

The Strength of Kicking the Ball after Preparation Period with U15 Football Players

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ABSTRACT

The main aim of the research was to identify a level of quantitative changes of the strength of kicking the ball with fifteen years old football players under the influence of the programmed football training of a six weeks' preparation period. The training programme covered forty-four training units. The research was made on a sample of 120 cadet level football players. To estimate the strength of kicking the ball three tests have been used: the strength of kicking the ball with foot, ball on the ground, the strength of kicking the ball with foot, ball in the air, the strength of kicking the ball with head. In the area of comparative statistics, we used discriminant parametric procedure t-test for big paired samples. It can be concluded that there are statistically significant differences in all three variables to estimate the strength of kicking the ball. This confirmed the hypothesis that the expected significant positive quantitative changes of situational-motor abilities influenced by the proposed model of training in preparation period with fifteen years old football players. The authors were guided by the fact that this kind of training program in preparation period is very effective in terms of raising the strength of kicking the ball level with fifteen years old. The obtained results can be directed towards innovation plans and programs in the preparation period, and the adaptation of the same needs of the respective population.

Key words: football, effects preparation period, strength of kicking the ball

Introduction

Football is a sport that is characterized by numerous and varied complex dynamic kinesiology activities that are characterized by a large number of cyclic and acyclic movements (Gardasevic & Bjelica, 2013). It is evident that all four moments of play, possession of the ball, the opponent's possession of it, the transformation after winning the ball and the transformation after losing the ball depends on the ability of players to perform certain movements of varying intensity, in different directions and the different sections of the field (Gardasevic & Bjelica, 2014). They must have developed basic and specific motor abilities (Gardasevic, Bjelica & Popović, 2015). One of the situational motor skills, which should be at a high level, is a strength of kicking the ball.

Most of the elements in football game, especially those with the ball, are very complex. For their improvement and impeccable application in the game, it is necessary first to have the whole motor preparations. The physical strength has a great importance in football (Gardasevic & Goranovic, 2011). A specific strength with football player is reflected by the strength reflection while jumping, the pushing strength with sprint, strength of stopping and pushing while changing the moving direction, strength of kicking by foot and with a head, strength of throwing the ball with a hand, stability on the ground and in the air, in duels (Gardasevic, 2010). One of the factors that affect the strength is the football players is their age. In child's development, the strength increases with increasing a muscle size. Psychomotor strength, primarily static and repetitive, according to some authors is 50% innate, and systematic training can have a significant effect on it (Gardasevic, Bjelica, Milasinovic, & Vasiljevic, 2016).

The main objective of this study was to determine the level of quantitative changes of strength of kicking the ball in football cadet level, under the influence of a programmed football training which included one preparatory period of forty-two days.

Methods

This was a longitudinal study with an aim that in the two time-varying points determine quantitative changes of strength of kicking the ball in football cadet level (15 year±6 months) under the influence of programmed training process, which included a summer preparation period for the competition season in a unique cadet league of Montenegro and the cadet league middle region of Montenegro. The training program lasted 42 days and was carried out on the auxiliary football field of FC Sutjeska Niksic. The training program included 44 trainer units, within which 8 friendly matches were played.

For data processing only the results of those respondents who have undergone a complete program of work and who have joined the initial and final measurement are taken. This study included a sample of 120 young cadet football players of 4 teams, all from Niksic. Before programmed work all respondents had passed medical check-ups to make sure they could access the training process. When selecting the instruments (tests) it was taken into account that they meet the basic metric characteristics, which means the appropriate age and objective material and spatial conditions. For the assessment of strength of kicking the ball the following tests were used (Gardasevic, 2010; Gardasevic & Bjelica, 2012): 1. The strength of kicking the ball with foot, ball on the ground (SKBG), 2. The strength

of kicking the ball with foot, ball in the air (SKBA), 3. the strength of kicking the ball with head (SKBH).

Considering that these are a cadet age players (15-year-olds±6 months), in a sensitive period of psychophysical development, program is tailored specifically to their age, taking into account the time spent in the previous training process. Time structure of the training ranged from 60 to 120 minutes, depending on the goals and objectives of the training unit and it was divided into 3 phases:

- Introductory-preparatory part (25-30% of the duration of training)
- The main part (60-65% of the duration of the training)
- The final part (up to 10% of the duration of training)

In the introductory-preparatory part of the training the emphasis was on raising the operating temperature in children. As a tools some various elementary games with a ball were used that enabled work on the elementary basics of technique and tactics, also the various polygons with exercises coordination were used. A variety of games and exercises to increase joint mobility and strengthen muscles also applied at this stage.

