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INTERPERSONAL RELATIONS IN THE TEAM OF FOOTBALL PLAYERS AND THEIR LEVEL OF MOTOR ABILITY AND TECHNICAL SKILLS

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SUMMARY

The answer is the aim of investigations on the question what there is the level of motor abilities and technical skills in the team of the football of personnel youth Tarnow and or he has the influence on interpersonal relations in the studied team. He seems in young footballers studied group as, he will value himself competitors presenting high technical skills the highest as also the high level of motor abilities. One can also wait relationships among motor abilities, technical efficiency and sociometric position.

Key words: football, motor and technical efficiency, sociometric

INTRODUCTION

To prepare an objective description of sport preparation several groups of indicators should be used. They include: indicators of the basic properties of sportsman's organism and the level of special preparation; indicators for the characteristic of sportsmen's preparation with consideration of their physical abilities to undertake physical exertion without damaging the tissue, stitches and joints; indicators of pedagogical preparation of sportsmen, biomedical indicators – this group includes indicators of medical criterion, social and psychological factors which appear to be the most informational, especially for comparison of the athletes with the same degree of preparation, and aesthetic indicators used for the control in the sports with a complex coordination of movements (Barabasz et al., 2011; Gabrys, 2000; Gabrys et al., 2004; Ozimek i Jurczak, 2006).

In the process of comprehensive control there are several methods used to test the athletes. The basic one is the method of trials; registration, calculation, experiment, expertise, sociological research (Przybylski, 1997).

In team sports, as in our daily life, the interpersonal relations play a significant role. In a sport team the interpersonal relationships are influenced by many factors, and manifest themselves in the existing atmosphere and have a spontaneous nature. Knowledge of them allows the coach to build a team in a rational and more effective way. Knowledge of

interpersonal relations and the factors determining them allows for better functioning of the team, because the arising conflicts can be resolved before they reach the culmination point, that ultimately contributes to achieving high sport results, and facilitates the educational interaction.

The definition of sport team gave A. Molak writing: "... The team is an entity, new creature, its fitness, psychological resilience, enthusiasm – this is not the sum of fitness, psychological resilience, etc. of composing individuals." Enter into play here the elements of cooperation, mutual trust that is popularly called "close team", an emotional atmosphere during training and competition. Today, sports team success is conditioned by the work of individual players and the entire team of cooperating specialists. It is possible only in the case of team with high organizational and social level.

Not reducing the role of the players themselves, however, their success is significantly determined by the scientists, trainers, doctors, applying the achievements of the sport theory to practice. Coaches use in their work the achievements in many fields of science, among others is sport psychology, that make the training process more efficient (Molak, 1974; Duda, 2004; Eccles & Tenenbaum, 2007).

Sociometric methods are also called sociometry (Friedrichs, 1990 after Loboeki, 2006) or sociometric techniques (Brzeziński, 1978). It was initiated by the American doctor and a psychiatrist J. L. Moreno (1934) and in a short time reached the wide scale of usage especially in education, industry and army (Łoboeki 2006). It is successfully used by educationalists and psychologists, as well as sociologists. Initially, the largest reputation it won in the United States, and later was highly appreciated in European countries and also in Poland (Łoboeki, 2006).

Bjerstedt (after Łoboeki, 2006) defines the sociometric method as "quantitative examination of public relations in the aspect of favoring, indifference and rejection in the specific situation of choice". It consists primarily on positive or negative choices, and mostly both of them among the members of definite group according to the strictly defined criterion of choice or several criteria. These criteria are specified in the form of specially formulated questions, according to which the examined persons give names and surnames of the persons selected by them from the group, which the questions concern. Such examined group may be, inter alia, the competitors' teams, sports group, scout group or the family.

Another typical feature of sociometric method is that it concerns mainly interpersonal relations tests, among which the feelings of fondness and antipathy and indifference to the members of the group. It is said there about the relationship of attraction as well as sympathy, friendship, solidarity, trust, attraction and repulsion, i.e. relations based on feelings of antipathy, hostility, indulge in prejudice. Particular attention is paid to interpersonal relations, existing in the informal trend of the examined group interest i.e., in its trend uncontrolled by external elements, such as formal disciplining of students and athletes under prohibitions and orders of their teachers and trainers (Loboeki, 2006). So, using the sociometric method, you can find out what kind of group members belong to the people commonly liked or disliked, who are completely overlooked or even rejected. In this respect, they are able to give significant service to the teachers in their research work or trainers in training work in a team sport.

Each sociometric test is run on in a social group, which is defined as "a collection of individuals related by long-term interaction with a common system of standards, clearly

defined goal, developed group structure and full awareness of its distinctiveness in relation to other groups” (Wlazło, 1999). One of the types of social groups is a sport group, which is characterized by a small number of members ($5 < n < 30$) differentiated in terms of skills and achievements (competitors of the main group and reserve group). Group operates mainly in the condition of stress, social pressure exerted on members by the trainers, activists, supporters, sponsors, and even judges.

