140 - THE INFLUENCE OF FUTSAL PRACTICE IN THE DEVELOPMENT OF MOTOR SKILLS IN CHILDREN

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INTRODUCTION

It is known that modernity has brought a sedentary lifestyle to people who do not routinely engage in physical activities and acquire disorders that impair their development, health, and quality of life (RAS, REIS, 2012).

According to Guedes et al. (2001), a number of studies point to high levels of sedentary behavior in all age groups and indicate that when sports practice is started in infancy, the individual may transfer this habit into adulthood, which promotes a number of benefits for their health and quality of life.

Failure to develop motor skills for locomotion, manipulation, and balance is thought to be related to a lack of interest in performing physical activities. Children in the digital age spend much of their time with the most sophisticated electronics such as cell phones, computers and tablets. In addition, many children lack access to sports, because at high rates of violence many parents prefer to keep children's recreational activities indoors. Thus, there is a growing trend that leads children to be guided and often taken to play in small places where there is little or no mobility (GONÇALVES, 2012).

Thus, in order to be successful in combating difficulties in acquiring childhood motor skills, an important ally is the practice of sports, which makes it possible, for example, to develop the ability to move better; of skills such as locomotion, manipulation and balance, as well as the overcoming of the difficulties of modernity, improving people's quality of life (GONÇALVES, 2012).

For Oliveira (2003 apud ALMEIDA; NAVARRO, 2008) futsal is characterized by a game of great dynamism in which the players perform movements of high intensity and precision. In this way, it can be said that futsal is a modality that requires good techniques, physical and mental preparation of its players and, in general, a combination of conditional (agility, strength, flexibility) and coordinate abilities (balance, speed of reaction, rhythm). These are important aspects for the practice of this sport and must be worked from childhood to a good perspective in terms of motor development.

This thinking strengthens the intention of raising data to support a discussion about the efficiency of futsal practice in the development of motor skills and to collaborate both for the diagnosis of motor problems and for possibilities of studying the importance of practicing sports for the development.

In this context, it is considered that failure in the development of motor skills in childhood may be related to lack of interest or difficulty in practicing physical activities culminating in the adoption of sedentary lifestyles and causing damages to the health of the people.

In this way, it is intended through the actions of this research, to investigate if the futsal practice can collaborate with the motor development of children from 8 to 10 years participating in the School Egipciense de Futsal of the city of São José do Egito-PE.

MATERIALS AND METHODS

The methodology used to develop this study was a descriptive-comparative field research where the motor development of children was compared comparing the patterns found with the PROESP-BR recommendations (Project Sport Brazil).

PROESP-BR is a tool for observing the development and growth indicators of children and adolescents from the motor and nutritional point of view. It is a system of evaluation of the physical fitness related to the health and sports performance of children and adolescents, being composed of a battery of tests, standard criteria and evaluation and virtual support (GONÇALVES, 2012).

The sample consisted of 30 children aged 8 to 10 years old. They were divided in two groups of 15 children, those who practiced futsal for more than a year (experimental group) and the beginners, who practiced futsal less than six months (control group), all students of the School Egipciense de Football São José do of Egito-PE.

The data were obtained through the application of motor tests based on PROESP-BR. The tests were as follows:

- Measures of body size (mass and height) to calculate the BMI (Body Mass Index calculated using the formula IMC = mass / height²) of children and age. For that, a tape measure and a portable scale with a precision of 500 grams were used.

- Flexibility (F): Students had to sit with their heels spread 30 centimeters above the 38 centimeter mark of a tape attached to the floor. With their knees extended and their hands overlapping, the valued ones should lean forward and reach out as far as possible. Each child had two chances and the larger result prevailed. A tape measure and an adhesive tape were used.

- Localized muscular resistance (RML): children should lie down with their knees bent at 45 °. The evaluator held the child's ankles that should do the most flexing movements by touching the elbow in the thighs for a minute. A cell phone timer was used to mark the time.

