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## THE PROMOTION OF THE TALENTS IN FOOTBALL

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### **Abstract**

*The children who express some aptitudes for football can to have a genetical substance which is favourable (hereditary factors), as and a certain experience, even if this is minimum (factors of medium). The purpose of this paper consists in to reflect the factors which influence the coaches for to identify the young talents in football. The methods used have at the base the predictions concerning the ability of the players to touch superior level of performance.*

**Key words:** sporting talent; hereditary factors; technical qualities, tactical qualities; co-ordinated qualities.

### **INTRODUCTION**

The qualities of the young players are tested on the distance covered of the activity, while the continuous participation at the trainings it's the most important external condition to identify the sporting aptitudes. In this sense, we will reflect the factors which influence the process of identyfycation of young talents in football.

### **MATERIALS AND METHODS**

The sporting aptitudes of the footballers have on the base the formulation of valid predictions with view at the ability of the young player for to achieve with success the process of training for the children, in the sporting speaciality who is choice, for to can to cross other stages of training in the view of the touching of superior levels for performance.

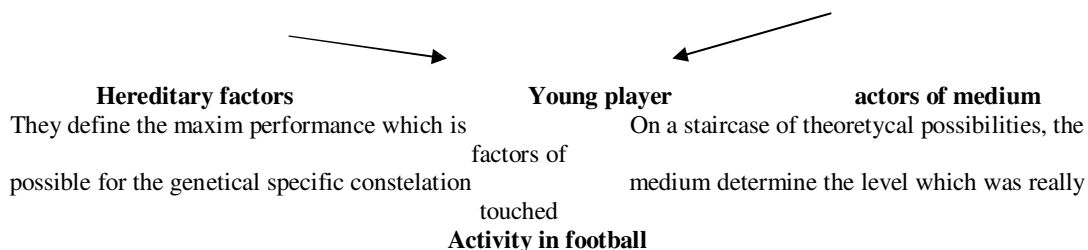
The problems joined by the sporting talent represent subjects of interest for all the implicated persons in the football for the children and juniors. It's a general opinion accepted that it's usefully to establish at the moment who represent the technical maturity of the subject, if this has a future from the point of sporting view. From divers motive, this thing is important for the trainer, for the divers categories of technical personal of the club, as and other clubs who intend to invest in certain young players, through to use the personal infrastructure.

### **RESEARCH RESULTS**

The term of selection provoked disputes through divers persons who defend the cause of the football which has a big popularity and who wish to attract all the possible talents from the footballistical domain. On the other side from this opening which has right purpose the choice of the little sportives who have different aptitudes face to others, it's necessary to know the mode in which can be identify the footballers which have need from a method or a specific preparation. This thing is necessary for to raise the level of the natural aptitudes of the footballers.

If we simplify, we can to define the footballistical talent right a special condition psycho-physics and right an activity which cross a certain evolution, in this way for to excel the average. According to the international literature, a child who manifest some aptitudes for football, at the first sporting preparation, cans to have a genetical substance which is favourable (hereditary factors), as and a certain experience, even if this is minimum (factors of medium).

It's very clear if we can not to make nothing for to influence the first category of factors, there are many things which we can to do for to learning the specific elements, according to the next scheme (Giacomini, M., 2009):



For example, it's probably as the son of a footballer to have the same qualities of the muscles as and the father. If certain characteristics is not required from time through the trainings and specific programmes of development, his potential cans remain partially undiscovered.

But, the model of the sporting performance is more complex. This statement is justified not only through the perspective of the great number of practicants and of the difficulty of analyse, but also from the perspective of the fact as it's not always possible to identify concerning at the age, the best significant indicators of activity, at a certain moment.

The evidence of the talent cans to depend by the informations, methods and procedures used in combination with the individuals characteristics.

This thing cans to enlarge the possibility of touching of the maximum level which is possible, with a frequency as more big.

The control of the development in time of the parametres involved is difficult, from the cause of the insufficient corelation (objective estimate), in the view of the formulation for a prevision concerning at the evolution.

Thus problems, although not unpassed, hold of the fact as in football, face to the individual sports, the sportivs must to have technical and co-ordinated qualities, as and organic-muscles qualities and, especially, cognitiv qualities (individual and group tactical).

