117 - TECHNICAL LEVEL OF THE ATHLETES OF BASE CATEGORY OF PROFESSIONAL CLUBS THE CITY OF PATOS - PB.

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Physical fitness can be defined as the innate or acquired ability to individuals the possibility of a particular engine performance. In addition to the physical aspects, involving psychological, sociological, emotional and cultural aspects (MELLO et AL., 2015).

Football especially in children and adolescents, as well as providing important information for the development of motor skills involved in various sports, can promote the prevention, conservation and improvement of functional capacity resulting in better health and quality of life for the population (GUEDES; BARBANTI, 1995).

The regular practice of regular physical activity can contribute to the improvement of various components of physical fitness related to health, such as strength, muscular endurance, cardio respiratory endurance, flexibility and body composition. These changes may contribute, especially the control of body mass, as well as the maintenance or improvement of functional and neuromotora capacity, facilitating performance in many everyday tasks and consequently providing better health and more adequate quality of life for practitioners (RONQUE et al., 2007).

Currently a large number of institutes and researchers are concerned with aspects of training in children. This concern may be linked to the interest of creating more Olympic champions or simply the fact of knowing the extent of the effects of physical activity and sport, as these are an integral part of children and adolescents living (MACEK; VAVRA 1980).

The study aims to show society in general, but especially the scientific community and clearly the technical level of athletes of the basic categories of a professional club in the city of Patos - PB, stressing the importance of football practice for children and adolescents, these athletes have the opportunity to participate in training competitively participating in an environment where they will aim to train high-level athletes and provide children experience various trainings.

What is the level of physical fitness in children and adolescents football base categories National Athletic Club Patos - PB ?. In order to elucidate this problem is that the aim of this study was to evaluate the level of physical fitness of athletes based categories of a professional club in the city of Patos - PB. With the specific objective measure dribbling, passing, field, kick of athletes the base of the professional club of the city of Patos- PB.O this study it is a cross-sectional, descriptive character, the type of case, because all measurements will be made in a single "moment", and there is, therefore, follow-up of individuals, which first will set the question to answer, then set the population to study and method of selection of the sample and, finally, defined the phenomena to study and methods of measurement of the variables of interest. These types of studies are appropriate to describe characteristics of the population with respect to certain variables and their distribution patterns. The sample that composed the study consisted of 30 subjects. Stressing that they already belong to National Athletic of Patos – PB and train twice a week.

During the tests the athletes were duly scored for evaluation by rating.

1. Dribble - Dribble Test of Mor - Christian.

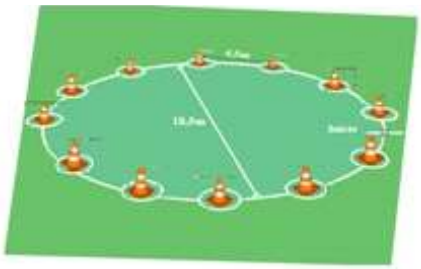
Field Markings: A circular course with a diameter of 18.5 m is marked on the football field. The start line is a 91.5 cm line drawn perpendicular to the circle. Cones are placed 46 cm high with intervals of 4.5 m around the circle. (Figure 1)

Facilities Required: For application of specific skills tests for soccer, a grass field in official dimensions with beacons is required.

Procedures: A soccer ball is placed on the start line. At the sign: "There. Go. ", The examiner dribbles the ball around the course, running sinuously through the cones until he returns to the start line, trying to complete the course as fast as possible. Three attempts are made, recorded for the nearest 0.1s. The final attempt is performed clockwise, the second in the counterclockwise direction, and the third in the direction of the subject's choice.

Results: The result of the test is the combination of the two best attempts of the three timed.

Figure1. Field scheme for Dribble Test of Mor - Christian.



2. Pass Test of Mor - Christian.

Field Markings: A goal of 91 cm wide and 46 cm high is marked with two cones and a rope. Three other cones are placed 14 m from the center of the goal, at 90 ° and 45 °.