- Cardio respiratory fitness (CA): assess how many meters the children ran in 6 min. The test was carried out on a soccer field where the measurements of 40m² were marked. A stopwatch and a tape measure were used.

- Throwing medicineball (AM): Each child should sit with his back propped on a wall and throw a 2kg ball by flexing only the elbows. The distance was noted in centimeters and each child had two trials where the largest was prevalent. We used a measuring tape and a 2kg ball.

- Long Jump (SD): Each child positioned behind a starting line should jump as far as possible with both feet landing at

the same time. The result was noted in centimeters and each child had two attempts, the most prevalent. Tape measure and tape were used.

- Race of 20m (C): a starting line was added, another line after 20m and another line 2m from the 20m line (this served to avoid deceleration of the children in the 20m line). The children should run as fast as possible toward the third line. The measurement was recorded in seconds and hundredths of seconds. A stopwatch, a tape measure and an adhesive tape were used.

The research was carried out after approval in the Research Ethics Committee Involving Humans of the Integrated Faculties of Ducks and the consent form was given to the responsible parties to authorize the participation of the children in the investigation (CAAE: 65248716.1.0000.5181 and Number of Opinion: 1982 .449).

The data collection was done individually in the soccer field and in the sports court of AABB of São José do Egito-PE, where the training of the Egyptian School of Soccer of São José do Egito-PE is carried out. Being an open place offering great conditions of execution and safety for the application of the tests.

For the analysis of the data collected, descriptive statistics and tables were used with the help of Excel for Windows software. For the classification of results, the classification tables of PROESP-BR were used.

RESULTS

The following results were presented in a descriptive, mean and standard deviation of data regarding the study objectives.

Considering the components chosen based on PROESP-BR, the average age of children who practiced futsal for more than one year was 8.5 (± 1.1), the mean age of the beginners was 8.3
(± 1,1).

The table 1 shows the critical values for BMI health; flexibility and localized muscular resistance according to the PROESP-BR indicators considering the mean age of the two groups, which is 8 years.

Table 1. References of critical values for health BMI; Flexibility and localized muscular resistance according to the indicators of PROESP-BR.

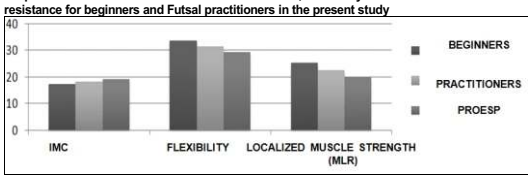
Component	Critical values for health
BMI	> 19.2
Flexibility(F)	<29.3
Localized Muscle Resistance (RML)	<20

In the IMC component for students who practice futsal, the mean was 17.4 (± 2.5) and for the group of beginner students in futsal the average was 18.4 (± 3.8). For the flexibility component, the futsal practitioner group had a mean of 33.5 cm (± 5.5) and the beginners obtained a mean of 31.6 cm (± 7.15). In the localized muscular endurance test, the group of practitioners averaged 25.3 (± 4.9) abstinent and beginners on average 22.7 (± 7.1).

Table 2 - Results of Motor Proof of BMI, Flexibility and localized muscular resistance for beginners and Futsal practitioners in the present study.

	Beginners ± Dp	Practitioners ± Dp
IMC	18,4 ± 3,8	17,4 ± 2,5
Flexibility (F)	31,6 ± 7,15	33,5 ± 5,5
Localized Muscle Strength (MLR)	22,7 ± 7,1	25,3 ± 4,9

Graph 1 - Results of the Motor Evidence of BMI, Flexibility and localized muscular resistance for beginners and Futsal practitioners in the present study



The first component evaluated, the body composition (BMI), showed that the two groups are within the expected mean age of the groups that is 8 years according to the references extracted from the document PROESP-BR, that is, the results were> 19.2 although the group of practitioners presented a better result than the beginner group. In the flexibility component, both groups presented again a satisfactory result, that is, superior to 29.3. In the localized muscular endurance test, the two groups were also within the expected age range of 8 years, with an average of more than 20 flexions during the evaluation.

