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Original article

IMPROVEMENT OFFENSIVE TECHNICAL ABILITIES IN WOMEN SOCCER

GIDU Diana Victoria¹, OLTEAN Antoanela¹, TĂNASE Ionuț Gabriel¹, BUGAR Florin²

Abstract*

Aim. The aim of this paper is to improve some offensive technical abilities in women who play soccer.

Methods. In this study, we examined 20 soccer players from Selenia Constanta women soccer Club, age between 18 and 30 years old. We registered 20 somatic, motric and technical tests. The technical parameters was: juggling – in 60 seconds, dribbling between cones (18m), precession of the pass (20 m), (pass the ball to a fixed point), shooting from 18 m, finalization from 10 passes.

Results. Values of experimental group on technical tests was: 30.87 juggling in final testing vs 27 in initial testing; dribbling between cones 7.17 s in final vs 7.37 s in initial testing; permission of the pass – 9.75 good passes vs 6.20 good passes in initial testing; shooting – 8.12 good shoots vs 4.75; finalization from 10 passes – 8.12 good attempt in final testing vs 4.87 good attempt in initial testing.

Conclusions. Experimental group obtained better results in all technical parameters than control group ($p < 0.01$).

Keywords: women soccer, offensive technical abilities, individual technic

Introduction

Modern soccer has become more dynamic, players being forced to run constantly, performing numerous rhythm changes and needing higher energy consumption to meet these demands. As in most sporting disciplines, in football also, both general and specific motric qualities need to be developed at higher parameters, so that the soccer player can achieve superior performance and keep on top. However, only the presence and training of physical qualities are not enough to achieve outstanding performance. These can only be achieved by adequate training of all physical, physiological and psychological parameters, as well as technical and tactical ones.

The technique can be defined as the whole of the specific means of soccer playing through which the players perform the ball actions (control and movement) and, on the other hand, the maneuvers (with and without the ball) necessary to achieve the goal pursued (Ciolca, 2006).

Other authors claim that "The technique is represented by the assembly of means with an identical structure or close, with the motric actions provided by the competition regulations, by which the athlete or the team acquiring them, reaches the specific performance." (Alexe, 1993; Dragnea, 1996). And others define the technique as being: "The integrated movement system or a specialized and automated partial movement (acts, gestures, skills, skills) that solve the purpose and the attack and defense tasks of the game" (Colibaba-Evuleț, Bota, 1998; Negrea, 2016). In essence, the technique outlines the motric structure

of each sport, "its effectiveness being directly related to the performance of each team or player" (Colibaba-Evuleț, Bota, 1998).

The importance of technique is also reflected in the influence it exerts on the other factors of the training, especially on the tactical one, because in order to apply a superior tactic, first and foremost technical executions are necessary (Stănculescu, 1982, Colibaba Evuleț, Bota, 1996). Negrea, Popa et al., 2014 admit that "during a game, the player uses the or shooting from huge".

The technique of great footballers driving technique or movement and ball skills made. Modern technology can be executed from a stationary position or action (pass, shooting while running is characterized by a number of elements such as: the developed sense of the ball; visual perception and sense of balance; fineness of executions; the precision and variety of technical processes; the utility and applicability of technical game techniques. Regarding the goalkeeper, Teodor (2009) consider that they must have technical abilities like: catching ball at ground level, at semi-height, at height, replacing the ball by rotation of the arm, replacing the ball from the ground by foot.

This true social phenomenon, called "soccer", has led to numerous studies and researches addressing its most varied aspects, from methodical to physiological and psychological. And although most of the work that has dealt with female soccer research calls for the determination of the most effective techniques for attack, very few have tried to put that necessity into practice.

We consider that from this point of view,

¹ Faculty of Physical Education, University Ovidius of Constanta, ROMANIA.

² Teacher, Federal coach – Romanian Football Federation, ROMANIA.

E-mail address: campiap@yahoo.com

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our approach to highlight the ways to strengthen and refine the technical techniques of attack to the women soccer players is very useful, with implications both in theoretical and practical terms.

Methods

The experiment was conducted during July - November 2016, during about 5 months, at the

Selena Constanta Sport Club facility. The experiment was attended by 20 athletes, aged between 18 and 30, playing for Selena Constanța Sport Club. Following the results of the somato-motor tests, subjects were divided into experimental group (N = 10) and control group (N = 10).

Athlete identification data is presented in table no.1.

Table no. 1 – Identification data of the subjects

Group	Age (years)	Height (cm)	Weight (kg)	Training years (years)
Experimental group (N = 10)	22,85 ± 2,18	168,75 ± 4,30	50,67 ± 6,53	4,87 ± 1,88
Control group (N = 10)	23,63 ± 3,00	168,50 ± 4,30	49,25 ± 2,65	4,75 ± 2,12

The number of training sessions was three (3) per week, taking place in the afternoon between 16:00 and 18:00. In the basic part of the lesson, for 15 minutes, the experimental group used a series of exercises with specially selected soccer technical elements.

