

F. C. UNIVERSITY OF ORADEA – STUDENTS' FOOTBALL TEAM FROM ORADEA

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Abstract: F. C. Oradea University football team was founded in 2011 in order to ensure the competitive activity of the students from Oradea University, many of them possessing a basic junior-level training, who came out of the official competition circuit.

This work shows team's aspects of training, a team which takes part in the 5th league, including all the features about working with students.

Key words: football, team, F.C. University of Oradea, training

Rezumat: Echipa de fotbal F. C. Universitatea Oradea a fost înființată în 2011 cu scopul de a asigura activitate competițională studenților Universității din Oradea, mulți dintre ei cu o pregătire de bază la nivel de juniori dar care, preocupați de activitatea școlară, au ieșit din circuitul competițiilor oficiale.

Lucrarea de față își propune să prezinte aspecte din procesul de pregătire al echipei, participantă în liga a V-a, cu toate particularitățile legate de specificul muncii cu studenții.

Cuvinte cheie: fotbal, echipă, F.C. Universitatea Oradea, antrenament.

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INTRODUCTION

Competitive system

In football match, the competitive system is extremely generous so that it has sports contests including players of all ages or training level (G. Dumitrescu, 2010). Nationally, regular competitions are represented by the 1st, the 2nd and the 3rd league and locally, they are generally represented by the 4th and the 5th league. In Bihor, The District Football Association (DFA) organizes the 4th league, a series of sixteen teams and the 5th league, three series of twelve teams.

Sports training in football game

In literature, sport training is defined as a pedagogical process which is deployed systematically and continuous gradually, a process of the human body adaptation to deep physical and mental efforts, caused by the participation in competitions organized on various sports branches (A. Dragnea, 1996). Its purpose is to improve the necessary adaptations of the human body in order to realize a suitable effort regarding the practiced sport (R. Manno, 1996).

Among training factors, the physical one represents the basis relied on by the sport activity. Modern football is a game which contains motion discontinuities, but high – intensity. Players perform high – intensity sprints, which alternate with easy run, walking, long run, crossing while running constantly, kicking the ball, jumps, quick-moving movements, returns. As higher the level of the player is, as greater the energy need and global stress during the game are. (T. O. Bompă, 2003).

Physical training is necessary both for high level players and amateur football players, including the suitable adjustments (A. Lesserteur, 2009).

The distance covered in a football match is specific according to the position each player possesses. During high level games, players can cover between ten and twelve kilometers away.

The qualitative aspect of the effort is given by the displacement mode and intensity.

The average distance covered by the football players in a match (km), displacement mode and physiological request (T. O. Bompă, 2003).

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Chart 1. Average distance covered by the football players

Average distance covered (km)		Displacement mode					Physiological request per game (%)	
		Walking	Easy run	Long run	Sprinting	Others	High	Low
Forwards	9,5	2,5	4	1,25	0,8	0,95	40	60
Midfielders	11	2,8	5	1,5	1	0,8	50	50
Defenders	8,5	2,5	3,5	1,1	0,6	0,8	30	70

Other authors, Bangsbo J.(1994) consider that, during a football match, the players have the following running structure (Dumitrescu G., Deac Anca, 2009):

1. Remain Standing 10 minutes;
2. Walking, 4km/h, 3,4 km;
3. Recovery Run, 8km/h 3.2 km;
4. Easy Run, 12 km/h 2,5 km;
5. Steady Run , 16 km/h 1,7 km;
6. Long Run, 21 km/h 0,7 km;
7. Sprinting, 30 km/h 0,4 km;
8. Running backwards, 12 km/h 0,2 km;

According to the technical factor it is known that technical skills are improved up to twenty years (I.Ionescu, M. Demian, 2007). At the beginning of the senior period, the training technique focuses on achieving complexity (a large stock of technical processes), on specialization (it profiles technical elements towards job requirements and action areas) and also on adaptability (choose the most favourable version for the situation of the match).

Alongside training technique, training tactics (G. Dumitrescu, Anca Deac, 2009) is very important as it helps getting results in the football match. In a football match, tactical relationships between team players represent the result of a controlled, studied and spontaneous interactions. Their importance in the match depends on experience, quality of training and on the value of the players.

The match system used depends on the characteristics of the players whose team is formed of (R. Michels, 2001).

Taking into account the number of trainings and dealing only with a theme during training is possible on a high level, while in lower leagues or in the case of young men whose coach trains them only once or twice a week, is impossible.