The table 3 shows five performance expectations, according to PROESP-BR, for the medicineball pitch trials; long jump; cardio respiratory fitness and running of 20 m considering the average age of 8 years.

Table 3 - Motor performance benchmarks for medicineball throwing trials; Long jump; Cardio respiratory Fitness and 20m Race according to PROESP -BR

	GOOD	REASONABLE	WEAK GOOD	VERY GOOD	EXCELLENT
Throwing medicineball (AM)	< 180	180 - 199	200 - 224	225 - 269	≥ 270
Distance hopping (SD)	< 118	118 – 127	128 - 139	140 - 165	≥ 166
Cardio respiratory fitness (AP)	< 773	773 - 825	825 - 878	879 - 1009	≥ 1010
Race of 20m (C)	≤ 3,50	3.51 – 4,00	4,01 – 4,21	4,22 – 4,47	> 4,47

Considering the medicineball throwing component, the mean of the futsal practitioners evaluated was 223.6 cm (± 35.85), while the mean of the beginner children for this same component was 208 cm (± 36.53).

The results of the distance jump component were 140.9 cm (± 13.03) for the practitioner group and 124.5 cm (± 10.43) for the beginners.

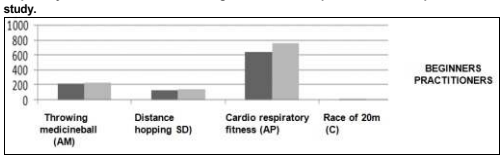
In the cardio respiratory aptitude test, the children practicing futsal obtained an average of 766 m (± 95.6) and the beginners 645 m (± 93.15).

In the 20m race, the average futsal practitioner's average was 4.8 (± 0.4) and that of the beginners 4.85 (± 0.2).

Table 4 - Results of motorboat throwing medicineball; Long jump; Cardio respiratory fitness and 20m Race for beginners and Futsal practitioners in the present study.

	Beginners	Practitioners
Throwing medicineball (AM)	208 ± 36.53	223.6 ± 35. 85
Distance hopping (SD)	124.5 ± 10.43	140.9 ± 13.03
Cardio respiratory fitness (AP)	645 ± 93.15	766 ± 95.6
Race of 20m (C)	4.85 ± 0.2	4.8 ± 0.4

Graph 2 - Results of the Medicineball Shooting Motor Show; Long jump; Cardio respiratory fitness and 20m Race for beginners and Futsal practitioners in the present study.



The results of the medicineball pitch show that the group of practitioners obtained better results than that of beginners, although both were included in the performance considered good according to PROESP-BR references.

In the distance jump test, the group of practitioners obtained a very good result, whereas that of beginners was classified as reasonable.

In the evaluation of the cardio respiratory fitness, the practicing children were classified in weak level and the beginners in very weak level.

Considering the 20m race component, the results were classified as weak for both groups.

DISCUSSION

when analyzing the results obtained with the battery of tests, it is observed that the futsal practitioners did not obtain above-average classification.

The results of some tests put the two groups at the same level, which was the case of the BMI components, which classified both groups in the healthy zone; the medicineball pitch trial and localized muscular endurance that ranked both groups at a good level and the 20m race that presented the two groups at a weak level. However, in the tests of flexibility, distance jump and cardio respiratory fitness, the children of the experimental group obtained better performances

than those of the control group.

Thus, it can be stated that the comparison made in the present study shows that children who practice futsal obtained better performances.

Due to the variety of gestures and motor skills that futsal requires, we observed differences between the groups, where the futsal practitioner group obtained better results in the flexibility test, presenting an excellent average while the group of beginners had their result considered good. The same occurred in the distance jump component, where the futsal players obtained a very good result while the average of the beginner group was considered reasonable. Likewise, in the evaluation of the cardio respiratory fitness the group of practitioners obtained a weak level and the one of very weak beginners.