The sport group is focused on the competition and achieving the maximum athletic results, distinguishing in this way from other recreational groups, where the hedonistic aspect is dominating. Group members maintain direct relations and contact with each other, often against their own mental settings independently of interpersonal matter, but as requested by the coach. The sport group is characterized by high stability or variability in the composition of its members, dependent on the success or relating suffered defeats.

During the practical operation of the sport group, especially in team sports games, we can distinguish several types of attitudes and behaviors of members, which ultimately may lead to improvement or deterioration of the group activity as a whole (Duda, 2004). Group cohesion plays an important role in many areas of human life, including, of course the sport life. Team cohesion in sport plays very important role, because: the sport group cannot operate, develop, functioning effectively and achieve successes without cohesion; solidarity and cohesiveness of sports team allows the surviving and overcoming difficult situations and failures; without a coherent and targeted action directed to achieving the intended purpose it is impossible to gain success.

Therefore, one of the main tasks of a coach is to motivate the players and the earnest desire for cohesion of the team, both in terms of achieving its goals, as well as interpersonal relations: in a cohesive group there is the relations of mutual trust, communication and consistency of views on fundamental issues (Srokosz et al., 1993; Czajkowski, 1994).

The of recognition of interpersonal relationships now becoming of increased importance in sport, especially in team games. Psychology, exactly sport psychology, deals with these issues. Proper arrangement of interpersonal relationships in a group of interacting people is not only a necessary and indispensable condition for the proper action, but is also one of the key organizational factors for common aim achievement and the resulting individual and team satisfaction.

Many authors in Poland comment the role and importance of interpersonal relationships in sport groups (Biernacka, 1980; Chanina, 1978; Lubas & Srokosz 1976; Pawlak, 1974; Nawrocka, 1976; Wlazło, 1986, 1990; Great Grey Shrike, 1972, 1978; Srokosz et al. 1993; Peacock 1982; Zaborowski, 1980). These authors emphasize that the issue of development and shaping of social ties in the team of players, who train and start together, is a one of the basic problems of education, upbringing and organization.

The proper theoretical and practical solution of this problem allows the proper conduct of the training work in sport and thus provides the basis for psycho-sociological preparation of athlete for starting.

Nawrocka says about the desirability of addressing this problem: “normal system of interpersonal relations of people interacting in the group is not only the necessary and non-redundant condition for the proper course of action, but is also one of the key factors in achieving a common goal, but the resulting individual and team social satisfaction.”

The results of the research suggest the particular usefulness of these methods for both sport theory and practice and for the needs of collaboration of psychologist and the coach. Studies such as Nawrocka carried out (1976) provide information on what resources and teaching methods may lead to developing, shaping and guiding the process of social integration of jointly trained members of the group.

The aim of research in this study is to determine the level of motor abilities and technical skills of young football players and show the links of the mentioned variables with interpersonal relationships in the team of young football players.

MATERIALS AND METHODS

The material for study was a group of 23 boys – older football players at the age of 14–15 years from Tarnow Youth Football Club. They represent the following clubs: ZKS Unia Tarnów (7), MKS Tarnovia Tarnow (5), Tarnow MZKS Metal (5), KS Blue Tarnow (4), MKS Spark Tarnow (2). The period of professional work of the players of Tarnow District Football Association is from 3 to 6 years.

They participate in training classes in parent clubs three or four times a week, play the championship games in the framework of Tarnow Cup for older football players and Tarnow representation of macro-regional level. Average body height of the players is 151.8 cm and the average weight is 41 kg.

The study of total efficiency included: three attempts of Eurofit Test (1991) – long jump from the place, sitting from lying position, 20-meter shuttle endurance run, one attempt of Denisiuk Test (Talaga, 2004) – medicine ball throw, one attempt of INKF test – Ulatowski (1997) – zigzag run (“envelope”), one attempt of Talagi (2006) general condition test for the youngest football players – run for a distance of 30 meters with measurements at 10 m and 20 m on the way.

To examine the technical skills the Talagi test was used (2006) – juggling, GDR junior team test – slalom with hitting the ball by the foot, test of technical efficiency for juniors CSRR (Talaga, 2004) – hitting the ball by head at a distance, and own tests – accuracy hitting the ball by the foot at a distance of 20 meters in a square 4×4 m, juggling the ball with the foot ending by the shot to the gate, juggling the ball by the head ending by the shot to the gate.

Attempts occurring in testing of motor skills and technical skills do not form a single whole. They were selected with consideration of the age group of players (period of professional work) and the technical possibilities applying it to sport group.

Selection of samples from different tests prevented the conversion of results into points, and thus the scoring of players' efficiency. In order to allow the comparison of the players the ranking was used. This allowed for the ranking of a player's results in the individual groups and combining it against the background of the whole group. Ranging is used if there is no the option of referring (e.g. point tables) for the obtained values.

