

Theoretical preparation in soccer athletes 13-15 years category of the EIDE of Guantánamo

La preparación teórica en futbolistas categoría 13-15 años de la EIDE de Guantánamo

Alfredo Maximiliano Soler-Agüero¹, Marelis Chibas-Monier², Omar Vázquez-Pozo³

¹M. Sc. Profesor Asistente. Facultad de Cultura Física, Universidad de Guantánamo. Cuba.
asoler@cug.co.cu

²M. Sc. Profesor Asistente. Facultad de Cultura Física, Universidad de Guantánamo. Cuba.
mareliscm@cug.co.cu

³M. Sc. Profesor Asistente. Facultad de Cultura Física, Universidad de Guantánamo. Cuba.
omarvp@cug.co.cu

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ABSTRACT

The present research aims to contribute to improving one of the most important aspects of the soccer game within offensive actions for which an experimental study is carried out to reveal the results of theoretical preparation in football players category 13-15 years of the EIDE of Guantánamo. In the development of this study, the different theories that revolve around this issue were taken as a basis. Research methods and techniques were used to facilitate the research process, as well as reaching conclusions.

Key words: Theoretical preparation; Offensive actions; Football players; Experimental study

RESUMEN

La presente investigación tiene como objetivo contribuir a mejorar uno de los aspectos del juego de Fútbol más importantes dentro de las acciones ofensivas para lo cual se realiza un estudio experimental para revelar los resultados de la preparación teórica en los futbolistas categoría 13-15 años de la EIDE de Guantánamo. En el desarrollo de este estudio se tomaron como base las diferentes teorías que giran en torno a esta temática. Se utilizaron métodos y técnicas de investigación que facilitaron el proceso investigativo, así como el arribo

a conclusiones.

Palabras clave: Preparación teórica; Acciones ofensivas; Futbolistas; Estudio experimental

INTRODUCCTION

Assess various criteria about the sports group and / or team as a form of social group, assuming critical and reflective positions in this regard, (See Training and Competition Psychology, pages 135 to 137) arguing from the essence of common psychosocial characteristics for the sports team (Structure, dynamics, communication rules, activity, motives and goals, also related to internal and external structures, leadership, (See Training and competition psychology, pages 138 to 141) also recreate the psychosocial factors that affect the efficiency of the school group of physical education and / or the sports team such as cooperation, compatibility, coherence, psychological climate, among others. The integration of social groups is a fundamental characteristic of human beings. We unite, participate and We belong to various groups to carry out various activities and this leads to an exchange of reciprocal influences.

There are several group definitions, each of them with distinctive features, both subjective and objective. According to G. Homans (1950), the group is defined by the interactions of its members, made up of a certain number of people who often communicate with each other for a certain time and who are few enough for each of them to can communicate with everyone else face to face.

Lomov (1973), conceived that the group was the community of individuals grouped in space and time, who dedicate themselves together to a determined activity through immediate contacts.

On the other hand, Fuentes (1992), argued that the group is understood as one of the main levels of construction and development of subjectivity and, therefore, as a privileged socializing space in which each citizen receives a particular social, community influence, institutional and interpersonal and where, at the same time, it returns its particular reflection of it. The group is a specific part of society where its generalities and particularities are determined by the class nature of society and the system of socioeconomic relations. It is a set of people where new

characteristics, acts and forms of behavior emerge that are not observable in individuals separately. The group is really an intermediary between the individual and society.

With group membership, individuals incorporate the prevailing values and norms throughout society. At the same time within the group, attitudes, principles and values are formed that are the expression of the prevailing ideology in the social system. Although mediatization is not absolute, since society influences the individual through other means such as the national education system and the media, the group does not live in a vacuum, it is part of broader structures such as: institutions, organisms, parties, classes, social status.

Groups present a set of properties that are common to all, regardless of their distinctive peculiarities, such as: size, structure, norms, communication, activity, motives and goals, etc.