At the first stage of the main part of the training the intensity is slightly increased compared to the warm-up phase and the training program was implemented through a variety of ball games. With a game method, the respondents were taught and practiced football skills through a large number of repetitions. At the second stage of the main part of the training the players mostly had a free game on two goals that allowed them some creative activities and highlight of individual, imagination, independent thinking and hard work, applying the elements that teach by the method of the game from the first stage of the main part, and thus strengthening the willing quality. At this stage of the training the intensity was the greatest. At the final

part of the training the task was lowering the physiological curve to an optimum level, and low-intensity activities were used: stretching and relaxation exercises, competitive game of penalty kicks, free kicks.

Data obtained from the survey were analyzed using descriptive and comparative statistics. In the area of descriptive statistics for each variable both in the initial and the final state central and dispersion parameters were processed as well as measures of asymmetry and flatness. The hypothesis of normal distribution of results was tested on the basis of Kolmogorov and Smirnov test. In the area of comparative statistics, to determine differences in the variables used to estimate the strength of kicking the ball at the start (initial state) and at the end (final state) of the training program in the preparation period, we used the discriminative parametric procedure Student's t-test for large dependent samples.

Results

In Tables 1 and 2 are shown the basic descriptive statistical parameters of variables for estimations of the strength of kicking the ball in the initial and final measurement, where the values of central and dispersion tendency were calculated: arithmetic mean (Mean), standard deviation (Std. Dev.), standard error of arithmetic mean (Std. Error), the coefficient of variation (CV%), minimum (Minimum) and maximum (Maximum) values, the range of results (Range), the curvature coefficient (Skewness) and elongation (Kurtosis), as well as the values of Kolmogorov and Smirnov test (K-S test).

First the central and dispersion parameter of variables for assessing strength of kicking the ball in the initial state were analysed (Table 1).

Table 1. Central and dispersion parameter of variables for assessing strength of kicking the ball in the initial state

No.	Variables	Mean	Std. Dev.	Std. Error	CV%	Mini-mum	Maxi-mum	Range	Skew-ness	Kurto-sis	K-S test
1.	SKBGI	13.66	2.83	0.26	20.72	7	20	13	0.02	-0.42	0.08
2.	SKBAI	11.21	2.32	0.21	20.72	7	16	9	0.03	-0.96	0.02
3.	SKBHI	7.19	1.15	0.11	16.03	5.10	9.40	4.30	0.27	-0.85	0.32

Legend: SKBGI - The strength of kicking the ball with foot, ball on the ground initial state; SKBAI - The strength of kicking the ball with foot, ball in the air initial state; SKBHI - The strength of kicking the ball with head initial state

By analysing central and dispersion parameter of variables for assessing strength of kicking the ball in the initial state – values of Kolmogorov and Smirnov test shows that the results are normally distributed. The coefficient of variation and range have a little higher value, but still the results belong to homogenous sets. Slightly positive values of skewness in two variables, the strength of kicking the ball with foot, ball on the ground (SKBG) and the strength of kicking the ball with foot,

ball in the air (SKBA), are showing that the results have minimum lean to the side of the weak, it is almost perfect symmetry. The values of kurtosis indicate a slight curvature of the curve distribution of results and a slight scattering of results.

Central and dispersion parameters of variables for estimation of the strength of kicking the ball in the final measurement showed the following values (Table 2)

Table 2. Central and dispersive parameters of variables for estimation of the strength of kicking the ball in the final state

No.	Variables	Mean	Std. Dev.	Std. Error	CV%	Mini-mum	Maxi-mum	Range	Skew-ness	Kurto-sis	K-S test
1.	SKBGF	18.62	2.80	0.26	15.02	14	25	11	0.19	-0.83	0.07
2.	SKBAF	15.96	2.44	0.22	15.31	11	21	10	-0.14	-0.84	0.02
3.	SKBHF	8.02	1.12	0.10	13.96	6.10	10.10	4	0.31	-0.97	0.14

Legend: SKBGF - The strength of kicking the ball with foot, ball on the ground final state; SKBAF - The strength of kicking the ball with foot, ball in the air final state; SKBHF - The strength of kicking the ball with head final state

By analyzing the central and dispersive parameters of variables for estimation of the strength of kicking the ball in the final state – it is visible that the results are improved comparing to the initial state, that are quite homogeneous with respect to

the initial state even though the range of scores in the variables is still a quite large. Skewness and kurtosis values are in the range of - 1 to + 1, which means that there is no statistically significant tilt angle and elongation compared to the normal

distribution. The values of Kolmogorov and Smirnov test shows that the results are normally distributed in all three variables.

