

ASPECTS REGARDING TRAINING AND MATCHES OF F.C. ORADEA UNIVERSITY FOOTBALL TEAM SEASON 2014 – 2015

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Abstract: During 2014 – 2015 season, F.C. Oradea University was formed of two teams: one team in the 4th league and the other in the 5th league. They wanted to offer the chance to all students and members of the team to play as many official matches as possible. We also took part in the matches organized by the Romanian Cup, county phase, and during the spring of 2015 we participated in the university championship.

Some training characteristics concurred to the idea that two teams were training together at the same time and also the fact that at the end of the week, the teams were taking part in different championships. By writing this article, we want to emphasize all these training characteristics.

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

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INTRODUCTION

The competitive system

In the football match, the competitive system includes all age brackets or training level competitions (G. Dumitrescu, 2010). On a national level, the competitions are represented by the 1st, 2nd and 3rd league, and on a local level, they are usually represented by the 4th and the 5th league. In Bihor, in 2014 – 2015 season, the County Association of Football (CAF) organized the 4th and the 5th league. League 4 was formed of twelve teams while League 5 only of twelve teams. During League 4 championship, we participated under the name of F.C. University and in the 3rd series of League 5 under the name of F.C. University II.

Training in football match

Sport training is defined as an educational process which is developed systematically and progressive. It is an adjustment process of the human body related to some intense physical and mental efforts. These efforts are the results of the participation at the competitions organized on distinct branches of sport (A. Dragnea, 1996).

Training's main interest is to improve the proper adjustments that the human body needs in order to stand upon the effort that implies the practiced sport (R. Manno, 1996).

Among the training elements, the physical training represents the basis on which the sport activity relies on. Physical activity is not reserved only for high level players but it is also an important element for amateur players, including the necessary adjustments (A. Lesserteur, 2009). In point of activity, there are two constants. The first one is established during the match and the second one during the training.

During a football match (B. Turpin, 1998):

- the ball is in the game for 65 – 75 minutes;
- the player controls the ball for 2 – 4 minutes;

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- the player has the pulse of 160/180 beats per minute for approximately 75% of the time.

According to movements, we can point out:

- 10 kicks from 3 to 6 seconds, which means 2,5 – 3 km;
 - 35 – 40 minutes at 80% from VO₂ which means 4 – 8 km;
 - 35 – 40 minutes of walking which means 1 – 2 km;
- Total 7,5 – 13 km.

During the training the values of the heart rate are the following:

Leadership	140/150 beats per minute
Leadership chased by the opponent	150/160 beats per minute
Dribbling	160/170 beats per minute
Game	170/180 beats per minute

According to the place hold in the team, the interval covered during a match can be established. Within high level matches, the players can cover distances of 10 or 12 km. The intensity and the way in which the player moves improve the qualitative aspect of the effort.

During training, there are two types of exercises that can be used: the ones with a ball and the other ones, without a ball. Even if the players do not enjoy so much the exercises without a ball, the trainer can control very well their activity: he can feel their pulse, he can control the steps, or he can also has the capability to form groups, based on different levels.

As regards the exercises with a ball, which are enjoyed more by the players, the control effect can be achieved harder and the trainer has to have the entire approval of the players.

According to I.Ionescu, M. Demian (2007), the technical adaptations improve until the age of 20. After this period, the efficiency can be found in the technical training through repetitions and corrections along the training. The technical training should take place in a tactical context, in matches that can be distinguished, so that, it must reach the competition rhythm (B. Turpin, 1998).

Tactically, the match system depends on the trainer's vision, but also on the players' abilities. Through the match system, the trainer places the players on the field so as to get a tactical advantage in front of the opponent. Therefore, the system may sometimes be different in point of specific conditions. Also, the teams can have 2 or 3 match systems (R.Podeyn, 2008). One of the most common match systems in football is 4 – 2 – 3 – 1.

Annual program

Before the season begins, the trainer has to set out the annual goals of the training. These will be presented after the following will be known:

- the level of the player;
- circumstances: the entire number of trainings per week, material, fields, halls.