Consequently, a frequent answer is: „which category of age must to have offered a big attention for to identify the potential talents and which factor is more significant?".

From happiness, the majority of the coaches and observers has the necessary experience for to prevision, on the base of the empirical informations, but not more little underlined, the future of the young footballer.

According to the opinions expressed by Massimo Giacomini in „The technical guide for the schools of football”, the next parametres can be used for the estimate of a young player of football (Giacomini, M., 2009):

- skills of game:
  - the tactical sense: in the possession of the ball; without ball;
  - integration in collective;
  - rapidity and efficiency: for anticipation; perception; for processing the informations; decisional:
    - for creativity; for movement and action; for adaptation at the unforeseen situations ;
    - technical performance: technical and tactical skills which are manifested;
    - the total performance in the time of the game in the simple and complex contexts;
    - the total performance in the time of the tour;

- the capacity for to play on the more posts;
- psychological characteristics.

Also, I consider the viability of the application in the valuation of the footballers and a next complex model of selection and control (the systematic model of the conduct aptitudes of the sportives which make evident the wide implication of the psychic factors and of the all parametres of the sporting performance), in the following way:

- the total sportive psycho – conduct sportive aptitudes (the sporting intelligence, the capacity of the mobilization of the energetics resources, the capacity of the improvement after success, insuccess, effort);
- the driving aptitudes (the speed, the force, the resistance, the ability, the elasticity or the supplece);
- the psycho-driving aptitudes (the kinestezy, the ideo-driving, the sensorial – driving co-ordination, the speed of anticipation, the scheme of the body, the equilibrium);
- the regulate adaptation aptitudes for cognitive type (attention, the sensorial and perceptive capacities, the capacity of thinking in the interpretation of the situations, the imagination and the creativity); for affective type (the affective equilibrium, the capacity for the psychic recovery, the capacity of possession, the resistance at the stress factors, attachment to club, the patriotisme, the responsability, the love of work);
- the attitudinal and temperamental aptitudes (the collaboration, the subordination of the individual interests face to the collective interests, the spirit of team, the capacity of easy adaptation).

With all these, in the process for to perfect the aptitudes, if it's identified an different indicator, which is insufficient known at the respective moment, this can to constitute a great contribution in domain.

An other important aspect, it's the fact as for to identify a potential talent, it's necessary to analyse not only the activity of ensemble (the efficiency), but and the intrisec factors of the performance.

In the same conditions of activity (measured with the help of the subjective proceduri) and at the same age, the subjects with a biological age more great, more mani ages of training and factors of activity consolidated (antropometricals, physicals, technicals, tacticals) have an more reduced potential of development in comparison with the more intimate subjects by the average of the group of age ore who manifest a delay from the point of view of certain characteristics.

This assertion, logical from the point of view of the definition, but often ignores, has at the base the fact as the persoans who touch at a certain

biological age and at a more advanced level of the technics more in advance, remain them a marge more little for the perfection.

The evolution of these persons cans to be slow down in time and it cans to appear in certain cases the total compromision of the performance.

In change, the footballers who play enough of good in the back-ground of the different competitions, in the spite of the fact as they are under the necessary threshold concerning at the morphological and functional development, have more many chances for to perfect the specific preparation and for to succeed in future.

A next evolution of these factors will conduct at the growth of level of performance, which is already satisfatory, in comparison with other players considered good.

The experience shows us as sometimes, indifferent if the young players were selectated on the base of the hereditary elements or on the base of the elements obtained and indifferent if the next promotion of these (distinct preparation in the back-ground of the teams of big level) had place according to the best modern methods of preparation, certain potential talents not obtain the results planed initial.

This thing means as, probably, were certain errors of interpretation of the distinct indicators used for the evaluation of the talents or the indicators used not hade enough stability in time.

Another possibility is as the psychologycal, motivational and social factors hade an negativ impact over the technic distance covered of the sportive.

With all these, it was recorded and the opus situation, namely certain players not were selected as talents, at a little age, but evoluated and touched in the profesional categories.