To determine the statistical significance (significance) of differences in arithmetic means (partial quantitative changes) of variables for estimation of the strength of kicking the ball, the t-

test was applied to for large dependent samples. The values of t-test were on the level of significance (Sig.) from 0.01 ($p \leq 0.01$) in all the variables for the evaluation of strength of kicking the ball. The differences of arithmetic means of the initial and the final measurement of variables for evaluating strength of kicking the ball are shown in Table 3.

Table 3. The values of t-test between the arithmetic means of the initial and the final measurement of variables for evaluating strength of kicking the ball

	Variables	Mean	Std.	Std.	Correlation	T-test	Sig.
			Deviation	Error			
Par 1	SKBGI	13.66	2.83	0.26	0.95	-60.23	0.00
	SKBGF	18.62	2.80	0.26			
Par 2	SKBAI	11.21	2.32	0.21	0.93	-58.39	0.00
	SKBAF	15.96	2.44	0.22			
Par 3	SKBHI	7.19	1.15	0.11	0.96	-27.93	0.00
	SKBHF	8.02	1.12	0.10			

Numerical value of t-test shows that also a statistically significant improvement occurred in tests for the evaluation of the strength of kicking the ball with foot, ball on the ground (SKBG) and the strength of kicking the ball with foot, ball in the air (SKBA), and by a numeric value smaller but still statistically significant improvements with respect to these two variables, with the variable the strength of kicking the ball with head (SKBH), as expected, as players of this age still have some latent fear of the hitting the ball with a head, which eventually disappears and only later show a significant improvement in this variable to estimate the strength of kicking the ball. Based on the results gained it can be noted that there are statistically significant differences in all variables for estimation of the strength of kicking the ball, and therefore can be said that there was a statistically significant positive partial effect of the training program in the preparation period, and the t-test values were significant at the reliability level $p < .01$ for all variables for estimation of the strength of kicking the ball.

Discussion

The aim of this study was to, based on the training work program of forty-two (42) days, determine the level of transformation of the strength of kicking the ball with cadet football players, under the influence of a scheduled football training that included one preparatory period. This study included a sample of 120 young cadet football players of 4 teams, all from Niksic, competing in a unique Montenegrin cadet league and in the middle region league of Montenegro. On the basis of the obtained parameters it can be concluded that the statistically sig-

nificant partial quantitative effects (changes) in all the variables for estimation of the strength of kicking the ball obtained as a result of the training program applied in the preparation period. The method of work that has been applied in this training program abounds with exercises dominated by powerful explosive movements, so that the positive transformations are not unexpected (Gardasevic, Bjelica, Vasiljevic, 2017). In this age, it comes to an increase in biological growth and development of muscles, increase of muscle cross-section, which can certainly contribute to positive results (Gardasevic, Bjelica & Vasiljevic, 2016).

Based on the results of t-test for large dependent samples, with the variables for estimation of the strength of kicking the ball the statistically significant differences were determined in all pairs of variables between the initial and final states, at the level of statistical significance (significance), $p < 0.01$. It can be concluded that the training program of work in preparation period has led to the positive transformation in all variables that were estimating, by the structure of a hypothetical setting of the models, the strength of kicking the ball. In this research, the authors were guided by the fact that such a training program of work in preparation period is a very efficient way of working in terms of raising the level of strength of kicking the ball with cadet football players. The authors conclude that the summer period of 42 days, at cadet football players, with such training work program, is optimal for lifting the strength of kicking the ball to the level required for the competition. The gained results can be directed towards innovation of plans and programs of work in the preparation period, and adjusting the same to the needs of the population concerned.

