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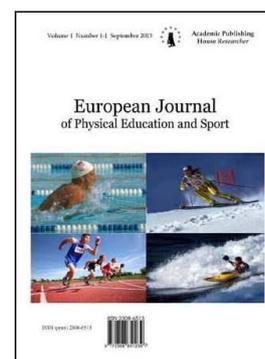
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Articles and Statements

Study of the Determinants of the Sports Performance in Football

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Abstract

It is important to find the most reliable method possible which will draw on criteria and scientific standards to increase the chances of champions by generalizing the testing on a larger number of individuals and selecting that young people have a chance of succeeding. The lack of certainty in all what is being done on the detection and selection shown was how it is difficult to conduct well was the work of sports talent identification. To conduct this study, we chose to study of essential data, namely .the skills ' sample is composed of 21 coaches, having a great experience, at which on a request to assess skills required in football and their degree of solicitation. The analysis of the results show that (expert) coaches have estimated that among the 13 skills studied, five from among them emergent and get a certain unanimity and for which there is agreement .Skills required for the practice of football in order of importance are endurance cardio respiratory, the explosive force of the lower members, the dynamic force of the lower members, speed and the strength of the trunk. Experts have withdrawn the other ruled less specific to football. And for the preparation of tests simplified and affordable we have selected three skills that we judges consistent with the categories of ages studied.

Keywords: determinants, performance, experts.

Introduction

We assume that to achieve certain results at a high level, it is imperative for the footballer to possess the essential qualifications required by the high-level football and identified by the experts. To follow a scientific procedure we held account of the work of Cazorla, g. (2006) relative has ' *the expertise of the physical and physiological high-level football requirements* "which took the approach, the analysis of the requirements of the practice of high-level football according to:

- * Expert technicians
- * Data
- * Comments
- * Literature

Issues and assumptions

The issue, we are interested in our study, to this aspect, in the matter of the morphological, physical, and physiological variables that differentiate individuals between them about what differentiates the champions of other normal individuals: the Human Motricity. Durand (1987) following Crombach (1965), studied this aspect at two angles: "the first requests the process implemented in the activity. It focuses on the operation of the subject and it falls within the General Psychology," the second relies on the differences between individuals in achieving tasks. It highlights the characteristics stable and personal subjects. It is the differential psychology. "And we'll call skills. And we asked, what are the physical criteria required in football that determine the choice of a player, and most is - it possible to detect the possibilities of success from the very beginning of his career in a young? Finally, whether physical skills are key determinants to select a footballer. We have made certain assumptions that we will try to confirm in this study: *therefore, we start from the principle that to achieve certain results at a high level, it is imperative for the footballer to possess the essential qualifications required by the high-level football and defined by experts.* On the other hand, and corroborating the results of previous research "the prediction of performance from the early results, at this level is very difficult." Famose, J.P. (1988). It is possible "with risk appropriate errors if the prognosis is based on a performance in a close age of maturity athlete." it is certain that "all sporting disciplines do not have the same physical requirements" Leveque. N. (2005) and that each sport has its own specificities of detection and selection criteria; Thus the criteria (skills) more required in football are those, mention in the literature and determined by experts.

Physical and morphological variables

The physical abilities

The choice of the concept 'skills' in our work is linked to the theme and it perfectly conveys the meaning, that is to say it is what differentiates individuals between them and we want to give to this research. 'Skills are the cornerstone of the theory of Fleishman» Famose, J.P. (1988). Thus every individual engaged in a task will mobilize its own abilities (abilities, qualities) to achieve its goals. It turns out to be necessary to introduce some clarifications on the meaning gives to the various concepts that are: skills, abilities, skills, morphology, determinants etc. The term 'suitability' is the most important concept of our theme; we will explore it more extensively in this chapter. In its work on the development of skills and motor skills, Neagu, N., (2010) defines skills as "the traits, respectively (strictly individual) relatively stable natural, psychic and physical predispositions that give the individual the ability to perform a certain Act, with a minimum of effort, but at higher settings, in comparison with other individuals in the same age category and training." We can also say that 'motor skills - the speed, the strength, coordination, strength and mobility - are part of the individual genetic predispositions, as they are assessed by methods and specific procedures, which can be quantified and whose individual results can be reported to the standard contextual grids." Neagu, N. (2010) *Le Petit Robert* gives us the ability the following definition: "Natural disposition to...". "This 'natural' qualifier already promises an idea of staff, innate, and this can result in our opinion by a physical or physiological characteristic or a trait of character. So the coaching occurs that may or not at all in this capacity. In the *Encyclopaedia Universalis*, Reuchlin envisages the concept of fitness under three lights:

Morphology

An individual, in addition to his physical appearance, has a soul and a body that differentiates someone else is his Anatomy or morphology. Admitted in sporting activity that the size of an athlete gives it a clear advantage over its competitors and some authors as Brikci, and Dekkar, (1987) noted the influence of different morphological factors on achieving high results in race walking. The authors showed that the sporting result increases compared with the increase of the size of the body surface of absolute and relative to the age of the athlete, to the circumference of the thigh and the fat component. In the jumping, segmental body dimensions contribute to obtain the best performance, Genov, (1953). He argues that the length of the break depends on the length of the arm ($r = 0.53$) to the diameter of the arm ($r = 0.44$) and the length of the leg ($r = 0.43$). In the throws, MD (1986) shows the influence of the size and the weight of the body of the launchers on the performance. In handball, the importance of the large size was disclosed by Brikci

and Dekkar (1986) (day of the 1986 sport physician). The authors note that with the increase in size, the lever expands ensuring a greater than the firing efficiency purpose. Handball in the penalty shootout, have the index weight - height higher than the other players. The detection of the Federation, the size and the span criteria are so well chosen to characterize the handball players of high level. The morphological profile of the handball is summed up well by the size and the span of the supporting hand of the ball, the other measurements providing only low additional relevant information with the handball. This justifies *a posteriori* the choice of the criteria of the French Handball Federation during the stages of detection. In a dedicated study a overweight and its influence on physical development and its effects on motor performance, Mr. Ammar & al. Note that anthropometric appearance or morphological component condition to a large extent the driving conduct. In addition, the increase in the degree of overweight leads to selective changes most pronounced at the level of certain qualities motrices. par elsewhere, variations and the stride length are not strongly influenced by size and reports levers Weinek, (1996.) of other researchers, "confirmed these results, they reported that factors such as the size and weight can be specific anthropometric has a post gives without so far intervening on the performance in sprint capacity. Thus, the case is linked directly a discipline sports Gill et al. (2007)

Assessment of skills

In his study on "prognosis of high levels of fitness in complex tasks" Fleishman has identified about 50 human skills divided into four main groups: physical, psychomotor, perceptual, and cognitive. They are classified into 13 physical abilities, 17 psychomotor and cognitive skills and 20 intellectual. To make its easy usage model, Fleishman "had styling each of these skills so that the name corresponds to the nature of the task. II thus gives a very precise definition of the reporting ability. » Among the human skills listed by Fleishman and Quaintance (1984), and that we have higher status, a first sort is already done. Shall be kept only those that we considered, empirically, required for the football discipline based on types of motor actions of the player. This method can be used on condition that the knowledge of the discipline is total. And it is from the sources in the literature that we have with the collaboration of experts (teachers, educators, coaches, football who participated has this choice) developed a list of driving ability.

Methodology

Among the fifty human skills listed by Fleishman and Quaintance (1984), and that we have higher status, a first sort is already done. Only 13 motor skills are retained. This method can be used provided that the competence of providers is recognized; hence a duty to appeal has experts and data from the literature. Then, determine if the answers from experts are consistent (identical or close) to the results of work and scientific research, mentioned in the literature. The method is to present a picture (paper, and internet) with a precise definition and a "how-to" forty experts with professional experience and a high level of expertise in the field of training and football, (teachers and trainers). Only twenty and one questionnaires could be used. It is then for them to evaluate whether each proposal is required or not for the practice of high-level football, and if required, indicate its level of solicitation.