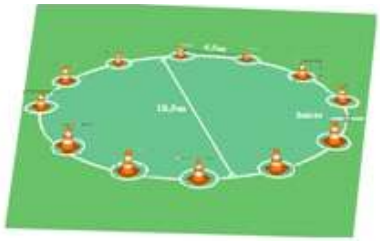
Facilities Required: For the application of specific skills tests for soccer, a grass field in official dimensions with beacons is required.

Equipment: Several soccer balls, five cones with 46 cm, 1.22 m of rope, tape measure, spreadsheet for results and pencil.

Procedures: The examinees pass a stopped ball with dominant corporal follow-up or the choice, into a small goal, from the three angles marked by the cones. Four consecutive trials are given for each angle, totaling 12. Two practice attempts are allowed for each angle.

Results: A point is awarded for all passes that enter the goal (pass through the cones) or touch one of them. The evaluator can make a total score of 12 points.

Figure 2: Field marking for pass test, by Mor – Christian.



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3. Chute Test of Mor - Christian.

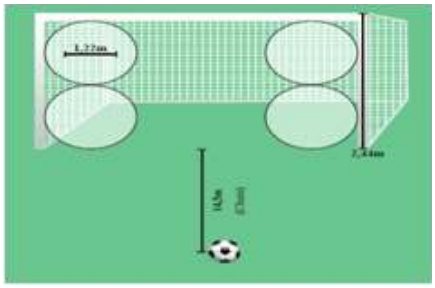
Field Markings: A statutory football goal is divided into score areas by two ropes suspended on the crossbar, at 1.22 m from all goals scored. In addition, each result area is divided into upper and lower target areas, with a circumference of 20 cm radius. A kick line is scored 14.5 m from the goal.

Facilities Required: For the application of specific skills tests for soccer, a grass field in official dimensions with beacons is required.

Procedures: The examiner kicks a stationary ball with the dominant foot or of choice, at any point along the 14.5 m kick line. Four attempts are offered for practice, and then four consecutive kicks are attempted on each of the circumferences, totaling 16 attempts.

Results: If the ball is kicked in or rebound on any intended target, ten points are awarded; Four points are scored if the ball is kicked in or rebound on any target adjacent to that intended. Points are not awarded for kicks that go between target areas or for balls that roll or jump across target areas. The maximum score is 160 points.

Figure 3: Field marking for kick test, by Mor - Christian.



4. Domain test, medium and long pass or launch, by Nascimento – Policarpo.

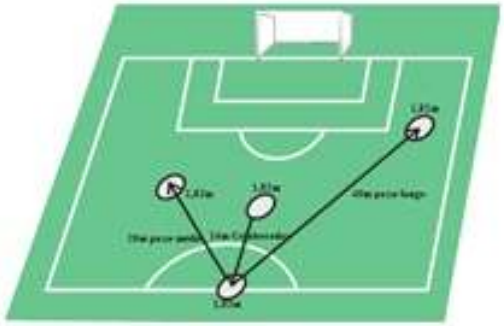
Field Markings: Marking a circle in the center of the football field with a radius of 1.82 m and two others with the same radius at a 45 ° angle at distances of 20 and 40 meters on opposite sides.

Equipment: Soccer balls, 12 cones with 30 cm high and spreadsheet for results and pencil.

Procedures: The examinees dominate and pass the ball, from the center circle of a distance of 14m sent by evaluator, with dominant body follow-up or choice. When receiving the ball you must always pass it in a sequence: pass 1 to the first circle with a pass considered average (20 meters) and pass 2 to the second circle at a distance of 40 meters, being considered long pass or throw, until who performs the 12 passes. The examinee will be entitled to 6 consecutive attempts for each distance. Two practice attempts will be allowed for each circle.

Results: 0 (zero) is assigned for each domain not in place and for each pass that does not reach the circle, being considered 0 = not executed and a point 1 = Executed for each domain effected in the place and each pass that reaches the circles For medium and long pass or touching one of them. The examinee can make a total score of 24 points.

Figure 4: Field marking for domain, medium pass and long distance (launch) tests by Nascimento-Policarpo.



