Ovidius University Annals, Series Physical Education and Sport / SCIENCE, MOVEMENT AND HEALTH
Vol. XIII, ISSUE 2 supplement, 2013, Romania
The journal is indexed in: Ebsco, SPORTDiscus, INDEX COPERNICUS JOURNAL MASTER LIST, DOAJ DIRECTORY OF OPEN ACCES JOURNALS, Caby, Gale Cengace Learning, Cabell's Directories

Science, Movement and Health, Vol. XIII, ISSUE 2 supplement, 2013
September 2013, 13 (2), 795-801

THE TECHNICAL STUDY FOR DIFFERENT GAME POSITIONS IN THE 2nd LEAGUE

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Abstract
Objective. The purpose of this study was to measure the techniques implemented by players throughout the mach, individual, in different positions. It was generally shown that the players are performing during a match all the techniques. All the players have passed and received the ball more often using different techniques of taking possession and passing. However, there are differences due to operating areas of the field. For instance, as the central midfielders' area is the area where the most common actions pass in the game, they perform more technical action items than other players area. In addition, the certain actions were performed more often by those who play in the certain areas. For instance, compared with the players in the other positions, the central midfielders run over the ball, while the defenders have made several defensive actions and the forwarders had more goal situations.
Methods. To analyse the performances of eight teams there were used recordings of six matches in the second league..Each team have used the game system settlement 1- 4-4-2.The performed frequency by a central defender, a central midfielder with a defensive profile, a central midfielder with an offensive profile and a forwarder from each team were recorded using a manual scoring system.
Results. As it was expected, the defenders have made the greatest amount of technical defensive actions. Moreover, the defenders have made more interventions and releases than attacks and blocks. In addition, comparing Fig1 and 8, it is obvious that the central defenders perform the same number of defensive technical actions and passes. However from Fig 1 and 9, it is obvious that the central defenders performed twice as many passes than technical defensive actions. The forwarders have performed the least technical actions than the other players. The central defensive midfielder players performed more defensive technical actions than the offensive midfielders. Comparatively with their total amount of defensive actions: the offensive midfielders received and performed twice as many passes; The central midfielders received and performed five times as many passes; the forwarders received and performed four times as many; replay the sequences.
Conclusions. The central defenders performed more head kicks. The central midfielders received, passed and turned the ball over. The offensive midfielders and central defenders performed more interceptions. The lateral defenders performed more throws. The forwarders have more goal attempts. The play position also has caused technical action changes. For instance, the central defenders performed less and lower variety of takeovers.
These differences are due to the field area where the central defender operates.The central defenders must be more cautious and confident in their game because an error often leads to a scored goal by the opposing team.
Keywords: analysis, training, football, performance, experiment, tests.

Introduction

The coach role is to prepare the team for the optimal competitive performance. In the modern football, factors as the increased volume of matches and the need for a rapid adequate recovery after the game, can reduce the time available for the tactical and technical practice. Therefore, the practice time should be used for the maximum players benefit.(Manno, 1992)
The exercise specificity, the simulation and modelling training (e.g. what the players practice in training should comply with the requirement of the game) allows the players to directly experience the situations encountered during the match. (Murau, 2008)

Method

This study search for expanding the research, recording the player's techniques according with the different functions in different playing positions. To analyse the performances of eight teams there were used recordings of six matches in the second league.

Dinamo II Bucureşti - Tricolorul Breaza
2-1 Saturday 27 February 2010
Sportul Studenţesc - Concordia Chiajna
1-0 Sunday 28 February 2010
Victoria Brăneşti - Sportul Studenţesc
3-2 Saturday 06 March 2010
Steaua II Bucureşti - Dinamo II Bucureşti
1-0 Sunday 07 March 2010
Sportul Studenţesc - Petrolul Ploieşti
1-1 Saturday 20 March 2010
Dinamo II Bucureşti - Gloria Buzău
0-0 Saturday 20 March 2010

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Results

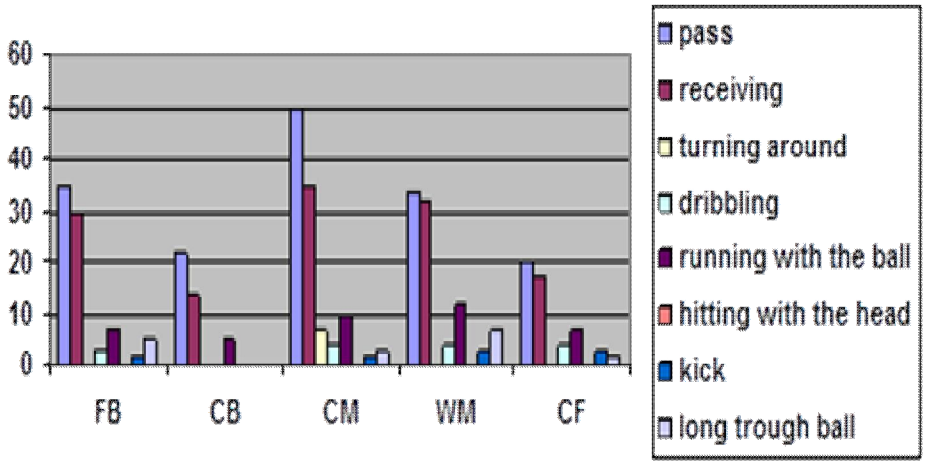

Figure 1. The high techniques frequency game for side defenders (FB), central defenders (CB); midfielders (CM), side forwarders (WM) and central forwarders (CF)

