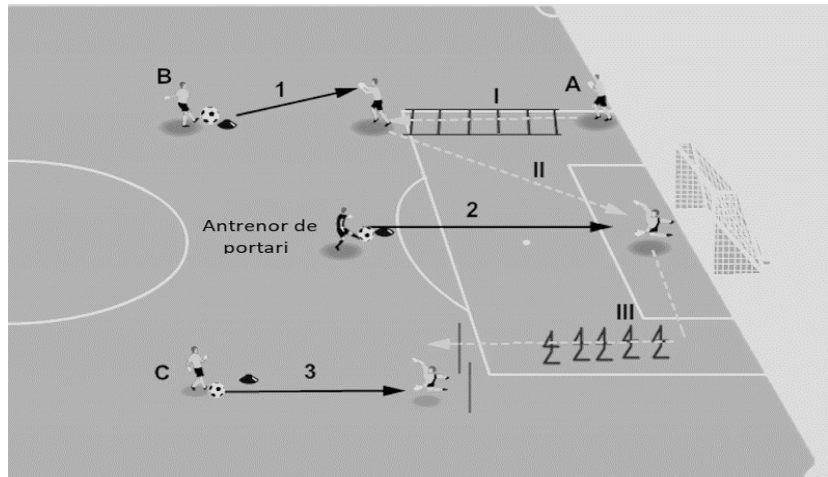


Fig.1

The materials are placed as shown in the figure, the goalkeeping coach and also goalkeepers B and C will have in their possession a ball. Goalkeeper A performs variations of exercises on the speed scale (I) after which goalkeeper B shoots the ball at the socket (1). Then goalkeeper A runs to the big goal (II), the goalkeeping coach shoots his ball (2). Finally, goalkeeper A jumps over the fences (III) and goalkeeper C shoots the ball to the side dive (III). The goalkeepers will change their places in alphabetical order, the goalkeeping coach stays in place.

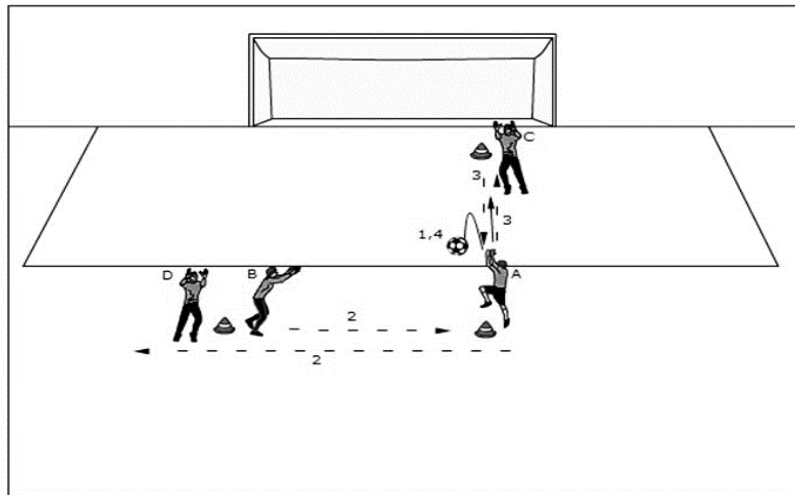


Fig.2

The objective of this exercise is to improve the technique and agility of goalkeepers. The exercise contains different forms of reactivity to make them faster and ensure a correct technique in terms of specific technical elements of the position. 4 goalkeepers (A, B, C and D), 3 cones placed

in the shape of the letter "L", at a distance of 6 m from each other, 1 ball. Goalkeeper A throws the ball up (1) to B, so that he can run and catch it, while B runs (2), A runs (in different forms) in point D (2), B must catch the ball before it touches the ground, once B holds the ball, he must throw it to C (3), then B follows the throw and runs to point C (3), while goalkeeper C picks up the ball and takes B's place (3), C restarts the process by throwing the ball up for D (4).

The test applied to both the control group and the experiment group

The player in action drives the ball about 20m and shoots at the goal from outside the box in different ways: simple driving and then completion, the player throws the ball and hits it from the volley, the player with the ball performs a few holds, then ends either from the volley or from below after taking. The number of goals scored by the goalkeepers in the target group as well as in the control group is counted. 12 shots are fired at each goalkeeper.

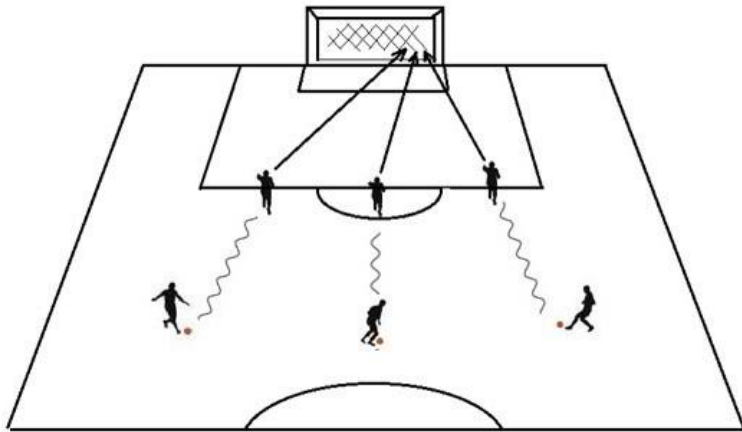


Fig.3

Name / Surname	Initial test	Final Test
B.S	7	4
I.D	7	5

Goals conceded by target group

Name / Surname	Initial	Final
----------------	---------	-------

Surname	test	Test
V.I	7	9
T.C	8	8

Goals conceded by control group

Conclusion

As a result of the study, the technical exercises that were applied to the target group demonstrate that their effectiveness is greater. Players in the experiment group have a better percentage of goals than the control group. The exercises used in the experiment and applied to the target group, improved the actions of the goalkeepers during the test.

References:

- [1] APOLOZAN, D. (2010) Fotbal 2010. Federația Română de Fotbal,
- [2] DRĂGAN A. (2006) Fotbal pentru juniori, Ed. Valinex, Chișinău
- [3] DUMITRESCU GH. (2006) Fotbal: tehnica jocului, pregătirea tehnică, Editura Universității din Oradea
- [4] GHEORGHE G. (2012) Mijloace pentru însușirea tehnicii jocului de fotbal, Ed. Universitară
- [5] IONESCU, I. V. (1995) Fotbal, tehnica și tactica jocului. TIMIȘOARA, Helicon
- [6] MOTROC I., MOTROC F. (1996) Fotbalul la copii și juniori, Editura Didactică și Pedagogică, R.A. București