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## PHYSICAL PREPARATION AS COMPONENT PART OF THE TRAINING PROCESS AND CHARACTERISTICS OF MODERN FOOTBALL

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***Rezumat.** Cerințele mari puse în fața pregătirii sportivilor necesită a căuta direcții noi în perfecționarea metodicii antrenamentului. Atenția specialiștilor este orientată spre optimizarea procesului de antrenament. În fotbal, volumul eforturilor de antrenament și competițional crește. Însă căile de sporire a eficacității acestora sunt deschise prin individualizarea și alegerea optimă a volumului, a intensității și prin raționalizarea metodelor și mijloacelor de pregătire. Fotbalul actual se poate caracteriza printr-un volum enorm și o intensitate înaltă a activității motrice.*

***Cuvinte-cheie:** mijloace, metode, fotbal, pregătire fizică.*

Modern football, like other sports, requires knowledge in all aspects of all the components of sports training. The specialized literature is meant to theoretically transpose what is done in practice and to show the paths that must be followed in order to really reach great performance.

The specialized literature in our country contains few bibliographic materials to directly support football coaches in order to optimize the training of football players from a physical aspect [2, 3].

The physical preparation of football players has a special role in the entire training process, ultimately determining the athletes' performance in training and competitions. Actually, physical training is the pivot for all other components of training, constituting even the starting point for the entire training process.

The physical training of football players is the indispensable premise of capitalizing on the technical-tactical expression capacity.

High performances are achieved in football only by players who are multilaterally developed, fast, strong and skilled, able to orient themselves well in the most complicated phases of the game, possessing a resistance that allows them to play and fight at the highest level until the last minute of the game.

It is important to know that in the modern game of football the demand on field players, the number of quick sprints and ball drives is double, that it was just a short time ago.

In relation to the importance of physical training, as a factor in the football player's training, there have been and continue to be several currents, which we will mention two more frequently encountered and which at the same time constitute two of the biggest practical mistakes:

- some specialists consider physical training as a determining factor for all the problems of the game, the weight of the training of the team and of each player, focusing on physical training with all its details;
- others believe that physical training can be solved at the same time as the preparation of the other factors of the game (technical - tactical).

The first ones are wrong, because by increasing the weight of physical training in the training of the team and the players, the technical-tactical value decreases, the game taking on the appearance of a fierce fight for victory. Players become athletes, weightlifters, not only footballers.

In the second case, the players and especially the teams will not be able to achieve superior results, because without physical preparation, as a factor of training and the game, they cannot solve the complex technical-tactical tasks of modern football, in which efforts are required intense short duration, repeated at variable time intervals.

Physical preparation must be a component part of the training process, an essential condition, indispensable to the game of football, which cannot be replaced by any technique or tactic.

Performance football has ceased to be a simple means of recreation, a means of entertainment, gaining a determining role in contemporary society due to the fact that it has undergone a series of beneficial transformations, becoming a real social phenomenon from a simple means of physical education, bringing with it a series of important mutations within society.

Here, in the XXI century, the "reign" of the round ball is accentuated, taking different forms, these forms being the result of the fact that football presents the following characteristics (Figure 1):



**Fig. 1. Characteristics of modern football**

The football competitions held in recent years, domestically as well as internationally, have shown us that the dynamics of the football game have changed completely, contemporary football being characterized by a high speed of movement of players with and without the ball.

The speed of movement and speed of execution of various procedures and technical elements increased from one year to the next, the attack became much faster and incisive, the defense much more mobile, and more and more, even having tasks to support the attack - in a word, there is a general attempt by the specialists of the field aimed at accelerating the circulation of the ball, towards creating a complex player from a technical-tactical point of view, a player who can solve any situation that arises during the course of a game.

It is significant that each team has progressively armed itself to reach the level of international football, where the first condition of success is speed in conditions of resistance, the speed of execution of offensive actions (unbalancing and successively eliminating the

opponents) and of massive comebacks with pauses slow rebound, facing the opponent, with timing to slow down the opponent's offense, refusing to be eliminated prematurely and aiming for the collective recovery of the ball.

The team spirit was very well defined, assimilating the notion of system and leaving the entire responsibility to the organization of the game, because only it allows the players to play permanently and not stay on areas with tasks only in a certain direction and taking care of a single opponent.

They no longer play exclusively within the line or compartment of the respective position, the players carry out their actions where the game phases catch them, neglecting the number on the shirt, therefore, specializing in a certain fixed position.

Also, the use of the interrelationships between the compartments (defense - midfield - attack) as means of training appears more and more frequently in the training process, thus trying to obtain the final model - the game.

In these new technical-tactical conditions, the contemporary football game makes particularly intense demands on the athlete's body, so that in order to cope with the increased effort indices, the devices and organs of the body must possess a high functional capacity.

From a biomotor point of view, players must be well developed anthropometrically, possessing a wide range of basic motor skills and specific motor qualities (especially skill in handling the ball at high speed), with the help of which he is able to perform a series of technical-tactical actions, individual or collective, at high speed to surprise the opponent.

