

HIGHLIGHTING THE ASPECTS OF DIFFERENTIATION BETWEEN THE TACTICS AND THE SPECIFIC TECHNIQUE OF THE FOOTBALL GAME

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***Abstract:** 'Football is a complex sport of teamwork and competition, a shared space whose objective is to kick the ball into the opposite goal more times than the opposition. The fact that several players share a space, fighting over possession of the ball gives the sport one of its most defining characteristics: spontaneity and, therefore, makes it more difficult to predict events. This reality is recognised by coaches and new sport professionals who understand that training environments should resemble those that are found in a real competitive contexts. As a result, Small Sided Games (SSG) have become a widely used training tool in football. SSGs are down-sized situations where one, several, or all phases of the game can be trained in a smaller space and where there are fewer players than in a real situation.'*

***Key Words:** Tactical Aspects, Technical Knowledge, Football Players.*

INTRODUCTION

Soccer is a sport that requires a variety of motor acts and actions, such as jumping, walking, sprinting with accelerations and multiple changes of direction. The effort to perform these requires adequate aerobic and anaerobic capacity for a soccer athlete to maximize performance throughout a match. Football is characterized by a varied technical content. In order for a junior athlete to play football, it is necessary for him to be able to run fast, have the ability to change speed and direction of movement suddenly, stop in time, hit and drive the ball with both feet and head .

Optimizing physical training is essential for any sport and is currently feasible given the opportunity to benefit from concrete data characterizing a good adaptation to effort.

Modern football is characterized by a motor activity with a high degree of complexity, which is predominantly dynamic in nature and is characterized by non-uniform motor actions and arrhythmic alternation of game phases. There is a clear tendency to increase training loads and those formulated in competitions, which is associated with an increase in physical and nervous demands. This trend further updates the issue of optimizing all components of the training process, highlighting the importance of physical training and all motor capacities in a frontal approach. Today, in the physical training of junior football players, special attention is paid to the individualization and differentiation of the training process. Planning the training of a junior soccer player also depends on his individual typological characteristics.

Young players are attracted to tactical constructions, action plans of attack and defense that offer as many opportunities for mental development. The social phenomenon of football is unique in the world of sports, in addition to constituting within it a socializing environment, its outdoor practice offers an environment conducive to supporting human health. The competitive character started right from the 1 to 1 game develops the agonistic character, the support of the motivation to continue training to be better.

Promoting a climate of competitiveness is another reason for choosing the theme because young footballers are competitive and this competitiveness creates values in order to achieve performance in football, on the one hand, and on the other hand contributes to the formation of skills and motor skills aimed at stimulate the practice of physical exercise for the harmonious development of the personality. With the development of football, new training methods, but also with the evolution of the rhythm of everyday life, the age at which children begin to understand the football alphabet has been greatly reduced. The order in which junior soccer players develop their skills depends on when they are called upon. They have their own biological rhythms that need to be respected.

Differentiated technical and tactical presentation

Technical – this is the application of a soccer action, the performance of an action which follows a mechanical breakdown of a sequence of movements. An example of a

technical action is the kick. A technical action becomes skill acquisition once a situation is created where a decision needs to be made, therefore the kick now becomes the pass. Technical development is the foundation of an athletes ability to play soccer. Technical development is crucial in early player development, where the ages of 7 to 12 years old optimize their soccer actions. Chronological age brackets and recommendations are general, as each individual has a separate biological age.

With that in mind, and the need for a solid technical foundation in reference to the player elements to perform within a clubs game model, the priority of the player should be technical and skill acquisition learning up until the age of 15.

Tactical – tactics are a set of predetermined concepts and objectives within a game model to perform as a team, working towards a common goal. Game insight and decision making are the key components of a tactically good player, where the application of the game model through understanding of time and space on the field determine the efficiency of the tactics. Players should not be focused on tactics until later ages, where performance is the final learning stage of a player.