The training goals will be:

- technical: controlling the ball, speed, taking charge;
- tactical: team formation, match system, relation between players, integration of the new players;
- physical: strength, speed, force;
- mental: effort resistance, mental attitude, establish a positive mood, trust strengthening,

These goals will help the trainer to establish:

- the specific date when the trainings will start over;
- matches' rhythm;
- rest during the winter;
- the specific date of the finished competition;

- the annual program.

The season will be divided into periods or cycles of 2 – 5 weeks.

It should be known that:

- the training get lost after 10 – 15 days without making effort;
- it takes 6 – 8 weeks for the player to be at his best;
- it takes 3 months to get into the competition rhythm.

Football season can also be divided into three periods.

The transition period

After the season ended until the training starts. This period should not last more than 30 days. In 15 days, the player will rest, and in the other 15 he will start his physical activity: running, or practicing other sports such as swimming, tennis and so on.

Initiatory period

It should last 45 days as if follows:

- 10 days: basic physical training
Strength;
Maximum force;
Speed;
Individual technique
- 10 days: specific training
Specific resistance;
Explosive force;
Speed;
Technique: specific to the place.
- 15 days: training the match rhythm
Technical improvement;
Matches played on a smaller ground;
Matches 11 x 11

Moreover, there will also be 6 – 8 friendly matches.

The abilities will develop if the players will practice three times a week for a period of 3 or 4 weeks and the abilities will be maintained if the players will practice once a week.

Competition period (50 days, which means 17 weeks)

The abilities should be modified at each 4 weeks: 3 “strong” weeks and 1 “easy” week.

The weekly program is encountered in the inferior categories (2 trainings per week). The training usually takes place on Tuesday and Thursday. These are mixed trainings.

Tuesday: technical/ tactical training;

Thursday: physical training.

This training is preferred due to the over balance break (B. Turpin, 1998).

It is advantageous to place the technical/tactical training on Tuesday because the lactic anaerobic system is not provoked so much. Moreover, the human body did not recover all the efforts from Sunday.

The anaerobic system can be required.

“Tough” training on Thursday is positive from two reasons:

- the training is made on a fully recovered body;
- it is made effective use of the over balance phenomenon.

AIM OF RESEARCH

The aim of the research was to present both the main characteristics of the football team training and the results that we achieved during several competitions.

APPROACHED ISSUE

During 2014 – 2015 season, F.C. University of Oradea, formed of two teams, developed its activity in:

- League IV alongside FC Hidișel, Luceafărul Oradea, Crișul Sântandrei, CF Bihorul Beiuș, CSM Olimpia Salonta, CSO Ștei, Viitorul Marghita, Victoria Avram Iancu, CSU Partium Oradea, Viitorul Borș, Crișul Aleșd, FC Bihor II, C.F. Liberty, Unirea Valea lui Mihai and Poiana Budureasa.
- League V, third series, as F.C. University II, alongside Gloria Căbești, Poiana Budureasa II, Inter Crișul Batăr, CSC II Sânmartin, Izvorul Cociuba Mare, Cetatea Biharia, Zorile Buntești, Victoria Tulca, LPS Bihorul Oradea, Vulturul Dobrești and Unirea Roșia.

Apart from these championships, our team players participated at the Romanian Cup, county phase, and also at the university championship.

The leadership of the team was assured by

Ilieș Alexandru – chairman

Dumitrescu Gheorghe – trainer

Baias Ștefan – organizer.

In return, the technical leadership became stronger due to the contribution of our colleague Marius Marinău and then, Buhaș Sorin, who helped us in the university championship and he was implicated in the team training.

In League IV, season 2014/2015, 29 players played in tour and other 28 in return.

Repartition according to faculties

23 from The Faculty of Geography, Tourism and Sport;

3 from The Faculty of Electric Engineering and Industrial Management;

2 from The Faculty of Environment;

1 from The Faculty of Law;

1 from The Faculty of History, International Relationships, Political Science and Communication Sciences;

2 from The Faculty of Medicine and Pharmacy;

1 from The Faculty of Construction and Architecture;

1 from The Economics Sciences;

2 students in the X and XI grade;

1 postgraduate from The Faculty of Geography, Tourism and Sport;

1 graduate at The Faculty of Political Sciences at University Babeș-Bolyai Cluj Napoca.

