

STUDY ON THE WEIGHT OF TECHNICAL ELEMENTS WITHOUT THE BALL TO A SENIOR FOOTBALL TEAM IN LEAGUE III

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Abstract:

Starting from the importance of the game without the ball, in today's football, from the fact that this aspect of the game without the ball is a basic characteristic of the game of football at the present time and from the fact that out of the 90 game minutes it has been established as a player has direct contact with the ball for only 3-4 minutes, the purpose of this work is to deal more extensively with the aspects of this game without the ball at the level of a senior team from the Romanian championship, at the level of the League III.

Introduction

Players must be able to move upfield without the ball to create spaces and provide passing options for teammates. Intelligent and synchronized movement can disrupt opposing defenses and create attacking opportunities. [2,6]

Players must understand their tactical roles and responsibilities in the team and position themselves appropriately on the pitch. This includes lining up in defence, covering open spaces and maintaining a balance between attack and defence. Effective communication between players is crucial in football. This involves relaying information about opponents' movement, requesting the ball and giving instructions and guidance to teammates. Verbal and non-verbal communication can contribute to better coordination and quick decision-making during the game. [4,5]

The ability to anticipate the actions of opponents and read the game are essential aspects of the game of football. By anticipating, players can be more effective at intercepting passes, blocking shots, and positioning themselves correctly to gain an advantage over opponents. [1,7]

Football is a physically demanding sport and sprinting and endurance play a crucial role. Even if you don't have the ball, you need to be able to move quickly to get into good interception or coverage positions. Stamina will also help you be efficient throughout the match and maintain a high level of performance. [9,10]

These technical elements without the ball can have a significant impact in the game of football, contributing to the efficiency and success of the team. By

understanding and developing these aspects, players can become more complete and add value to their team. [8]

Material and method

First of all, I started from the premise that the game without the ball occupies a very high proportion of time in a match, which entails the need for a rational and efficient solution to the problems that the game without the ball indicates in the 86-87 minutes which affectively the player plays without the ball. [8.9]

Also, analyzing the content of the current competitive ball game, we saw that the game contains actions with the ball, but all these actions are based on the movement of the players on the field without the ball, and the main forms of manifestation of the game without the ball are: runs, changes of direction, movements tricks without the ball and jumps. [9,10]

A game without the ball executed rationally, for a specified tactical purpose, leads on the one hand to achieving the desired goal of the modern game, namely, increasing the speed of the game, which on the other hand excludes the individual tendencies of some players who abuse takeovers, driving and dribbles. [3]

Related to the game without the ball is the resolution of all unexpected situations that arise in the game. For example, being in continuous movement, the player can much more easily solve the problem of passes, dispossessions, interceptions, demarcations.

To carry out this research, the following tasks were established:

- knowledge of the initial training level of the sample included in the research;
- the delimitation of those means that have the greatest effect in improving the perfection of the game without the ball;
- applying the drive system permanently during training, especially during competitive periods;
- establishment of differentiated operational methods in relation to the level of physical training and the age of the subjects;
- registration and statistical processing of data.

In order to illustrate the weight of technical elements without the ball, in the content of the competitive game, we analyzed the technical-tactical content of the game on the video recordings by game actions in the two fundamental moments, attack and defense (without transitions) by the average of the recordings made on 6 players from ACS FORESTA SUCEAVA, in 17 matches, retour 2021-2022.

The experiment consisted in the application, for 6 months, in the 5 trainings per week, in different sequences within them, of 3-4 means, from the 57 proposed means, with a duration of 20-25 minutes in each training.

After the 6 months, I also analyzed video recordings of game actions in the two fundamental moments, attack and defense (without transitions) also through the average of the recordings made on the same 6 players from ACS FORESTA SUCEAVA, during 17 matches, in the championship regular 2022-2023.

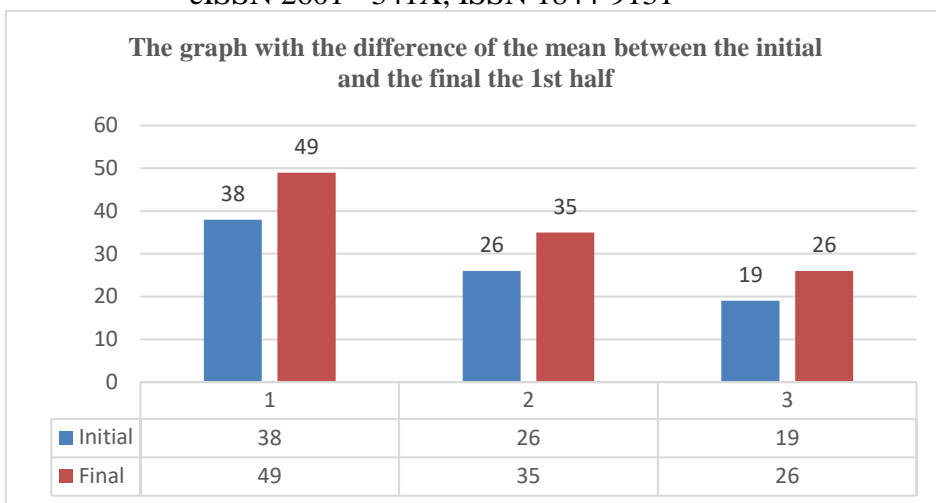
Results

Table 1. Centralizing table with the average weight of the tracked elements (of the 6 players) before applying the experiment (Running 2/4, 3/4, 4/4)