According to this type of training, everything must be elaborated, so that technical, tactical and physical aspects encountered during the match should be attacked.

The coach will choose the dominant work. He will work one or two elements repeatedly, particularly corrections; this can be called mixed training lesson.

A mixed lesson contains three parts:

- basic notions and warm-up
- physical/ technical/ tactical work
- match

The ball is extremely important during this type of training, moreover, the physical aspects have to be included in all these three parts. All exercises need to have a double purpose: physical quality development, strengthening physical exercises or improve tactical actions.

If the lesson includes a part of athletic training, it probably takes place at the beginning of the season, so, it is more convenient to occur at the end of training, so that:

- it allows something intense without consequences on technical work;
- it limits delays, some of the lower-level players are always seeking to "jump" over the athletic training.

We are searching for executions quality is we place it at the beginning of the season (useless, tiredness). We are developing more the offensive than the defensive aspect in all exercises.

In technical-tactical area, everything should be done logical.

The match is the essential part of the training, is should have everything: duration, rules, field's size. You should not alter the match with too many obligations, keep the sense of the match, take a half game free.

It is elaborated a physical quality per cycle (four – six weeks).

The weekly program of training can include (B.Turpin, 1998):

One training per week. It will take place on Wednesday at equal distance from the past and the future match. It will necessarily be a mixed training.

Two trainings per week. This formula is spread the most at a lower level. Training days are usually on Tuesday and Thursday. There are mixed trainings.

Tuesday: technical/tactical training;

Thursday: physical training.

This choice is preferable due to overcompensation interruption. In our opinion, this working manner is the best, because technical/tactical training, which occurs on Tuesday, does not require too much the lactic anaerobic system, mostly because the body has not fully recovered Sunday efforts yet. We write down that, during this training, the anaerobic system can be required.

The manner of working "tough" on Thursday is also positive for two reasons:

- the training occurs on a renewable body;
- the overcompensation phenomenon manifests a lot because, if we consume our resources on Thursday, the energetic ones will be recomposed to a higher level than the initial one, seventy-two hours after training, on Sunday.

Three trainings per week represent the most efficient solution because it shows:

- an active recovery;
- an important aspect in all domains;
- the intense use of the overcompensation phenomenon.

The days preferred are: Monday, Wednesday, Friday.

Monday: technical training insisting on aerobic capacity, lesson which supports the recovery of the articulation mobility.

Wednesday: physical/tactical training insisting on the lactic anaerobic system, particularly during post matches and small field matches which have few players.

Friday: tactical and strategic training (free kicks, corner kicks) insisting on the lactic anaerobic system.

This working manner allows the instructor:

- to find again his players in twenty-four hours after the match, to take action in case of injury, and also to activate the recovery;
- to play on Wednesday with fresh players in order to suggest them an effort based on matches (lactic anaerobic);
- to gain from the overcompensation phenomenon: the wasted resources from Sunday are recovered on Wednesday, the consumed resources from Tuesday are recovered on Friday (forty-eight hours), the energetic resources (ATP, PC) used on Friday are recovered on Sunday.

Four trainings per week. This is the most suitable training for good teams and for team that want to progress.

According to the official match day, we present two possible combinations:

Sunday match

Monday: aerobic capacity, coordination, articulation mobility, technical training in aerobic capacity.

Tuesday: pause.

Wednesday: aerobic or lactic anaerobic power, depending on duration; technical training, post match, kicks, tactical training: small field matches.

Thursday: muscle strengthening, mobility, tactical and strategic training: team structure, ball's circulation, free kicks. Everything should be done in aerobic capacity.

Friday: alactic anaerobic effort + technical training: head match (Turpin B., 1998).

Saturday match

Sunday: aerobic capacity, body straightening, technical match in aerobic system.

Monday: pause.

Tuesday: aerobic or anaerobic lactic power according to period; technical match in aerobic system.

Wednesday: muscle strengthening, mobility, tactical and strategic training: team structure, free kicks.

Friday: alactic anaerobic effort (speed and agility), technical training: head match.

Five trainings or even more per week.

APPROACHED ISSUE

F.C. Oradea University was founded in August 2011, having the following leadership structure:

- Alexandru Ilieș, Chairman;
- Gheorghe Dumitrescu, Vice-chairman;
- Ștefan Baias, competitions organizer.