In League V, 32 players played in tour and other 29 in return.

From 38 players in League IV, 29 of them also played in League V. This was one of our goals when we decided to keep the both teams. We wanted to offer our players the chance to play as many official matches as possible and we also wanted to create competition.

Aspects regarding training

Summer training lasted six weeks, July 15 – August 24. During this period, the players had three trainings every week and they also played three friendly matches, where we tried to mix the players of the team. In the competition training, the players had two trainings, on Tuesday and Thursday. The official matches took place on Saturday and Sunday. Most of the trainings lasted 90 – 100 minutes, except the official matches of short duration, and so, the trainings lasted only 60 – 70 minutes.

League 4 tour ended on November 26, 2014 but the transition period lasted longer.

Winter training started on February 9, 2015, exactly after the session exams finished. Taking advantage of holiday, we could have five trainings in the first week, and then we got back

to three trainings a week. In order to form out match rhythm, we participated to four friendly matches.

Attitude during competitions

League IV Championship

In season 2014/2015, the team played 30 matches, with a total of 7 victories, 6 equal results and 17 defeats. League IV impact was very hard. The opponents, usually armed to the teeth, took advantage of our mistakes and it was very difficult for us to come into prominence. We gathered 27 points and we finished on position 13, from 16 competitors, after we finished the entire tour on the fourteenth position. In our first year after promotion, we were still in League IV, and this was our main goal.



Figure 1. F.C. University of Oradea Football team, before a League IV match

Our opponents were better because along the championship we took 90 goals, an average of 3 goals per match. There were only three matches during which we did not get any goals. On our field, we gained our points very hard, only 6 victories. The situation did not improve on our opponent's field. We had only a victory and 3 equal results.

We kicked 45 goals, an average of 1,5 goals/match adequate for a new promotion.

The goal getters of the team were:

L.B. – 9 goals

C.A. – 7 goals

C.T. – 6 goals

P.M. – 6 goals, but C. A. and C.T. played only in return.

League V, third series Championship

In season 2014/2015 the team, as F.C. University II the team played 22 matches, with a total number of 10 victories, 3 equal results and 9 defeats. We finished on position 7, with a goal average of 58 marked goals and only 46 taken. We took a lot of goals, an average of 2 goals/match.

During the matches from the League V championship we faced some difficult situations regarding the number of players. There were times when some players played both in League IV and V. Their efficiency was affected by tiredness. We were forced to postpone the eleventh stage with Vulturul Dobresti from November 15, which was scheduled in the same day with the match from League IV. The rescheduling from November 30, we barely gathered 11 players. We also

postponed the match with LPS Bihorul, in the fifteenth stage, return, and in the penultimate stage played only 10 players.



Figure 2.Football team F.C.University II before a League V match

Romanian Cup, County phase

We were scheduled in Romanian Cup, county phase with both teams. This competition was the one that actually opened the spring season. The matches took place between 27 February and 1 March.

F.C. Oradea University – Cetatea Biharia 4 – 1 (1 – 1)

F.C. University II – Viitorul Bors 0 – 0 (0 – 0). At tie break we lost because two of our players missed the opportunity.

The next stage in Romanian Cup was on April 30.

F.C. Oradea University – F. C. Hidiselul de Sus 2 – 3(1 - 1), against a front-rank team in League IV. These were the matches that we played in the Romanian Cup.



Figure 3.Footbal team F.C. Oradea University before a match in the Romanian Cup



Figure 4.Football Team Oradea University before a university championship

University Championship

The National University Football Championship of Romania started in the fall of 2015. The first edition of the new annual cycle of the competition was organized by the Confederation of School and University Sport from Romania, Educational and Scientific Investigation Minister, Romanian Football Confederation, Polytechnic University of Timisoara. A total number of 20 universities participated in this championship.

