



Fig. 8 After the programs done – scoliotic attitude

CONCLUSIONS

- After the processing and interpretation of the initial data and the final results from the work , there can be noticed that:
- **The static disorders** can be minimalised after the usage of a special kinesthetic program which has exercises done and adopted to each deviation apart, only with the condition that the problem is detected in the initial stage.
- The articular deviations well installed constitutionalised cannot be minimalised for good through kinetotherapy but can be reduced the rounds at very small grades only with the condition that the kinesthetic programs should be applied immediately after the rapid detection of the pains and rigorously monitorised all life long.
- Through kinesthetic programs applied I have succeeded to recover the mobility of all the articulations done even though the round grades have been evaluated at small values , not having even one patient with a high level of disability. For the patient it was important the recovery of the movement amplitude, the awarness of a correct position and of a normal pulmonary ventilation.
- For the portant ventilations the motivation in the sports games has increased the seriousness of the treatment and **the conscious involment of the children.**

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THE DINAMIC OF THE MOTIVE INDICATORS DURING THE RESISTANCE PRELIMINARIES FROM THE PERSPECTIVE OF USING THE MEANS OF TRAINING WITH DIFFERENT INFLUENCE COMPARED WITH THOSE OF NARROW SPECIALIZATION DURING THE MIDDLE DISTANCE RUNNERS AGED 14-15

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Abstract:

The results obtained from the runners included in the experiment demonstrates the superiority of the workout with influence mainly different compared with narrow

specialization in preparation of the 14-15 years old middle-distance race runners along a competitive year.

Key words: *physical effort, sports training*

The physical training is, from the sports training point of view, the necessary support of all the manifestations of the training components [1, 2, 4, , 10.]. The high level of the performance in sport is due to the improving of the training methodology complexity, especially through a more efficiency of the didactic planning [6, 9]. Taking in consideration the present results of the middle- distance tests, we realize that the training for these tests is a part from the long-distance race, the middle-distance running race tests becoming a more and more "long sprint" [7, 8].

The reason of this research is the perfecting and the scientific argumentation of the efficiency of the force training process of the middle-distance runners aged 14-15 through the usage of the training means with a different influence compared with those of narrow specialization in the III junior training process (14-15 years old) during an annual training cycle. From the results obtained as the experiment took place we will be able to notice the strong points and the weak points from the force training period of the middle-distance runners and where we must interfere as to obtain competitive results of today performance.

The research hypothesis : I have started from the premises that perfecting the training process of resistance of the middle-distance runners aged 14-15 will contribute to the improving of the effort capacity and the level of general training during the present competitive year but which is the basis of the high level performance in the future years.

The research methods used are:

- *The analysis of the specific methodological- scientific literature ;the examination based on a questionnaire and interview:* in this work this method has been used as to obtain, in a short period of time, a high level of information regarding the trainers' opinions from the Scholar Sports Clubs in the country, in connection with the resistance training of the middle-distance junior runners aged 14-15, making the experimental curriculum easier through the selection of proper means;
- *The pedagogical observation; the measuring and testing method :* It has been applied a set of (4) tests which reflects the level of training of the middle-distance runners aged 14-15 years.
- *The resistance training indicators: running 800m, 1000m, 1500m, 3000m.*
- *The pedagogical experiment:* any experiment supposes creating a new situation through the implementing some modifications of a factor (which is the main object of the research), the rest of the factors (conditions) remaining unaltered (as in the case of standard activity- the witness group). In this way it is underlined the action (the influence of the modified factor over the results of the whole process [5]. The first stage (the ascertaining experiment) took place on a set of 30 III junior middle-distance runners (14-15 years old), divided into two groups of 15 athletes (the witness group) and 15 athletes (the experimental group) , III junior (14-15 years old) from C.S.S. –L.P.S. Galati and C.S.Ceahlaul Piatra Neamt following the runners testing from the point of view of the force training. The second stage was based on the basic experiment which allowed the evaluation of the efficiency of the training program proposed, with a different influence compared with those with narrow specialization in the training of the III junior middle-distance runners (14-15 years old).
- *Static-mathematical methods of calculating and interpreting the results:* The debating and the statistics interpretation of the data obtained through the Microsoft Office Excel 2007 program , using the test Student for independent samples and review the meaning of the differences noticed.

To make the experimental program it has been taken into consideration the period of the training which was structured on the basis of the competitive calendar. Thus, the training has been structured on two training periods, autumn-winter and spring-summer, two pre-competitive periods (winter- summer), as well as a period of transition , winter-spring. The tabel below reflects the results obtained after the implementation of the experimental program , together with the values of the student test and the significant levels. In the case of the initial tests, the differences between the medium values of the performances obtained by the two groups are insignificant (the values of *t* correspond to some levels of significance $P < 0,05$).

No. crt.	Tests	Groups	Initial indications	Final indications
			$\bar{X} \pm m$	$\bar{X} \pm m$
1.	800m (s) Running	E	150,45±1,23	146,16±1,16
		M	150,79±1,26	149,87±1,24
		t	0,19	2,18
		P	> 0,05	< 0,05
2.	1500m (s)	E	297,33±1,62	292,41±1,44

	Running	M	298,56±1,67	297,17±1,65
		t	0,53	2,17
		P	> 0,05	< 0,05
3.	1000 m (s)	E	195,00±1,44	190,35±1,15
	Running	M	195,24±1,43	194,16±1,42
		t	0,12	2,08
		P	> 0,05	< 0,05
4.	3000 m (s)	E	642,95±3,35	634,02±3,01
	Running	M	643,21±3,37	640,87±3,36
		t	0,05	2,07
		P	> 0,05	< 0,05

The process of training of the III junior middle-distance runners has an individual character, the physical and psychological particularities being taken into account as well as the volume and intensity of the means which must be consistent with the stage of preparation. In the pedagogical experiment, the training periodicity has taken into consideration the participation of the sports girls to both competitive periods, indoors and outdoors. So, the training has been structured on two training periods, autumn-winter and spring-summer, two pre-competitive periods (winter- summer), as well as a period of transition, winter-spring.

The set of tests was very diversified to notice as many forms of manifestation of this and the necessary combinations. The elaboration and the application of the experimental program led to some better results at the experimental group regarding the resistance training of the middle-distance runners aged 14-15.

The raising of the indices values resistance manifestation, underlined by the usage of the " t Student' test criterion from the beginning of the test and the end of the test has demonstrated that it is significant to all the tests which show us that the strategy used for the pedagogical experiment can be successfully used by trainers.

The experimental group has done well structured training regarding the general physical training which have fulfilled the target of raising the performance in the control tests and the results from the middle-distance at the final test compared with the initial test. At most of the control tests it has been noticed a significant raise of the results in the final tests towards the initial tests, at the valuable level ($P < 0,01$) and only in the running of 3000m, 800m and 1500m the progress has been significant, but only at the level of 5% ($P < 0,05$).

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INDICES AND TRENDS REGARDING THE COACHING OF JUNIOR PLAYERS ACTING IN THE PENALTY AREA IN THE SOCCER GAME

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Abstract

The soccer game, like all games, is permanently subject to change. For this reason, coaches use various information programs or the statisticians' work to get information in good time about both their team and the opponent team, or about