On the 10th of August 2011, we had the first meeting at the University's field, too much to call it training, with those who wanted to be in our team. At first, there were six participants, but after that, other students who eager to be in our team came.

During 2011/2012 season, AJF Bihor organized the 5th league Championship with three series and our team was distributed in the third series alongside F.C. Hidișelul de Sus, Future Nucet, Gloria Căbești, Future Josani, C.F. Bihorul II Beiuș, Avântul Mizieș, Arsenal Uileac, Unirea Roșia, Vida Pomezeu, Zorile Buntești and Finiș Fortress.

At the beginning of the season, in the 5th league, we haven't managed any point on our own field. However, we won two matches, a match which was not played in our town turned even, and, by the end of the round we were on eighth position.

Durint the return match, we played better, but we could "climb" only the sixth position. We have not an "own field" feeling yet and that was seen in the results. The matches we played as hosts took place on a synthetic lawn from LPS Bihorul's field.

We try to have training continuity, at least two trainings per week, but unfortunately our players, besides the fact that they are students, the also work. This is why the can not come. During championship, the team had an adequate behaviour and we won the Fair-play trophee, actually one of our aims.

For 2012/2013 championship, F.C. Oradea University was distributed in the second series of the 5th league alongside CS 2 Oșorhei, Future Cauaceu, Voința Ciumeghiu, Dacia Gepiu, Partizanul Sânnicolau Român, CSM Olimpia Salonta, Frontiera Oradea, Pro Cefa, Fortress II Biharia, Phoenix Diosig and Voința Cheresig.

The fact that the team was situated on the second position, two points distant from the leader, shows that is had an adequate behaviour. We had the advantage of our own field, we were more confident. We begin to impose our match. We still get too many goals. We also gave the 5th league top scorer.

The leader team, CSM Olimpia Salonta left us behind, but we still remained on the second position.

It was our second championship, during which we played on the University's field, we strengthened match relationships. We started to be a threat both on our own field in and out of our town and the place we occupy can demonstrate our team progress. The place that we obtained this edition allowed us to take part in the friendly football tournament called "Bihor-Hajdu-Bihar" organized by the Country Council of Bihor and the Development Foundation Bihor-Hajdu-Bihar.

The large number of players, thirty-four, shows that they are solicitous of being part of our team.

For 2013-2014 season, F.C. University of Oradea was distributed in the 3rd series of the 5th league, alongside Finiş Fortress, Frontiera Oradea, LPS Bihorul, Gloria Căbești, Unirea Roșia, Izvorul Cociuba Mare, Victoria Tulca, Biharia Fortress, Inter Crișul Bătr, Zorile Buntești și Vulturul Dobrești.

F.C. Oradea University was trained in three competitions:

- 5th league championship, 3rd series;
- Romanian Cup
- Friendly football tournament Bihor-Hajdu-Bihar organized by the Country Council of Bihor and the Development Foundation Bihor-Hajdu-Bihar.

Besides the official matches played within these three competitions, the students also went to two trainings per week or to friendly matches which took place during training or even during competition period.

This season, twenty-nine players have run with an average age of twenty-one.

Faculty's distribution:

21 from the Faculty of Geography, Tourism and Sports;

1 from Electrical Engineering and Industrial Management;

1 from Faculty of Environmental Protection;

1 from the Faculty of Law;

Two students in twelfth grade;

1 student which graduated from the Faculty of Political Science of the University Babeș-Bolyai Cluj Napoca.

Most of them played when were juniors at LPS Bihorul Oradea, FC Bihor, Kinder Junior Oradea, Săgeata Oradea, Dinamo Oradea or Luceafărul Oradea.

Training aspects

The players trained five weeks, the last but one week included every day training and the other weeks three trainings per week. During competition period, we had two trainings, Tuesday and Thursday, the official game being on Sunday.

Competitions behaviour

5th league Championship, 3rd series.

At the end of the season (2013-2014) F.C.Oradea University advanced in the 4th league in the 3rd season since the foundation of the team.

During the season, the team played 23 matches: 11 matches during championship, where they won two matches and got two equal results, gathering so 29 points; 11 matches in return where they won 8 matches and got two equal results and they also lost a single match, gathering so 26 points. Out of a total number of 22 matches, F.C. Oradea University won 17 matches, drew the match only twice and lost a single match.

Along those 17 victories, the team did not get any goals in only 3 matches. In only one of those four equal result the team did not get any goals and the match ended 0-0, on Biharia Fortress field.

