



CONTRIBUTIONS TO THE PHYSICAL TRAINING SPECIFIC TO JUNIORS “A” INSIDE MODERN FOOTBALL

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The purpose of the present paper: The research undergone underlines the importance of physical training when talking about the junior football players A obtaining superior performances both in the training as in the official games. The physical training is in modern football one of the basic components systematically acting along with the other units of sport preparation. Improving the physical training of football players in general and further more that of the A junior football players influences the technical-tactical preparation, as well as that of their biological and psychological preparation, taking into consideration the extremely rough demands and characteristics of the modern football. In this regard, junior A football players will have a better effort capacity and will adapt correspondingly to the specific effort of the internal and international competitions, their general and specific training forming a positive mixture.

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