For the examination of interdisciplinary relationships among the players the Molak sociometric research technique was applied (1974). The following criteria were used (positive and negative selection) – “tent”, “four”, “captain”, “team”, “my best friend”. In order to determine the correlation between general efficiency of and technical skills and

between those skills and sociometric position the correlation rank coefficient was calculated (Q) determined on the basis of the calculated rank differences (d) and the known number of observation pairs.

RESULTS

According to the presented data (Fig. 1) the highest level of motor ability was showed by a competitor LM (21 rank points), he was followed by the players SM (20 rank points), KŁ (19 rank points) and SW (18 rank points). The lowest results of motor skills were showed by the players ŁŁ and SZS (2 rank points) and GK (3 rank points). The rest sportsmen achieved the results at the level of 4–10 rank points (7 persons) and 11–17 rank points (8 persons).

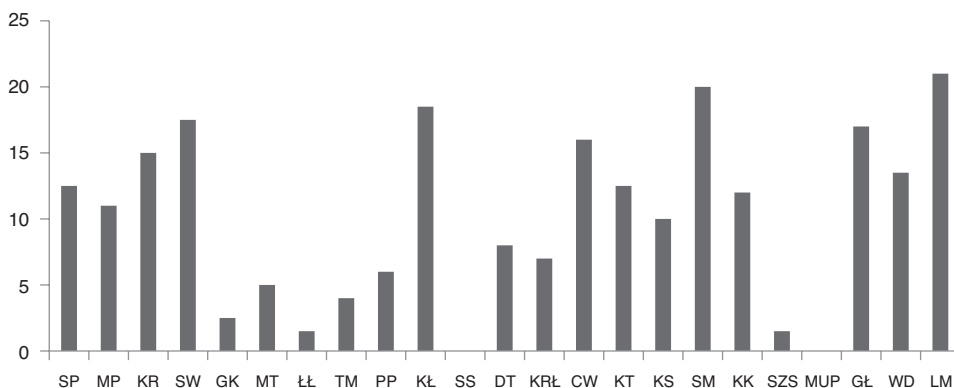


Figure 1. The level of motor ability of examined football players

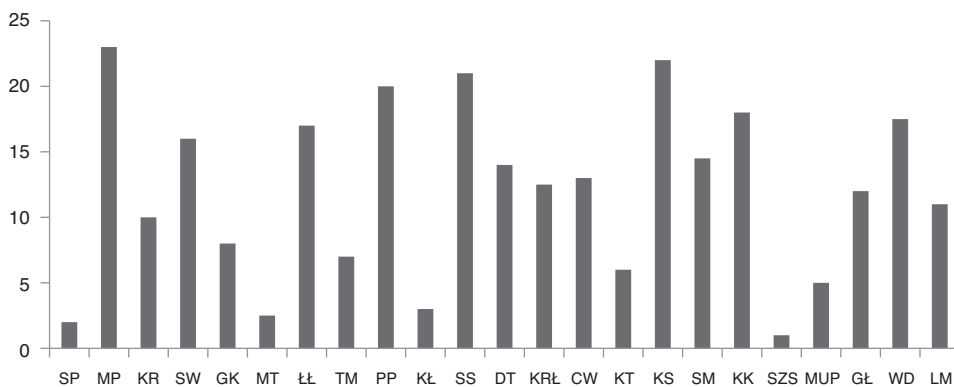
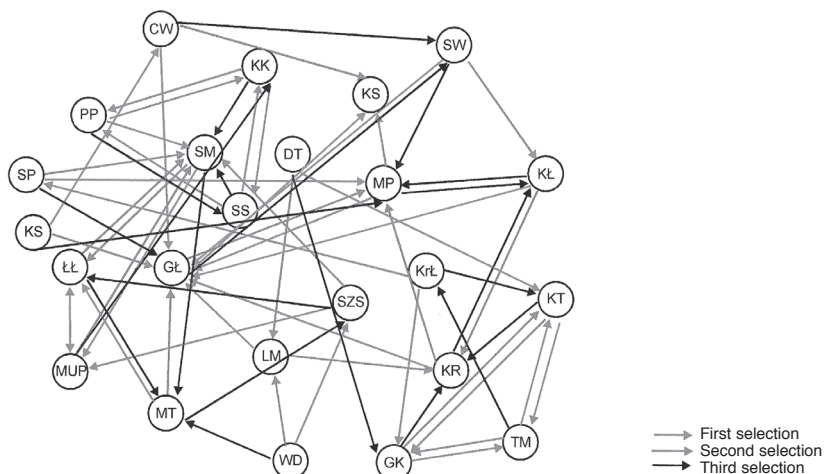