For example, a group is made up of 4 coaches who work in the same center, who share space, time, knowledge, interests and preferences and even forms of behavior. Between them they maintain interpersonal and work relationships that are fruitful among themselves and that maintain the structure of the group, although changes in its size may occur.

Precisely studying the group relationships that exist within this small group of teachers is the objective of this research in which the relationships that are gestated within them will be “measured and graphically represented”, using a series of mathematical techniques. It is an attempt to analyze group relationships in their interpersonal dimension. For this purpose, a series of sociometric techniques are available, in our case, we are going to focus on the sociometric test or sociogram. The sociometric test consists of an instrument designed to analyze human relationships, in this case used to analyze existing relationships in a specific and small group of preschool teachers. In fact, what we are going to achieve through this technique is to represent graphically (and, through certain calculations) the attraction and rejection relationships, the positive and negative affective relationships: the social proximity that exists between them.

Within groups, not all members are related to each other in the same way. In fact, it is very possible that there are members who maintain a much more cohesive or close relationship with each other. In addition, through the sociometric test and its graphic representation (the sociogram), we will be able to consider the role played by each of the members of the group (identify the popular, the segregated or rejected individuals ...), as well as the possible effects of the interpersonal relationship information on the overall functioning of the group.

DEVELOPMENT

The objective of this research is to determine Group Integration, which constitutes the degree of adjustment that soccer coaches have with their group and is expressed by the rating that group assessment models give to social acceptance, to the breadth of interaction, to cooperativity and to the harmony of the relationship.

- Social Acceptance: It is the degree to which a subject is accepted or rejected by the group to which he belongs.
- Amplitude of the interaction: It is the degree of extension of the relations of the subject in the group.
- Cooperativity: Represents the quality of the collaborative relationships that the subject establishes in the group.
- Harmony of the relationship: It is the degree of reciprocity or friction of the subject's relationships with the group.

Said Group Integration will be verified in practice with the application of sociometric methods, the selection of which was determined by their contribution in providing a technique that allows analyzing the functioning of the interrelationships of a small group (the sociometric test), that is, of the aspects most important aspects of group dynamics and for their high diagnostic value in psychosocial investigations for the study of the structure of interpersonal relationships in small groups. To elaborate these tests, the criteria of some authors like Matvéev (1983), Grosser and Starischka (1989), Morales (1996), Forteza (1997), Moreno and Pinto (2000), Cooke and Wilkiason (2001), González (2004) and Collazo et al. (2006).

The application of the sociometric test is determined by a set of steps among which are the realization of the sociometric survey, the processing and analysis of the

results of the sociometric survey and the assessment of the sociometric indices. This technique consists of the analysis of a set of choices and / or rejections that each member of the group makes towards the others, which allows evaluating the socio-affective aspect of the group and its members.

Sociometric Survey

For its specific application, the members of the group are asked about the members they would choose to carry out an activity. This question (called criterion) is of special importance for the good results of the application of the test, therefore, great care must be taken when selecting the criterion of choice.

Sociometric Criterion: it is the concrete essential situation, characterized by the establishment of contact and represented as the basis for the choice or elimination. For the sociometric survey, it is essential that the choice or rejection of an individual by another is carried out with an activity carried out (practicing sports, studying, working, recreation, etc.). They are made up of questions, whose answers serve as the basis to establish the structure of interrelations.

Sociometric Questionnaire: In its elaboration it takes into account two types of criteria: one functional and the other emotional.

The questions of the functional criterion correspond to the fundamental activities that are carried out by the group, the content covers how the group would like to structure and orient itself to fulfill the specific task. The type of group organization that is derived from this criterion is called a group member.

The questions of emotional or affective criteria are those that are oriented towards feelings of sympathy-antipathy, acceptance or rejection. The group organization that is derived is the psycho group.

Processing and analysis of the results of the sociometric survey.

The processing of the information obtained includes the construction of:

- The Sociometric Matrix.
- The Sociometric worksheet.
- The Sociogram (Graphic or Topological Method).