This thing means as it's an  $x$  factor, who not was still discovered or as the identifiycation of the talents not is a absolute science.

The constant participation at trainings it's the most important external condition to identify the sportive aptitudes in football.

We can to put the question, what are the sportive aptitudes ?

The sportive aptitudes in football mean the ability of the young player for to finish with success the process of training for children, in this way to can to cross all the stage of training in the view of the touching of the high levels of performance.

If we simplify, we can to define the footballistical talent as a special psycho-physics activity and straight an activity who crosses a certain evolution, in this way it outshines the average.

In present, in the football of high performance it puts the problems to identify the talents, to attract on the most talented youths at a

certain age, which throught a correct prognoze of the biological development and an process of rational training, conducted and leaded in a scientific mode, the youth of today to touch the performer of tomorrow.

But what represents in matter this talent ?

It's sufficient really this talent for to build a professional footballer ?

Today there are in the world of the specialists from football some quasiunanimous points of view.

So, a firts point of view, an authotized opinion is who identify the talent for football with a optimal profile from morphological and functional point of view, with a different psyhodriving, who it's gone from common, on a famialial field for football from all the point of view, with a motivation for football who goes until at "fanaticity.

Also, if we answer at the second question, we can make the specification that this talent, gifting of exception on all the plans, it's not sufficient for to become a big professional.

In the firt row, this talent musts to be identified from a great mass of youths and prepared in accordance with the life, for society and then for footbaal.

Who has this decisive moment from the life of thw footballer ?

In the first raw, of the teacher for physical education and of the coach and not in the last raw, of the parents and of the family.

The teacher of physical education has the noble mission as in a organized frame to assure the psycho-physical preparation of the youths and to identify the best youths, which can be promoted in a centre of children and juniors.

After this selection (primary selection), the child musts to efectuaccomplish a stage of psycho-driving preparation, of 1-2 years, all in the school when he learn or at a school where there are optimal conditions from technico-organizational point of view, and then, after this stage he musts to begin the sportive instruction structly speaking, consequently to apply the primary selection who is specifically to the football.

Only now, it begin a specilized process of training, adequatly to the football, without to neglect not even that until at puberty this preparation it makes or musts to makes in a complete harmony with the physical preparation for the forming of the youth which is developed in a harmoniously mode, with the school preparation and of work for life, for society.

So, the good talent which is guided by school, family, sporting collective, with an optimal process of training, with a perfect health and a motivation of exception, look the principal factors, not all of the performance.

We can to sythesize in this way the two questions: only the talent - meaning in the spirit of the ideas described by us – without the second element (the footballistical preparation of exception in the context of the physical and spiritual preparation) it not leads at hight performance, after how a scientifical preparation without talent, biological gifte, cans not you lead on the summits of the sporting fame, than in a exceptional mode, and/or conjunctural mode.

So, the medical and biological selection appears as a component of the performance, through her role in the precociuos identyfication of the talents for the components of the selection, where the biological needs musts be always prioritary.

These objective needs of selection represents the effect of the statistical processings of the numerous objective dates, where in them middle there is "the biological model" of the footballer of elite of today and of tomorrow.

The life shows us with clearness as this biological model fluctuates the little from at a decade at another, such as it fluctuates and the methodical of the training or oneself the biology of the footballer.

Thus, in correct approach, with application of the selection we must to give proof of much mobility, clearvision and in the same time, of o rigorous prevision, with so much the more, so how oneself the scientifical dates evolve in a accelerated rhythm.

Look an example wich belongs with certitude of the last years. It knows of long time as in th composition of the muscular fibres at mans there are:

- so-called white fibres, "fast fibers", who are rapidly, with an enzimatykal equipment who is favourable of the explosival efforts, of force-speed;
- and red fibres, "slow fibers", tonic and slow fibres, with an enzimatykal equipment who is favourable of the slow efforts, more little explosival, but of great time, and in the following way these knowledges will be apply in selection especially on the base of the opinion than the number of these fibres it's conditioned in a genetical mode and it's can not to modify in a sense or in the another.

In the last years, numerous mans of science bringed evident proofs – muscular biopsy at footballers – through who they proved that owed of the certain type of training it's possible as a procent from these fibres, present at selection, to be transformed in the other profile as following of the efficiency of the process of training at the muscular skeleton level.