When we purely focus on the tactics, and reflect the adults game on to the youth player, we take from them the necessary age appropriate steps to long term player development in favor of a short term focus on game results. When this happens the short term looks good, there are trophies and wins, but the detrimental affect this has on a player is not seen until they are a lot older where the players physiological advantage is no longer prevalent, and the technical actions and skills needed to perform within a performance game model are not developed.

Due to the characteristics it has and the positive effects, football, practiced on normal field or in the form of minifotbal (on a small ground), can replace a part of the traditional means of physical education and together with the other sports disciplines, contributes to the achievement of physical education.

Compared to the traditional means, we appreciate that the practice of football develops motor qualities at a higher level. From these we mention: speed in all forms of manifestation, general and specific skill, general resistance, resistance in speed, force (especially at the lower limbs), expansion.

Any sports game, like any sports branch, in order to be practiced, requires a specific motor skills related to the handling of the play object, called by the sports-technical terminology.

The technique represents a set of motor skills, of procedures specific to the handling of the ball and the movement of the players in order to execute these maneuvers-which are carried out according to the laws of the higher nerve activity and of the biomechanics, in order to achieve the maximum play.

The technique should not be understood as something self-contained, but related to the process of play- in interdependence with tactics and the other factors of sports training and subordinated to the main purpose of the game- victory.

The technique must be scientific, because it is permanently perfected having an evolutionary character determined by the continuous improvement of the game, the cessation of the play, the speed of execution, hence its dynamic character.

Learning the football technique is the first step of training the football player. By the technical training, the learning and improvement of the simple and complex technical procedures of football is pursued, in the conditions of applying the principles, methods and means of learning and training.

The technical preparation reaches their purpose when the players are armed With knowledge and skills that will make them able to perform in play conditions all the technical procedures, precisely, free, without strain, economic.

The learning of the technical procedures of the football game is made in the training process, a complex pedagogical process, based on the pedagogical principles of learning in general and by applying them to physical education which orient the coach in choosing the operational means with which he acts in the training process.

The learning of the technical procedures is done in the following succession:

- Learning the technical procedures isolated from the game -the first phase in which the student forms the mental representation of the process and which consists in the exact name of the process, the explanation of the technical mechanism and its demonstration.
- Learning the technical procedures in the conditions close to the game-exercising the technique with active players begins when the player has acquired several

technical procedures, when he learned to link rationally and when he has acquired experience.

- Performing and perfecting the technical procedures in school-game games is the most efficient means of improving the technique.

In the game, the students have the opportunity to practice the different technical procedures learned in the concrete conditions, their fixing being done in the fight. The competition shown by the game gives the students the opportunity to apply the previously learned ones and gives the measure of learning the technique of the football game.

Modern tactics are based on an organized, constructive and combinative game, of the whole team, in which the initiative and the fantasy of the players are put into service to the collective interest.

The complexity and variability of the football game is based on a lot of factors involved in the content of actions, in its structuring and in the motor and functional substrate of the specific efforts. We present only those means that offer a maximum efficiency, which ensures a decisive concern for the efficiency of the training.

These means must also take into account a certain methodical orientation:

- To be included in the training system;
- To take into account the training stage, the components of training and the logical succession of learning;
- To be in accordance with the material base.

The means also followed the following methodical rules:

- to prevent any formations of technique or tactical mistakes;
- to allow the classification in complex;
- -to comply with the requirements of the rules.

TECHNICAL

The leading of the ball

- the management of the ball with the interior, the outside, the full lace, with the foot skill, on the walk, light running, speed;
- Conducting the ball among the milestones;

-Conducting the ball in the form of a *suveica*;

-Taking over, leading the ball with steering changes on the large surface, then on the limited surface.

Methodical indications

- will be considered that the ball is under a permanent control;
- follow the ball to be controlled with both legs.

