

Study on the influence of basic technical elements used in the modern game of football

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Abstract

A social phenomenon and international superstructure is the game of football that forces all participants, respectively all club teams or national schools to compete on equal terms, regardless of geographical area, political systems, religion, color or race, demonstrating that football is international in its specific content. The origins of football go back over 2000 years. In 2004, FIFA recognized China as the birthplace of football. Around 200 BC the Chinese played a similar sport called cuju, the rules evolved, reaching the sport practiced today.

Introduction

Football is a team sport played between two teams consisting of 11 players each.

They play with the ball, on a rectangular field, covered with grass, with a gate at each end. (Teodorescu L, Predescu et al, 1993)

The goal of the game is to insert the ball into the opponent's goal, that is, to score more goals than him, taking into account the rules of the game. Apart from the goalkeeper, other players cannot use their hands to handle the ball, the winner being the one who scores more goals. (Cârstea Gh.,1993)

The origins of football go back over 2000 years. In 2004, FIFA recognized China as the birthplace of football. Around 200 BC the Chinese played a similar sport called cuju, the rules evolved, reaching the sport practiced today. (Colibaba E.1998)

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regardless of geographical area, political systems, religion, color or race, demonstrating that football is international in its specific content. (Demian ,1995)

The organization of the game is a notion that includes principles, rules and measures, which establish the content of the activity done by players and a team in the playing field. Today's football ushers in a new dimension of depth of play that coordinate and sums up the simultaneous interactions of players at all times of the game. (Cărăbaș Ionică ,2012)

Looking at the performance of players on the field, we notice a complicated relational system, which requires the capacity for collective self-management and an understanding of the over organized character of the game.

The problem of organization encompasses the fundamental components that concern the team, namely the group, the couple and the individual. (Nicu A.,1993; Stanculescu V.,1999)

The attack is one of the fundamental moments of the game on whose success depends the victory of the team. The attack is the fundamental moment of the game, in which the team in possession of the ball, by carrying out specific individual and collective actions, tries to achieve the goal of the game, namely scoring goals in the opponent's goal. (Motroc I,1994)

The basic elements through which the organization of the attack is carried out constitute the bases of the technique in attack.

In today's football, great importance is attached to the organization of the game in the midfield. The central area is called the "team laboratory".

Preserving the ball in midfield is a major problem:

- losing the ball prematurely is a tactical error of the first magnitude;
- one more pass must always be taken than one less (except for the finishing phase)

The optimal number of phases for piercing defenses is between 5 and 8. This ensures that the conditions for ball safety are created around the ball carrier through support and support. (Ionescu I.V., 1995)

Good ball circulation depends on:

- the position of teammates that involves organization;
- the position of the opponents, which implies an adaptation.

The first factor refers to the elementary communication and organization recipes, components of the specific general tactics, both dependent on the team's game system.

The team's game system by occupying the field represents the referential framework of ball circulation. Some players act directly in the center of the phase and others indirectly.

In a positive sense (offensive) anticipating the evolution of the game situation and the continuation of the proposed tactical chain and in a negative sense (defensive) ensuring the permanent defensive balance. Preserving the ball is the safest way to defend, the opponent cannot play, he cannot score if he is deprived of the ball. (Ionescu I.V., 1999)

The construction of the game in the midfield phase must be characterized by: simplicity, safety, speed of execution and reduction of risky executions. Concern for the fast and rational movement of the ball and players, for increasing the speed of play in general, causing a reduction in takeovers, unnecessary turns, excessive driving and dribbling without tactical purpose.

The synchronization of the actions and intentions of the teammates, the responsibility for the phases carried out in this area of the field leads to the increase of the team's homogeneity. (Ionescu I.V., 2007)

The evolution of the game determined continuous accumulations and changes in the performance of the midfielders. From the old and well-known kick-and-run to the technique of the present, there have been spectacular leaps in the technical, tactical and psycho-physical expression of the player in the midfield.