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BALL POSSESSION OPPONENT (BPO for short) = they have the ball. When your team loses possession of the ball there is a period of time in which the team must change from its focus on its BP roles to a focus on functioning properly in BPO. Instead of BP tasks (making forward runs, taking up supporting positions to receive a pass, etc), players must now perform the tasks required in BPO (marking opponents, closing down space, etc). Think about the different types of football that you are aware of and the different players you have seen. Reflect for a short while and consider how you would answer the following questions: What style(s) of football do you prefer and why? In Australian rules football, if a player takes a mark or is awarded a free kick shortly before the siren sounds to end a quarter, the player is allowed to take the kick after the siren. Often, the result of this kick is of little consequence, but if the player is within range of goal, any score will count towards the final result. Below is a list of occasions where game results have been decided by set shots taken after the final siren, a play similar to the buzzer-beater in basketball. These are In football, most special teams involve the placekicker or field goal kicker. But other members of a football team participate in field goal and extra point attempts. Read on to see what makes a kick count and the rules regarding both types of kicks. Who does what during kicks. In college football, the defense can pick up the ball and return it to the kicking team's end zone for a two-point score (if they're lucky). The guards may lock legs with the snapper only. The right guard places his left foot inside the snapper's right foot after both players assume a stance so that their legs cross, or lock. All other players on the line of scrimmage must have their feet outside the feet of the players next to them. The holder or kicker may not be roughed or run into during or after a kick. Then 5 min after completion of the strength testing, each player commenced treadmill testing of CR and Vo2max. CR was measured at 9 km h⁻¹ at a treadmill inclination of 5.5%. The average value of oxygen uptake (Vo2max) between 4 and 4.5 min was used to calculate CR. The 10 week intervention period was carried out directly after the off-season intermission period, encompassing the 6 week pre-season preparation period and the first 4 weeks of the competitive season. Download figure. Players dribble a soccer ball around the track, lift the soccer ball over the hurdles, and jump over the hurdles. Players dribble backwards with the soccer ball between points A and B. The CR of the players in this study was not significantly changed after the training intervention. gridiron a football field. ground the ball to intentionally throw the ball to the ground or out of bounds to avoid being tackled for a loss of yardage behind the line of scrimmage, an infraction resulting in a 10-yard penalty and a loss of a down. guards the two offensive linemen who flank the center and block. Hail Mary a long pass, usually into the end zone, that requires "divine intervention" to be completed. late hit tackling or running into an opponent after the ball has been whistled dead, an infraction resulting in a 15-yard penalty. lateral a pass thrown underhanded or overhanded in a backwards or sideways direction. leg whip to intentionally use one's legs after falling to trip up an opponent. linebackers the defensive players positioned just behind the line who back up the defensive linemen.

15. Teaching Football Skills Stretching. Stretching - Quick Reference Guidelines. Football players will employ a small volume of power drills combined with rhythm exercises. As the competition phase of the season begins, plyometric work stresses rhythm and speed development. Once the peak competition phase starts, reduce plyometric training to one light session per week, though your athlete can continue to include plyometric drills in the warm-up. Aerobic Fitness for Football Players Football requires running for extended periods of time; therefore, your players must be able to produce energy aerobically. Aerobic fitness is important for three primary reasons. Although football players, need to be aerobically fit, they do not need to be distance runners. Do you want to kick a football (also known as a soccer ball) without embarrassing yourself? Better yet, do you want to get to the point where you can start kicking the ball with the best of them, like Messi Soccer players pass using the inside of the foot because it uses a wider surface area and makes for the most accurate kick. The downside to this kick is that you don't get as much power out of it. Still, it is definitely the most accurate way to pass.

3. Position your planter foot. Skilled soccer players can kick the ball just as well with their non-dominant foot as they can with their dominant one. 2. Practice your kick standing up. Now that you've practiced kicking while sitting down, it's time to practice while standing up. After preparation period ball shooting accuracy at players U15. In Abstract Book of the 8th Conference for Youth Sport (88), Ljubljana: University of Ljubljana, Faculty of Sport Gardasevic, J., Bjelica, D., MilasinoviÄ, R., & Vasiljevic, I. (2016). The Effects of the Training in the Preparation Period on the Repetitive Strength Transformation with Cadet Level Football Players. Sport Mont, 14(2), 31-33. udc 796.332-053.6(497.16 Gardasevic, J., Bjelica, D., & Vasiljevic, I. (2016). Gardasevic, J., Bjelica, D., & Vasiljevic, I. (2017). The Strength of Kicking the Ball after Preparation Period with U15 Football Players. Sport Mont, 15(2), 39-42. udc 796.332-053.6. Discover the world's research. Sessions " Posters. . 88. After preparation period ball shooting accuracy at players U15. Gardasevic, J., Popovic, S., Bjelica D. University of Montenegro, Faculty of Sport and Physical Education, Niksic, Montenegro. The main aim of the research was to identify a level of quantitative changes of the ball shooting. accuracy with fifteen years old football players under the influence of the programmed football. training of a six weeks preparation period. According to the time orientation this was a longitudinal. The research was made on a sample of 120 fifteen years. old football players of cadet rank. For the assessment of the ball shooting accuracy the three tests.