Thus the concepts concerning the number of neurons seem to them develop and also, them regeneration, the regeneration of the hepatical cells and the cells of the kidney.

We understand thus that, the guided selection in football represents a complex system who it apply both to the children and to the youths – after the model of the school and university selection – and if we operate with objective indicators:

- socio-economical;
- cultural;
- biological;
- technico-educational;
- methodical

who follows to reflect that complex potential which under the influence of a scientifical training to conduct at the great performance in the conditions of the negative unnterferation of the growth, of the school instruction and of the sanogenesys.

We understand from this trial of definition given of the leade selection in football, how much of responsible it's this action for the teacher – coach, for doctor or psycholog.

In continuation, we try to prest the principal indicators with who we operate today in selection.

*The genetical factor* cans be emphasized in a ceratin measure from the medico-sporting anamneza, who includes both the heredo-colateral antecedents of the child or of the youth which is submitted of the selection, and of the parents:

- the morphologycal configuration;
- the cultural level;
- the educational level;
- the atitute face to sport;
- the sporting antecedents who belongs to the family.

represents curent possibilities who are accessible in this selection.

If we put in evidence the sexual cromatin (Barr corpuscul), we obtain the diagnostic of sex from genetical point of view.

Look a series of *eredytal factories*, who represent the qualities of the youth footballers and who must be observed very attentive and required from time through trainings and programme of specifical development:

- the muscular fibre;
- the maximum muscular force;
- the maximum capacities of aerobycal resistance;
- the jump in height;
- the running of resistance;
- the maximum volume of oxygen;
- the capacity of aerobycal resistance;
- the capacity of anaerobycal resistance;
- the measure of the ante-arm (contracted);
- the scapulo-humeral mobility;
- the height;
- the maximum consume oxygen;
- the weight of the body;
- the height of the trunk in the position of standed;
- the time of the reaction;

- the running on the distance of 60 metres;
- the mobility of the vertebral pillar;
- the maximum anaerobical capacity;
- the running on the distance of 30 metres;
- the breadth of the shoulders;
- the learning speed of the movements.

Because there are insufficient correlations, the control of the evolution in time of the involved parameters it's difficult in the view of the expression of the prognosis concerning the evolution.

So, in football, face to the individual sports, the sportives must have technical and coordinating qualities, as and the organical-muscular qualities and, especially, cognitive qualities (individual tactics and tactics of group).

*The state of health* represents the indicator with the more great stability in the frame of the divers stage of selection.

All the specialists agree with the saying of base musts to be: "to choose on the healthy footballers from healthies", while the healthy indicator must be debated upon with maximum severity, especially initial.

We understand in this context as illness of the:

- cardiology system;
  - congenital anomalies;
  - endocrinal illness;
  - illness of the nervous system with troubles of behaviour;
  - hepato-renal affections;
  - illness of blood;
  - defects of the visual organ
- must be excluded from the sporting selection.

In this way, the feelings must be given up, while the child must be guide to the therapy through on sports and eventual on this way he can arrive at the initial selection ever, in mode with exceptional all, through the corrections of the deficiencies more little grave.

*The morphological criterium*, the constitutional biotype represents another indicator with who both the biologists operate and the coaches in selection.

Undoubtedly, there is today the morphological biotype which is favourable of the respective trial and which goes even at details:

- the plamare circumference;
- the anvergure;
- the alonje;
- the length of the inferior members;
- the plantare sizes;

but some principals must be respected and from these we present the next:

- the prognosis of the growth for bones (through radiological methods);
- to respect the laws of growth for the body;
- to abstain from the forced subtraction in weight through artificial methods or the forced growth in weight, because all these can to

transform a youth which is harmoniously developed in a pathological case (pathologic obesity).

Also, the morphological biotype means and a favourable constitution for the efforts of:

- force (android type, muscular type);
- resistance (the average type, underweight type, hypotrophic from point of muscular view);
- explosive speed-force (longelynes with long inferior train, with eflyate musculature) or from the sporting games (complete athletic type) and another.