The midfield requires complete players in today's football, who have a rich technical-tactical experience and an irreproachable physical condition, who can manifest themselves efficiently in the midfield area, thus serving the interests of the team. (Nicu A., 1993; Stănculescu V., 1999)

Due to the increasingly complex and fluid nature of the game in the midfield, technical skill and quick and rational adaptation to concrete game situations are very important. Knowledge and adaptation to game situations and the ability to combine play a decisive role in the midfielder's performances. This is primarily a problem of endowment but also of spatial and temporal perception, of spontaneous and efficient analysis.

The midfielder is a complex footballer who makes quick and efficient decisions to make the transition to action accessible.

As a result of functional versatility and interaction with teammates, the midfielder can and should tactically orient the game.

The midfielder tends to become an elite player, a sports personality who is realized and valued in the team's team and in its interest. (Ionescu I.V., 2007)

The midfielder of the future is characterized by:

- quick decisions in uncertain situations;
- the firmness of the disposessions;

- effective doubling;
- anticipatory attitude;
- mobility and speed;
- excellent technique;
- fast folding;
- correct placement;
- rapid intercalation in the offensive;
- skills for carrying out individual actions. (Ionescu I.V., 2007)

Methods and materials

For each match, an observation sheet was drawn up, for each player, in terms of technical-tactical achievements, and in these either the following indicators were used: takeovers, transmission/passing of the ball; crosses; completions; overtaking by dribbling; recoveries by dispossession/interception; aerial game.

Comparison of two midfielders, from different countries, in official games in terms of the execution of the following technical-tactical elements: passes, takeovers, crosses, completions, overtaking by dribbling, recoveries by tackling/interception and hitting the ball with the head;

Observing the efficiency of each player's successful executions;

Observing the erroneous executions of each player;

Differentiation of the two players according to the total number of technical-tactical actions;

Establishing the technical profile of the midfielder concerns the individual and collective coordination of the attack.

Study subjects

Anisorac Ionuț

He plays as a player of F.C. UTA Arad, as a coordinating midfielder and striker.

Enrico Da Silva

He plays as a player of F.C. UTA Arad as a coordinating midfielder.

Issac Damian

He plays as a player of F.C. Resita as a coordinating midfielder

The duration of the study was 4 years in the period 02.11.2020 - 21.02.2024.

The number of games in which the three footballers were observed was 10 matches during the study period.

Observation sheets

For each match, an observation sheet was drawn up, for each player, in terms of technical-tactical achievements, and in these either the following indicators were used:

- Downloads;
- crosses;
- completions;
- overtaking by dribbling;
- recoveries by dispossession/interception;
- aerial game (hitting the ball with the head).

Results and discussion

The efficiency of technical and tactical actions is determined by the creative thinking capacity of the players, the superior level of development of motor skills, the degree of acquisition, automation, mastery of the executed elements.

Observation sheet no. 1

Average values obtained during the study period.

Observed player: *Anisorac Ionuț*

Technical actions	No. of executions	First Half		Second Half		Final		Total Executions	Expressed in %
		S	V	S	V	S	V		
		successful	wrong	successful	wrong	successful	wrong		
Stoppage pickups	11	2	16	4	27	6	33	85,1%	
Crosses	2	1	1	0	3	1	4	72,5%	
Completions	3	1	4	2	7	3	10	71,10%	
Overtaking by	4	1	4	0	7	1	9	82,5%	

