

organism of oarsmen with high qualification for canoe (12 people), with application of a set of research methods widely used in physical education and sport.

Analysis of scientific and methodological materials and own data showed that at the present stage the development of special endurance in rowing sports experts see the main reserves of increasing the efficiency of training and further growth of sports results in increasing the power and speed-strength abilities of athletes.

Increasing the strength component of special endurance associated with the growth of the contractile properties of the muscular apparatus, which leads to an increase in the power of the working force, the formation of a rational stroke structure, to the optimum ratio of the length of the boat rental and the rate of rowing. Therefore, to increase the average distance speed of the boat.

## **THEORETICAL AND METHODOLOGICAL ASPECTS OF THE DIFFICULT PHYSICAL ACTIVITIES IN THE TRAINING PROCESS OF THE GYMNASTS' MOTOR BEHAVIOUR**

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**Keywords:** artistic gymnastics; difficult physical activities; instructional programs; specific motor behavior.

The modern artistic gymnastics requires the synthesizing of the most efficient theoretical and methodological approaches concerning the process of learning the technique of the elements with a high level of difficulty that are provided in the actual competition program. One of the most constant problems of this sport is to create an efficient motor behavior that would contain diverse difficult physical actions, with a high level of spectacularity during the gymnast's performance at each of the competition's events.

In order to efficiently instruct the difficult actions, in this study is approached the problem of the algorithmic decoding of all the phases contained in a technical move, by exemplifying on the landing through flight from the fixed high bar. In the study there are highlighted all the phases of this element and there are created four specific working programs. The content of each program, as well as some remedies that identify the most optimal, rational and efficient method of training of this element is also described in the article.

This kind of programs can be elaborated for all the elements with high level of difficulty that are included in the process of training of the elite gymnasts. Depending on the cinematic structure of the moves, the programs can offer very useful information about all the instructive segments of an action, as well as about the connection between them. Thereby, the algorithmic form of the

phases of a difficult action improves the promptness of the learning process of the element's technique, as well as the efficiency of leading the entire training process.

## **THE DEVELOPMENT OF MOTOR QUALITIES ON 16-18 YEARS FOOTBAL PLAYERS**

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The aim of the article is to try to reveal the methodology of the improvement for some actions and the creation of specific skills from the age of the junior, in order to train future players and at the same time to provide the coaches, trainers or those who train the children and junior students, theoretical, methodical and practical training ideas. The performance behaviour and biomotorist profile, which characterizes the senior players teams, can constitute the "prospective" model of the play and training for juniors, on condition of the creative adaptation for selection and training strategies. The high performance capacity at the age of maturity can not be achieved only through collective training. Individual trainings and individualization must find their place and importance from the age of the junior. The model of the players on their posts as well as the performantialbehaviour of the seniors, taken as a reference model or perspective model, is the operation that will lead to qualitative changes of junior training, the procedure requiring the restructuring of the instructional objectives, the action and verification systems at this age level. The content of the junior training program developed by the Romanian Football Federation should be improved by specifying objectives and operating systems specific to each post in the basic structure of the team, namely: goalkeeper, side defender, central defender, midfield, center, inter, extreme, peak. This subject is a problem that concerns those in the field of junior football where early specialization is regarded.