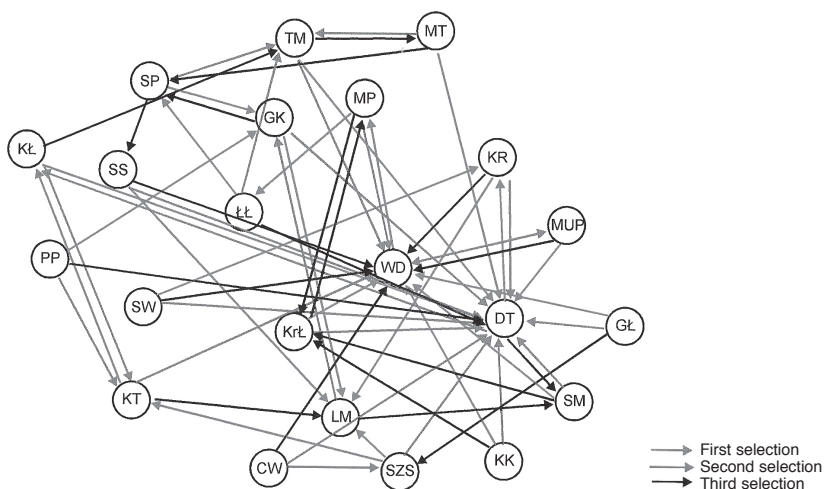
Figure 2. The level of technical efficiency of examined football players

In terms of technical skills the highest ranking points were gained by the players MP (23), KS (22), SS (21) and PP (20). Definitely the weakest ones were the following players: SZS (1 pt.), SP (2 pts.), MT (3 pts.) and KŁ (4 pts.). The other players can be placed in two groups, which obtained the number of rank points of 5–10 (6 persons) and 11–18 (9 persons).

In “Tent” criterion (Sociogram 1, 2), positive selection, the majority of voices were received by GŁ – 9 MP – 6, SM – 5. Less selections were received by at least four players SP, PP, KRL, SW – all received after 1 selection. No choice has not been received by two players DT and WD. In negative selection the most of all votes received the players WD and DT after 13, but no negative selection received the players PP, CW, KK and GŁ.



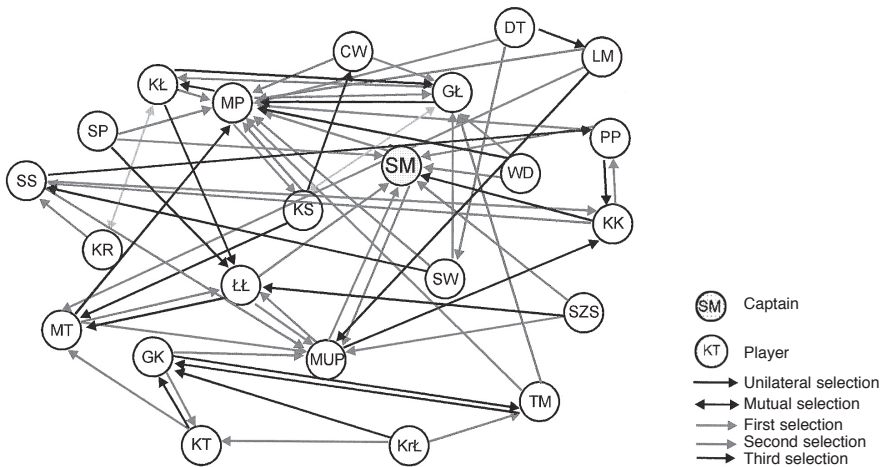
Sociogram 1. “Tent”, criterion, positive selection



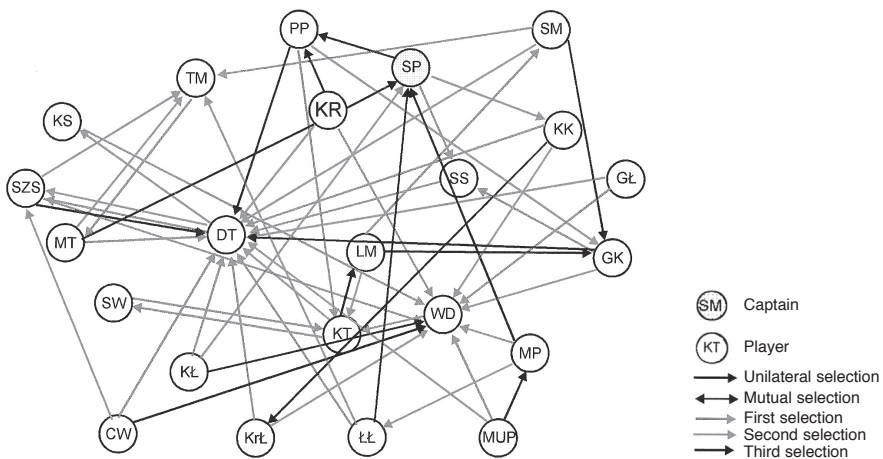
Sociogram 2. “Tent”, criterion, negative selection

In “FOUR” criterion (Sociogram 3, 4) positive selection, the majority of voices were received by MP – 13, MUP – 8, the GL – 7 and SM – 6. The lowest result – 1 – obtained LM, KR, and SM. In negative selecting the majority of voices received the players DT – 14 votes, and WD – 10, but no negative selection was received by the players CW and MUP.