Dribbling									
Hitting the ball with the head	8	3	5	1	13	4	19	71	,8%

Table no. 1 Experimental match data from the observation sheet for

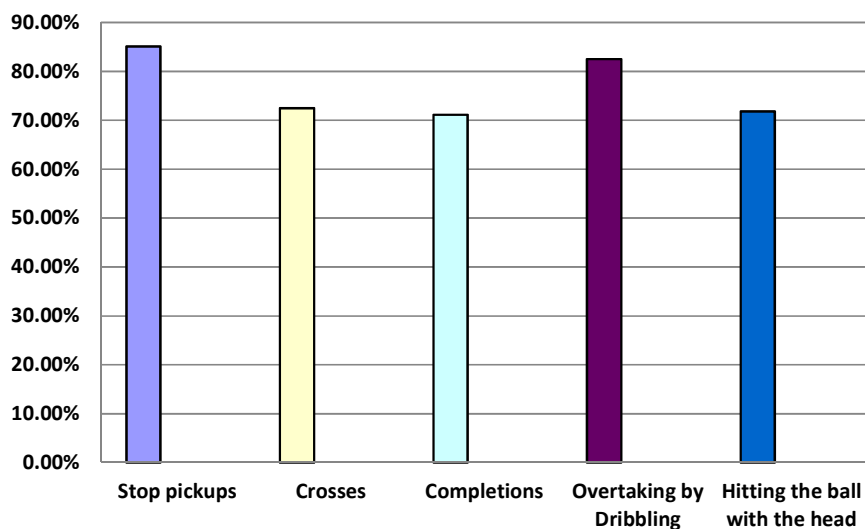


Fig. 1 Graphical representation of the player's average data expressed in percentages.

Observation sheet no. 2

Average values obtained during the study period.

Observed player: *Enrico Da Silva*

Technical	Items	No. of executions		No. of executions		No. of executions at		Total Ex-ecutions	Ex-ecutions Successful expressed in %
		First Half		Second Half		Final			
		Successful	Wrong	Successful	Wrong	Successful	Wrong		
	Stop pickups	13	14	21	8	35	21	45	70,5%
	Crosses	4	2	3	1	8	3	11	70,8%
	Completions	4	1	2	1	5	2	8	71%

Overtaking by Dribbling	3	0	5	2	8	2	10	82%
Hitting the ball with the head	6	2	4	1	13	3	16	80,7%

Table no. 2 Experimental data of the player from observation sheet 2

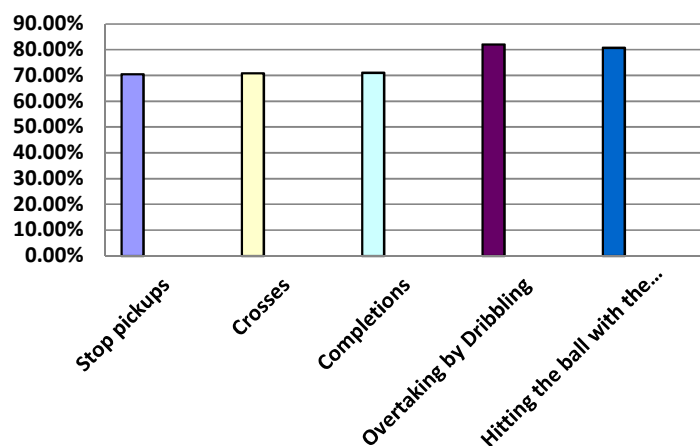


Fig.2 Graphical representation of the average player's data expressed in percentages- observation sheet 2

Observation sheet no. 3

Average values obtained during the study period.

Observed player: **Isac Damian**

Technical	Items	No. of executions First Half		No. of executions Second Half		No. of executions at Final		Total executions	To Ex successful expressed in %
		Sucessful	rong	Sucessful	rong	Sucessful	rong		
	Stop pickups	10	2	10	3	13	5	36	64,6%
	Crosses	2	0	4	1	5	1	11	75,8%

Completions	3	0	3	2	11	1	12	85%
Overtaking by Dribbling	3	0	5	1	7	1	6	88,8%
Hitting the ball with the head	8	0	3	1	12	1	19	93,5%

Table no. 3 Experimental match data from observation sheet 3

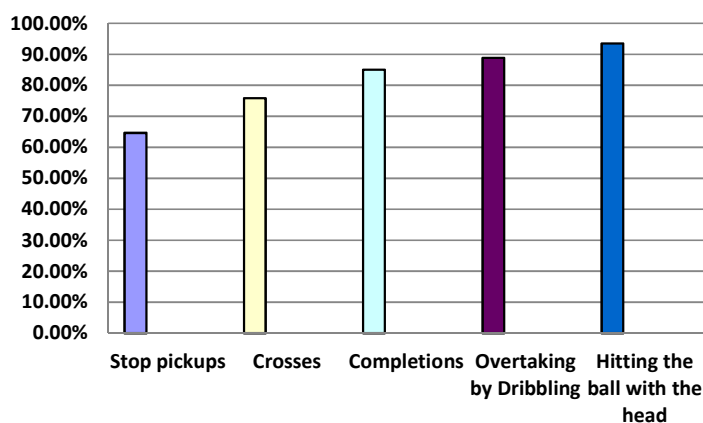


Fig.3 Graphical representation of the average player's data expressed in percentages-observation sheet 3