Comparing the means presented in these tests and the two groups analyzed, it can be noted that the presented data may have been influenced by the intensity and frequency of the futsal practice. This can be reinforced by Drews et. al (2013), when affirming that the intensity in the practice of the futsal can provide better results in relation to children with little practice and without more worked motor skills.

According to Damascene; Santos (2010), based on the studies of Finnie (2000) and Rodrigues (2002), at birth, the human being has formed all the organs of the nervous system and as these organs mature, the quantity and quality of the abilities achieved by the person is increasing, taking it to ever higher levels of specialization. In the face of these intense internal transformations, the environment becomes a determining factor, since it is the child that allows opportunities for exploitation on the part of the child, influencing their possibilities of movement and adaptation.

In this sense, it is believed that futsal favored the motor performance of the group of practitioners, since it is a sports modality that provides the execution of motor actions in a context filled with unpredictability, instability and variability of movements capable of translating and stimulating the player's motor skills by improving their performance through the frequency of their practice (LIMA, 2014).

CONCLUSION

The present study aimed to verify the influence of futsal in the development of motor skills in children from 8 to 10 years of age in a futsal school in the city of São José do Egito-PE.

According to the results of the applied motor tests, it was possible to show that the children who practiced the sport in the longest obtained a performance that the beginners.

This demonstrates that futsal, as a sport that provides a wide variety of motor stimuli, will bring benefits to motor learning in children, and can improve the quality of life of those who practice it.

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Título/Resumo em Inglês,

THE INFLUENCE OF FUTSAL PRACTICE IN THE DEVELOPMENT OF MOTOR SKILLS IN CHILDREN

Technological development and high levels of violence from modernity have brought about a number of changes in the ways of life of today's society. Studies point to high levels of sedentary life in all stages of life and indicate that when sports practice begins in childhood, the subject carries this habit to adulthood, resulting in several benefits in terms of motor development, health and quality of life. The objective of this work will be to investigate whether futsal practice can contribute to the development of motor skills in children. Thirty (30) children regularly enrolled in the Egyptian School of Futsal of São José do Egito-PE participated in this research. The evaluation tool used was the methodology of PROESP-BR (Projeto Esporte Brasil). The children were divided into two groups, beginners and futsal practitioners, and underwent a series of motor tests to perform an evaluation of the components related to motor performance and health using as a parameter the health indicators of PROESP-BR (Project Sport Brazil). The results indicated that the practice of futsal favors the development of motor skills of children in the experimental group. From the obtained results, other studies that contribute to the promotion, changes of habit and improvement of the health in people can be developed.

Keywords: Motor skills. Futsal. Quality of lifeTítulo/Resumo em Francês

L'INFLUENCE DE LA PRATIQUE FUTALE DANS LE DÉVELOPPEMENT DES COMPÉTENCES MOTRICES CHEZ LES ENFANTS

Le développement technologique et les niveaux élevés de violence de la modernité ont provoqué un certain nombre de changements dans les modes de vie de la société actuelle. Des études indiquent que la sédentarité est élevée à tous les stades de la vie et que lorsque la pratique sportive débute dans l'enfance, le sujet adopte cette habitude jusqu'à l'âge adulte, ce qui entraîne plusieurs avantages en termes de développement moteur, de santé et de qualité de vie. L'objectif de ce travail sera d'examiner si la pratique du futsal peut contribuer au développement de la motricité chez les enfants. Trente (30) enfants régulièrement inscrits à l'école égyptienne de futsal de São José do Egito-PE ont participé à cette recherche. L'outil d'évaluation utilisé était la méthodologie de PROESP-BR (Projeto Esporte Brasil). Les enfants ont été divisés en deux groupes, débutants et praticiens de futsal, et ont subi une série de tests moteurs pour évaluer les composantes liées à la performance motrice et à la santé en utilisant comme paramètres les indicateurs de santé de PROESP-BR (Project Sport Brazil). Les résultats indiquent que la pratique du futsal favorise le développement de la motricité des enfants du groupe expérimental. A partir des résultats obtenus, d'autres études qui contribuent à la promotion, aux changements d'habitudes et à l'amélioration de la santé des personnes peuvent être développées.

