

Attention problems in football players

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Abstract

Background. In athletes, the training of the qualities of attention (volume, stability, concentration, mobility and distributive attention) involves the intellectual side of psychological preparation for competition and is done gradually, by training and competition activities as principal means for the development and the verification of the qualities of attention.

Aims. The experimental study aimed to monitor and determine the level of distributive attention and its mobility in 15-year-old football players, as a component ensuring the active orientation of the body towards message selection, anticipatory receiving and execution adjustment.

Materials and methods. The study was conducted in two groups of subjects. The experimental group included 24 students in the 9th class, a football-playing class at the Galați Sports High School. The control group consisted of 24 students in the 9th class, a non-sports class from the same school. The experiment took place from February 20 to May 20, 2010.

Results. Following the performance of football game-specific exercises, significant differences in the attention shift threshold were found, which were more convincing in the group of athletes than in the controls.

Conclusions. In order to increase sports performance, the use of means for the improvement of the training of the qualities of attention is recommended as part of the training process.

Keywords: sports, distributive attention, psycho-pedagogy, modeling.