

Improvement of functional parameters to young footballers

Abstract .

Introduction Sport in general and football in particular, in developing his sporting discipline has gone through several stages of its development, starting from the historical aspect, the physical preparation, technical, lactic and work methodology. SCOPE OF THE STUDY .Assessment and finding successful approaches to improving health and training parameters in this age group was activated in extracurricular activities /SUBJECTS AND METHODS As the subject is selected age 8- 12 years old in the capital Measured VO2 max (Astrand protocol) .- ergo metric bike PWC170 Load measurement in cardiac Frequencies ,Circuit standard 1.Testi Illinois . 12 min Cooper test for measurement of VO2 max, Balance Test The standard vertical jump test (to assess the force) The speed test standard. Discussion and analysis . The data speak for themselves, but it must be stressed for to 5 standard tests performed that they increase with age from 8- 12 years old. And age 12 years, has really higher results from standard tests performed. Conclusion • So we have a satisfactory VO2 max, corresponding to improve with age, so a Significant cardiovascular health (known VO2 higher in the younger age). With a CF that progressively diminishes with increasing age of the approach of puberty. • Upgrade to higher results in the control group is that 12 year olds where specific training already realized believe influenced the beginning of puberty as a "stormy endocrine" to "help" new athlete in the execution of duties sports.

INTRODUCTION

Sport in general and football in particular, in developing his sporting discipline has gone through several stages of its development, starting from the historical aspect, the physical preparation, technical, lactic and work methodology.

Football is inconceivable without competition system, the training process, educational process, educational process motor structures, team work, specialization, perfection and complex formation of the versatile personality. Since the beginning of the development of the game, as sports discipline unlike other sports rules have undergone few changes which has preserved the character of the game without changing sports. . Football as a sport discipline in science is treated as a social phenomenon which examined from many dimensions as professional, scientific, economic, psychological and sociological, and we will stop to analyze and evaluate

football from a very important aspect and it is the scientific aspect development of physical skills and physical abilities as basic Sustainability.

SCOPE OF THE STUDY

Assessment and finding successful approaches to improving health and training parameters in this age group was activated in extracurricular activities

SUBJECTS AND METHODS

As the subject is selected age 8- 12 years old in the capital

Measured VO₂ max (Astrand protocol) .- ergo metric bike PWC170

Load measurement in cardiac Frequencies

• control standard tests:

Circuit standard 1. Testi Illinois

(From Adams et al. Foundation of Physical Activity 1965 .p111)

2. 12 min Cooper test for measurement of VO₂ max,

(Corbin et al. Concepts of Physical Fitness. 2000. p 422)

The standard 3. Testi Balance

(Corbin et al. Concepts of Physical Fitness. 2000. p 267)

4. The standard vertical jump test (to assess the force)

(Corbin et al. Concepts of Physical Fitness. 2000. p 268)

5. The speed test standard.

(Corbin et al. Concepts of Physical Fitness. 2000. p 269)

1. Biochemical Aspects of sports activities

Biochemistry as a science every day more penetrating in the practical application of sports training process. Today perfect the methodology of the training process and finding efficient methods based on scientific basis for increasing the motor skills of athletes, increased skills faster rehabilitation of sportsmen and rationalization process food more important to athletes not just don't think without study intense muscular field of biochemistry.

Sports biochemistry task is to explain the biochemical processes during and after their physical loads by using them. Legal biochemical simultaneously to provide suggestions and guidelines for

perfection of methods of training process.

During rehabilitation after muscle activity when the body has sufficient quantities of biological oxidation substrate oxygen is sent borderless mitochondria, oxygen consumption rate depends on the amount of ATP-k diffraction which makes controlling the oxidation process in mitochondria cell. As a substrate of oxidative reactions are anaerobic metabolites which accumulate during the time that muscular activity is primarily lactic acid,

2. SUSTAINABILITY drill methods

Intervals methods, training in differentiation process of repeating method holiday activities interval size selected also to provide greater assistance in certain motor function during the training process this method finds application when working on special sustainability footballers to develop Special stability specifications and simultaneously applying tactical and technical elements during this phase, not the perfection of technique damaged by overload and at the same time not damaging the team's tactical concepts.