We don't must forget that a process of scientific training can and must guide in some years of systematic activity at the achievement of the somatic type; contrary we can appreciate the unsuccessful of the training from biological point of view.

The functional indicators of the capacity for psychophysical effort reflect more much the consequence of the process of training than the role played by the objective factor, genetic conditioned in great part, such how it considered until long time ago.

Consequently, we operate with this indicator in selection at the level of height performance for the appreciation of the degree of training and of the sporting form.

If we speak about these indicators, we have in view some functional indexes:

- cardiovascular;
- respirator;
- neuropsychical;
- neuromuscular;
- endocrinom-tabolyc

as well as the indicators of the aerobic capacity and anaerobic capacity of effort.

The driving indicators (speed, force, resistance, mobility) belong to the coach and to the teacher, while the doctor double these indicators with the physiological base who is objectivised.

Usually, the coach uses the chronometer, "the eye", the metre, accomplishes a preselection, after who the doctor consolidates her, confirms her through the application of the complex battery for tests.

In the seeking of the talents, the estimate of one player of football it can to achieve by means of the next parameters:

\*skills of play:

- the tactical sense in the possession of the ball and without ball;
- the integration in collective;
- the creativity;
- the technical performance;
- the global performance in time of the game;
- the global performance in the time of the tour;
- the capacity for to play on many posts;
- psychological characteristics.

\*rapidity and effectiveness:

- of anticipation;
- perceptiv;
- of processing of the informations;
- decisional;
- of movement and action;
- technical and tactical skills manifested in the simple and complex contexts;
- adaptation at unexpected situations.

On the other side, the subjects with a biological age more great, more many years of training and factors of activity who are consolidated (antropometrical, physical, technical, tactical) have an potential of development more reduced in comparison with the subjects more near of the average of the group of age or who manifest a delay from the point of view of certain characteristics.

Thus, the persons which arrive at a certain biological age and at a level more advanced of the technical more soon, have a marge more little of perfectionation. The evolution of these cans be slowly in time and it cans to touch in some cases until at the total compromising of the performance.

Very important it's the fact as, the possibilities of development for the players will depend of:

- the ratio between the biological age and the level of preparation;
- the value of the parametres of performance.

Also, there is the possibility as certain potential talents to not obtain the foreseed results. This it can be owed of the appearance of certain errors of interpretation of the distinct indicators used for the estimation of the talents or that the indicators used don't have sufficient stability in time.

Another possibility is as the psychological, motivational and social factors to have an negativ impact over the technical road of the sportive. The conclusion is that the identifiycation of the talents is not an absolute science.

On the road of the preparation for a youth player of football, from childhood, until at maturity, it musts to add no less than ten years, in who the youth player to receive stimuls and informations, while at beginning he cans to have a forme more much or more little generalizated, who it specializes step by step. Consequently, there is the possibility as certain skills to be observed at the age of 7-8 years.

„The promises" can be accomplished more easy, if the general table of the factors who define the sporting activity present an significant potential of perfection. Thus, in the view of the promotion of the talents it's important to select a method of adequated prognoze.

In this sense, the cronological, biological and technical development, of the future talents from football, supposes the road of the next stages (Dragan, A., 2009):

- the stage 6-12 years:
  - \* polyfunctional driving activity;
  - \* many-valent sporting activity;
  - \* general training of the driving.
- the stage 12-16 years:
  - \* sporting orientation;
  - \* to define the skills;
  - \* to identify the skills;
  - \* the proof of the talent;
  - \* the selection of the talent;
  - \* on the base of the objectives and of the model of reference, the accomplishment of the analyses of the performance and of the analyses of the parametres of performance.
- the stage 16-18 years:
  - \* the promotion of the talent and the ensuring of the specific preparation in professional clubs;
  - \* to establish the performance and of the factors of prognoze;
  - \* the pursuit of the evolution for the talents;
  - \* to establish the foreseed results and of the unforeseed results.

In the frame of the selection in football, practical we apply two concepts and methods good differenced: the undirect approach and direct approach. The first means as, the youth aarrive at this sports who presents interes for him through a supplementary phase, in time what through the direct approach we must understand the immediate initiation in football. Also, the selection in football has a permanent character. The efficacy forme of initial selection (screening) is a system of competitions who must to involve all the levels, from at local competitions, until at the national meeting.