The technical value has been perfected on a collective level, an aspect of pure morality, by virtue of which the individual works in order to highlight the group.

Almost all teams build their offensive game using the most effective means. So:

- climbs the line of players from the side of the own goal to the off-side line;
- displays a number of phases, with real wings or with players appearing in that area;
- dynamizes completion through numerically superior forces obtained through the movement of players without the ball, scoring goals from a long distance;

- continue capitalizing on free kicks or indirect kicks;
- in defense executes a rebound, either as a screen to the player who is in possession of the ball, or as an element of collective coercion, in order to then witness dispossession attacks in the group, in order to recover the ball collectively;

- this ebb and flow, visible in the current football game, is permanently compact, that is, it attacks and defends regardless of where the direct opponent is. This is how you gain in freshness by ensuring unsuspected physical reserves and developing an extraordinary resistance;

- in this contemporary football, called by some specialists "total football", displayed as a game and not as an anti-game even when it is necessary to preserve a minimum advantage, the collective game has grown in spectacularity, supporting and being supported by partners, which makes it is difficult to emphasize the individual performance in favor of the show offered by the two teams, which are new factors of the victory;

- an impressive number of players made remarkable progress in terms of individual and collective technique, supported by a superior physical condition;
- in current football, the goal is to create a homogeneous block, from defense-midfield-attack, that goes with all 11 players of a team towards the goal and vice versa;
- contemporary football shows the expression of certain values and a long experience for the formation of team unity by the fact that skilled players reduce dead time to a minimum and the masters completely suppress it by using a special technique consolidated and structured mainly on the speed of the game, on the speed of execution.

It is expected, for the future, a soccer game characterized by the speed of movement of the ball and players without the ball, the improvement of basic motor skills (especially endurance speed) and the improvement of the main technical elements of the speed soccer game.

Increasingly, the promotion of the technique of the collective fight to occupy the space in the attack, as quickly and safely as possible without the risk of losing possession of the ball, a simple technique at first glance, collective-constructive, but particularly effective in the attack phase, the construction phase and the defense phase, because the tactical strategy of the modern game has imposed it, with the primary aim of increasing the speed of the game and trying to make the players feel their presence on the field through diversions subtle movements of the ball, through instant passes of the ball, through cooperation within the lines and team play in fixed and mobile moments of the game, all this in order to constantly have available players who can be counted on in the phases of the game and who he is permanently at the service of the team.

In the future, we must draw the best lessons from the great international confrontations (World Championships, European Championships, Continental Cups or Intercontinental Cups and, last but not least, from the holding of valuable National Championships) to notice the steps of progress of this phenomenon social football, steps of evolution both on a sporting (result) and spectacular level and to discern very well what needs to be taken up to reduce the gap between us and the other competitors.

Unfortunately, there are not a few who forget that performance football requires a sports education, an elaborate scientific training that channels all the energies in the direction of obtaining victory in competitions.

In the colloquiums and the international specialized bibliography, coaches constantly discuss the individualized physical training of football players of all age categories, each time showing a special interest in their preparation for high performance.

Countries like England, Spain, Germany, Italy, Holland, etc., countries with the strongest football at the moment, pay special attention to the young generation, each club having at least one team of juniors as well as teams of specialized coaches for detecting, selecting and training the talented to become professional footballers.

Nowadays, Romanian football is facing big problems, especially financial ones, starting from the social conditions of our country and the period we are going through, problems that inevitably affect the training process as well.

From the study of the specialized literature and especially from watching the video tapes, we noticed that in contemporary performance football, the measure of the complexity of the self-organization of a football team is represented by the way in which the complex circulation of the players and the ball is carried out. Thanks to this cooperation, each player can be understood as a "package of interactions" [1], possessing in addition to a basic function and two secondary functions, with the mention that in the first pose they act most of the time during a game.

More and more, in today's football, the so-called "specializations in positions" are disappearing, the players engaging in all phases of the game, on the entire surface of the playing field.

We also noticed that, as the process of abolishing the positions is accentuated, the referential of the individual game also changes, which can be equated with the "task" of the player at a given moment, in the gear of the team.

Instead, at the level of the ensemble, each of the three compartments exercises its referential function for the others. In order to make ourselves better understood, we will give an example of these statements: in an offensive action, the midfielders and defenders are interspersed in the attack, supporting it or even completing it, so that in the next moment the team's device is reorganized, depending on the task to be performed (eg. retrieving the ball).

This difference in tactical orientation is interpreted by field specialists as an expression of the superior capacity of collective self-organization, of the increase of players' responsibilities, involving quick decisions in uncertain situations, engagement in the game without the ball, etc.

The presence of the multiple referential in the team's game ensures the maintenance of the balance between the compartments in all phases of the game, the possibility of rapid reorganization and prompt adaptation to the opponent's requests, the most rational coverage of the playing surface, etc.