Last distance is depending on that, that in what position or role in the game is the player involved, as well as tactical tasks that takes the player during a football game.

Viewed from a physiological aspect can conclude the importance of aerobic metabolism of footballers and the importance of aerobic training process character footballers physical preparation. Analysis of physical activities, movement of players during the game shares present us an overview of a large number of structures for various motor.

During stage races you paid special importance to specific charges which give priority cargo that are appearing as the primary at this stage with this is not guaranteed to retain general stability at the right level.

According to current research to note that the preparatory phase of the proper attention the general stability and therefore presented a better condition of aerobic abilities of football players, and when this skill is not given a proper attention, falling level of aerobic skills It is resulting in a decrease of force action during the current football game.

3. Viability THE NEW AGE

Groups of children and young people should be at a high level of homogametic because the young have big differences as regards the first physiological and anthropometric characteristics

to the stage of puberty, a time when the formation of the body and changes later there are more distinct with increased age,

Care should be taken in loading the heart with smaller frequency and average as shipments followed Hence should have continuity during the training process.

During the training process in children and adolescents to increase the frequency before puberty rites heart faster than to the adults and it should not be treated as a problem, but as the ages and priority nature, frequency of adults comfortably gold to 200 be beaten in minute of the children more than 200 to 220 and this should not be counted as pathological defect in children, but as a normal process, but always be careful during cargo with average intensity over the duration great not because of problems that arise in the organization of child .Age is the dominant factor, which determines the intensity, volume and tempo of activity. The ages of 6 to 8 years comes to emphasize the volume Increase heart and fall of heartbeat frequency during the break. These functional changes are result of growing weight of defining heart muscle formation and heart space (veins and ventricle) and a whole heart, at this time comes the expansion of peripheral vessels such as arteries, arterioles, veins, and capillaries. This is a normal physiological process for these age groups.

If the development of sustainability in terms of aerobic or anaerobic stability depends not only on the general level of preparation, but it depends very much on the age and biological development of the child.

RESULTS and analysis

- The average value for the four age groups, under the supervision of Prof. P. **RUSI** (Medical Football Federation)

Age	8	9	10	11	12
Pulse max	150	145	140	135	128
Distance	2020	2015	2010	2003	2006
Vo2 Max	58	56	56	55	54
VO2 rel	3006	3010	3000	3007	3000

Briefly recall classification V0 2 max (kg / min)

65 very good
 55-60 good
 50 – 55 middle
 40 – 45 weak
 30 -40 bad

*** Circuit standard 1.Testi Illinois**

A standard circuit that has endured four pyramids time (ten steps away from each other) during the 30 steps of the race.

Summary Table

Age	8	9	10	11	12years
Excellent	30	35	40	50	60 %
V good	25	35	35	35	15
good	25	15	15	8	15
middle	12	10	8	6	7
bad	8	5	2	1	3

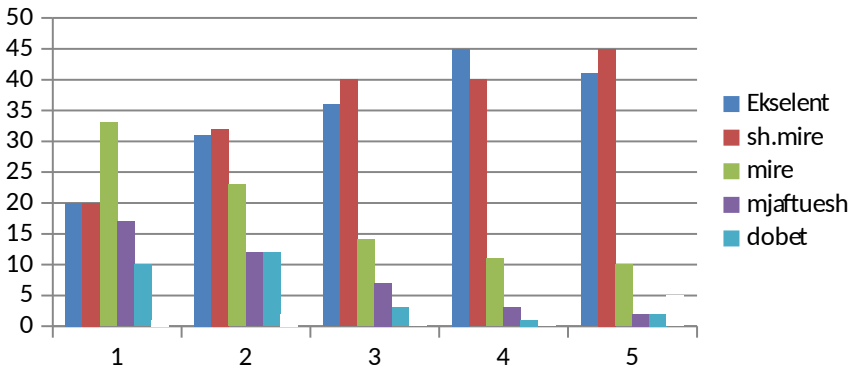
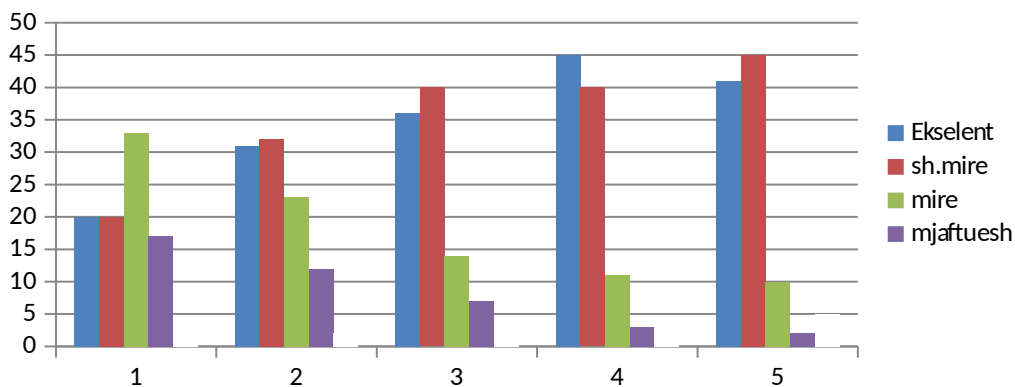