The science of the football considers as importants a series of qualities who can be considered right components who drive at successful.

These are:

- the speed of running 30 metres;
- the speed of running 60 metres;
- the resitance (time or distance);
- the driving coordination;
- the capacity of play;
- multilaterality;
- antropometrical dates.

So, the individual record card of the future professional in football, musts to contain the next:

**Table no. 1 The individual record card of the future professional in football**

The composition in fibres of the muscle
Time of ebbing progress
The maximum muscular force

The maximum capacity of aerobical resistance
The jump on vertical
The running of resistance
The maximum consume of oxygen
The capacity of aerobical resistance
The capacity of anaerobical resistance
The circumference of the antearm (contracted)
The mobility of the scapulo-humeral articulation
The stature
The maximum consume of oxygen
The weight of the body
The height from sited down
Time of reaction
The running 60 metres
The mobility of the vertebral pillar
The maximum anaerobical capacity
The running 30 metres
The breadth of the shoulder
The speed of the driving learning

The parents, the teachers and the coaches have an active role very important in the direction of the children towards the football.

Also, F.R.F., as well as the sporting clubs conceive and organize the process of identification of the talents, and define the sporting specific qualities/capacities which must be tested and establish the standards/norms for each test.

In the table no. 2 we can observe an orientative guide for the establishment of the sectors who must be tested in football.

The importance of the sectors recommended in the view of the testing has a distinct character in function of the category of age.

The next observations are of very general invoice, but still important:

*The anthropometrical measures:* the stature and the weight don't represent a key factor in the prepubertary and pubertary periods (at girls, 10-13 years; at boys, 12-14 years).

**Table no. 2 Model proposed for the utility in the testing of the fundamental skills in football**

No. crt.	Tested qualities	The groups of age/ performance				
		6-7	8 – 9	10-13	14-15	16-18
1.	Anthropometry-cal dates: - weight - height					
2.	Driving qualities: - speed - power - flexibility - resistance - coordination					
3.	Skills: - technical - tactical					
4.	Pasion for playc					
5.	Psychological qualities: - concentration - motivation - combativity - autoexceeding - others					
6.	Estimation doctor					
7.	Others					

If we keep the registered dates at the measure of the height and the for the sportives, even from a little age, we can show the instalment of growth, especially in the time of the puseums of increase.

*Physical qualities:* In the phase of the testing, at the age 6-9 years, sporting qualities/capacities, as speed, mobilitaty are more important than the technico-tactical skills.

A good coordonation cans to represent an essential quality for obtain the skill: with how much the child has a more good coordonation, with so more great it's the probability for to obtain the fine skills, even perfect.

The mobility/flexibility it trains more good in the first years of trening and it keeps up if we begin from the postpubertary period.

In exchange, a more good development of the force and of the resistance it achieve in the postpubertary period, and she touches the maximum in the last period of the adolescence.

*The skills* must be permanent testated for to reflect and the technical and tactical progresses. The forme and the clear of the skills must be always testated with consequencey.

*The passion for play:* the pleasure of play, the enthusiasm, the satisfaction for to practice the respective sports, it represents the evident qualities for the player involved in a sports.

Because the passion for game can not be objectiv testated, she is not an element concrete for to measure, the person which is the more adjusted for to make a estimation in this respect, it's just the coach. We offer a score from at 1 to 5 for each sportive, 1 will be the value the more good.

The psychological tests as the concentration at trainings and games are very important.

The sportivs which can not concentrated on a period more great period of time, they can not improve the skills than more slowly or, sometimes, they don't participate at game („come out" from game), and they become the inactive participants.

The combativity, named often the power of combat, represents a superior quality both for the offensiv players, and for the defensiv player. The

combativity is appreciated from the long sporting career of a player.

The same thing is valid and for the capacity of to make face of the stress at trainings, before and in time of the games.

If these qualities are doubled by speed, force and resistance, the coach „puted the hand" on a ideal player.

