

## 105 - THE INFLUENCE OF SPORT INITIATION OF SOCCER IN MOTOR DEVELOPMENT MALE CHILDREN AGED 11 TO 13 YEARS.

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### INTRODUCTION

According to Souza (2005) cited in Souza (2008), human development is an area of study that aims to verify and understand all the changes and all the processes of human behavior throughout their lives, from conception to his death. Researchers from different fields are engaged in a systematic knowledge about human development approaches to one or more aspects of development such as emotional-social, physical and cognitive or motor.

For Souza (2005), the division of human development in the aspects: physical, cognitive and sensory. And characterizes them as: Motor development refers to changes in body, brain, sensory and motor skills, cognitive development are changes in mental capacity such as learning, memory, reasoning, thinking and language, and, sensory development, changes that occur in relationships with others.

It is understood that motor development is the progressive development of movement skills, ie, the opening for the motor development is given through the behavior of observable movement of the subject. (GALLAHUE & OZMUN, 2001).

The development process has been through the phases of the movements: reflections, rudimentary, fundamental and specialized. And for each phase of motor development stages are indicated with corresponding chronological ages. The movements can be characterized as stabilizers, locomotor or manipulative, which combine the execution of motor skills throughout life. (GALLAHUE & OZMUN, 2001)

In this sense, it is important to practice a range of movement in relation to motor skills through physical activities (sports initiation) which enable the student to develop a number of motor skills.

The evolution of motor performance in childhood and adolescence is strongly linked to the growth and maturation. Because of this interdependent relationship, in the assessment of motor performance should be considered the aspects of physical growth and the biological and chronological ages (Bohm, 1999). These factors can exert influence in sports training courses.

In the process of initiation of sports, we find young people of different maturational stages within a group training or competitive category, which might encourage earlier in the process of biological development, and could discourage others later.

The early morphological growth probably offers important advantages both in life and in sport. However, the implications of maturity to the performance measures still require further investigation. To Barbanti (1996), Bloomfield, Ackland & Elliott (1994) Among the variables of motor performance, muscle power and agility are often cited as key features in sports that require large accelerations and rapid changes in direction of motion. This requires a better understanding of the factors that influence these characteristics during the formation of sports.

In this study of male children aged 11 to 13 years, the goal was to assess the influence of sports initiation of soccer in the motor development of these children through motor skills that are characterized as the basis for the development of team sports.

According to the classification proposed by Fleishman apud Schmidt & Wrisberg (2001), he grouped the wider motor skills by labeling them "perceptual motor skills" and "physical proficiency abilities" in this study were evaluated only three capabilities Group capacity Proficiency Physics, they are:

Motor speed - is a physical quality in human movement, the ability to perform in a minimum of time, motor actions under given requirements.

Horizontal Impulse - is the ability to exert maximum energy in an explosive act of the lower limbs in the horizontal plane.

Agility - is an individual's ability to change direction quickly, accurately and without losing balance.

### MATERIAL AND METHODS

This study aims to determine the influence of activities and exercises soccer sports initiation in the motor development of male children, aged from 11 to 13 years. The total survey sample of 13 children was chosen deliberately as it was already practicing the sport in football Sport Initiation.

In the study variables were verified weight (measured in "kgf") and height (measured in "m") and to measure the motor skills of the study used a battery of motor tests, following the sequence: 100-yard speed, agility (SHUTTLE RUN) and long jump.

### SEARCH RESULTS AND DISCUSSION

This study sought to ascertain the influence of physical activity and exercise to initiation sport of soccer in the motor development of male children aged 11 to 13 years.

But there are some differences in the scores of anthropometric measurements and motor performance tests for each age group included in the age group from 11 to 13 years. Thus the results of the study were divided by age by checking the ideal score second Gallahue (2003) for each assessment.

Looking in general, children with higher chronological age reached values higher on tests of motor performance. However, these tests of motor performance of children aged 13 years did not show a balance in relation to the ideal score second Gallahue (2003).

You can check in anthropometric characteristics that occurred a parity in height and body mass among all children, save one exception, where a child has a very stout stature for age.

As for weight and height data were compared with measurements taken from the studies of Health and Child Development Department of Maternal and Child Health, School of Public Health at Harvard:

Height and weight - can be observed that in all age groups, children are in development stage more advanced than the average ideal.

Table : Height

Idade	Nº	Média Altura (m)	Média Ideal (m)
11	1	1.49	1.44
12	1	1.52	1.49
<b>13</b>	<b>11</b>	<b>1.59</b>	<b>1.55</b>

Table : Weight

Idade	Nº	Média Peso (Kgf)	Média Ideal (Kgf)
11	1	41	35
12	1	44	38
<b>13</b>	<b>11</b>	<b>50,7</b>	<b>42</b>

The data obtained in tests of motor performance (100 yards running, shuttle run and standing long jump) were compared with average graphics and great for every age group, as Gallahue (2003).