Fig summary Diagram with 5 ages

- **12 min Cooper test for measurement of VO2 max,**

Cooper test summary table for 12 min for the measurement of VO2 max,

Mosha	8	9	10	11	12 vj
High Zone performances	15	20	30	35	40 %
Good Zone	15	20	35	35	39
marginal Zone	40	30	30	15	15
weak Zone	30	20	5	15	6



*** The standard .Testi Balance**

Tabele permbledhse per Testin standart I Balances

Age	8	9	10	11	12 vj
Excellent	10	15	20	30	43 %
V, good	10	15	30	30	27

good	50	30	30	30	20
middle	15	35	10	5	7
bad	15	5	10	5	3

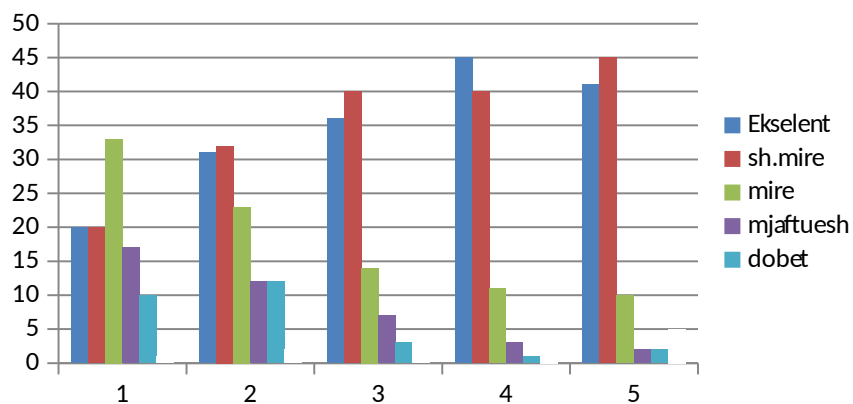


Diagram 5 ages summary

* **The standard vertical jump test (to assess the force)**

Table summary for standard vertical jump test

(for the evaluation of force)

Age	8	9	10	11	12 yr
Ekselent	12	22	35	45	51
V. good	13	18	25	35	29
good	25	30	19	11	10
Middle	20	15	11	6	8
Weak	30	15	10	3	2 %

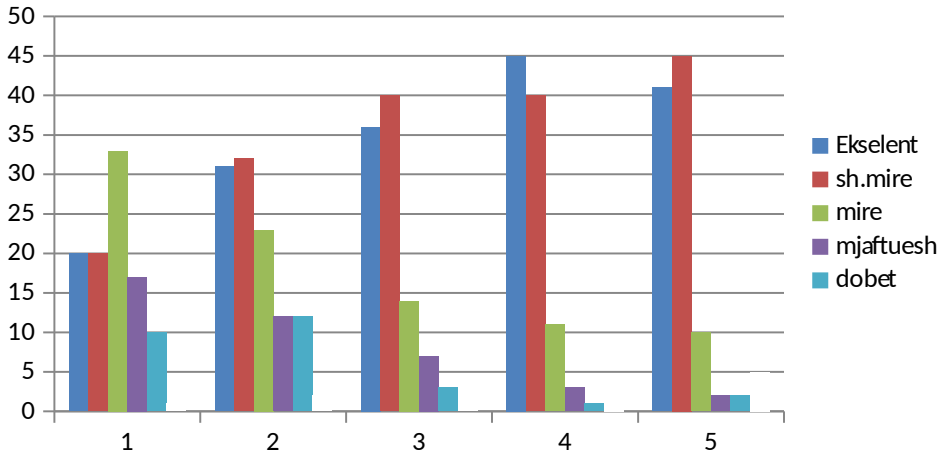


Diagram 5 ages summary

The speed test standard.