- A clear superiority in favor of Issac Damian, both in terms of technical-tactical achievement in the attacking phase and in the specific plan of the defensive phase, through the efficiency of the elements: passes (transmissions), fixed phases (crosses), completions (shots towards the goal), overtaking by dribbling (feat), recoveries (tackle/interception);
- Issac Damian stands out first of all as an extraordinary passer and a very good technician in stopping and taking the ball;
- He threatens the goal several times, the wrong finishes being few;
- In one-on-one combat, he excels by frequently overtaking the opponent, but also by recovering the ball through possession or interception;
- Passing the ball is the essential element of the game in general and of the coordinating midfielder in particular, an element in which Issac Damian also showed his superiority and mastery;
- Its participation in fixed moments, individual executions or automated combinations with an increased degree of danger leads to maximum attack efficiency;
- Anisorac Ionuț stands out as a midfielder coordinator, but inferior to Issac Damian in almost all the elements studied, except for one element among them, namely:

- aerial play (hitting the ball with the head), determined by a special relaxation and height difference between the two;

The weight of these indicators is maintained at all matches for each of the two players, which is determined by the general requirements of the midfield language game, for the build-up and attacking phase.

Conclusions

The optimal model of the coordinating midfielder is supported this time as well, through the present work, new data being brought for its construction.

Therefore, coaches and specialists, having these new data, will make a better selection and training of the players who play in that position, adapting everything to the conception and game system of their own team, as well as to the particularities and possibilities of the players.

Another conclusion from the research carried out is that: the efficiency of technical and tactical actions is determined by the creative thinking capacity of the players, the superior level of development of motor qualities, the degree of acquisition, automation, mastery of the executed elements.

The level of technical training in the Romanian championship in the 10 matches weaker than the level of preparation in the Spanish championship. In the Spanish championship the speed of play is much higher, which determines a greater number of game actions. Both the sum of the frequently used actions and their number confirm the consistency of the technical and tactical repertoire of the players studied.

By carefully observing the high degree of efficiency in the execution of the technical-tactical elements, we will be able to conclude that the level of physical and tactical training of each player studied is reflected in the level of the championship from which he comes.

The development of football in recent decades increasingly requires a serious programming of tactical and design elements in the game. It becomes necessary for the team to act on the basis of strictly motivated actions, which determine to counteract the opposing offensive tendencies and at the same time, to create more possibilities for finishing in attack.

In the new dynamics of football, the technical actions are moving towards a total tacticization.

In this sense, the game requires essential executions, which concretely means that the defender tackles and passes, the midfielder presses, intercepts, passes and stands out, the striker takes, passes, penetrates, again takes over and shoots at the goal.

The evolution of the game determined continuous accumulations and changes in the performance of the midfielders. From the old and well-known kick-and-run to the technique of the present, there have been spectacular leaps in the technical, tactical and psycho-physical expression of the player in the midfield. The midfield requires complete players in today's football, who have a rich technical-tactical experience and an irreproachable physical condition, who can manifest themselves efficiently in the midfield area, thus serving the interests of the team.

In the future, it is intended to pay more attention to the coordination of the attack by selecting and specializing players capable of playing the role of coordinating midfielder.

We must also have a greater concern for programming specific means in training, capable of achieving maximum efficiency both in individual and collective expression.

Another proposal is to use the profile of the coordinating midfielder as a model in the preparation of the players who play in this position. At the same time, we can detect certain technical and tactical deficiencies of the players who play in this position by relating them to the model.

The research work will continue in order to find new data in order to complete the built model.

In general, it is desired that the means of training and strengthening the technical and tactical discipline of the footballer in general, but also of the midfielder in particular, are related to a professional education, a perfect pedagogy, a professionalism and the exigency of the general framework of the team's leadership, as well as the quality and efficiency of the training process.

In the atmosphere of daily training, the availability for integration and homogenization of the players and their adherence to the requirements of the conception and tactical plans is formed, a stimulating framework for initiative and creation, which serves the team and its performance.

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