In “CAPTAIN” criterion (Sociogram 5, 6) positive selection, SM received the highest result – 15, MP – 12, and minimum number of voices were received by three players KK – 1, LL – 1, SW – 1. Thirteen players are not included in the selection of this criterion. In negative selection the most negative votes received the players: TM – 10 and SP = 9, but any negative selection was not received by the players PP, GL, KL, KT, MUP, KK, LM, MT, SS, MP, SW and KR.

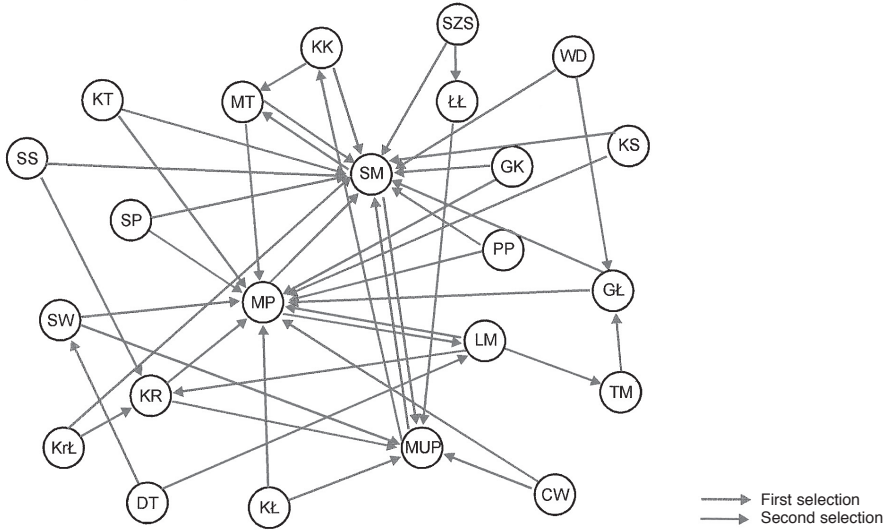


Sociogram 3. “Four”, criterion, positive selection

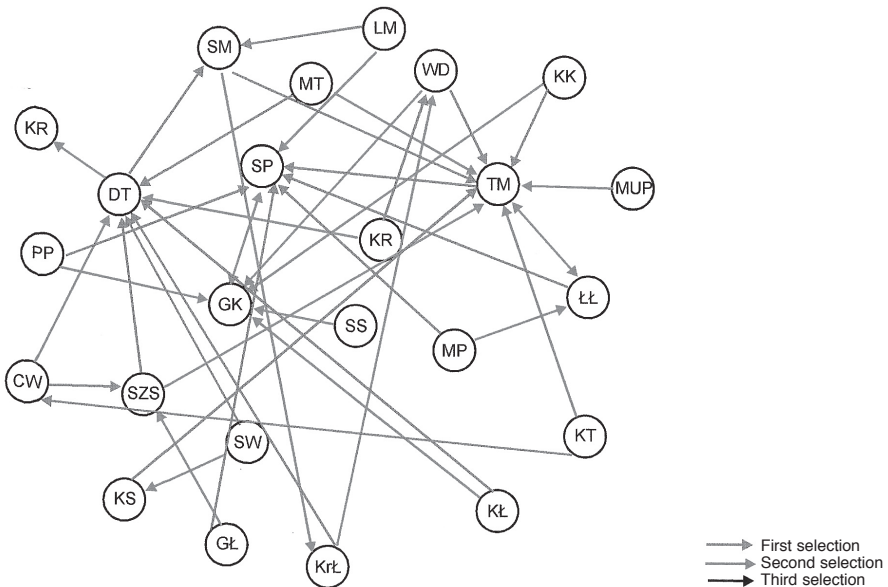


Sociogram 4. “Four”, criterion, negative selection

In “TEAM” criterion (Figs 3 and 4) positive selection, the highest number of voices received SP, TM, KT – 22 votes, KRŁ and SZS – 19. The minimum number of positive selections received MS, MUP – 2 votes, MP – 3 and LM – 4. In negative selecting the greatest number of voices received MP, KR, SW, MT, SM, SZS, MUP, the GŁ – 9 votes, while the lowest negative elections received KT – 1, DT – 2 and GK, TM – 4 votes.