The initial and final tests were carried out on the soccer field of the Selena Constanta Sport Club facility: in July - the initial one and in November - the final one. The following parameters were evaluated in both tests: somatic (waist and weight); motrical (30m running speed, on spot long jump, squats on one leg); techniques (ball maintaining – 60", dribbling through the poles (18m) and pass the ball to a fixed point (20m), passing the ball accurately, shoot the ball from 18 m to the hatched

gate, on the corners, make the goal shot from 10 passes). In the statistical analysis of the data, we considered the minimum significance threshold for $p = 0.05$.

Results

The statistical analysis of the data recorded in the testing of the somatic and motrical parameters did not show the existence of statistically significant differences, both in terms of comparing the values obtained at the initial testing, against the final one, as well as the results of the experimental group compared to the control group ($p > 0.05$). These results can be explained by the fact that the experiment did not take into account the increase of soccer players performance.

Table 2 presents the results of the initial and final testing of the selected technical parameters.

Table no. 2. Average values of the tested technical parameters

Group	Juggling in 60"		Dribbling through the cones		Precision of the pass (times achieved)		Shooting from 18 m (times achieved)		Finalization from 10 passes (times achieved)	
	Initial	Final	Initial	Final	Initial	Final	Initial	Final	Initial	Final
Experimental (N=10)	26,00± 5,63	30,87± 6,53	7,33± 0,19	7,17± 0,12	6,20± 0,75	9,75± 1,38	4,75± 0,70	8,12± 1,24	4,87± 0,99	8,12± 1,24
Control (N=10)	24,25± 5,06	25,37± 3,88	7,73± 0,16	7,75± 0,14	5,50± 0,75	5,87± 0,83	3,77± 0,74	5,42± 0,74	3,37± 1,18	4,68± 0,64
„t”	0,280	3,052	1,428	4,800	1,251	4,338	1,117	3,360	0,943	7,270

The statistical analysis of the results obtained at these parameters revealed the following:

Juggling (in 60"). At this technical parameter, there were no significant differences between the values obtained at the initial and the final testing, within the control group ($p > 0,05$).

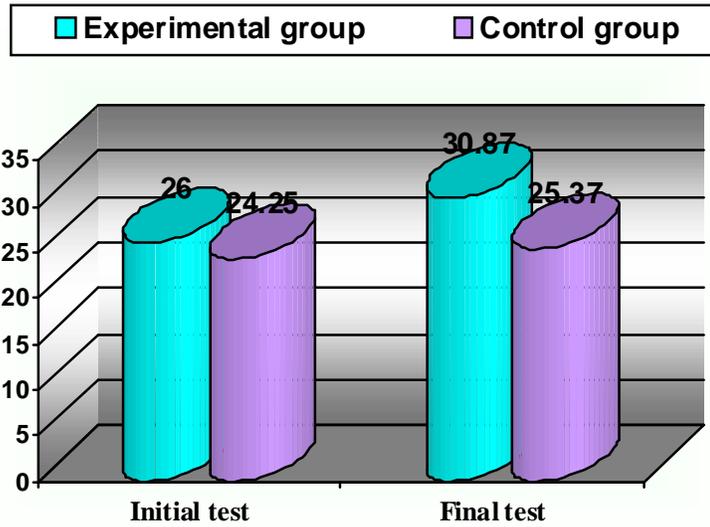


Fig. no. 1: Dynamics of the juggling parameter values.

The same thing emerged by comparing the results of the experimental and control groups ($t = 3,052$, $p > 0,05$). In contrast, at the experimental group the results from the final test are significantly better than those from the initial testing ($t = 3,658$, $p < 0.01$).

passing the ball to a fix point. The experimental group obtained significantly better values than initial testing ($p < 0,05$), but also by the control group ($t = 4,800$, $p < 0.01$). There were no significant differences from the initial test to the final test in the control group.

Dribbling through the cones followed by

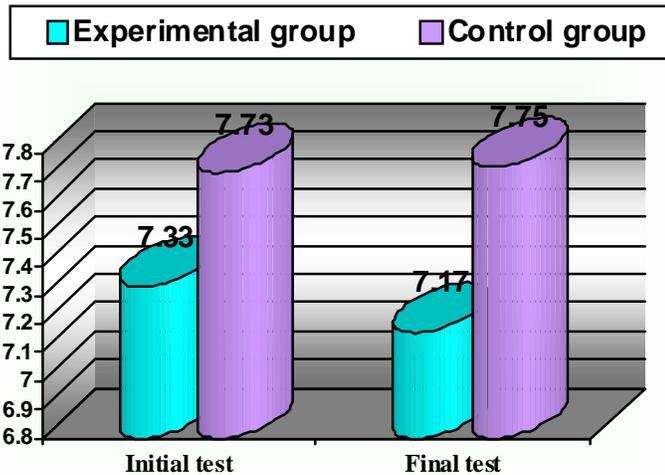


Fig. no.2: Dynamics of the "Dribbling through the cones" parameter values.

Precision of the pass. The results obtained by the experimental group are significantly better both in comparison with the

control group ($t=4,338$, $p<0,01$), and in comparison with the values from the initial testing ($t=5,978$, $p<0,01$).