5. Test domain, dribble and pass, by Nascimento - Policarpo..

Field Markings: A circle is marked at a 45-degree angle at a distance of 20 m from the center of the football field with a radius of 1.82 m in diameter, five cones towards the bottom line, equidistant from one meter from the other and Six cones within the large area where two cones lie in the center of the lateral line of the small area and a cone between the two in the center of the goal on the same line, the others will lie in a second imaginary line between the lines of the small and large area .

Equipment: Soccer balls, 11 cones with 30 cm high, stopwatch, spreadsheet for results and pencil.

Procedures: The athletes dominate the ball with dominant body or choice from the central circle received from a distance of 20m and in motion dribbles the five cones (6 consecutive attempts) towards the bottom line and executes pass Towards the area, with 02 attempts for the cones of the first beam, 02 for the middle ones and 02 for the second beam, in that order. Two attempts at practice are allowed. The time will be timed from the first moment in which the examiner receives the ball to make the domain until the execution of the pass.

Results: 0 (zero) is assigned for each domain not in place and for each pass that does not reach the cones located in the small area, being considered 0 = not executed and a point 1 = Executed for each domain effected in the place and each pass That reach the cones or touch one of them positioned in the small area in the established order. The examiner can score a total of 12 points. The dominant follow-up of the person examined must be respected, with the marking on the opposite side, if it is sinister.

Figure 5: Field marking for domain dribble and pass test by Nascimento-Policarpo.



6. Domain test, dribble and kick, by Nascimento-Policarpo.

Field Markings: A circle shall be marked at a 45 ° angle at a distance of 20 m from the center of the football field with a radius of 1,82 m in diameter, five cones towards the center of the goal; Equidistant at 1 meter from one another. The statutory soccer goal is divided into score areas by two ropes suspended on the beam, 1.22 m from the ground. Where circumferences with 1.20 m radius will be positioned in the upper and lower corners, which are used as targets. The Examined shall execute the kicks at a distance of 14.5 meters from the goal.

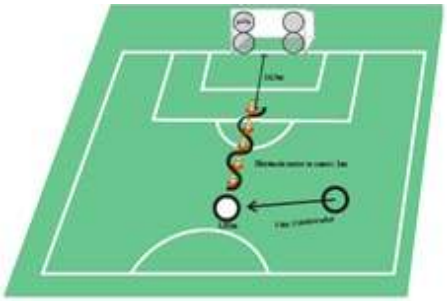
Equipment: Soccer balls, 6 cones with 30 cm in height, 4 arcs with 1.20 cm in circumference, ropes, stopwatch, spreadsheet for results and pencil.

Procedures: The athletes dominate the ball, with dominant corporal follow-up or choice, from the central circle, received from a distance of 20m, and in movement dribbles the five cones (6 consecutive attempts) toward the goal; Looking for position in the line of kick, to execute the kick towards the areas delimited by the circles. The time will be timed from the first moment in which the examiner receives the ball to effect the dominion until the end of all the kicks. You will be allowed 6 tries aiming to hit between the arches on the beam.

Two attempts at practice are allowed.

Results: A point is assigned for each realm in place and for each kick taken that hits the bows or passes through any of them. The examiner can score a total of 12 points. The dominant follow-up of the person examined must be respected, with the marking on the opposite side, if it is sinister. Distance between cones: 1m 1,82m 14m Contributor 1, 22m 14,5m.

Figure 6: Field marking for domain dribble and kick test proposed by Medeiros-Policarpo.



7. Domain testing, driving and long pass or launch by Nascimento – Policarpo.

Field Markings: A circle is marked at a distance of 10 m from the bottom line with a radius of 1,82 m in diameter, a cone at 02 m from the same bottom line, and at a distance of 15 meters from it another circle with The same specifications, six cones within the large area, where two cones are in the center of the lateral line of the small area and a cone between the two, in the center of the goal, in a same line, the others will be in a second imaginary line between the lines of the Small and large area.

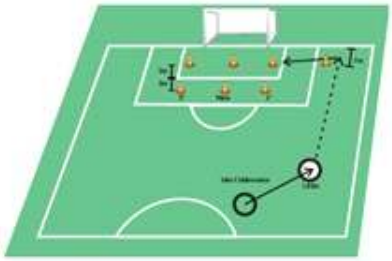
Equipment: Soccer balls, 6 cones with 30 cm in height, spreadsheet for results and pencils.

