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THEME:

ANTHROPOMETRIC AND MOTION STATUS OF FOOTBALL STUDENTS FROM 14-16 YEARS OLD IN GJILAN

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INTRODUCTION

Football as a sport takes place in collective sports, while by movement takes place in the group of many structural and complex sports, which is distinguished by cyclic and acyclic movements and technical and situational specific elements. Is the most popular sport in the world, it comes from the presence, dynamics, emotionality and attractiveness as well as technical – tactical moves. It is difficult to strictly define the factors that lead to victory or loss due to the complexity of the football game. However, to distinguish various forms of activities of players on the field and collect extensive data on the behavior of players in the game can allow us to verify the factors that make success in the game.

Useful methods for the identification of critical factors for success are the qualitative and quantitative assessment of technical and tactical elements of the winning and losing teams in direct duel. During the game the majority of motion skills in the processes of complex kinesiologic activities, in the concrete case the game of football, especially during the game, mostly hung from the accession process, transfer, keeping and processing and tracking the right path up to the effectors. The correlation of these elements and other anthropological elements of human requires to be treated as the cyber system.

To be assessed and measured in the motion space and its coherence with other anthropological characteristics it is necessary that this structure to be identified. It is natural that anthropometric characteristics then motion variables along with the technical skills and tactical elements to the player should be in any particular correlation. The level and value of these reports and links so far have not been explored at a satisfactory level. During the racing activities, the conditional, technical and tactical preparation presents the complexity and integrity whole which are never expressed separately.

Determining the constitution of the player is very complex due to several factors which have direct impact on the morphological, physiological, biochemical characteristics and his psychic. His reaction of the organism as a whole in some harassment respectively behavior in different situations of life and work make up the group of all morphological, physiological, biochemical and psychological characteristics who give character the constitution of man respectively represents phenotype which takes place as the symbiosis of certain genotype who is under the influence of external complex factors.

Many authors identified the phenomenon or notion of genotype with the body constitution. But the notion of constitution is much broader and polystyrene and its possibility of the formation conditions of the district in which one lives, under the way of life, work and education directs us to understand that in the constitution of human, fundamental impact have internal and external factors of human development. When it comes to constitutions we cannot separately talk about the types of men and women because constitutional types are independent from gender and all sorts of types are included in both sexes.Alsothere is no constitutionof some child ages because

the child changes in its development and later after year 10 we have the first distinction of several types so that the final type of adult constitution will be formed after the year 20. At elderly people the constitutional types differ primarily in terms of the functional component. Classification of some constitutional types can be looked with subjective method, where monitoring and evaluation of some features dominates, the other method is objective dominated by measurement of some features and their comparison. It is best to use both methods. If for example, we get to observe the corporal constitution only by morphological criteria, we conclude that this category has two opposite types expressed, where on one side reigns height (parameters of length) and to the other the body width (transversal). There is also the medium type in which the type has no morphological data.

Morphological anthropology is the method which includes measurements of the human body, processing and study of measurements obtained. In various sportssuch as amateur or culminating, it serves for:

- Selection of candidates for each sport
- Tracking and evaluation of the training process
- Objective evaluation of the overall development of the body
- Controlling of the athlete's nutritional status
- Tracking of the rest of sportsman in the rehabilitation process

The importance of forming body for top sports is not fully defined as a prerequisite to achieveresults in top sports. Yet, researches have shown that successful athletes show similarities in construction and in the ratio of fat mass rather than not body fat, and these are expressed while progressing i.e. reaching all highest categories in top sport. Accordingly, the peak athletes, watching their morphological aspect are relatively homogeneous, depending on the sport; it is possible to define the model which is to be achieved in order to achieve peak results. Knowledge of the structure of some dimensions of the sportsmen psychosomatic status, thus its development represents an essential condition for successful management of the training process. Thanks to the large number of research papers which were taken to the determination of the structure of some anthropometric parts, at the present level of development of science in physical culture, with great certainty we can talk about the existence of different features.

