

FIXED KICKS FOOTBALL TRAINING METHODS FOR 17 YEARS OLD FOOTBALL PLAYERS

Constantin Ploeșteanu

„Dunărea de Jos” University of Galați, Faculty of Physical Education and Sports, Gării Street no. 63-65, Cod 800003

Abstract

Even if the content seems comprehensible, the operation at fixed phases is quite complex, having as a starting point an integrative model and as final point the formative model. Personality training of players individually and integrated into the team, is a requirement of education for football players. Expertise and continuous improvement of practice and theory led to the development and updating of training, ie, doing nothing useless in training if this is not used during the official games.

The fixed phases are part of precise rules of the game, so they must be trained to use them or to prevent them during the game. Here's a requirement that need to be educated / trained starting from the junior age. Coaches need to ask always the questions "what effective means can be used", „how do we approach the learning methods to teach future performers not only about the attack and defense game, but also the technical – tactic character of fixed phases.

Key words: football, training, fixed phases, efficiency.

1. The tehnico-tactical character of fixed strikes

Fixed moments of football represent a situation in which the game is resumed after a referee game stopped due to a rule violation: first kick; free kicks (direct, indirect); corner kick; penalty (at 11 meters); drop-kick; throw-in; drop-ball.

During the training process fixed phases should be perfected, because many matches were won due to these strikes. The preparation phase is carried out individually with fixed groups of players, with the whole team, during training games. We work and train according to the requirements of the game:

- a. when training the defending players, they are fixed on the areas of action in order to reject the ball. On the moment of rejecting and attempting to recover the ball, or when the goalkeeper catches the ball and passes it again, the defense players will escape the opponent in order to receive the ball and will exit from the crowded defense line according to the individual and/or collective tasks that they have to fulfill.
- b. when training the fixed combination kicks for attack, players have a fixed position with a view to completion. In case of failure within fixed phases, the strikers must try to recover the ball and stop the game through tactical foul. When the oponent keeper comes into the possession of the ball, strikers must regroup very quickly.

As a tactical indication the free kicks must be very quickly executed, because players can rely on the rules of the football game as a limit of 3-5 meters, to be allowed to execute that shot. Therefore they will surprise the opponent at the finish.

Formation of the wall:

- From the central area of the football gate, minimum 6 players, the others in the marking line on the wall;
- From diagonal position of the football gate, the wall is composed of 3 to 4 players;
- From the side position of the football gate, the wall is composed of 2 players;
- The goalkeeper has to have a position that allows him to intervene, with good visibility;
- At corner or free kicks executed from the side: the defender sat at the short corner, the others in strict markup; in different situations a 1-2 wall of defenders is recommended; the position of goalkeeper;
- At the throw-in, players are in strict markup;
- At drop-kick, marked players are trying recover the ball;
- At penalty, players are positioned on the edge of the 16-meter frame, ready to intervene from the moment of the execution of the kick.

Completion from fixed shots

For a direct free kick: the ball is centered at 16 meters for completion; pass the ball for a game combination;

For indirect free kick: pass the ball in order to score; pass the ball for a game combination; center in the penalty area.

For corners: directly in the 16 meters square for completion; centering the ball or shooting at the gate, improvising different combinations.

The throw-in: the movement of players to receive the ball; after the throwing, the player has to participate at the game.

The drop-kick: the ball is received from the penalty area.

The penalty kick: directly on the football gate.

The goal of the research

Involves the application of the means of training of the way we act when at fixed phases at throw-in kicks and implementing them in attack.

Tasks

- The use and application of research methods ;
- Tracking and recording the performance development ;
- Processing, interpretation and highlighting the results.

Assumptions

- When learning new training methods there is an active influence in maintaining ball possession of the same team for progress and developing attack phases.
- It is assumed that with the learning of mechanisms, players find attack spaces and/or drive lane for offensive actions.

2. Material and method

Organizing the game at fixed phases in modern attack actions are carried out under three forms:

- surprising the opponent ;
- the ball is sent to a teammate in order to remain in the team's possession ;
- execution must be based on certain technical skills - especially for the offensive tactics.

Our experiment is based on this latter requirement "formation of technical-tactical skills". Our objective is to verify the implementation of joint team actions and try different combinations leading the game to its completion.

- Subjects , place and duration of research
- Target Group : High School Sports Galati , -11th class of A football juniors.
- Date: 07/21/2014 - 11/22/2014 .
- The football field " Siderugistul " from Galati.

The experimental program

An experimental program was designed based on learning fixed kicks i.e. throw-in aiming at maximum efficiency on the field, to the completion of the game.