Sociogram 5. “Captain” criterion, positive selection



Sociogram 6. “Captain” criterion, negative selection

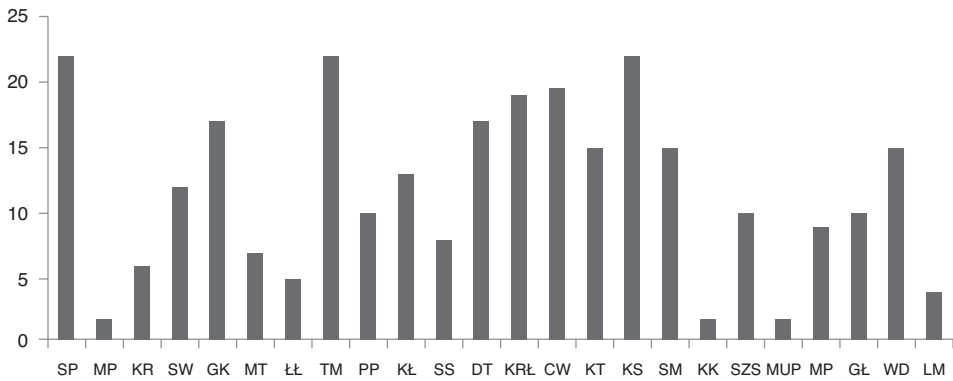


Figure 3. TEAM criterion – positive selection

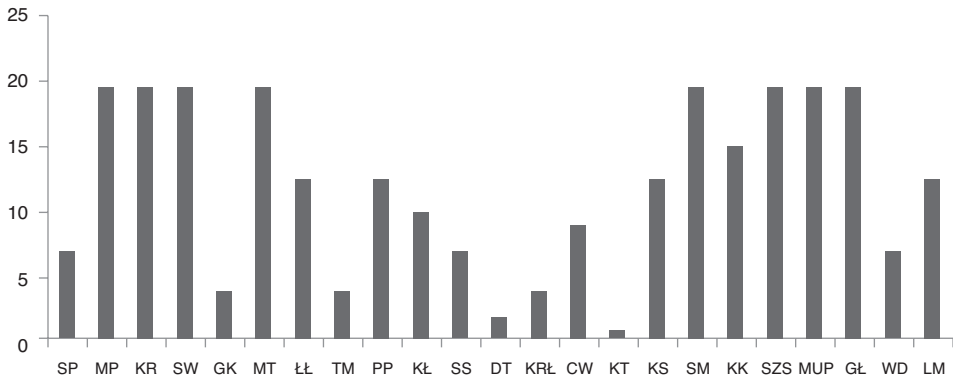
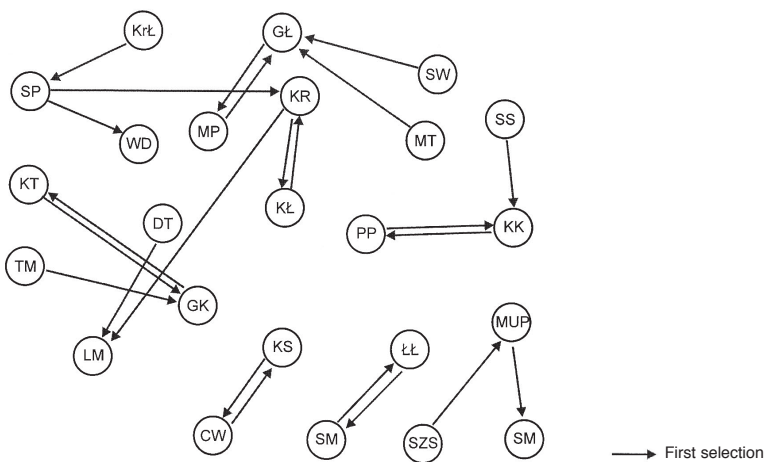


Figure 4. TEAM criterion – negative selection



Sociogram 7. "My best friend" criterion

“My best friend” criterion (Sociogram 7), allows to note that in five cases, the players pointed directly at each other, so it is one hundred percent where we can say that the choice is clear and indicates the best friend (CW–KS, SM–ŁŁ, PP–KK, GK–KT, MP–D). The remaining seven athletes (SZS, SS, SW, MT, Kings, DT, TM) did not receive any evaluation.

The analysis of the correlation coefficient for general efficiency and technical skills interdependence, general efficiency and sociometric position interdependence and special efficiency and sociometric position interdependence allows to conclude, that the correlation is low (table 1, 2, 3). Marginally lower is the correlation between general efficiency and technical abilities interdependence, and interdependence of these skills and sociometric position. This follows from the fact that the obtained result is in the range $0 < I_{rxy} < 0.3$.

Table 1. The correlation coefficient for overall and technical efficiency interdependence

L.p.	Player	R ₁	R ₂	R ₁ -R ₂	(R ₁ -R ₂) ²
1	SP	8	2	6	36
2	MP	11	23	-12	144
3	KR	15	10	5	25
4	SW	18	16	2	4
5	GK	3	8.5	-5.5	30.25
6	MT	5	3	2	4
7	ŁŁ	1.5	17	-15.5	240.25
8	TM	4	7	-3	9
9	PP	6	20	-14	196
10	KŁ	19	4	15	225
11	SS				
12	DT	9	14	-5	25
13	KRŁ	7	13	-6	36
14	CW	16	8.5	7.5	56.25
15	KT	13	6	7	49
16	KS	10	22	-12	144
17	SM	20	15	5	25
18	KK	12	19	-7	49
19	SZS	1.5	1	0.5	0.25
20	MUP				
21	GŁ	17	12	5	25
22	WD	14	18	-4	16
23	LM	21	11	10	100

