

MODERN TENDENCIES AND DIRECTIONS REGARDING THE PSYCHO-PHYSICAL TRAINING AT THE LEVEL OF FOOTBALL REFEREES FROM THE PERSPECTIVE OF SPECIALTY PROFESSIONAL FORMATION

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Abstract: The value of the efficiency of refereeing is due to the fact that only a high quality refereeing creates the optimal conditions for improving the sporting mastery.

Refereeing became a continuous process and the referee never has an ally, thus some authors say that the referee must train at all times. The basis of the training of football referees and the estimation of their formative process is the theoretical-methodical foundation of the training of referees by systematization of theoretical knowledge, practical skills and habits that need concordance with the methodological requirements of the FIFA referee committee.

Keywords: football, refereeing, psycho-physical training, professional training

Introduction

The aim of our scientific undertaking shall be directed in order to contribute to the optimization of the methodology of the training process at the level of Romanian refereeing by adaptation of the requirements and contents of the training to the reality of the performance in the European refereeing.

It is an opportune moment for the approach of such a research, especially due to the fact that, for such studies, there was no involvement for putting in the foreground the state of the Romanian refereeing in an European context. Thus, we believe that through the contents of this study we shall have the possibility to elaborate a methodic line regarding the training of the football referee [1].

Methods

The research objective is the complex training process of referees as a methodological program with adapted content following some preliminary studies regarding the psycho-physical activity of the referee during training, competition and some situation imposed by the covering and evaluation of the training level by physical, theoretical and psychic tests.

The first option is related to the elaboration of an occupational analysis at the level of referees in Romania. Related to this aspect, we shall elaborate an occupational standard at the level of refereeing involving the Center of Continuous Training of UNEFS and, in the end, we shall have the possibility to elaborate a training program related to refereeing.

The application of a total program containing all aspects of the training with contents adapted in the

training of football referees shall contribute to the increase of performance in the Romanian refereeing.

The training methods and ways of referees in order to assure the organization and running of games at highest level shall be in accordance with the current dynamic requirements of modern football following a thorough analysis on the entire referee-competition-Central Commission of Referees system. Redefining through refereeing standards may increase his performance from the point of view of the specialty professional training.

Research methods: bibliographical documentation, educational observations, experimental method, methods of measuring and evaluation, statistical-mathematical method, method of graphical representation.

The scientific innovation consists in elaborating some complex training programs providing the improvement of the content of all theoretical and practical-methodic aspects that shall influence the performance of refereeing and the increase of the performance of football referees in an European context.[2]

In order to improve the performances we shall elaborate a program with adapted content aiding to the complex training of referees activating in the Romanian leagues at all levels. The following objectives shall be achieved in the methodological training program:

- ✓ Development and improvement of basic and specific physical qualities;
- ✓ Development of psycho-physiological aspects;

- ✓ Application of new methods of physical training used in the current football field;
- ✓ Development of skills and habits specific to the referee;

- ✓ Increasing the interest and motivation regarding the refereeing activity;
- ✓ Increase of refereeing efficiency and quality.

Table 1. Physical tests – evaluation

No:	Specialization	Test 1	Test 2	Cooper Test	Cooper Test	50 m	200 m
		6 x 40 m	20 x 150 m	<12'	<8'		
1	Category A referees	> 6,2"	30" / 35"				
2	Category A assistants	> 6,0"	30" / 40"				
3	Referees (f) FIFA category	> 6,4"	32" / 38"				
4	Assistants (f) FIFA category	> 6,2"	32" / 42"				
5	Division referees			<2800 m		>7,2"	30"
6	Division assistants				<2000 m	>7,2"	
7	Referees (f) Category (A+B) - games (b)			<2600 m		>8,3"	37"
8	Assistants (f) Category (A+B) - games (b)				<1800 m	>8,3"	
9	Referees (f) Lot (A+B) - games (f)			<2400 m		> 9"	40"
10	Assistants (f) Lot (A+B) - games (f)				<1600 m	>9"	

We assume that such an approach will increase the competitiveness of Romania refereeing and the performances at European and world level to be the same as they were before.

The complex and multilateral but individual approach of the training program of football referees shall contribute to the increase of physical, psycho-functional and theoretical training indicators as well as to the improvement of the national refereeing performance but mostly the international one.[3]

The specific physical training determines the increase of the refereeing quality in football and it is determining in order to obtain performance, an aspect also underlined and concretized by the change of control testing by the Central Commission of Referees [4]

Conclusions

Generally, the paperwork shall be on the line of a methodological reference needed for referees of various categories but mainly to the specialty

body (The Central Commission of Referees) considering that currently there is no specialty paperwork comprising training program specific to football referees on a general basis

The theoretical basis of the paperwork, the data obtained in the ascertaining study shall contain information regarding the current state of refereeing in Romanian football and may constitute a training reference for the new wave of young referees of lower leagues.

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