The Sociometric Matrix, the first stage of the processing, brings all the individual results of the survey to a general table. It is the matrix of links through which the

relationships in the group are analyzed. Matrices must be made in correspondence to the criteria submitted in the survey.

Sociograms are the graphic representation of the group's bonds, established on the basis of choice. This offers great possibilities to analyze the collective intra and inter structure.

The Sociogram is built from the results of the Sociomatrix, constituting its graphic representation. For the analysis of the link system, different Sociograms will be applied, which will reflect different qualitative aspects of the social relations of this group of teachers.

Main forms of graphic representation.

Sociometric Indices

Sociometric indices allow determining from the number of elections that each member receives by the rest of the members who within the group is or are popular, isolated or rejected by it.

Popular: is he or members who receive a significantly high number of elections. When there are several popular subjects, the one who received the most choices among all of them is called a sociometric star.

Isolated: It is he or members who receive a significantly low number of elections.

Rejected: It is he or members who receive a significantly high number of rejections.

In the present case, no rejection criteria were used.

Group Indices

Reciprocal Elections: Are those that refer to the members who mutually elect. For some authors, this index is considered the base of the existing unit in the group.

Application of the Sociometric Technique

To carry out the sociometric survey, it was taken into account that:

- The group had some experience of joint activity, not less than six months.
- The size of the group, which should not be very large.
- The sociometric criteria to be used, clear and precise.
- Limit the choices in each criterion.

For them, a group of trainers who work at the Guantánamo EIDE was taken as a sample, made up of 4 trainers with some similarities in their characteristics such as

contemporaneity in terms of age, with the same educational level and occupation, who perform the same work education in the center, people with a more or less determined status with role relationships among themselves, who share time, space, knowledge, interests, preferences, and who also have a series of values and their own norms that regulate their behavior ; people who come together to solve a task, carry out an activity that allows links to each other and who relate on the basis of common needs, in order to satisfy it.

In this case we will only ask the preferences to do a particular social, work and recreational activity. For them, those general criteria adapted to the group that were the object of our attention were selected. The formulation of the specific questions was based on three criteria, A - Recreational, B - Labor, C - Social, whose questions are the following:

1. What classmates would you like to spend the weekends with?
2. What classmates would you go to for help or ideas to prepare for a training class?
3. What colleagues would you ask to advise you regarding work on physical exercises?

The number of elections will be limited to electing four members. In this way, the amount of desired interrelationships in the group will be known, which does not imply difficulties in computing all the choices in the sociometric matrix.

For the four-member elections, the value of 4 points for the 1st election, 3 points for the 2nd, 2 for the 3rd election and 1 point for the 1st election has been used. The sociometric matrix indicates the number of choices made by each member (who each person chooses and in what order, and how many choices each member receives); it only offers a general idea of the network of relationships, as it is an analytical tool.

For the processing of the sociometric survey, the following were designed:

- Preparation of the survey.
- Familiarization with the group.
- Carrying out the survey.
- Information processing.

- Conclusions and recommendations.

First, the Sociometric Card was prepared, which is the survey itself.

Sociometric Survey

Coach:

The relationships in the work team influence and determine the results that can be achieved in educational work, as well as the mood of each of its members, as well as the work capacity of the entire team. In order to study the interrelationships in your team, we request that you answer the following questions with the seriousness and sincerity that is needed. For this, mention in order of preference the three companions you select. Thanks in advance

1. What classmates would you like to spend the weekends with?
2. Which colleagues would you ask to advise you regarding work on physical exercises?
3. What classmates would you go to for help or ideas to prepare for a training class?

CONCLUSIONS

With the proposal of didactic actions aimed at developing Aerobic Endurance, the dynamics of the teaching-learning process of Physical Education in the training of the Bachelor of Pharmaceutical Sciences is perfected. The proposal of didactic actions aimed at developing Aerobic Endurance contributes to a good physical preparation of the university student.

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