In tests of motor performance can be seen as an equal the average results ideals and the achievements of children tested. At the age of 11 to 12 years, the children met the same level or below the ideal score for the age groups in all tests.

In the age of 13 years, there was a division among the children studied and a differentiation between each test.

In the test speed of 100 yards, it was noted that 63% of children were able to finish the test with a score below the ideal score, 36% exceeded the ideal score.

In the Shuttle Run test: only 27% of children were below the ideal score and 55% exceeded the ideal score, getting 18% of children within the ideal score of the test.

At last the Horizontal Impulse: this test was the balanced 45% of children surveyed achieved a score below the optimal level, 45% were above the ideal score and 10% will attain the ideal score for age.

The average results of tests of motor performance of children divided by age group has observed that in all ages, the average was better than the ideal score for each test set, and this result corroborated by Lucatto (2000) when he argues on earnings through initiation sports for overall development of the child.

Table 3: Average of Motor Performances Tests

Idade	Nº	Média Velocidade	Escore Ideal Velocidade	Média Shuttle Run	Escore Ideal Shuttle Run	Média Impulsão Horizontal	Escore Ideal Impulsão Horizontal
11	1	15.1	16.9	11.1	11.3	1.62	1.55
12	1	14.9	15.8	10.9	10.9	1.66	1.61
13	11	14.4	14.7	10.7	10.6	1.81	1.81

In the study regarding the influence of sports initiation we can see that most of the children had to be in a more advanced stage of motor development. The idea that initiation may help to develop motor sports is advocated by Tani (1988) when he cites the successful development engine, is not dependent on the early uses of motor experiences, but the possibility of the amount of motor experiences lived, this goal that should be employed in sports initiation, leaving aside the immediacy of sports motor response.

### CONCLUDING REMARKS

Upon completion of this study, which aimed to verify the influence of sports initiation in the motor development of male children between 11 and 13 years can be seen in the sample studied, that the sport initiation can indeed influence the motor development. According to the data obtained by measurements and applications of tests that most children who practice a sport regularly, in case soccer, show significant gains in the development of motor skills.

By studying this influence on the motor development of children, we can set new goals for earnings in a variety of motor skills, but this should be spared the ideal of sport initiation, not putting methods inconsistent with the practice of sport leisure, recreational and rarely competitive.

When operated motor development of children realize that the sports (sports initiation) can be a help to the natural development of the individual. This practice enhances the experience of driving experiences for the child, ie, this practice is an opportunity to experience new movements of different engines of motor movements daily.

Finally it is noteworthy that motor development is dependent on the motor experiences lived by human beings, and any opportunity to experience new motor movements will result in gains, helping the motor development. It is then suggested that being exposed to and experience all the motor activities that the middle has to offer.

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#### THE INFLUENCE OF SPORT INITIATION OF SOCCER IN MOTOR DEVELOPMENT MALE CHILDREN AGED 11 TO 13 YEARS.

##### ABSTRACT

This study aimed to determine the influence of initiation in the sport of soccer motor development male children aged 11 to 13 years, by applying a battery of tests (100-yard speed, agility shuttle run and standing long jump) and verification of measures of height and weight. The total population was 13 (thirteen) children. After applying the test and verification of measures were obtained the following data: in anthropometric characteristics can be observed that the children are in development stage more advanced than the optimal (School of Public Health Harvard) and tests of motor performance, compared with average graphics and great for every age group as Gallahue (2003). The test of the speed of 100 yards, it was noted that 63% of children were able to finish the test with a score below the ideal score, 36% exceeded the ideal score. In the Shuttle Run test: only 27% of children were below the ideal score and 55% exceeded the ideal score, getting 18% of children within the ideal score of the test. And at last the Horizontal Impulse: this test was the balanced 45% of children surveyed achieved a score below the optimal level, 45% were above the ideal score and 10% will attain the ideal score for age. According to the data obtained by measurements and applications of tests we can conclude that the majority of children who regularly practice a sport, in case soccer, show significant gains in the development of motor skills.