The teams were divided into six series. We were distributed in the first series (**Banat – Crisana**) alongside **West University Vasile Goldis (WUVG) Arad**, **West University Timisoara (WUT)** and **Polytechnic University Timisoara (PUT)**. The following matches took place:

Oradea University – West University Timisoara 0-3 (April 21)

West University Vasile Goldis (WUVG) Arad – Oradea University 1-1 (April 28)

Oradea University – **Polytechnic University Timisoara 2-1 (May 6)**

West University Timisoara – Oradea University 3-1 (May 12)

Oradea University – **West University Vasile Goldis (WUVG) Arad 2-3 (May 19)**

Polytechnic University Timisoara – Oradea University 0-3 (May 27)

Beside our players, other footballers from University of Oradea joined our team. The teams, heads in League IV, were Partium Oradea, Cristul Santandrei or Luceafarul Oradea.

Series I, Final Results:

1. **West University Vasile Goldis (WUVG) Arad 6 21-7 16**

2. West University Timisoara **6 14-11 12**

3. **Oradea University 6 9-11 7**

4. **Polytechnic University Timisoara 6 7-22 0**

During training and matches we applied some tests in order to find out the players' degree of training. These were:

Speed running: 30 m

5 minutes test, maximum aerobic power

F.C.Oradea University, Tests

Chart 1. 30m speed results and maximum aerobic power (5 minutes), according to A. Lesserteur (2009)

No.	Tests	30 m (sec)		5 minutes test (m)			
	Players	a.	b.	Players	distance (m)	VMA	Grade
1	D. S.	4,65	4,45	C. M.	1380	16,56	Medium +
2	S. S.	4,12	4,03	L.B.	1370	16,44	Medium +
3	Ț. I.	4,09	4,11	B. D.	1350	16,2	Medium +
4	V. A.	4,51	4,50	Ț. I.	1350	16,2	Medium +
5	C. M.	4,22	4,14	A. A.	1330	15,96	Medium -
6	A. A.	4,04	3,97	M. M.	1320	15,84	Medium -
7	P. M.	4,30	4,20	M. A.	1320	15,84	Medium -
8	B. D.	4,09	4,24	D. E.	1290	15,48	Medium -
9	M. M.	4,17	4,16	S. S.	1270	15,24	Medium -
10	P. D. I.	4,21	4,10	F. C.	1270	15,24	Medium -
11	M. A.	4,10	4,08	S. D.	1270	15,24	Medium -
12	M. C.	4,57	4,50	C. C.	1270	15,24	Medium -
13	S. S.	4,27	4,17	V. A.	1250	15	Medium -
14	R. R.	4,31	4,28	A. C.	1250	15	Medium -
15	B. M.	4,29	4,37	H.M.	1250	15	Medium -
16	G. A.	4,49	4,42	S. S.	1230	14,76	Weak
17				R. R.	1210	14,52	Weak
18				V.R.	1210	14,52	Weak
19				P. D. I.	1180	< 14	Very weak

At speed testing, 30m, there is only a result under 4 seconds, A.A. and a team average of 4,21 seconds.

At maximum aerobic power testing, 58% of the players can be placed in the minus medium area, the other grades being plus medium from which 21% weak and 21% extremely weak.

Issues encountered during training

We tried to combine the didactic with sports activity. We must take into account the fact that our players are not footballers who attend courses from time to time but students who play football.

Didactic activity was not disturbed by the sports activity. The second activity implied two trainings a week, Tuesday and Thursday, and also the official match from the end of the week. Trainings took place in the afternoon, after the courses.

Absence causes at the official matches:

- Delegators as referees of football and handball;
- Program with family;
- Accidents, some of them outside the training activity and others during team matches.

CONCLUSIONS

Within the University Championship, football team Oradea University cut a good figure to our institution both on a local and national level.

Engaged in more places, the players fulfilled the goals they established in the competition:

- They maintained in League IV;
- They were at the head of League V;
- Good performing of Oradea University in competition with other universities from the country.

Maintaining two teams in the competitions organized by AJF Bihor was not realistic idea, so that in championship 2015/2016 will be kept only fourth League team.

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