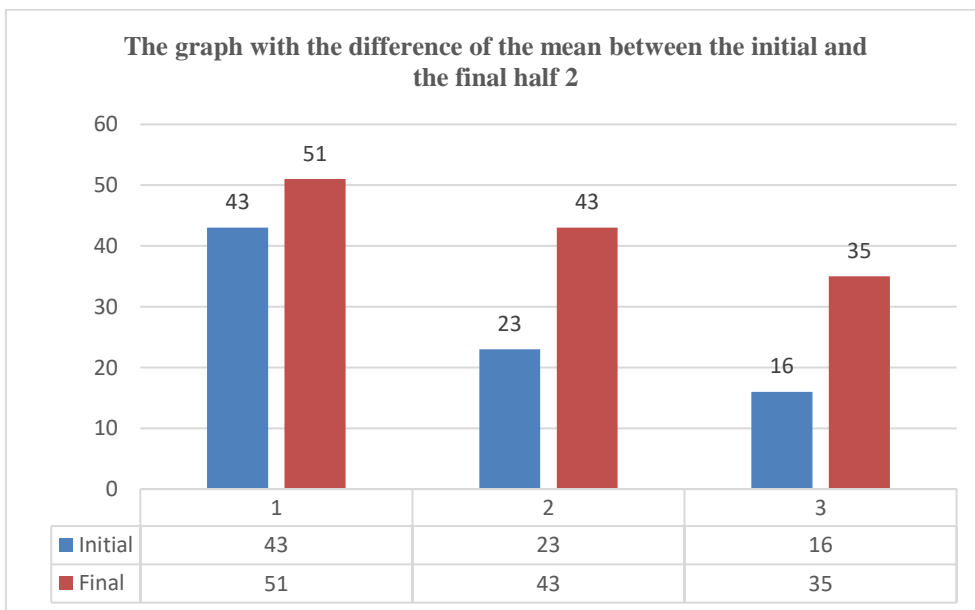
ELEMENT	%	The number of attacking actions of the team	The average of the actions of the 6 player	Distance (m)	Volume (m)
1st HALF					
Running 2/4	60%	70	38	10-20-30	1250
Running 3/ 4	30%	70	26	20-30-40	400
Running 4/4	10%	70	19	10-15	240
HALF 2					
Running 2/4	70%	75	43	10-20-30	1100
Running 3/ 4	25%	75	23	20-30-40	300
Running 4/4	5%	75	16	10-15	190

Table 2. Centralizing table with the average weight of the tracked elements (of the 6 players) after the experiment (Running 2/4, 3/4, 4/4)

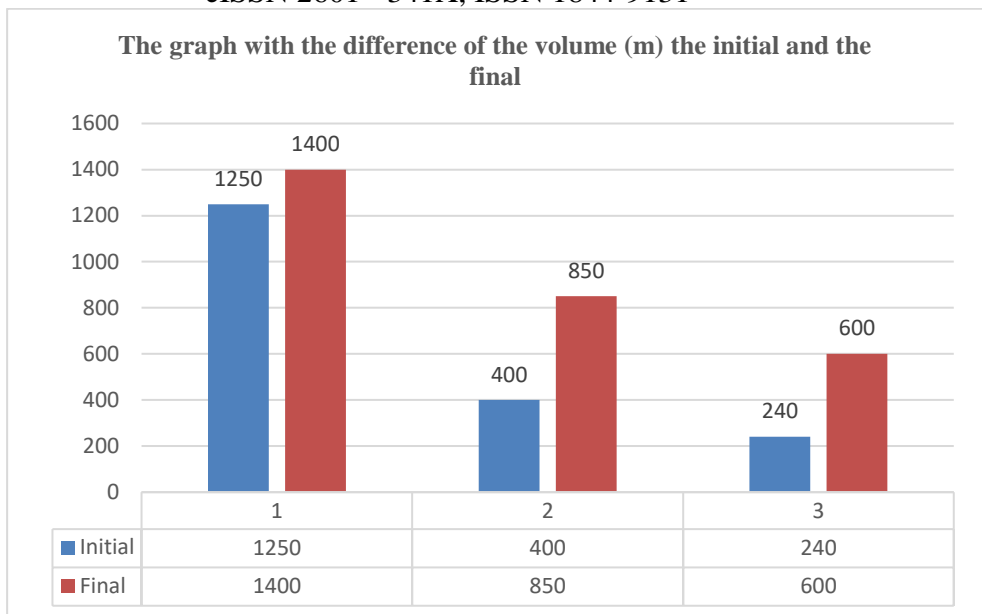
ELEMENT	%	The number of attacking actions of the team	The average of the actions of the 6 player	Distance (m)	Volume (m)
1st HALF					
Running 2/4	65%	75	49	10-20-30	1400
Running 3/ 4	35%	75	35	20-30-40	850
Running 4/4	15%	75	26	10-15	600
HALF 2					
Running 2/4	60%	70	51	10-20-30 m	1325
Running 3/ 4	30%	70	43	20-30-40 m	450
Running 4/4	10%	70	35	10-15 m	250



