

UDC 796.012.47: 796.011.3

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DIFFERENCES IN TECHNICAL MOVEMENT PRECISION WITH BALL TO NEW AGES SOCCER PLAYERS

Introduction

The primary goal of this research is to compare the accuracy of the collision of the ball to players of both age groups U-17 and U-19.

The second purpose is the evaluation of the accuracy of technical movements with the ball at young soccer players (U17 and U19) of Kosovo. Numerous researches have shown that the execution precise movements are characterized by high levels of special motor skills. Measuring Accuracy Among Young Soccer Players and have proved irrelevant differences between U17 and U19 players on tests of motor and precision does not depend much on the age of the players Petra et al. (2012). Bjelica, D. Georgiev, G. Popović S. (2011), Based on the results of their research it was affirmed that significant differences occur in the case of almost all the variables as it was expected and it was concluded that various intensities affect, while various states don't affect the accuracy of instep kicking by non-preferred leg at a significance level of $p=0.05$.

Methods

The research was conducted on a sample of 100 young soccer players from 10 clubs of Kosova that have become regular racing season 2013/14, divided into two groups: the first group comprised of 50 young players U17 of five teams (Kf. Ramiz Sadiku, Kf. Flamurtari, Kf. MK, FC Prishtina, ACD-IFA) and second group comprised of 50 young soccer players U-19 of five teams (Kf. Ramiz Sadiku, FC Prishtina, K.F. Trepça 89', Kf. Llapi, dhe Kf. Llamkos Kosova). Each club is represented with 10 players better. To assess the precision of the technical movement with the ball all the players they have subjected technical demonstration testing in four tests: T-JUGGL ball alternating juggling: foot-head (technique – coordination under pressure time), T-PASI passing ball accuracy to two bounce walls (precision technique under time pressure), T-KROS- target kick as cross-over (precise technique cross the ball), T-SHOOT- goal shot after own pass (timing and precise technique). But the evaluation it's done based on a grading system which is used since 2002 in faculty of sports sciences, Uni – Leipzic.

1. T-JUGGL :alternating juggling:instep-head

(technique-coordination under pressure time), Instructions for realization:

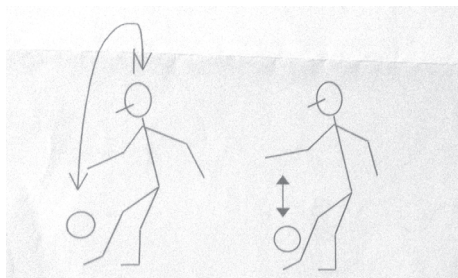
The player has to juggle the ball between instep and head for 30 seconds.It's allowed to touch the ball only once in each time.

Every ball contact performed correctly is counted(instep-head=1-2).

At the beginning, the ball is stationary on the ground; it is "taken op" with the foot and juggled.

When the instep touches the ball three times, this count as one contact; when the ball touches the ball several times, it is counted as one contact, too.

Every player should endeavour to juggle the ball as often as possible within 30 seconds correctly(alternation: instep-head one time each) .Whenever the ball drops to the ground or is touched with the hand, one ball contact is subtracted. When the ball is touched with the thigh, the teste may continue.Yet, this contact doesn't count, and the ball must be played with the instep again before counting can be continued.



assessment: (number/ 30sec.)	Points
from 38	5
35-37	4
30-34	3
25-29	2
20-24	1

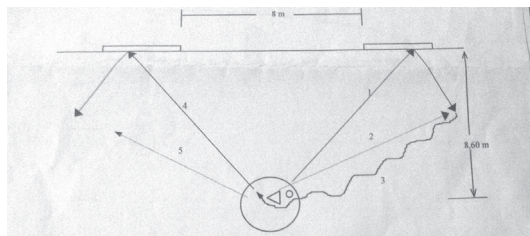
2. T-PASI,;Shooting accuracy to two bounce walls

(precise technique under time pressure), Instructions for realization:

The stationary ball lies in a circle. Every player tries to shoot, as often as possible, to two bounce walls within 30 seconds (2benches, each with a marked area of 1.20m).

He strats shooting the ball to the first wall, runs after the bounced ball, dribbles into the circle from where he tries to shoot with the other leg to the second target, to get the ball, to dribble back into the circle and to continue.

The ball must always be in motion when it is inside the circle.Shoot to the right target with the right leg and to the left target with the left leg.If the ball hits with itd entire diameter the target, it counts as a valid hit.Also run after balls that hit the edge, but not the target.If the ball hits the edge so it bounces off very far or tha ball is played behind the bounce wall, the attempt is repeated.



bounce wall = 1.20m
 circle r= 1.80m

Assessment: 6 hits and more	5 points
5	4 points
4	3 points
3	2 points
2	1 points

3. T-KROS: Target kick as cross-over

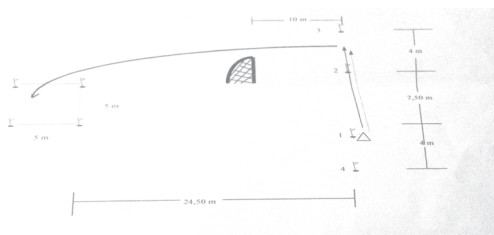
(precise technique in a combination of exercises), Instructions for realization:

The player plays the ball forward from flag 1, runs after it to cross it over between flag 2 and 3 over a handball goal (2x3m) into a target square. The player can touch the ball twice. If the ball is touched more than two times, the hit is not acknowledged.

The exercise must be performed in a way similar to a real match situation; the player must keep running, the ball mustn't rest, otherwise the hit doesn't count.