Mots-clés: Compétences motrices. Futsal. Qualité de vie.Título/Resumo em Espanhol

LA INFLUENCIA DE LA PRÁCTICA DEL FUTSAL EN EL DESARROLLO DE HABILIDADES MOTORAS EN NIÑOS

El desarrollo tecnológico y los altos índices de violencia que vienen de la modernidad han traído varios cambios en los modos de vida de la sociedad actual. Los estudios apuntan altos índices de sedentarismo en todas las fases de la vida e indican que cuando la práctica de deportes tiene su inicio en la infancia, el sujeto carga ese hábito para su fase adulta lo que resulta en diversos beneficios en lo que concierne a su desarrollo motor, salud y calidad de vida. El objetivo de este trabajo será el de investigar si la práctica del futsal, puede colaborar con el desarrollo de habilidades motoras en niños. Participaron de esta investigación 30 (treinta) niños regularmente matriculados en la Escuela Egipciense de Futsal de San José de Egipto-PE. El instrumento de evaluación utilizado fue la metodología del PROESP-BR (Proyecto Deporte Brasil). Los niños fueron divididos en dos grupos, iniciantes y practicantes de futsal, y fueron sometidos a una serie de pruebas motoras para la realización de una evaluación de los componentes relacionados al desempeño motor ya la salud utilizando como parámetro los indicadores de salud del PROESP-BR Proyecto Deporte Brasil). Los resultados indicaron que la práctica del futsal favorece el desarrollo de habilidades motoras de los niños del grupo experimental. A partir de los resultados obtenidos, pueden ser desarrollados otros estudios que contribuyan con la promoción, cambios de hábito y mejora de la salud en personas.

Palabras clave: Habilidades motoras. Futsal. Calidad de vida

A INFLUÊNCIA DA PRÁTICA DO FUTSAL NO DESENVOLVIMENTO DE HABILIDADES MOTORAS EM CRIANÇAS

O desenvolvimento tecnológico e os altos índices de violência advindos da modernidade trouxeram várias mudanças nos modos de vida da sociedade atual. Estudos apontam altos índices de sedentarismo em todas as fases da vida e indicam que quando a prática de esportes tem seu início na infância, o sujeito carrega esse hábito para sua fase adulta o que resulta em diversos benefícios no que concerne ao seu desenvolvimento motor, saúde e qualidade de vida. O objetivo deste trabalho será o de investigar se prática do futsal, pode colaborar com o desenvolvimento de habilidades motoras em crianças. Participaram desta pesquisa 30 (trinta) crianças regularmente matriculadas na Escolinha Egipciense de Futsal de São José do Egito-PE. O instrumento de avaliação utilizado foi a metodologia do PROESP-BR (Projeto Esporte Brasil). As crianças foram divididas em dois grupos, iniciantes e praticantes de futsal, e foram submetidas a uma série de provas motoras para a realização de uma avaliação dos componentes relacionados ao desempenho motor e à saúde utilizando como parâmetro os indicadores de saúde do PROESP-BR (Projeto Esporte Brasil). Os resultados indicaram que a prática do futsal favorece o desenvolvimento de habilidades motoras das crianças do grupo experimental. A partir dos resultados obtidos, podem ser desenvolvidos outros estudos que contribuam com a promoção, mudanças de hábito e melhoria da saúde em pessoas.

Palavras-chave: Habilidades motoras. Futsal. Qualidade de vida.