The number of victories and equal results played by the team on their own field are 10 (victories) and one equal result, in round they had 5 victories and in return matches of the championship 5 victories and an equal result.

The team scored 50 times and got 13 goals during those 11 matches which took place on the University's field.

On another field, the team came into prominence 7 times and drew 3 times. F.C. Oradea University was defeated in the competitive season of the 5th League, 3rd series 2013-2014 by Gloria Căbești (4-3 for the hosts in the 18th stage). F.C. Oradea University got goals in every match played on the opponent's field. The team scored 32 times and got 18 goals during those 11 matches.

On the whole, the team scored 82 times during the championship and got 31 goals, the goal averages being of +51. The average goals scored per match is 3, 73.

The other interesting statistics is that out of 28 players chosen for the 22 stages of the championship, 15 of them managed to enter their names on the score keeper.

Romanian Cup, County Stage

First round: LPS Bihorul vs. F.C. Oradea University

Score: 2-3 (0-1 at break) Score keepers: I. A.; V. A.; L. B.

Second round: F.C. Oradea University (5th league) vs. F.C. Hidişel (4th league)

Score: 1-2 (0-1 at break) Score keepers: F. C.

In the second round of the Romanian Cup, County Stage, F.C. University Oradea met an important team, FC Hidişel, which was in the 4th league. FC Hidişel won the match (1-2, 0-1 at break). Team's adventure in the Romanian Cup ended here.

Friendly football tournament Bihor – Hajdu Bihar

In Bihor, F.C. Oradea University was one of the three teams in the 3rd league which took part in the friendly football tournament. The team was distributed in group B alongside: CF Bihorul Beiuş (4th Bihor), Sporting Lugaş (5th league, series nr. 1) and Hungarian team Biharkeresztesi VFC.

The tournament was held in groups system, made up of four groups of four teams, nine teams from Bihor (4th and 5th league) and for teams from Hungary (Hajdu-Bihar).

In groups, the teams played round and return and those who reached the first two places by the end of all six matches were qualified in the quarter-finals of the competition.

F.C. Oradea University Results

Stage 1 - Biharkeresztesi VFC - F.C. Oradea University Score: 1-4

Stage 2 - F.C. Oradea University - Biharkeresztesi VFC Score: 3-2

Stage 3 - F.C. Oradea University - Sporting Lugaş Score: 1-0

Etapa 4 - Sporting Lugaş - F.C. Univeristatea Oradea Scor: 4-4

Stage 5 - F.C. Oradea University - CF Bihorul Beiuş Score: 0-3

Stage 6 – CF Bihorul Beiuş - F.C. Oradea University Score: 3-1

Quarterfinals:

Match 1. F.C. Oradea University - FC Hidişel (4th league Bihor) Score:0-3

Match 2. F.C. Hidişel - F.C. Oradea University Score: 6-2

F.C. Oradea University was part of the friendly football tournament because it finished on the 2nd place in the previous edition of the 5th league 2nd series. At that tournament were present 9 teams from Bihor – Romania (top three teams from the 4th league, season 2012-2013; the winners of the 5th league, 3rd series, season 2012-2013 and the teams situated in the previous season on the 2nd place in the 5th league, 3rd series) and from Hajdu-Bihar – Hungary.

F.C. Oradea University was part of group B alongside CF Bihorul Beiuş, Sporting Lugaş and Biharkeresztesi VFC.

Within this group, the team won 3 matches, had an equal result and 2 defeats.

On its own field, the team won 2 matches, was defeated once, scored 4 goals and got 5.

On a foreign field the results were: 1 draw, 1 match won and 1 match lost.

In the group stage, F.C. Oradea University was the only team in the 5th league which qualified in the next stage.

During trainings and matches, we made tests in order to show the player's degree of training. These were:

- Running fast (30m) ;
- 5 minute test, maximum aerobic power;
- Distance covered during the match.