Total = 1439, R₁ – overall efficiency, R₂ – technical efficiency, r₁ = 0.07

Table 2. The correlation coefficient for overall efficiency and sociometric position interdependence

L.p.	Player	R_1	R_3	$R_1 - R_3$	$(R_1 - R_3)^2$
1	SP	8	11.5	-3.5	12.25
2	MP	11	10	1	1
3	KR	15	3	12	144
4	SW	18	2	16	256
5	GK	3	6	-3	9
6	MT	5	6	-1	1
7	ŁŁ	1.5	15.5	-14	196
8	TM	4	19	-15	225
9	PP	6	17.5	-11.5	132.25
10	KŁ	19	20	-1	1
11	SS				
12	DT	9	23	-14	196
13	KRŁ	7	11.5	-4.5	20.25
14	CW	16	17.5	-1.5	2.25
15	KT	13	13	0	0
16	KS	10	15.5	-5.5	30.25
17	SM	20	6	14	196
18	KK	12	4	8	64
19	SZS	1.5	14	-12.5	156.25
20	MUP				
21	GŁ	17	1	16	256
22	WD	14	22	-8	64
23	LM	21	21	0	0

Total = 1962.5, R_1 – overall efficiency, R_3 – sociometric position, $r_1 = -0.27$

Table 3. The correlation coefficient for a special efficiency and sociometric position interdependence

L.p.	Player	R_1	R_2	$R_1 - R_2$	$(R_1 - R_2)^2$
1	SP	8	2	6	36
2	MP	11	23	-12	144
3	KR	15	10	5	25
4	SW	18	16	2	4
5	GK	3	8.5	-5.5	30.25
6	MT	5	3	2	4
7	ŁŁ	1.5	17	-15.5	240.25
8	TM	4	7	-3	9
9	PP	6	20	-14	196
10	KŁ	19	4	15	225
11	SS				
12	DT	9	14	-5	25
13	KRŁ	7	13	-6	36
14	CW	16	8.5	7.5	56.25
15	KT	13	6	7	49
16	KS	10	22	-12	144
17	SM	20	15	5	25
18	KK	12	19	-7	49
19	SZS	1.5	1	0.5	0.25
20	MUP				
21	GŁ	17	12	5	25
22	WD	14	18	-4	16
23	LM	21	11	10	100

Total = 1895.5, R_2 – special efficiency, R_3 – sociometric position, $r_1 = -0.23$

DISCUSSION

Knowledge of interpersonal relationships in the group is very important in the work of the coach. Often we are not aware of how important are the relationships between players of the team. Shared laughter, assistance in training, mutual exercises make the team becomes more harmonious, familiarity and consistent as a result, which leads to better performance by the team.

The sociometric study carried out was aimed to supposition, what dependencies exist between motor skills and technical skills of young players to show the links of the mentioned variables with interpersonal relationships in a team young football players.

From the authors' viewpoint the study presented in this work determined the level of motor ability and technical skills of young players, and showed the dependence of above

mentioned variables with the interpersonal relationships in a team of young football players of Tarnów. It must be noted that the atmosphere in the team was very good, that allowed to to conduct reliable research and obtain objective results.

Regarding the attitude of the team members on players playing in the first team and reserve players, as well as team captain, it should be noted that the relation to the players first "11" as well as to the captain is in most positive.

The analysis of the obtained results show that in fact the highest rank were characteristic for the individuals who presented a high level of technical and motor efficiency. They had the greatest relation in the group. These were the people not always popular but standing at the head of the hierarchy of their group. It appeared that individuals with the highest level of motor ability and technical skills gained the most elections in the "master", "four" and "unit" criteria.

In addition, the players of high motor efficiency, who obtained high evaluation of technical performance tests, vice versa were highly evaluated in most sociometric criteria. The choice of the captain by the respondents was not a reflection of the technical and motor skills of the candidate, although some people took these skills into account. In most cases when choosing the captain, two factors decided about it – the belonging to the same club or emotional relations.

From a theoretical point of view, it is clear that a colleague chooses his friend or that person whom likes more. The very function of team captain is not based only on the best teams representation in different competitions, but also on the personality he presents.

In the case of studied correlation between overall fitness and technical skills, it turned out that it was at a significant level ($0.5 < r < 0.7$) although the correlation between overall fitness, technical skill and sociometric position was at a weak level ($r < 0.3$).

Srokosz et al. (1993) shows the similar results of research carried out during the championship games of 12 regional league teams. The study comprised the players of the main team and 2–3 from the reserve. The used tool is sociometric technique consisting of three criteria: the first criterion – to point the candidate for team captain, the second criterion – to point the players with whom one would like to play, the third criterion – to point those players with whom one would like to live in a tent while hiking of the team.

In the analysis the authors show that on the basis of the study it can be confirmed the thesis about the relationship between social structure of teams and their sport results. The results obtained for indicators of social cohesion and compactness of the group show a clear relationship between these characteristics and sport results. This is particularly evident, when we compare the rank of the index of group structure and the rank of sport results obtained by the team in the season, which was embraced by the study.

