

87 - CONTRIBUTIONS REGARDING THE DEVELOPMENT OF THE SPEED OF MOVEMENT THROUGH SPECIFIC MEANS OF THE FOOTBALL GAME IN THE PHYSICAL EDUCATION LESSON IN THE SIXTH GRADE OF BACĂU - ROMANIA

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Introduction

Studying the development of the speed of movement by means and methods specific to the football game in the physical education lesson in the 6th class is a permanent problem, considering that both the contents and the didactics evolve permanently, but also the demands of the society are always different, in function and the new achievements of science in general and in the field of physical education and sport.

In this context, the evolution of society requires education, including physical education, new demands, new goals, new content.

Reported to the game of football in the physical education lesson, we appreciate that it addresses especially the aspect regarding the autonomous practice of the game in the compulsory lessons, in order to make it possible to practice it independently outside them, as a framework objective established by the new school programs.

METHODS

Research Purpose Physical education, as an educational discipline, has a formative character, aiming at preparing the subjects for life and focusing on the physical and harmonious development, the development of the basic motor qualities, necessary in the daily existence, on the transferring ability of the motor skills acquired in the lesson in life. everyday, as in the development of personality traits.

The integration of sports education into the concept of physical school education constitutes or is necessary during the modern life and can be loaded into concerns and efforts to modernize the learning. Sports education is a form of modern achievement and perspective of the tasks of physical school education, modernization-conception and practical practice. It solves the problem of social integration through sports of students in modern care societies can be understood and diversified, educate the child, raise the student and practice sport.

In the context of the above, we include the research we have undertaken, which aims to make some contributions regarding the development of the speed of movement through specific means of the football game in the physical education lesson in the sixth grade.

Research Hypotheses

By creating for themselves a correct image of football during the physical education lesson, we tried to come up with a model that would suit the sixth graders, in order for them to achieve better results of development of the speed movement.

We considered that introducing the use of means and methods specific to the speed of movement in the physical education lesson, ensures the increase of the weight of multilateral training, which widens and improves the basic content of physical school education.

Starting from the previously stated ideas, the following hypotheses were established:

1. Presumably, the correct use of certain means of action specific to the game of minifootball in VI class ensures the development of the speed of movement.
2. Presumably, modeling the content of physical education lesson after the competition game, as well as increasing, percentage-wise, the bilateral game, quickens the perfecting process of the technical-tactical skills in football.

Subjects and conditions of the research

The subjects of this research were sixth graders of the "Miron Costin" General School in Bacău. The experiment was conducted between March and June, 2019, with class VI, consists of 24 students, of which: 10 boys and 14 girls.

The experiment was conducted outdoors, on the football field of the "Miron Costin" General School in Bacău, during the second semester, the experiment being conducted outdoors.

The experimental team and the codes that will be used in this paper are included in the following table:

The subjects participating in the experiment

Boys		Girls	
Code		Code	
1. A. S.		1. A. P. G.	
2. A. A.		2. A. R.	
3. A. M.		3. B. A.	
4. B. I.		4. C. R.	
5. B. C.		5. D. A. A.	
6. C. D. M.		6. G. R.	
7. L. D.		7. I. D.	
8. M. A.		8. I. E.	
9. N. F. S.		9. L. L.	
10. S. G.		10. M. A.	
		11. S. A.	
		12. S. I.	
		13. S. A.	
		14. T. A.	

Development of the experiment

In the following, we will present a part of the means of action specific to the football game (minifootball) that we used during the experiment in order to develop the speed of movement in the physical education lesson in the sixth grade.