Chart 2. 30m sprint results and maximum aerobic power test (5 minutes) by A. Lesserteur, 2009

Nr. crt.	Tests	30 m (sec)		Five minute test (m)		
	Jucători	a.	b.	Distance covered (m)	VMA	Grade
1	M. C.	4.39	4.47	1380	16.56	Medium +
2	C. T.	4.18	4.13	1370	16.44	Medium +
3	K. G.	4.26	4.25	1360	16.32	Medium +
4	C. I.	4.3	4.35	1270	15.24	Medium -
5	L. R.	4.29	4.31	1270	15.24	Medium -
6	M. C.	4.41	4.6	1270	15.24	Medium -
7	A. C.	4.19	4.09	1260	15.12	Medium-
8	V. A.	4.57	4.41	1230	14.76	Weak
9	B. R.	4.31	4.31	1225	14.7	Weak
10	D. A.	4.29	4.35	1220	14.64	Weak
11	I. H.	4.6	4.66	1215	14.58	Weak
12	S. S.	4.31	4.24	1180	< 14	Very Weak
13	L. B.	4.32	4.2	1160	< 14	Very Weak
14	C. G.	4.58	4.61	1060	< 14	Very Weak
15	T. G.	4.8	4.7	1020	< 14	Very Weak
16	C. Z.	4.78	4.59	abandon		

According to the Romanian Football Federation, for players who are 19-20 years, on a scale from 0 to 100, the average (4,4 seconds) of our team corresponds to the value of 50 and the best result 4,09 seconds to that of 80.

Five minute test (Chart 2) shows that less than half of the players have medium values, the others weak and very weak.

Two players covered 10 km in 90 minutes, M.C. had the best performance, 10,861m and A.A. covered 10,413m. Another three players covered over 9 km.

Fast running, very high intensity running and sprinting make sprinting make the difference between the players who were tested by means of motion sensors and professional ones.

On a professional level, from the entire distance, 700 m are covered on a very high intensity. The best player (F.C.) from F.C. Oradea University ran 445m and the second one (A.A.) 423m. There is a substantial difference between the tested players and the professional ones.

Among sprints achieved during the match in which the players were tested by means of motion sensors, the best performance belongs to A.A. (89m, over 30km/h) and the second player covered only 40m. In point of sprinting, there is a substantial difference between F.C. Oradea University's players and the professional ones (400m in sprinting).

Chart 3. Players results by means of motion sensors

Player	Total distance (m)	Walking/ jogging (m) / %	Running (m) / %	High intensity running (m) / %	Very high intensity running (m) / %	Sprinting (m) / %
B. R.	4440	1790–40%	1941–43%	554–12%	140–3%	15–0,3%
S. S.	9823	4313–44%	4353–45%	829–8%	312–3%	16–0,16%
F. C.	9089	3689–41%	3504–39%	1412–16%	445–5%	39–0,43%
A. C	6818	3184–47%	3057–45%	535–8%	23–0,3%	19–0,28%
V. A.	8139	4214–52%	3266–40%	520–6%	139–2%	0
I. A.	6450	3474–54%	2240–35%	583–9%	141–2%	12–0,19%
A.A.	10413	3621–35%	4586–44%	1700–16%	423–4%	83–0,8%
M. C.	10861	3318–31%	5365–49%	1985–18%	174–2%	19–0,18%
L. G.	9807	4391–45%	3766–38%	1348–14%	293–3%	9–0,1%
L. B.	8255	3833–46%	3447–42%	627–8%	308–4%	40–0,48%
P-D. I.	4702	2239–48%	1997–42%	365–8%	86–2%	15–0,32%
S. S.	2765	1314–48%	955–35%	331–12%	161–6%	4–0,14%
B. B.	3139	1153–37%	1231–39%	584–19%	160–5%	11–0,35%

A.A. got the highest movement speed (8,03 m/s) while the average of those who were tested was of 7,3 m/s.

Motion sensors results show that there is a lack of balance regarding very high intensity running and sprinting.

CONCLUSIONS

F.C. Oradea University football team proved that, through its activity, a team formed entirely of students can combine study with sports activity.

Through team's behavior and the achieved results, University of Oradea made a brilliant figure.

The team brought back players for the competition, players who had a large number of years of training and who otherwise would have been out of the competitive circuit.

During matches played out of town, contrary to what usually happens in the lower leagues, the team was appreciated by the supporters of the local teams, for its activity, results and the matches they performed.

During the competition in which the team was put into gear, it proved its value through the achieved results. F.C.Oradea University was the only team in the 5th league which qualified for the quarter-finals of the friendly football tournament Bihor – Hajdu-Bihar where they finished on the second place in group B.



Figure 1. F.C. Oradea University football team (photo: Florin Măduța)

The most important result of F.C. Oradea University football team was the winning of the 5th Championship, 3rd series. Only three years after its foundation, the team was already in the 4th league.

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