Procedures: The examinees dominate the ball, with dominant or preferred body follow-up, from the circle located 15m from the bottom line, leads the ball to the cone located near the bottom line and centers the ball towards the small area being 02 attempts for the cones of the first line, 02 for the middle ones and 02 for the ones of the second line, in that order, the six cones situated as follows: in the next two meters of the frontal line of the small area, both inside and out , Where the ones inside should be two over the lateral line of the small area and one in the center of them, and another three in a same line out of the area.

The time will be timed from the first moment in which the examinee receives the ball to effect the dominion until the end of all the passes. Two attempts at practice are allowed.

Results: When examined, a point is assigned for each domain made on site and another point for each pass in the direction of the area. You can add up to 06 points in each evaluation point, which can reach 12 points. 2m 2m 1.82m 14m Contributor 1st Half 2nd 2m

Figure 7: Field marking for domain, ball driving, long pass or throw proposed by Nascimento-Policarpo.



8. Domain and kick-or-finish test by Nascimento - Policarpo.

Markings in Field: It is marked with a cone at 02 m from the bottom line, and at a distance of 5 meters from the corner, Six cones situated as follows: within two meters of the front line of the small area, both indoors and Outside, where the ones inside should be two over the lateral line of the small area and one in the center of them, and another three in a same line out of the area. The statutory soccer goal is divided into score areas by two ropes suspended on the beam, 1.22 m from the ground. Where circumferences with 1.20 m radius will be positioned in the upper and lower corners, which are used as targets.

Equipment: Soccer balls, 6 cones with 30 cm in height, 4 arcs with 1.20 cm in circumference, ropes, spreadsheet for results and pencil.

Procedures: The examiner must position him to receive these passes, to dominate and to kick towards the goal or to cast directly to the goal. Two attempts at practice are allowed.

Results: When examined, one point is assigned for each domain made and another for the kick that touches or passes between the arcs in the goal, and two points for the direct end that also touches or passes between said arcs, thus computing the domain And the kick, that is, one point for each. The examiner may reach 12 points.

Figure 8: Field marking for dominance and kick and shot by Nascimento-Policarpo.

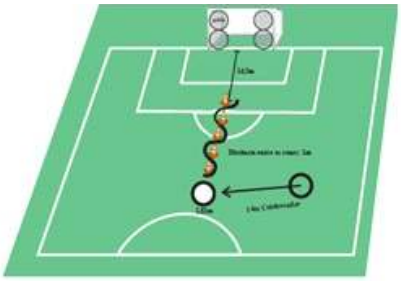
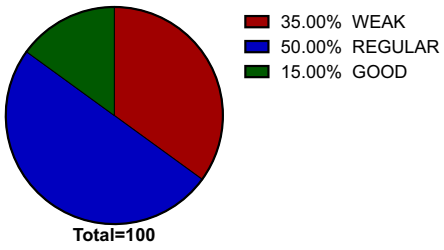


Table1: Classification of the different levels of technical skills of young players of SUB 13 and SUB 17. Nascimento - Policarpo, 2014

CATEGORY SUB 13 AND SUB 17	
CLASSIFICATION	**PUNCTUATION**
WEAK	
REGULAR	**100 - 156**
GOOD	**157 - 195**
VERY GOOD	**196 - 235**
EXCELLENT	**≥ 236**

In sports there is the understanding that the evaluation is the main device for the preparation of the structure of training. For this a correct selection of the type of test to be used is essential. The table presents the results of the evaluation of the tests where improved methodological concepts aimed to measure the technical training of young players, which allowed achieve the objective of evaluating the technical level in the categories of base Patos-PB club.

The tests results apply to young athletes indicate that the test battery identifies the technical skill level specific in young soccer players in the categories bases of Sub 15.



According to the results show that 35% of adolescents are considered WEAK, 50% are considered to REGULAR and 15% of adolescents considered good.

