

The Use of Modern Technologies in the Follow up of Cadet's Formation in Football Schools

Abstract

We cannot deny that formation academies and schools of football are the responsible one for creating a generation of sport talents which support national teams and clubs. Recently, most countries were interested in making plans to develop team's age stages through building up formation schools so as to realize a self – sufficiency in high level teams. In this intervention we will make an analytical study in which we concentrate on the importance of the use of modern technology in training and its role in the success of these schools. This is through the follow up of formation related to the preparation of modern training programs which are science – based. Indeed, these programs are conditioned with various age stages and the selection of specialized trainers in a scientific method. Because they know the characteristics of each age stage based on morphological, physiological, physical, skillful, psychological factors and of course through the use of technological means that give exact results in comparison with traditional methods, in order to form players according to scientific methods.

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Introduction

The developed countries in the field of sport make an effort to prepare cadet footballers based on clear scientific ways. The studies which analyzed performance during Olympics and international tournaments showed that realizing advanced results is for those who have kinetic talent, a high physical efficiency, a high degree skill, and a strong will. All these factors are important in selecting cadets and preparing them, in the long and short term. Footballers' selection was and still in different places in the world based on personal experience and choosing the players who shows some skills or kinesthetic performance of the game without using any objective measures that ensures the progress

ملخص

إن اكاديميات و مدارس التكوين في كرة القدم لا ينكر احد أنهم هم المسؤولين على خلق جيل من المواهب الرياضية التي تدعم الفرق الوطنية وكذا الأندية . ومؤخرا اهتمت معظم الدول بوضع خطط لتطوير فرق المراحل السنية من خلال إنشاء مدارس للتكوين ووضعها في سلم اولوياتها وذلك بغية تحقيق الاكتفاء الذاتي في فرق النخبة .

ومن خلال ذلك نقوم بدراسة تحليلية نركز فيها على أهمية استخدام التكنولوجيات الحديثة في التدريب ودورها في نجاح هذه المدارس الكروية من خلال متابعة التكوين المتعلق بإعداد برامج تدريبية حديثة مبنية على أسس علمية ومكيفة على مختلف المراحل العمرية . وذلك باعتمادها على ركائز أساسية متمثلة في انتقاء المدربين المتخصصين الذين يراعون عملية الانتقاء والتوجيه بطريقة علمية وذلك لمعرفة لمعرفتهم لخصوصيات كل مرحلة عمرية بناء على محددات مرفولوجية وفزيولوجية وبدنية ومهارية ونفسية يمكن تحديدها باعتمادهم على الوسائل التكنولوجية الحديثة التي تعطي نتائج دقيقة مقارنة بطرق القياس التقليدية. والنتائج المتحصل عليها تسمح بالمتابعة العلمية لمختلف المراحل العمرية وفق المحددات السالفة الذكر وبالتالي تكوين لاعبين وفق طرق علمية مدروسة. وكل هذه الاستراتيجيات العلمية سوف نفضلها في هذا المقال.

of the cadet. It is proved that this method "personal experience" which is use by 70% of trainers leads to many mistakes; also preparing cadet to reach a high-level needs a long period of preparation. According to many researches, the effectiveness of selection will increase if it is done through the different stages of long term preparation.

Formation Schools and Its Requirement

International formation schools of football depend on scientific bases in the selection and the orientation of players, relying on field specialists who realize the requirement of the youth category. Those specialists should meet the necessary conditions for the rehabilitation of those players. The most important condition for those specialists is the scientific certificate that concentrates in its content on the characteristics of age categories, individual differences, determinants of selection and orientation (physical, morphological, physiological, and psychological). During selection we need to consider all of them together.

Age Category Appropriate for the Selection

Determining the appropriate age to choose talents is an important process. Opinions about this determination were varied because each sport activity needs a different age from the other activities. So they decide to consider two essential factors in determining the appropriate age. First, to determine cadet's age for each activity (it is the time period to reach a best level of kinetic capabilities and biological bases), and to determine the number of the training years to ensure the rehabilitation of the player. Second, to know the appropriate level of physical standards and abilities to withstand the requirements of training. Throughout these two factors we can determine the appropriate age of selection.

This does not mean that cadets start the practice of sport activity from this age, instead they need to start before and since childhood. The process of selection starts based on the level on the activity in general, after a period they may be oriented to different activities according to their readiness, desire and a training program. For example, in football, during this period we may know the path of capacities' development on the light of the applied program. In general, selection may depend on the level of football capacities, the speed of learning, the speed of development and level's stability.

The specialists in football training agreed that the early age of detection starts from (10 to 12 years), the age of specialization starts from (11 to 13 years), and the age of tournaments from (16 to 18 years). It is an ongoing process through serial stages starts by selection stage, then the specialization selection, after that the final selection. In each stage we need to take in consideration the biological age as well as the chronological age.

One of the problems that hurdle the process of selection is the synchronization between the selection period and the highly varied stages of adolescents' period. This problem postpones the possibility of future success predictions because normally cadets realize best levels in football between (17 and 25 years) and this period of time is unstable. That's why specialists didn't rely on the results of the first stage of selection. It is predicted that test's results appears after a year and a half from the beginning training and selection.

The Importance of Modern Technology in Training

So that coaches can control the determinants in an exact scientific way, they need to be able to use the modern technology. It is through the use of this technology for each element of physical fitness's elements to develop it in a scientifically studied way; For example, to use modern tools of video analysis or to use psychological test and measurements. Many modern scientific studies show that the use of modern technologies lead to an access of exact results and therefore to respect training principles according to scientific standards that lead to the increase in the level of athletes and the formation of good cadets.

Conclusion

All in all, we can deduce the important role of modern technologies in sport. It is necessary for the success of the scientific training programs used in formation schools based on specialists in the field who control the use of these technologies.

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