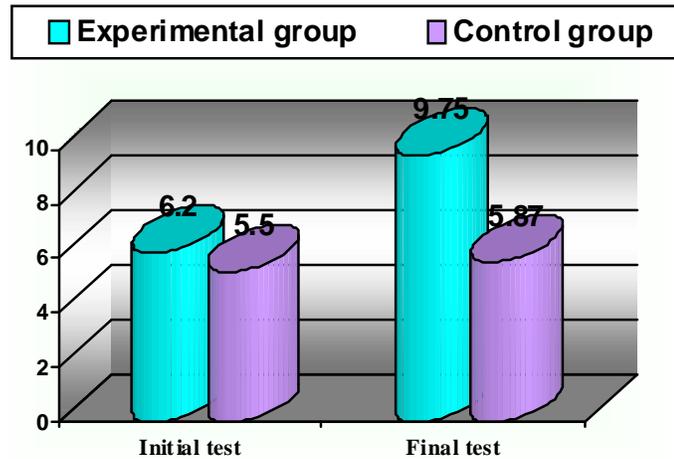


Fig. no. 3: Dynamics of the "Precision of the pass" parameter values.

Shooting from 18 m, at the goalpost. At this parameter, both the experimental group ($t = 12.96$, $p < 0.01$) and the control group ($t = 5.769$, $p < 0.01$) achieved significantly better values at the final testing than the initial one. Also, the statistical

analysis of the values of the two groups demonstrates that the experimental group recorded significantly better values than the control group ($t = 3.360$, $p < 0.01$).

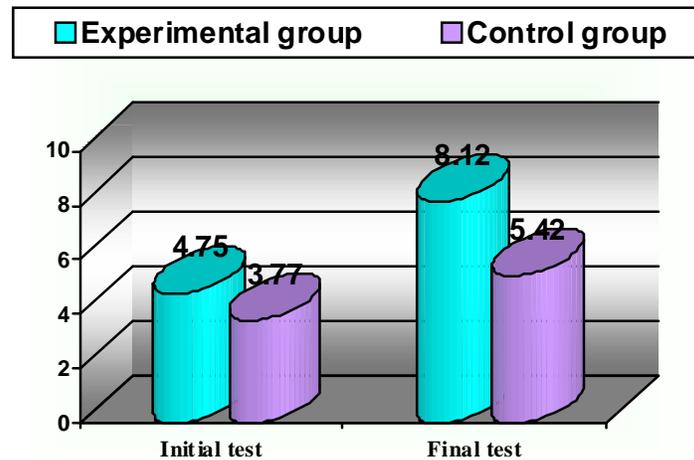


Fig. no. 4: Dynamics of the "Shooting from 18 m, at the goalpost" parameter values.

Finalization from 10 passes. At this parameter the experimental group obtained significantly better values in final testing than the initial one ($t = 11,607$, $p < 0.01$). In contrast, there were no significant differences between the two

tests in the control group. Regarding the comparison of the values of the two groups, the statistical analysis shows that the experimental group has significantly better values than the control group ($t = 7.270$, $p < 0.01$).

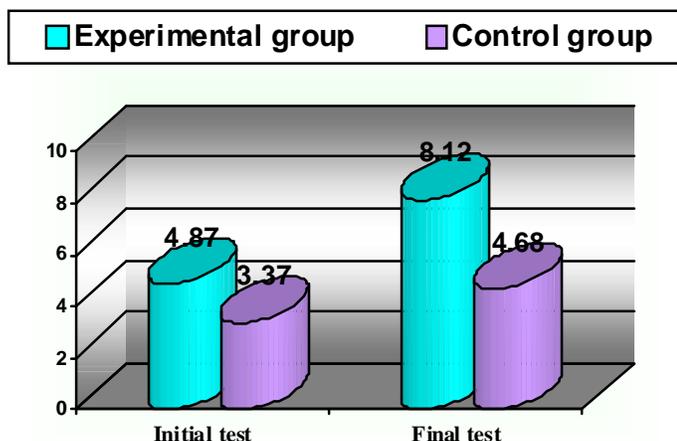


Fig. no. 5: Dynamics of the "Finalization from 10 passes" parameter values.

Discussion

As the results show, the girls in the experimental group obtained statistically significant results in all the tested technical parameters. This is due to the specific work within the training. Gidu (2008) found similar results to 16-18-year-old women soccer players, less in terms of the dribbling through the poles, where 16-18-year-old women soccer players did not get any significant value from one test to another. Also, Ali et al., (2008) and Ali (2011) have shown that at the level of women soccer players, technical performance can be significantly improved as a result of specific work.

Conclusions

Following the analysis of the obtained results, the following conclusions can be drawn:

1. The values obtained by the two groups in the testing of the somatic and motrical parameters are not statistically significant different ($p > 0.05$).
2. At the tested technical parameters, the experimental group recorded significant differences in final testing over the initial one ($p < 0.01$).
3. At all tested technical parameters – juggling, dribbling through the cones, precision of the pass, shooting from 18 m, finalization from 10 passes – the girls in the experimental group obtained significantly better results than those in the control group ($p < 0.01$).
4. By significantly better results obtained from the technical tests it was confirmed

the hypothesis of the paper.

Acknowledgments

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