We worked once a week on Thursday . Duration 30 minutes, total amount of 510 minutes .

Date: 07/21/2014 - 08/28/2014 . - Learning and training of throw-in kick

08/30/2014 - 22.11.2014.- Observation and recording the games

The evaluation consisted of calculating the share between the first and last games played after the competitional calendar of the subjects included in the research, establishing the progress from initial testing and final testing. The fact that the results (initial and final) depend on each other is presented in tabel 1 and fig. 1.

Structures of exercises - the throw-in kick

The player's task throwing from the edge is to enter swiftly into play .

- Fig . 1. player A throws from the edge over C, for B and sprints to the far post. Player B takes over and centers, and A and C are present at completion.

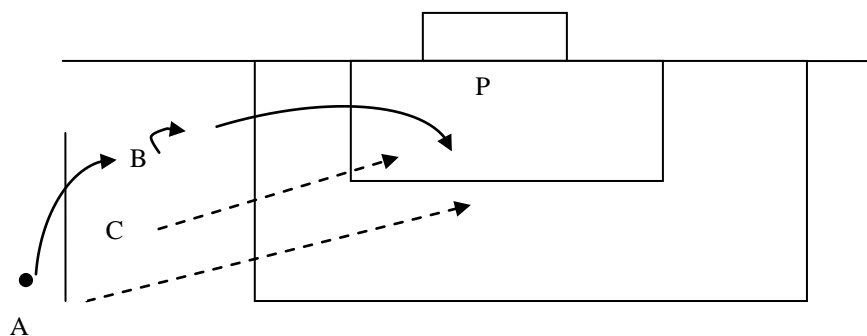


Fig . 1. The throw-in followed by centering the ball to the goal, to complete.

- Ibid fig. 1. Player A throws from the edge, along the line . Player B moves towards A, running a 180 -degree turn, takes the ball and shoots. Player A goes to the long corner and C on the short corner and completes .

- Fig . 2. Players are arranged in groups of two in the 6 meter box and play the ball to completion. After the throw-in the player will get back as soon as possible in the field.

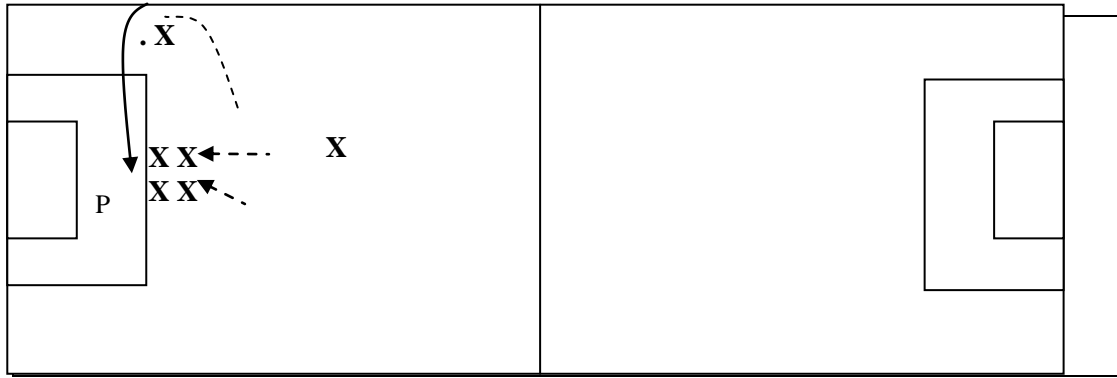


Fig. 2 The throw-in to the gate /opponent

Fig . 3. Players are grouped in pairs in the 6 meter box and play the ball to completion. According to the way they move players X1 and X2 block opponents thus creating a corridor for X2 to shoot and enter the combination of the play. After the throw-in the player will get as fast as he can in the field.