*The medical control and the estimation of the state of health* for the sportive must to be made by doctor, for to have thesafety that all the players are healthy individuals. Any anatomycal and physiological problems must be identified al time, and the doctor must to decide over the modality of to remedy of these.

The football is a very complex play of team, the qualities and the talent is essential for the success of the player. In this sense, the next table reflects the distinct qualities who are necessary in football. For to help the coach whic identify the talents, we recomande the utility of the grids of estimation, with the scores who are ofddered for each quality and who reflect them importance for the player of success.

So, the eleven's qualities enumerated in this table can be put anytime in discussion and each coach can to come with his personal versus-example.

If we observe each from the enumerated qualities, there is the temptation for to offer a single point for each.

For to achieve the corresponding score at each quality, we must to establish the importance and the role of this quality in the final performance who there is in football.

By example, the height is so fare for to constitute a determinant factor in football, but she is very important in basket or volleyball. It's really ideal as all the players of football to be heights, strongs, rapids, with a good coordonation and a good aerobycal and anerobycal resistance? With certitude! But, if we look at the more good players from the world or from our country, we can observe as more excellent players have only 1,70 metres, sometimes they can be more short.

**Table no. 3 The necessary qualities in to practice of the football**

No. crt.	QUALITIES
1.	Height
2.	Weight
3.	Agility / rapidity
4.	Speed / time of reaction
5.	Power: leg; arm
6.	Anaerobycal power
7.	Aerobycal andurance
8.	Coordonating
9.	Concentration / the time of the attention
10.	Autocontrol / discipline
11.	Combativity

The source: (Bompa, T., 2002)



The weight of the player is essential for the position of the post for lateral founde in football. Also, the time of reaction, the speed/rapidity and force are determinant for each player.

The anaerobical resistance has an importance very great, while the aerobical resistance musts be corresponding trained, because her importance don't registered only in the time of the game, but also in the process of recovery between the clubs of trening and after the games.

If the aerobical resistance is more great, the recovery will be more rapidly in the trace of the tiredness who is generated by coach and games.

Concerning at the other qualities/capacities enumerated, the coordination must to be considered a previous need for to learn and to perfect the skills.

A footballer with a higt level of the coordination will be always a player of great sporting art.

A single observation yet, concerning at combativity. This it musts be looked as power of intention, aggressivity in game, poer of combat, especially in conditions of great tiredness.

The player with a score of 1 at combativity, will not renounce never to fight for victory and he will put permanent in difficulty the opponent in attack and in defence.

It's the player the more active and more energycal. It's a real blessing for a coach to have a team maded up from thus players.

And however, the combativity is, in great measure a inherited quality. Can will be she really improved? With certitude! Through the development of the anaerobical power and, especially of the aerobical power. If the capacity of resistance is more great, it's more easy to put in

difficulty the opponent on field. Attention at the specific aerobical training!

## CONCLUSIONS

Identifcation of the talents represents the process of identifcation of the young players which are endowed for to obtain the more good future results, and which will be trained on long time, gradually and good organized.

A distinct mode of action means to make place to the hazard in the approach to the training, often with consequences, preferably, of avoided.

The distance covered for a footballer, from childhood, until at maturity, musts to represent minimum ten years, in which the young player will get stimul and informations, and at beginning her shape will be more much or more little generally and step by step she will be specialized.

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## AUTISM – A STILL OUTSTANDING PROBLEM

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### Abstract

*What we need to understand is that people with autism live in our world, a world they do not fully understand, they are different and therefore we should adopt different approaches to help them turn their weaknesses into their strengths and try to adapt the environment to them rather than expect them to adapt to our environment and for their better integration within society. In order to do this, at the beginning they should be prepared in a protected environment and we should accept autism the way it is. The autistic syndrome is described as the most severe manifestation of the entire spectrum, known as "autism spectrum disorder", which shares the same conditions, but varies in severity and age of start. It is a current problem, not only for our society but also for those around the world, due to its alarming increase in the incidence and prevalence. The purpose of this study is to demonstrate the important role that water plays in multisystemic therapy in the multidisciplinary rehabilitation and integration of children with autism into society.*

**Keywords:** *autism, behaviour, disorder, spectrum*