

57 - ANALYSIS OF THE LOADS AND METHODS OF TRAINING USED IN THE PHYSICAL PREPARATION OF FEMALE FUTSAL AMAZONENSE

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INTRODUCTION

To growing evolution of female Futsal in Amazon and the increase of the number of apprentices, it demands whenever the athletes have a better acting, therefore it is necessary the aprimoramento of the apprentices' motor capacities. This way, he/she becomes necessary a solid scientific investigation that it shows as the physical trainings of the teams are accomplished.

The Sporting Training is an organized process of improvement in the sense of preparing the sportsman for high levels of income through physical exercises, tends as base the scientific and pedagogic beginnings (Barbanti, 1997). The results obtained by the athletes are direct consequence of the application of systems and training programs (Granell & Cervera, 2003).

In this sense, the objective of this study was to analyze the training loads used by the Physical Coaches or Trainers for the development of the futsal athletes' physical preparation

METHODOLOGY

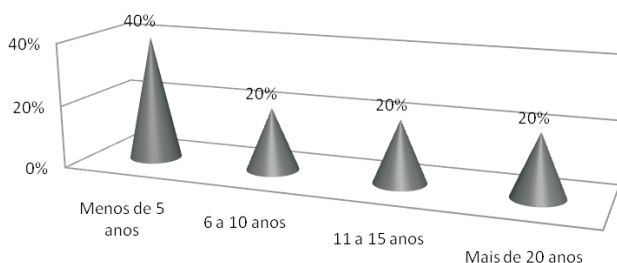
This research is characterized as descriptive, aiming at to diagnose which the characteristics of the applied training loads in the teams of futsal female amazonense. The sample of the study was composed by five physical coaches, what corresponds to 83,3% of the population, that disputed the Campeonato Amazonense sub 20 of the year of 2009. The instrument of this study is a questionnaire used by Silva (1995) mentioned by Dantas (2007), that it was specifically adapted for this research. The instrument is structured in the following parts: the coach's physical interviewee characterization, periodizacion models, contents of the training spreadsheets used and characterization of the components of the applied loads in the training. He was applied after explanation on the objectives of the study and each coach answered him in the researcher's presence.

RESULTS

Based on the found results can be verified that 100% of the Physical Coaches, of this sample, they possess Graduation, of these 80% they are in Physical education and 20% are specialist. In relation to the time of experience in the modality, 40% of the sample possess less than five years of experience, while the other ones 60% were divided among: six to ten years, eleven to fifteen and more than twenty years, respectively, as display the graph 1.

Those data we show that more than 50% of the interviewees possess appropriate professional preparation to exercise physical coach's function.

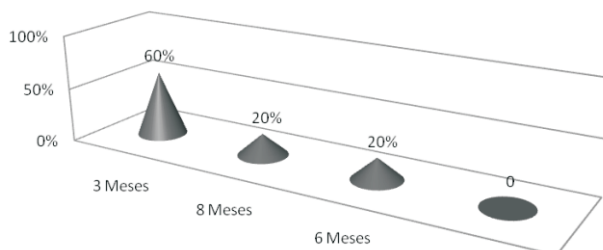
Time of Experience in Futsal



Graph 1 - Description of the time of professional performance of the sample.

When made reference to the model of the physical coaches' periodizacion 100% affirmed to use the simple periodização and the time, in months, of periodização among the teams lasted from three to eight months, as it can be verified in the graph 2.

Time of Periodization



Graph 2 - it demonstrates the time of periodização that the teams used to develop the physical capacities.

In what he/she concerns the contents of the motive capacities worked by the teams, the results are presented in the

Tab 1.

MOTOR CAPACITIES	
AEROBICS RESISTANCE	80%
ANAEROBIC RESISTANCE	100%
FORCE	80%
POTENCY	100%
FLEXIBILITY	40%
SPEED	100%

Tab 1 - Motor capacities worked during the period of training of the season 2009.

In the tabel 2 it is possible to observe that in spite of the whole sample to have affirmed to use the model of simple periodization, only 80% planned out the training in agreement with the periods suggested by the literature, demonstrating conflict between theory and the practice (Dantas, 2002; Weineck, 2003; Santi Maria, Almeida & Arruda 2009)

Stages	Periods		
	%	Duration(in weeks)	
		Mínimo	Máximo
Pré – Preparatory	0%	-	-
Basic Preparatory	80%	2	12
Specific Preparatory	80%	1	12
Competition	100%	5	9
Transition	100%	1	2

Tab. 2 - it shows the division of the periodização in their respective periods.

The training contents used in the Basic and Specific Preparatory Period will be presented, respectively, in the tabel 3.

Capacidades Motoras	Periods	
	Basic	Specific
Aerobic resistance	80%	40%
Anaerobic resistance	20%	80%
Resistance of Force	40%	60%
Potency	-	60%
Flexibility	40%	20%
Speed	20%	80%

Tab. 3 - Motive Capacities developed in the trainings.

We can notice that, as the change of the basic period for the specific, there is an increase of the use of the motive capacities considered specific for the modality. However, in relation to the mesocycles and microcycles, none of the teams presented a model in agreement with the literature. In the characterization of the volume loads and intensity, there was not determination of the loads through tests, but for the observation of the Physical Coaches.