Consequently, physical training is considered essential in the training process in contemporary football, something that essentially changes the relationship between the players and the team, a relationship that is no longer linear (as in classic football), but becomes circular.

The collective game implicitly abolishes the hierarchy of functions, all positions being equally important when the convergence of individual efforts and skills is achieved.

This game tactic, characterized by an increased effort capacity of the players established by today's football, expresses the transition to a flexible self-organization mode, by excellence anti-schematic, of a team's game, this fluid development is based on the collaboration between the three compartments and on the use as rational as possible of the energy potential of the players.

The evolution of modern football has led to the validation of the following principle of self-organization: the acquisition of cohesion and balance at the ensemble level can be achieved by amplifying the interactions between players and by judicious use of energy resources. From a global point of view, the energy consumption during the game seems to be higher than in classic football. The fact is, however, relative, compared to the performances that are obtained.

Current football players represent dynamic complexes, who at every moment of a game must make quick and efficient decisions, by analyzing the bunch of criteria that intervene in a certain situation, followed by their synthesis, in order to arrive at a single criterion, which makes it possible to take action. Between the way the player and the team make decisions, there are differences that must be known by specialists.

With the increase in the functional potential of the players, their actions no longer benefit from stable benchmarks, so that it would seem that criteria intervene at every moment and ad hoc decision.

But upon careful analysis, we can notice the presence of a collective logic of decision and action. It can be caught going beyond the variety of means and ways of expressing the interference of positions and zones, used to obtain numerical superiority in the key phases of a game. In fact, the movement of players on the field does not happen by chance, but follows precise rules of integration, mutual substitution, subordination to the interests of the collective game, etc.

Contemporary football has intuited the subtle independence of the individual game from the collective one, by capitalizing on a mechanism that field specialists call "de-situation capacity". For example, if we look closely at a painting, we capture its details, and when we move away (de-situate) the chances of forming a global image increase. So, with all its apparent simplicity, this mechanism represents a criterion by which we can understand the phenomenal diversity of reality. In decision theory, it is called "pull-back". Numerous researchers confirm the advantage of "retirement on higher levels", showing that this way a gain in structural stability is obtained.

In the current modern game, a synthesis is made of the multiple criteria that appear in each of the phases of a game, and their integration is achieved through the "pull-back" mechanism, in the sense that the versatile player frequently gives up his basic function, placing himself more subtle to meet the requirements of the collective game. The fulfillment of game tasks is based on the mobilization of the effort potential of the players, continuously enriched through cooperation with teammates.

This close correlation, which contemporary football establishes, between the mechanisms of individual decision and the interchangeable dynamics of the players is the expression of its deep, non-linear organization.

Considering the above, with all due respect to the current coaches, we believe that the physical training of football players structured by compartments (attack, defense, midfield) or by specializations (forwards, extremes, midfielders, coordinator, defenders, libero) is

currently out of date and the continued use of this training method cannot lead to performance, taking into account what is currently being played, from a tactical point of view, in international performance football.

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## HISTORICAL AND CULTURAL ROOTS OF THE UKRAINIAN FOOTBALL

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**Rezumat.** *Articolul este dedicat rădăcinilor istorice și culturale ale fotbalului ucrainean la sfârșitul secolului XIX - începutul secolului XX în sud-estul Ucrainei. Aspectele istorice ale celui mai popular joc din lume permit nu numai să cunoaștem caracteristicile formării sale în diferite condiții, ci și să urmărim starea dezvoltării socio-economice a orașului și a unei regiuni separate. Articolul descrie etapele dezvoltării fotbalului în regiunea Odesa, Mikolaiv, Kiev și Donețk, prezintă personalitățile care au fost la originile formării școlii naționale de fotbal a Ucrainei.*

**Cuvinte-cheie:** *fotbal ucrainean, rădăcini istorice și culturale, istoria sportului olimpic, sfârșitul secolului al XIX-lea - începutul secolului XX, dezvoltarea rapidă a fotbalului ucrainean.*

**Introduction.** Football is the most popular sport in the world. This game began to penetrate Ukrainian lands in the second half of the 19th century. At that time, Western Ukrainian lands - Eastern Galicia, Northern Bukovina and Transcarpathia - were part of the Austro-Hungarian Empire. The rest of the territory was under the rule of the Russian Empire that time.

Football appeared in the South-East of Ukraine thanks to foreign workers - the Brits (Odesa, Mykolaiv), the French, Germans, Poles and Belgians (Donbas) and Czechs (Kyiv), all that contributed to the formation of the sports culture and creation of the Ukrainian football school widely known throughout the world.

**Methods.** Analysis of scientific literature and documentary materials.

**Results and discussions.** One of the first cities where football appeared was Odesa in the 1877. In those years, the Kerch Indo-European telegraph office moved to Odesa, whose employees were Brits. They were who brought football to the southern territories under the Russian Empire. At first, the Brits played football but later the first local players joined them, including Petrovsky, Kryzhanovsky and the future aviator Sergey Utochkin. In 1892, there