Morphological features of the structure of human psychosomatic status meanscertain system of latency anthropometric dimensions no matter if they are developed under the influence of these particular dimensions of the outer circle (the training set) or not. In accordance with this, to verify scientifically latent dimensions of this space, the solution is based on the application of factorial analysis and regression analysis. Thus anthropometric factors are isolated which are defined as latent dimensions (series of manifest variables), and which are responsible for the co variabilityof different situation of manifestos and reactions in that space. First of all, factorial analysis allows getting into the essence of morphological structure and other dimensions of

human psychosomatic status discovering latent dimensions, which are responsible for the external manifestations of concrete phenomena.

Most of psychomotor skills are acquired and developed mainly in the period of childhood. In this period of developmentthe motion space is constructed and after the period of puberty (14-16 years) begins to stabilize (Metikoš with bp. 1974; Kurelic, 1975; Bala, Kis and Popovic, 1996).

At this stage of developmentthey successfully adopt elements of sports technique executing them with a higher intensity, and that in this period a more advanced training process is necessary. (Duraskovic, 2002)

Football today is part of the group of anaerobic and aerobic sports. Success in the game of football is based on morphological characteristics and general motion skills, which enable the achievement of results and facilitate the growth of knowledge in specific, technical and tactical elements, relevant to achieving success in the football game.

Orientation and determination of youth to the sport of football is conditional with the child's wish for this sport or through selection by an expert of the game of football by taking into account the morphological characteristics of this sport, psychomotor and cognitive skills and also speed learning and perfection of technical and tactical elements.

CONCLUSION

New age, generally speaking, represents an extremely sensitive period for the motion development of children. It is importantnot to lose much of this period, namely the advantages that it carries in the formation of the motion base. For children development at this age, but also at a younger age of great importance is the selection of appropriate motion activities.

Training process in football has many tasks that are elected through conditional preparation, technical training, tactical training, psychological preparation and theoretical preparation. Based on these factsis the goal of this research, which is directed to establish the differences in some anthropometric characteristics and motion abilities of the players, involved in football teams under the influence of the training process.

The primary purpose of this paper is to establish the difference between young players from four teams of Gjilan and players of both teams from Kamenica.

In this research a total of 90 players from 6 clubs are included, where their participation in this survey is: 15 players from F.C. "Union" Koretin, 15 players from F.C. "Kamenica" Kamenicë, 15 players from F.C. "Drita" Gjilan, 15 players from F.C. "Gjilani" Gjilan, 15 players from F.C. "Galaksia" Gjilan, 15 players from F.C. "Bashkimi" Gjilan.

In order to determine these differences in morphological features and psychomotor capabilities these variables are applied: APESHA - body weight, ALARTË - Height Body, APERGJ - perimeter of the chest, APERKO - thigh circumference, APERKC –calf circumference, MVR 10m - running 10m from the high start, MVR 25m - running 25m from the high start, MVR 5x10 - running 5x10m round way, MVR 60m - running 60m from the high start, MKGJV - long jump from position, MKLV - high jump from position, MKAHAN - Side steps –motion coordination, MFMSHA - frequency of stretching abdominal muscles, MPPDK - flexion towards the arms and MVRQSH –Durability running 50m with speed. 10m running return to the start 20m return to the start-30m-40m-50m.

Descriptive analysis of the basic statistical parameters shows that the variables applied in this research are mostly epicurtic, where results incline to those higher, and some of these variables have a highlighted asymmetry.

Analysis of correlation shows that anthropometric variables coefficients are hidden and appear as a homogeneous group with a high correlation between them at a confidence level of ($p = 0.01$). The second group comprises motion speed parameters, while the third group is comprised by the motion tests of explosive force.

T-test analysis shows that the anthropometric variables between the two groups of young players, group of players by clubs from Gjilan and clubs from Kamenica there is no difference

statistically significant and that the morphological development at younger players are not distinguished.

T-test analysis shows that the motion variables between two groups of young football players, the group of players by clubs from Gjilan and clubs from Kamenica is a statistical difference on motion variables, Running 5x10m round way (MVR 5x10), (players from Gjilan are the best), and motion variables, frequency of stretching abdominal muscles (MFMSHA), (players from Gjilan are the best). We can conclude that in the selection of players the anthropometric and motion characteristics were taken into consideration as well as during training exercises.