Results

List of motor skills

1. Dynamic force of the upper limbs 2. Cardio-respiratory endurance 3. Dynamic flexibility 4. Overall coordination of the body 5. Strength of the trunk 6. Explosive force of the lower limbs 7. Dynamic force of the lower limbs 8. Static flexibility 9. Evaluation of speed 10. Explosive force of upper limb 11. Balance body general 12. Static strength of limb 13. Static force of lower limb

Classification of motor skills

The analysis of the collected data, allows us to classify different skills after the marks given by the experts.

	SKILLS	Total	AVG.	EC	Min	Max
1	RCT	137	6.52	0.51	6	7
2	FEMI	133	6.33	0.65	5	7
3	FDMI	127	6.04	1.07	4	7
4	EV	121	5.76	1.30	3	7
5	FT	114	5.42	1.24	3	7
6	SD	108	5.14	1.10	3	7
7	RAMS	93	4.42	1: 16	2	7
8	GSC	90	4, 28	1: 27	4	7
9	SS	68	3, 23	2, 02	0	6
10	FEMS	67	3: 19	1, 56	0	6
11	ECG	57	2, 71	1, 34	0	4
12	FSMI	53	2, 52	1, 63	0	5
13	FSMS	52	2.47	1, 95	0	4

Table 1: classification of motor skills
3. Motor skills required for football

NO.	SKILLS	Total	AVG.	EC	Min	Max
1	RCT	137	6.52	0.51	6	7
2	FEMI	133	6.33	0.65	5	7
3	FDMI	127	6.04	1.07	4	7
4	EV	121	5.76	1.30	3	7
5	FT	114	5.42	1.24	3	7

Table 2: motor skills required for football

Discussion

The average of the points obtained by each ability was calculated as deviation thus measuring the index of dispersion of the responses, a driving skills required for football profile has been achieved, (those who have obtained a greater than or equal average 5.00 on estimation scale.) The opinions are quite consistent since the concept of cardio-respiratory endurance totals 137 points, 6.52 average and the standard deviation is 0.51. Technicians assessed the level required by the explosive force of members below to the second most important (6.33 on the scale from 1 to 7). With a small deviation of 0.67, it appears to be *a priori* more required for football. The dynamic force of the lower limbs was ranked in third place on the list of required motor skills. The value obtained is 6.04 for a total of 127 points and standard deviation 1.07. The definition of this ability proposed fact coaches refers to the concept of muscular endurance and highlights the resistance to fatigue of the muscles at the level of the feet and legs. The speed of movement of the members was considered to be required in football with 5.76 medium on the scale of solicitation the level required by the strength of the trunk was estimated to 114 points for an average of 5.42 per the specialists consulted. The standard deviation is 1, 24 there is no consensus, and the notes range from a 3, 7 regarding the solicitation.

Conclusion

We know that "has every sport match specific morphological characters related to the nature of the latter, ' and that all data collected were interesting, but should be defined more accurately each ability and what it proved to be useful to determine predispositions of the young player for the practice of football. If the measured physical abilities are conditions of validity and consistency in a meaningful way they could contribute to the prediction of performance and allow detection and a satisfactory selection. Therefore, these predispositions allowed the player to be good physically to be then technically. And in this sense, the results of the evaluation of motor skills necessary for the practice of football and their degree of solicitation by experts, gave encouraging results: -cardio-respiratory endurance, as ability greatly contributing to performance. Focusing on the maximum over an extended period of effort and resistance to tired - the dynamic force of the lower limbs is useful for the footballer in his movements. The importance of this capability highlighted previously, at the level of resistance to fatigue of the muscles, feet and legs among players. The speed of limb movement was deemed required in football. In reference to the concept of frequency, associated with the amplitude of the strides that condition running on a ground speed.

-The explosive force was considered very important by the technicians who consider this essential skill for the player in starts and changes of pace and direction.

-The strength of the trunk, promotes the action of the abdominal belt (tone and endurance) at the footballer, for her role of peacekeeping but also in specific, actions the duels, body marking and in races with ball where play dribble, feints and overflows his opponent

To measure and assess various skills, we offer a series of testing in accordance with the principles of assessment and which were valid by other researchers and are commonly used in the field of sport.

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