Left-leg players start at flag 2 and cross over between flag 1 and 4.

Every player has 5 attempts.



assessment: 5 hits	5 points
4 hits	4 points
3 hits	3 points
2 hits	2 points
1 hit	1 point

4. T-SHOOT: Goal shot after own pass (timing and precise technique)

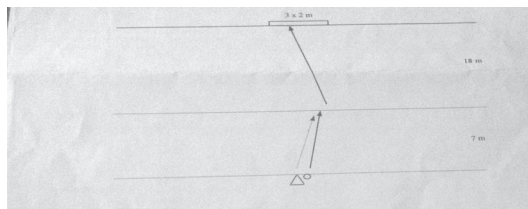
Instructions for realization:

The player stand 7m away from the shooting line at a position the suits him best. He passes the ball in direction of the goal so that, possibly near the shooting line, he shoot the ball directly into the goal. He has to keep moving. He's allowed to touch the ball a total of two times only (pass-goal shot); the ball has to be shot hard and with the instep, otherwise a possible hit is not acknowledged.

If the ball is shot from behind the shooting line, the hit cannot be accepted, either.

Every player has 5 attempts.

Cross-bar und goal-posts do not count as hits



assessment:	5 points
5 hits	5 points
4 hits	4 points
3 hits	3 points
2 hits	2 points
1 hit	1 point

The test exercises it's done in football field with artificial grass

Up to 5 points can be given for each of the four exercises.

The criteris are determined by the course of the exercises and emphasize following aspects (of different values):

-the ball sense rhythmization abilitytion a time unit, the accuracy of the course of the actions, the speed of an action, the exactness of targeting, timing.

Grading is done in a differentiated manner on the basis of the aspects mentioned above and uses the following grading system.

Mark		Points
Very good	(1.0)	15
	(1.3)	14
Good	(1.7)	13
	(2.0)	12
	(2.3)	11
satisfactory	(2.7)	10
	(3.0)	9
	(3.3)	8
sufficient	(3.7)	7
	(4.0)	6

Results

To see the difference between the soccer players of age 17 and 19 it's used the T-test method. Through T-test method are proven differences in favor of players U-19 to U-17 in all tests of precision technical movements with the ball, but statistically significant differences are shown in the collision test at the gateway (T-SHOOT) and the test ball juggling (T-JUGGL). Results obtained through the scoring of each player in each variable demonstration showed that the overall assessment of the technical with the ball to U17 players at the "satisfactory" while at U19 level players "good".

Table 2. T-test for each precision with ball variables

		Group Statistics			
		N	Mean	Std. Deviation	Sig. (2-tailed)
T-JUGGL	U- 17	50	27.0000	4.30472	.003

	U-19	50	34.2000	15.90533	
T-PASI	U- 17	50	4.5400	1.09190	.593
	U-19	50	4.4200	1.14446	
T-KROS	U- 17	50	2.4000	1.10657	.100
	U-19	50	2.7600	1.06061	
T-SHOOT	U- 17	50	2.2600	1.08440	.000
	U-19	50	3.0400	1.00934	

U17, 10 poena =satisfactory,

U19, 13 poena= good

Discussion

The accuracy is motoric skill on high coefficient of genetic. but in this research results have shown differences in the four variables with ball precision in favour of those U17 U19 players but statistically significant differences were observed only among variables (T-Juggle and T-SHOOT) with what could argue that the more experienced players (with more training sessions and more repetition) are more precise in the execution of technical movements with the ball.

The results obtained show us that more experienced players U-19 have a better precision in demonstrating the technical movements with the ball, compared to U-17 players. Assuming that the training process is very important to voice learning, mastering demonstration , acquisition, and precise technical movements with the ball, because the precision peak levels is very significant.

It may also conclude that the execution of precise movements with the ball is an ongoing process of young proceeding with excellence at later ages and practices have shown us that the most experienced players have higher precision compared to players with less experience.

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Key words: young players, technical, demonstration, precision with ball

„Dan“, 12. april 2015.

НАУЧНИ ЧАСОПИС ЦРНОГОРСКЕ СПОРТСКЕ АКАДЕМИЈЕ У 48 ЦИТАТНИХ БАЗА

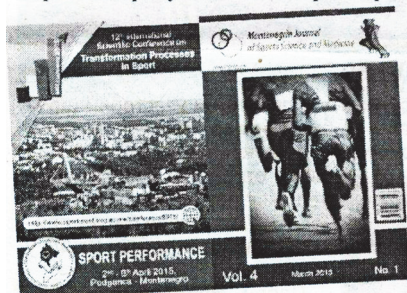
Ускоро најпрестижнији у региону

Научни часопис Црногорске спортске академије „Montenegrin journal of sports science and medicine“ тренутно је најквалитетнија и најзначајнија публикација у Црној Гори када су у питању индексне међународне базе у којима се налази

– „Montenegrin journal of sports science and medicine“, чији је уредник проф. др Душко Бјелица, налази се у 48 индексних база и на посматрању је код Кобсона за улазак у Томсон Ројтерс базу. Часопис има међународни савјетодавни и уређивачки одбор који чине 48 међународних научника, три замјеника уредника, извршног и почасног уредника. Тренутно се преговара са 19 међународних факултета за спорт и физичко васпитање из

исто толико држава о потписивању споразума за објављивање научних радова у овом часопису који би на тај начин постао најпрестижнији у региону, рекао је извршни уредник доц. др Стево Поповић.

Т.Б.



Проф. др Душко Бјелица