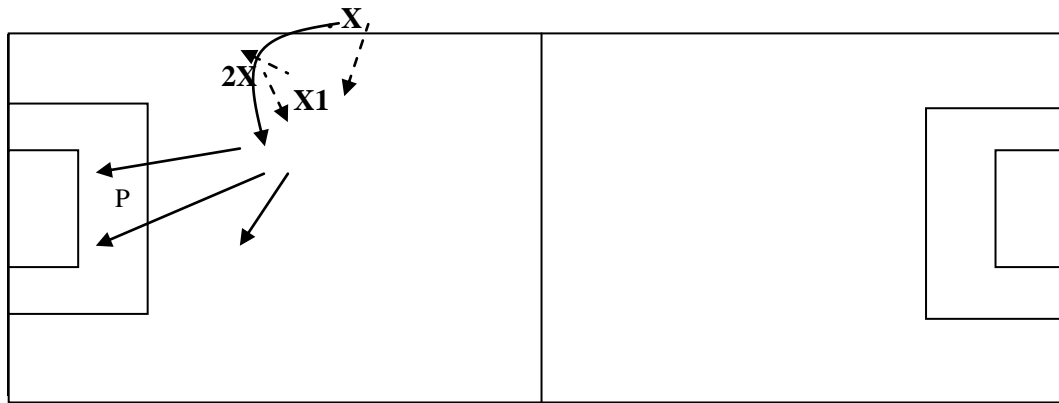


Fig. 3 The throw-in on the gate line

3. Research results

Processing the data obtained throughout the experiment shows that following the final results of the tests certain information were obtained, information that give us the right to verify the working hypothesis .

A relatively small number of players was used, namely those who throw from the edge 2 players , 4 strikers and three offensive midfielders summing a total of 9 players . The initial and final test results of athletes included in the research were observed and recorded during official games according to the scheduled competition .

Test 1 - initial recording corresponds to the first 6 games of the championship. It was considered the proper execution which leads to completion, from all throw-in kicks (table 1). The average of throw-in in the first 6 games was 15 per game.

Test 2 - final registration corresponds to the last 6 games in the league. It was considered the proper execution which leads to completion, from all throw-in kicks (table 1). The average throw- in in last 6 matches was 14 per game.

Tabel 1 Numerical data

Number athletes	Test 1 - Initial Proper execution	Test 2 – final Proper execution	Total	
			First 6 games	Last 6 games
9	20	45	Σ 90	Σ 84
Percent %	18 %	37,8 %	M 15	M 14

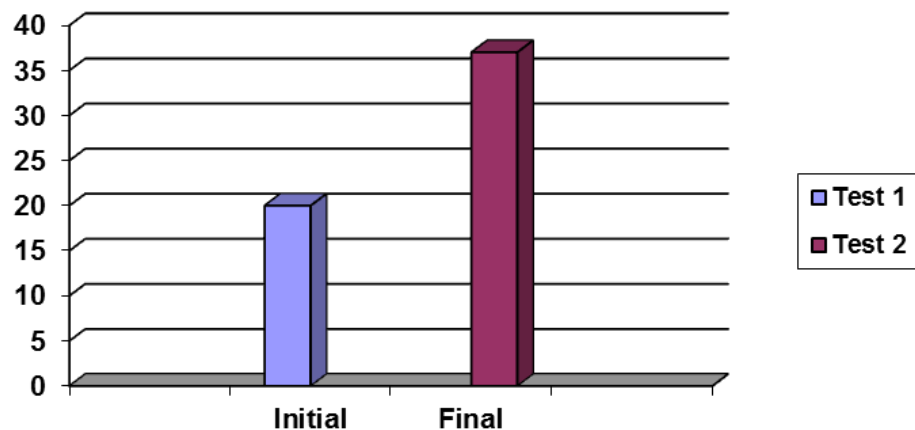


Fig. 4. Evolution from initial to final testing

4. Experimental reasoning

From the graphical presentation of fig. 4, and the data in table 1, an evident progress of the implementation capacity of knowledge and technical executions - from tactical throw-in is revealed, showing an increasing share of 19.8 %, meaning more than a half than the initial testing.

There have been an acting on a gradual training , specifically , first analytical with semi - active opponents and then active, until the consolidation of actions in the form of game .

5. Conclusions

At the age of 17 players understand very well the meaning of the game. They can be prepared in order to play in a game system. They can improve the marking and demarking, they know and can apply the game without the ball, they are capable of keeping the ball's possession of the same team.

It was highlighted in particular the players' ability to respond to the game actions:

- the player is able to apply his technique in difficult conditions and especially during battle (disputing the ball) with the opponent ;
- the player demarcates and anticipates the game phase;
- the player knows how to defend the threatened area and attack;
- the player follows the movements of the opponent player ;
- the player positively answers to coach and group requirements.

References

1. Cojocaru, V. (1995), *Jocul de fotbal. Elemente de strategie și tactică*. Editura.- Topaz, București.
2. Comanita P. (2006). Modern vision upon the study of the relationship game-training to children and junior players. Coach Journal no.13. Bucharest: Federal School of Coaching, pp.13-16.
3. Ploesteanu C. (2007). Soccer. Training/Competition. Galati: Europlus, pp.87-88.
4. F.R.F - Școala Federală de Antrenori (2006) Antrenorul // Revista. - nr 11 și nr. 12, București.