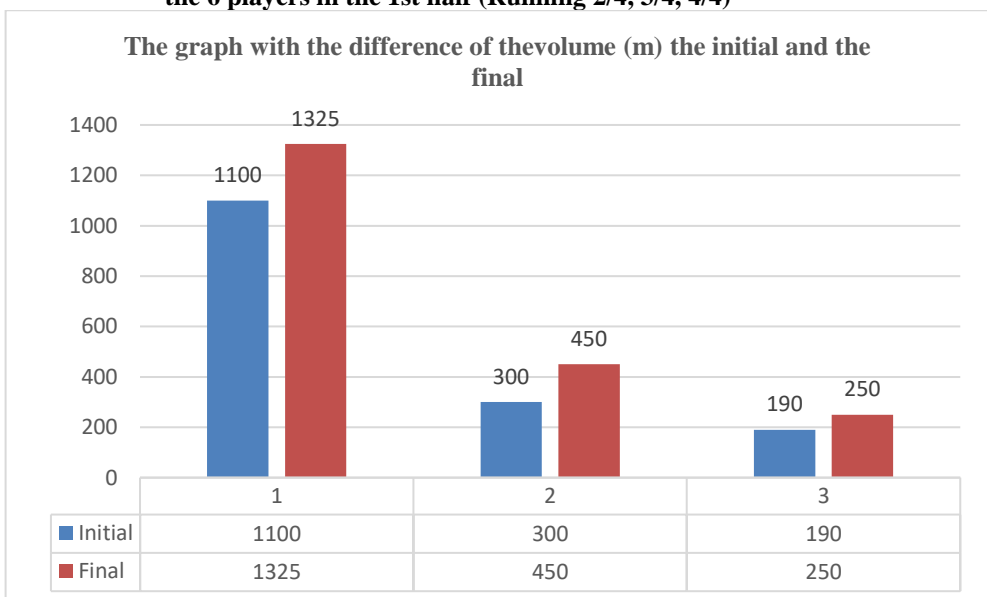
Graph 1 - The graph with the average difference between initial and final with the number of actions of the 6 players in the 1st half (Running 2/4, 3/4, 4/4)



Graph 2 - The graph with the average difference between initial and final with the number of actions of the 6 players in the half 2 (Running 2/4, 3/4, 4/4)



Graph 3 - The graph with the average difference between initial and final with the volume of the 6 players in the 1st half (Running 2/4, 3/4, 4/4)



Graph 4 - The graph with the average difference between initial and final with the volume (m) of the 6 players in the half 2 (Running 2/4, 3/4, 4/4)

Discussions

Following the application of the actuation systems proposed as means of improving the game without the ball during training, an increase in the number of players' actions can be observed after a period of approximately 6 months. Thus, if in the first 17 stages of 2021 an average of 81 actions in tempo 2/4 of a player per match was observed out of the team's average of 145 attacking actions, in 2022-2023 these reached 100. The number of actions in individual tempo 3/4 without the ball increased from 49 to 78, and that of those in tempo 4/4 from 35 to 61. At the same time, the average volume of runs per tempo increased as follows: from 2350m to 2725m in tempo 2/ 4, from 700m to 1300m in 3/4 tempo and from 430m to 850m in 4/4 tempo.

Conclusions

From the observations made on the game actions of a player without the ball on the field, it results that the player stands for 9 seconds, walks for 6 seconds, runs in the background for 4 seconds, accelerates for 2 seconds, and reaches a certain point of maximum speed for 3 seconds; continue the long-distance run for 5 seconds, accelerate again for a maximum of 3 seconds, return to the long-distance choice for 3 seconds, after switching to the half-distance run quickly for 1-2 seconds and then slowly walk towards the center of the field. This is only a game sequence, the sequence that can also include sudden turns, changes of direction, jumps, rolls, falls, etc.

From the table with the recordings made, regarding the volume of running, during a match, it can be seen that the player is subjected to quite high physical demands.

From the total of approximately 150-160 attacking actions of the team, a player can actively participate in 110-100 actions in tempo 2/4, 45-50 actions in tempo 3/4, and 30-40 actions in maximum speed.

All these runs at different tempos and variable distances are done without the ball, but in order to play the ball and out of the total playing time, only about 3 minutes effectively a player can have the ball at his feet.

From all the aspects presented so far, it is obvious the importance of the game without the ball in football at all levels, considering that day by day, the speed of the game must be increased, because this is the only way to solve the problem of scoring the goal, and for this we must improved movement of players without the ball in particular.

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