In tests it was noted a predominance of better performance in the test which was related to the position where the player acts. In motor gestures involving races, due to the athletes already have great familiarity with the movement pattern due time mode, it is less likely to influence teach ((TANI E COLABORADORES, 2011). The study shows that the basic class athletes under 15 are regular where to perform the tests athletes were competing in progress where the results of the holders athletes fared better than the book where tests showed that athletes have more technical quality and with that the assessor already have a base which athletes this in your main team staff.

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ABSTRACT

Introduction: The knowledge of the functions that interact in the process of training and development in sports preparation leads to reflection on the search for different procedures and methods for the current interest in the world of sport, especially in soccer. Objective: To evaluate the technical level of the athletes of the basic categories of a professional club of the city of Patos - PB. Materials and Methods: Twenty young soccer players from the Sub-categories of the professional club of Patos-PB were evaluated. The study was developed through the evaluation and technical skills of the soccer being necessary to do this to evaluate the dribble, the pass, the kick of the athletes, to measure the domain, medium and long pass or launch, to measure the domain, to dribble and to pass, to measure the domain , Dribbling and kicking, measuring the field, conducting and long pass or throwing, measuring the field and kicking or finishing and, therefore, to evaluate the technical level of the athletes of the base categories of a professional club of the city of Patos - PB. The present study is a cross-sectional, descriptive study and after the tests were performed the athletes were duly scored for evaluation by means of classification with their data analyzed through the descriptive statistics. Results: The analysis of the present study was to perform a test series where the data for all the technical level tests are specific for field soccer. The age of the patients was 13 to 15 years. The results show that 35% of adolescents are considered to be WEAK, 50% considered REGULAR and 15% of adolescents considered being GOOD. CONCLUSION: We can say that with tests aimed at positioning the results would be different, but as they were done in general the results of the research are presented above where the athletes show that they can improve in several abilities including those that did well.

KEYWORDS: Technical skills. Soccer. Base Category.NIVEAU TECHNIQUE DES ATHLÈTES CATEGORIE DE PROFESSIONNEL CLUB BASE PATOS VILLE - PB.

RÉSUMÉ

Introduction: La connaissance des fonctions qui interagissent dans le processus de formation et de développement dans la préparation sportive conduit à une réflexion sur la recherche de différentes procédures et méthodes pour l'intérêt actuel dans le monde du sport, en particulier dans le football. Objectif: Évaluer le niveau technique des athlètes des catégories de base d'un club professionnel dans la ville de Patos - PB. Matériels et méthodes: Nous avons évalué 20 jeunes joueurs de football dans les catégories Sub 15 professionnelle Club Patos-PB. L'étude a été développée grâce à l'évaluation et les compétences de football techniques étant nécessaires pour apprécier le dribble, la passe, le tir des athlètes, de mesurer la surface, passe à moyen et long ou le lancement, mesurer la surface, dribbler et passer, mesurer la surface , dribbler et kick, mesurer la surface, la conduite et longue passe ou libérer, mesurer la surface et kick ou finir et donc évaluer le niveau technique des athlètes des catégories de base d'un club professionnel dans la ville de Patos - PB. Cette étude est une coupe transversale, descriptive et après l'exécution des athlètes de tests ont été dûment marqué pour l'évaluation par la classification de leurs données analysées en utilisant des statistiques descriptives. Résultats: L'analyse de cette étude était de mener une série de test dans lequel les données pour tous les tests techniques sont spécifiques au domaine du football. L'âge de l'évaluation était de 13 à 15 ans. Les résultats montrent que 35% des adolescents sont considérés comme faibles, 50% considérés REGULARES et 15% des adolescents considéré comme bon. Conclusion: Nous pouvons dire que les tests dirigés vers le positionnement des résultats seraient différents, mais ils ont été faits dans les résultats généraux de la recherche sont affichés ci-dessus celui-ci où les athlètes montrent que peut améliorer dans diverses compétences, y compris le bien réussi.

MOTS-CLÉS: compétences techniques. Football. catégorie base.

NIVEL TÉCNICO DE ATLETAS DE CATEGORÍA PROFESIONAL CLUB BASE DE PATOS DE LA CIUDAD - PB.