Summary table for standard test of speed.

Age	8	9	10	11	12 yr
Excellent	20	31	36	45	41
V good	20	32	40	40	45
good	33	23	14	11	10
Middle	17	12	7	3	2
Weak	10	12	3	1	2 %

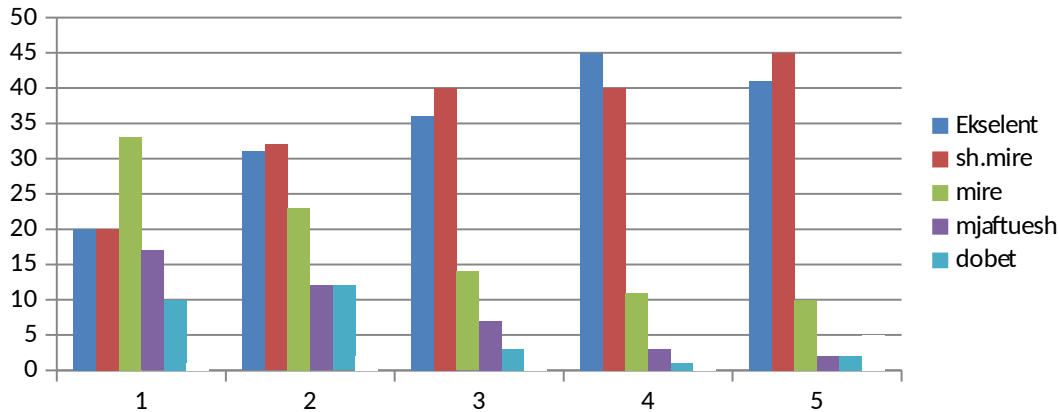


Diagram 5 ages summary

Discussion and analysis

So have a VO2 max generally satisfactory, improve with corresponding ages, so a Significant cardiovascular health (VO2 known high in the younger age) .With a CF that progressively diminishes with increasing age of the approach of puberty

- The data speak for themselves, but it must be stressed for to 5 standard tests performed that they increase with age from 8- 12 years old.

12 years old age group showed a higher preparation in all tests as the circuit.

(Standard test circuit Illinois Cooper test in 12 min for the measurement of VO2 max and standard .Test Balance, the standard vertical jump test (to assess the force) and standard speed test

Subject believe humbly managed scope for assessment and finding successful approaches to improving health and training parameters in this age group that is activated in sports activities conducted humbly believe.

Assumptions imposed by our working team, you get a chance to thank, was conducted Where VO2 max comes with Significant indicator, but Albanian teams in this age group very well arise in the management of anxiety before races.

And control group, age 12 years, has really higher results from standard tests performed.

Illinois circuit standard test. 12 min Cooper test for the measurement of VO2 max, standard test balance. The standard vertical jump test. The speed test standard.

Conclusion

- So we have a satisfactory VO2 max, corresponding to improve with age, so a Significant cardiovascular health (known VO2 higher in the younger age).
- With a CF that progressively diminishes with increasing age of the approach of puberty.
- The data for the experimental group **speak for themselves**, but should be noted to 5 standard tests carried out with the control group, that they increase with age from 8- 12 years old.
- 12 years old age group showed a higher preparation in all tests as the circuit (standard test circuit Illinois Cooper test in 12 min for the measurement of VO2 max and Balance standard test, we test the vertical standard of dance (for evaluation of force) and standard speed test
- Upgrade to higher results in the control group is that 12 year olds where specific training already realized believe influenced the beginning of puberty as a "stormy endocrine" to "help" new athlete in the execution of duties sports.

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