Fetters-misleading discharges

- The players, each with the ball at the foot, move on the ground, at the signal executes a stop followed by a quick departure by changing the direction of displacement;
- The striker with the ball is welcomed by a defender, simulates a left to left and goes away quickly to the right;
- The striker with the ball simulates a strong shot to the gate, immediately followed by an ingress or pass on the opposite side of a teammate.

Tactics Through the Age Groups

Tactics *can* be taught to younger players, but in an *implicit* manner. They can be taught without using uncontrollable jargon and without having wildly over-the-top expectations. For example, 4 v 4 or 5 v 5 games can be used to teach all players basic concepts of attacking and defending. Rotating players positionally, rather than pigeon-holing them early, will help them experience different positions.

Young players must first understand individual tactics, before moving through group or unit tactical understanding, and ultimately then – towards their mid to late-teens – team tactics.

Individual Tactics

Individual tactics are those employed by players when they are *on* or *in close proximity to the ball*. They usually relate to a player's decisions and performance when 1 v 1 against a direct opponent, both in possession (1 v 1 attacking) and out of possession (1 v 1 defending) of the football ball. In a wider sense, individual tactics can relate to

decision-making around whether to dribble, pass, shoot, etc., how to support a teammate who is in possession, and communicating to ask for the ball.

The stronger a young player's individual tactics and decision-making, the stronger he will fit into his unit and ultimately, his team. The Grassroots coaching section of the FIFA website, although needing a significant update, summarizes these "simple principles that a player learns in order to make the best decisions during a particular passage of play".

Group Tactics

Once technique and individual football tactics are learnt and mastered, and as the players age, they can start to have a greater focus *around the ball*. The coach can begin to work on small group or unit tactics. The focus here is on the relationship between individuals that occupy similar spaces on the pitch. This may be the relationship between partners (for example, two centre-backs or two strikers), their unit (defence, midfield, attack) or between members of other units that affect each other (for example the full-back and winger).

The principles of cause and effect can be understood more at this age, with players able to grasp that an action they make, has an effect on those around them. Brighter players will further understand that the decisions made by others have consequences for them. This may be in terms of positioning, supporting the ball, and attempting to work out what might happen next.

Team Tactics

Team tactics is the tactical method we understand most from watching games and analysing formations, systems of play, styles of play, etc. When we discuss tactics, it is the whole team that we tend to focus on. Within team tactics, we can zoom in on both group and individual tactics, understanding that these small parts make up the overall tactical performance of the team.

Explicit tactical training sessions involving the whole team should not be completed before 12 to 14 years old. Even at that age, players will be new to this type of training so patience is needed. A young player's mind is now being asked to think beyond his own decision-making, and take into account the players around him and away from him – something that needs practice and lots of time to master.

Youth Team Tactics

In England, Holland, Germany, Italy, France and Spain – considered to be the most powerful and successful European football nations – they base their game formats around the same building-blocks of 7 v 7, then 9 v 9, before youth players graduate to the full 11 v 11 adult-sized game. The nations vary between playing 4 v 4 or 5 v 5 at the youngest age groups.

In Belgium, an emerging European football power, with a terrific recent track record in developing elite players, they vary somewhat by preferring 5 v 5 ("single diamond"), then 8 v 8 ("double diamond") and ultimately 11 v 11 approaches.

CONCLUSION

Thanks to the content and the demands on the players, football is among the most demanding games. Under the premise of the continuous development of modern football, from the perspective of training young athletes, it is necessary to have a deeper understanding of the importance of physical training in the direction that junior footballers follow.

In the game of soccer, the focus is mostly on the technical and tactical aspects of the game and the players are trained mostly to perform better as a team. The coaching sessions are primarily team focused. As the level of football around the world has increased, the competition has intensified and the level of scientific training has also increased.

Thus, this effect improves the level of technical readiness of the players of the experimental teams in a short period of time, which confirms the expediency of redistributing the technical training software material as proposed. The results obtained can be recommended for application to the activities of academies to improve the technical skills of players aged 12-14 years.

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