In what he/she concerns the training of aerobic resistance, 80% of the sample used the Continuous Method for the development of this capacity, the other ones 20% affirmed not to have made any specific work to develop her. Already for the resistance of force and the potency all of the physical coaches used the method fractioned intervals. The speed and resistance of speed were developed, in all the teams, through the fractional methods of repetitions and fractional intervals, respectively. The flexibility was developed by 40% of the sample through exercises of prolongation static assets and liabilities.

The control of the training was divided in 40% by the trainer's observation, 40% through test and 20% for the athletes' acting.

The criteria used for the structure of planning of the training in the season will be presented in the tabel 4.

Criterion	%
Calendar of Competitions	60%
Scientific beginnings of the Training	40%
Characteristic Individual of the Athletes	20%
Characteristics of the Group of Athletes	60%

Tab. 4 - it points the items used for the beginning of the planning of the season

We can observe, through of those results, that most of the coaches uses more than a criterion for structuring of the training.

CONCLUSIONS

The training methods were shown coherent for the development of the motive capacities, however we noticed that 60% neglected the flexibility, it is capacity according to Santi Maria, Almeida & Arruda 2009 in sports with ballistic movements, as the futsal, causes an effective movement width saving elastic energy in the muscle. When questioned about the volume control and intensity of the motive capacities, 60% of the interviewees affirmed that you/they don't apply tests to determine values.

In spite of the increase in the number of futsal athletes in Amazon, we can notice that the Physical Coaches have little knowledge regarding the periodization models and of the training methods that possess scientific proof in the sporting way. THE way as the trainings is applied is incoherent to the literature, because great part of the teams, 60%, they had the insufficient Preparatory Period to form a great base of the general physical components, leaving like this the development of the general capacities and you specify committed. Besides, none of the physical coaches distributed the trainings in mesocycle and microcycle, showing lack of knowledge of the aspects that you/they involve the periodização of the training.

In relation to the criteria used for the beginning of the physical coaches' planning 60% take as starting point the calendar of competitions and the individual characteristics of the group.

ANALYSIS OF THE LOADS AND METHODS OF TRAINING USED IN THE PHYSICAL PREPARATION OF FEMALE FUTSAL AMAZONENSE**ABSTRACT**

The objective of this study was to analyze the training loads used by the Physical Coaches or Trainers for the development of the futsal athletes' physical preparation sub-20 that disputed the championship amazonense in 2009. The sample was composed by five physical coaches of the teams. The results were obtained through the application of a questionnaire with fifteen open and closed subjects done in a direct way, among the days 08/10 to 13/10. The results demonstrated that there is knowledge lack, on the part of the physical coaches, regarding the periodization models, besides the disorganization in the planning of the training. Another evidenced point, it was the non use of criteria to measure the load components, as volume and intensity.

WORDS KEY: Training load, Method of Training; Female Futsal

RÉSUMÉ

L'objectif de cette étude était analyser les charges de la formation utilisé par les Entraîneurs Physiques ou Entraîneurs pour le développement de la préparation physique des athlètes du futsal sous 20 cela a débattu l'amazonense du championnat en 2009. L'échantillon a été composé par cinq entraîneurs physiques des équipes. Les résultats ont été obtenus à travers l'application d'un questionnaire avec quinze sujets ouverts et fermés faits dans un chemin direct, parmi les jours 08/10 à 13/10. Les résultats ont démontré qu'il y a le manque de la connaissance, de la part des entraîneurs physiques, concernant les modèles du periodization, excepté la désorganisation dans l'organisation de la formation. Un autre a manifesté le point, c'était l'usage du non d et critères mesurer les composants de la charge, comme volume et intensité.

LES MOTS ACCORDENT: Formant charge, Méthode de Former,; Futsal féminin

EL LO ABSTRACTO

El objetivo de este estudio era analizar las cargas de entrenamiento usadas por los Coches Físicos o Entrenadores para el desarrollo de la preparación física de los atletas del futsal subalterno-20 eso disputó el amazonense del campeonato en 2009. La muestra estaba compuesta por cinco coches físicos de los equipos. Los resultados se obtuvieron a través de la aplicación de una encuesta con quince abra y asuntos cerrados hechos de una manera directa, entre los días 08/10 a 13/10. Los resultados demostraron que hay falta de conocimiento, por parte de los coches físicos, con respecto a los modelos del periodization, además de la desorganización en la planificación del entrenamiento. Otro evidenció el punto, era los non usan d y criterio para medir los componentes de carga, como el volumen e intensidad.

LAS PALABRAS CODIFICAN: La carga entrenando, el Método de Entrenar,; Futsal hembra

RESUMO

O objetivo deste estudo foi analisar as cargas de treinamento utilizadas pelos Preparadores Físicos ou Treinadores para o desenvolvimento da preparação física das atletas de futsal sub-20 que disputaram o campeonato amazonense em 2009. A amostra foi composta por cinco preparadores físicos das equipes. Os resultados foram obtidos através da aplicação de um questionário com quinze questões abertas e fechadas feitas de forma direta, entre os dias 08/10 a 13/10. Os resultados demonstraram que há falta de conhecimento, por parte dos preparadores físicos, a respeito dos modelos de periodização, além da desorganização na planificação do treinamento. Outro ponto evidenciado, foi a não utilização de critérios para mensurar as componentes de carga, como volume e intensidade.

PALAVRAS CHAVE: Carga de treinamento, Método de Treinamento; Futsal Feminino

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