These authors examined also the interpersonal relationships in football teams of different sport levels against the sport result, obtained by six examined football teams (three seniors and three juniors), which was carried out during the spring round. The study was conducted on the base of sociometric tests consisting of three criteria: the "team" criterion – the designation composition of the team, the "four" criterion – to point three people with whom the examined person would like to be in one group and the "master" criterion – choosing three people fit for the captain.

The results of the tests proved, that the members of the group chose the players distinguishing by a high level of physical fitness on the background of the team, while

team captain was typed primarily on the basis of the presented high level of physical and football skills.

Wlazło (1986, 1990), working on the issues of interpersonal relationships in groups, developed his own method of sociometric tests, which allows to assess the atmosphere in sports team and the position of individual members. But over the years the main question for him was the following: "Is there a relationship between the state of interpersonal relationships and the level of sports results?" The author started with the idea that the essence of competitive sport, and of team sport games also, is permanent success and failure of the game, victory and defeat. This should effect the interpersonal relationships. "It is therefore assumed that sociometric structure of successful team should definitely be different from that occurring in teams experiencing frequent failures." Wlazło (1986, 1990) studied 12 teams of I and II Polish league, representing basketball, football, handball and volleyball. Teams varied in terms of the currently occupied position in sports competitions. The results of author's analysis allowed to state the close connection between the current sports achievements and the state of interpersonal relations. It turned out that the examined teams occupying the top place in sports tournaments were characterized by higher percentage of accepted players and better compactness of the teams than the groups occupying the lower places in the tables. The weak teams were characterized by greater number of refused individuals and the relatively lower rate of compactness. The factor "coach pedagogical attitude" was studied by Molak (174), Srokosz (1990) and Pawlak (1982). They believe that the decisive impact on excellent result achieving has an educational factor. The team is the subject of education. Closer ties, cooperation and mutual understanding between coach and player are the necessary conditions. Team performance is closely linked to its friendly atmosphere. The atmosphere in the team is understood as a system of relations between the individual members, but also the relations between the team and a coach. In order to achieve high sport results, the trainer, besides good tactical and technical preparation, must endeavor to create the best atmosphere in the team: the atmosphere of goodwill, friendship and cooperation.

Analysis of interpersonal relations in sport teams conducted by different authors allows for certain summary on the benefits they bring. These will include: the ability to identify individuals requiring special attention, the possibility of disclosure the persons who perform specific role in the team, the determination of informal groups in a team and relationship between them, the comparison of the structure of informal individual sports groups, the definition of social position (sociometric status) of individual players in a team, learning the relationship of the team and informal groups with the captain, knowledge of the dynamics and trends of the interpersonal relations, determination of the impact of individuals or groups of persons on the shaping of social relations in a sport team, the ability to consciously modeling of informal groups developed through the application of the results of sociometric research, educational, psychological and organizational instruments in order to consolidate the social group and to determine the impact of prevailing interpersonal relations on the results.

Certainly this list is not exhaustive and together with the development of research sociometric techniques on the base of sport, there are wide knowledge possibilities. In modern sport, where sport achievements is the result of very hard work, where the player is asked to give his all, the problem of human relations is very important. Success depends

on proper atmosphere in the team. Belonging to social group integrates people, allows the player to develop his own personality. It is the basis for improvement and self-improvement and teaches social skills in a variety of interpersonal relations. The player will be accepted by the group only if he is prepared for social life.

CONCLUSIONS

- In the group of young players, the competitors presenting high level of technical skills as well as high level of motor abilities obtained the highest evaluation. Such phenomenon was seen in the election in “unit”, “four” and “captain” tests.
- Players with a high level of motor skills obtained the high marks in technical efficiency samples, and vice versa, the players with a low level of motor skills simultaneously presented the lower levels of technical preparation.
- The choice of the team captain, in most cases was not associated with high level of motor and technical skills of a candidate, but with the emotional ties existing between the elected person and his electorate, eg due to belonging to the same club (club team).
- There were the correlations (up to a significant level) between the motor abilities, technical efficiency and sociometric position.

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INTERPERSONÁLNE VZŤAHY HRÁČOV FUTBALOVÉHO TÍMU A ÚROVEŇ ICH MOTORICKÝCH SCHOPNOSTÍ A TECHNICKÝCH ZRUČNOSTÍ

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SÚHRN

Cieľom výskumu je odpovedať na otázku, aký vplyv má úroveň motorických schopností a technických zručností v mládežníckom futbalovom tíme Tarnowa na interpersonálne vzťahy v sledovanom tíme. Predpokladáme, že v testovanej skupine mladých futbalistov sú najviac cenení hráči, ktorí majú vysoké technické zručnosti ako aj vysokú úroveň motorických schopností. Predpokladáme existenciu vzťahu medzi motorikou, technickou vyspelosťou a sociometrickou pozíciou.

Kľúčové slova: futbal, motorická a technická zdatnosť, sociometria

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