1. School of running and jumping specific to the football game:
 - forward - backward, lateral with added pitch, lateral with cross step, on the tips and heels;
 - forward, rolling forward squatting, lifting - easy running - rolling forward - running;
 - right-to-left lateral movement (across the width of the ground), with cross-steps and with added steps;
 - running with the back (3-5 meters), falling on the back, lifting;
 - right movement (3-5 meters), left movement (3-5 meters);
 - running, jumping with one foot or two legs;
 - from light running, to the signal of movement 3-5 meters with the face, the back, with added step, with cross step;
2. Development of the sense of the ball and the pleasure of playing with the ball (specific skill in the ball game + speed in mobility - elasticity):
 - rolling the ball with the sole, forward - backward, lateral, with both legs;
 - rolling the ball with the inside of the foot: forward - backward, lateral, with both legs;
 - rolling the ball with the outside of the foot: forward - backward, lateral, with both legs;
 - ball rolling combinations, of choice, static;
 - ball rolling combinations, of choice, easy to move;
3. Football-specific movement games (specific skill in ball game + specific speed):
 - the game: "hunter and the ducks";
 - the game: "ball to the captain";
 - the game: "ball through the tunnel";
 - driving the ball with the foot to a distance of 15 meters, return by rolling the ball with the sole and returning to the tail of the string, by driving the ball with the inside of the foot;
4. Development of the sense and control of the ball (specific skill in the ball game + reaction speed + speed of execution + speed of movement + speed of repetition + speed in mobility - elasticity):
 - simulation of ball running from light running (10-15 meters);
 - simulating the running of the ball in a fast run (20-30 meters);
 - driving the ball with the full lure of light running, with the right foot (10-20 meters), after which the foot is changed. In a row in a row, one can execute one at the ball, or "suveică" by three players;
 - driving the ball with the outer leash, with a slight run, with the right foot (10-20 meters), after which the foot is changed. In a row on a row, one can execute one at the ball or one by three players;
 - steering the ball with the inside of the foot, from light running, with the right foot (10-20 meters), after which the foot is changed. In a row on a row, one can execute one at the ball or one by three players;
 - ball management, alternatively with both legs, alternating the technical procedures for coordinating the ball;
 - driving the ball, with both legs, alternating the technical procedures for driving the ball;
5. Games played in the form of a race (specific skill in ball play + reaction speed + speed of execution + speed of movement + speed of repetition + speed in mobility - elasticity).

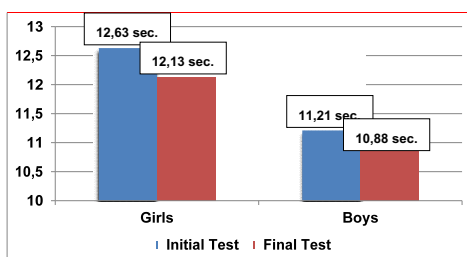
RESULTS

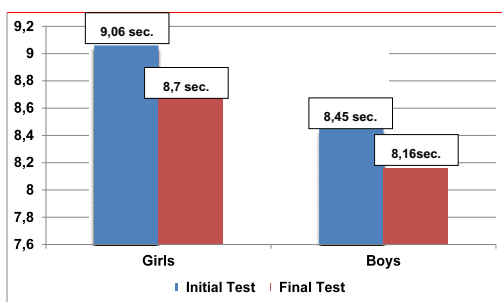
Presentation and analysis of the research data

The final testing took place on May 29, 2019, containing the same challenges as the initial testing of March 6, 2019. Between these tests there were one intermediary tests (April 20, 2019).

The following tables present the results from the initial and final tests recorded by the subjects and the comparative data between the initial testing (IT) and the final testing (FT).

THE RESULTS OBTAINED AT THE 5X10M SHUTTLE TEST





DISCUSSION

After comparing the data between the initial and final testing, it can be said that the methods used in this experiment are good, because at the end of the experiment all subjects have recorded a visible progress at the 5x10m shuttle test and also at the 50m speed run test.

It can be said that the progress was due especially to the use of the action means in the physical education lesson presented in this paper.

CONCLUSION

Based on the recorded data and its interpretation, the following conclusions can be drawn:

1. The correct use of certain means of action specific to the game of minifootball in class VI ensures the development of the speed of movement.
2. The use of at least one round (every 20 minutes) of each hour of physical education, from the bilateral football game on a reduced field, with reduced numbers and simplified rules, leads to a better participation of the students in the physical education hours and it accomplishes in a very pleasant way the solving of the objectives of the physical school education.

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Abstract

This research aims to create a model of the development of the speed of movement through specific means of the football game in the physical education lesson in the sixth grade.

Being a very dynamic game practiced under intense global, physical and physiological demands, in which contact with the opponent is not excluded, football is a precious means of physical education, both in terms of instructional effects and, if well valorized educational, and as an excellent means of forming moral-volitional qualities and invaluable character traits.

The subjects of this research were sixth graders of the "Miron Costin" General School in Bacău. The experiment was conducted between March and June, 2019, with class VI, consists of 24 students, of which: 10 boys and 14 girls.

The specific football action means were conceived and conducted within the allocated time of the physical education lesson of 50 minutes. The experiment consisted of an initial testing (March 6, 2019), comprising control challenges, obtaining initial data for the experiment, one intermediary tests (April 20, 2019), and a final testing (May 29, 2019), at the end of the experiment, through which the final data of the experiment was recorded, using the same challenges.

Between the initial and the final testing, the established training means and programs were applied. During the experiment, the subjects' progress was verified by two control tests: 5x10 meter shuttle - girls / boys and 50 meters speed run - girls / boys.

At the end of the experiment and after analyzing the recorded results, we are able to state that the correct use of certain means of action specific to the game of football in class VI ensures the development of the speed of movement.