**KEYWORDS:** Motor Development, Sports Initiation and Soccer.

#### L'INFLUENCE DE L'INITIATION DES ENFANTS SPORT FOOTBALL MOTEUR DE DEVELOPPEMENT DE SEXE MASCULIN AGES DE 11 A 13 ANS

##### RÉSUMÉ

Cette étude visait à déterminer l'influence de l'initiation dans le sport des enfants de football le développement des moteurs de sexe masculin âgés de 11 à 13 ans, en appliquant une batterie de tests (vitesse de 100 verges, course-navette de l'agilité et de saut en longueur) et la vérification des mesures de la hauteur et le poids. La population totale était de 13 (treize) enfants. Après avoir appliqué le test et la vérification des mesures ont été obtenues les données suivantes: des caractéristiques anthropométriques peut être observé que les enfants sont au stade de développement plus avancé que l'optimal (Ecole de Santé Publique de Harvard) et des tests de les performances du moteur, par rapport aux graphiques moyennes et grandes pour chaque groupe d'âge Gallahue (2003), Le test de la vitesse de 100 mètres, il a été noté que 63% des enfants étaient en mesure de terminer l'épreuve avec un score inférieur au score idéal, 36% dépassaient le score idéal. Dans le test de course navette: seulement 27% des enfants étaient en dessous du score idéal et 55% dépassé le score idéal, obtenir 18% des enfants dans le score idéal de l'essai. Et enfin l'impulsion horizontale: ce test a été le développement équilibré de 45% des enfants interrogés ont obtenu un score inférieur au niveau optimal, 45% étaient au-dessus du score idéal de 10% et atteindra le score idéal pour l'âge. Selon les données obtenues par des mesures et des applications de tests, nous pouvons conclure que la majorité des enfants qui pratiquent régulièrement un sport, dans le football cas, montrent des gains importants dans le développement de la motricité.

**MOTS CLÉS:** développement moteur, Initiation Sports et le football.

#### LA INFLUENCIA DE LA INICIACIÓN DEPORTIVA DE FÚTBOL EN EL DESARROLLO MOTOR DE LOS NIÑOS VARONES DE ENTRE 11 Y 13 AÑOS.

##### RESUMEN

Este estudio tuvo como objetivo determinar la influencia de la iniciación en el deporte del fútbol desarrollo de los niños varones de entre 11 y 13 años, mediante la aplicación de una batería de pruebas (velocidad de 100 yardas, PCN agilidad y salto en largo) y verificación de las medidas de altura y peso. La población total fue de 13 (trece) los niños. Después de aplicar la prueba y verificación de las medidas se obtuvieron los siguientes datos: en las características antropométricas se puede observar que los niños están en fase de desarrollo más avanzado que el óptimo (Escuela de Salud Pública de Harvard) y pruebas de el rendimiento del motor, en comparación con los gráficos medio y grande para todos los grupos de edad como Gallahue (2003), La prueba de la velocidad de 100 metros, se observó que el 63% de los niños fueron capaces de terminar la prueba con una puntuación por debajo de la puntuación ideal, 36% superior el puntaje ideal. En la prueba de autobuses de ejecución: sólo el 27% de los niños estaban por debajo del puntaje ideal y el 55% superó el puntaje ideal, obteniendo el 18% de

los niños en la puntuación ideal de la prueba. Y por fin, el impulso horizontal: esta prueba era el equilibrio del 45% de los niños encuestados alcanzaron una puntuación por debajo del nivel óptimo, el 45% estaban por encima del puntaje ideal y el 10% alcanzarán el puntaje ideal para la edad. De acuerdo con los datos obtenidos por las mediciones y aplicaciones de las pruebas se puede concluir que la mayoría de los niños que practican regularmente un deporte, en el caso el fútbol, se muestran avances significativos en el desarrollo de las habilidades motoras.

**PALAVRAS CLAVES:** Desarrollo Motor, Iniciación Deportiva y Fútbol.

#### **A INFLUÊNCIA DA INICIAÇÃO DESPORTIVA DO FUTEBOL NO DESENVOLVIMENTO MOTOR DE CRIANÇAS DO SEXO MASCULINO COM IDADES ENTRE 11 A 13 ANOS.**

##### **RESUMO**

O presente estudo teve como objetivo verificar a influência da iniciação desportiva do futebol no desenvolvimento motor de crianças do sexo masculino com idades entre 11 a 13 anos, através da aplicação de uma bateria de testes (velocidade 100 jardas, agilidade shuttle run e impulsão horizontal) e verificação das medidas de altura e peso. O número total da população foi de 13 (treze) crianças. Após a aplicação dos testes e verificação das medidas foram obtidos os seguintes dados: nas características antropométricas pode-se observar que as crianças encontram-se em estágio de desenvolvimento mais avançado que a média ideal (Escola de Saúde Pública de Harvard) e nos testes de desempenho motor, comparados aos gráficos e valores médios ideais para cada faixa etária conforme Gallahue (2003), No teste da Velocidade de 100 jardas: percebeu-se que 63% das crianças conseguiram acabar o teste com escore abaixo do escore ideal, 36% excederam o escore ideal. No teste de Shuttle Run: apenas 27% das crianças ficaram abaixo do escore ideal e 55% excederam o escore ideal, ficando 18% das crianças dentro do escore ideal do teste. E no último teste de Impulsão Horizontal: este teste foi o equilibrado 45% das crianças pesquisadas atingiram o escore abaixo do nível ideal, 45% ficaram acima do escore ideal e 10% atingirão o escore ideal para a faixa etária. De acordo com os dados obtidos nas mensurações e nas aplicações dos testes podemos concluir que a maioria das crianças que praticam periodicamente um esporte, no caso o futebol, apresentam ganhos significativos no desenvolvimento das habilidades motoras.

**PALAVRAS-CHAVES:** Desenvolvimento Motor, Iniciação Esportiva e Futebol