RESUMEN

Introducción: El conocimiento de las funciones que interactúan en el proceso de formación y desarrollo en la preparación de los deportes lleva a la reflexión sobre la búsqueda de distintos procedimientos y métodos para el interés actual en el mundo del deporte, especialmente en el fútbol. Objetivo: Evaluar el nivel técnico de los atletas de las categorías básicas de un club profesional en la ciudad de Patos - PB. Materiales y métodos: Se evaluaron 20 jóvenes jugadores de fútbol en las categorías Sub 15 profesionales del Club de Patos-PB. El estudio fue desarrollado a través de ser necesaria la evaluación y habilidades de fútbol técnicos para permitirle evaluar la baba, el pase, el tiro de los atletas, medir el área, pase medio y largo o lanzamiento, medir el área, driblar y pasar, medir el área , driblar y patada, medir el área, la conducción y pase de largo o liberación, medir el área y la patada o terminar y, por tanto, evaluar el nivel técnico de los atletas de las categorías básicas de un club profesional en la ciudad de Patos - PB. Este estudio es un estudio transversal, descriptivo y después de la ejecución de las pruebas de los atletas fueron debidamente anotados para la evaluación de la clasificación con sus datos analizados utilizando estadística descriptiva. Resultados: El análisis de este estudio fue realizar una serie de pruebas en las que los datos de todas las pruebas técnicas son específicos para el campo de fútbol. La edad de los evaluados fue de 13 a 15 años. Los resultados muestran que el 35% de los adolescentes se considera débil, el 50% REGULARES considerados y el 15% de los adolescentes considera buena. CONCLUSIÓN: Podemos decir que con las pruebas dirigidas a posicionar los resultados serían diferentes, pero que se hicieron en los resultados de búsqueda generales se muestran por encima de este, donde los atletas muestran que se puede mejorar en varias capacidades, incluyendo el pozo ido.

PALABRAS CLAVE: habilidades técnicas. Fútbol. Categoría base.

NÍVEL TÉCNICO DOS ATLETAS DE CATEGORIA DE BASE DE CLUBE PROFISSIONAL DA CIDADE DE PATOS - PB.

RESUMO

Introdução: O conhecimento das funções que interatuam no processo de formação e desenvolvimento na preparação esportiva leva à reflexão sobre a busca de diferentes procedimentos e métodos para o interesse atual no mundo do desporto, especialmente no futebol. Objetivo: Avaliar o nível técnico dos atletas das categorias de base de um clube profissional da cidade de Patos - PB. Materiais e Métodos: Foram avaliados 20 jovens jogadores de Futebol das categorias Sub 15 de clube profissional de Patos-PB. O estudo foi desenvolvido através da avaliação e habilidades técnicas do futebol sendo necessário para isso avaliar o drible, o passe, o chute dos atletas, mensurar o domínio, passe médio e longo ou lançamento, mensurar o domínio, drible e passe, mensurar o domínio, drible e chute, mensurar o domínio, condução e passe longo ou lançamento, mensurar o domínio e chute ou arremate e, portanto, Avaliar o nível técnico dos atletas das categorias de base de um clube profissional da cidade de Patos - PB. O presente estudo trata-se de um estudo transversal, de caráter descritivo e após da execução dos testes os atletas foram devidamente pontuados para avaliação por meio de classificação com seus dados analisados através da estatística descritiva. Resultados: A análise do presente estudo foi realizar um serie de teste onde os dados para todos os testes de nível técnico são específicos para o futebol de campo. A idade dos avaliados foi de 13 a 15 anos. Os resultados mostram que 35% dos adolescentes são considerados FRACOS, 50%, considerados como REGULARES e 15% dos adolescentes considerados bons. CONCLUSÃO: Podemos afirmar que com testes direcionados para posicionamentos os resultados seriam diferentes, mas como foram feitos no geral os resultados da pesquisa são esse apresentados acima onde os atletas mostram que podem melhorar em diversas habilidades inclusive nas que se saíram bem.

PALAVRAS-CHAVE: habilidades técnicas. Futebol. Categoria de base.