Figure 1 shows that when the ball is in the team possesion, players have shown more their ability to receive and pass the ball than others tasks all together. Moreover, all players have run with the ball, than they dribbled or changed the game directions.

The central midfielders received the ball and made more passes than other players. As would be expected comparing with other players in advanced positions, the central defenders were more activ in depth. The midfielders and the forwarders have dribbled more than the defenders, but the central defenders have performed the most strikes.

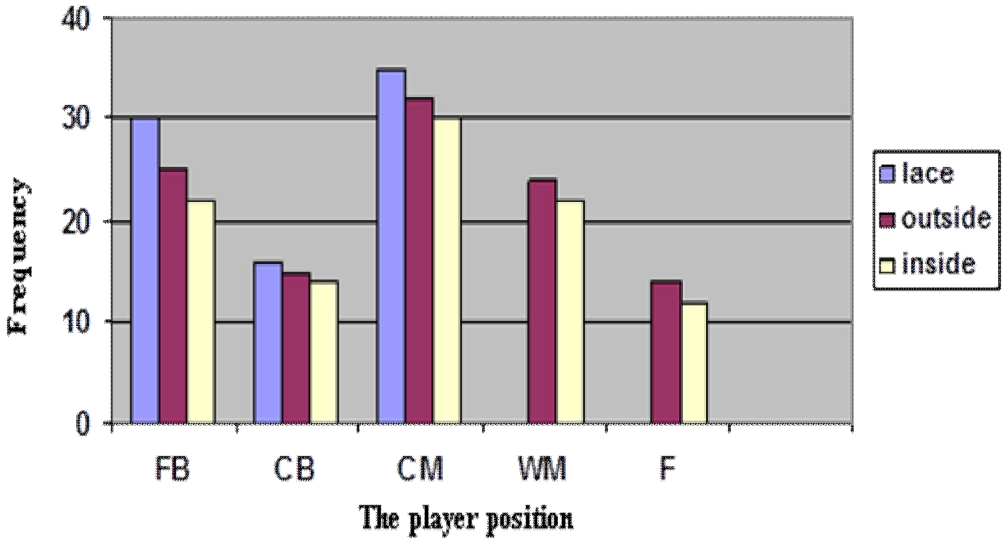

Figure 2. The short best passing game frequency (with foot side)

Figure 2, shows that the players played the majority of passes with foot side.

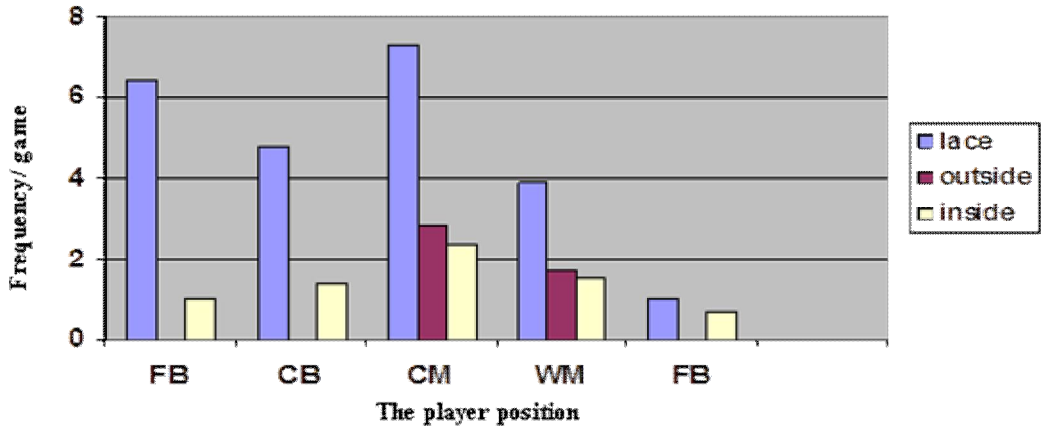

Figure 3. The long performing passes frequency

Figure 3, shows that most long passes were performed using the string (the part that joins the string with the thumb of the foot)

The midfielders and the forwarders used for long passes the inside, the outside part of the foot and the string. Yet the defenders were not passing with the foot outside.

The offensive players and the forwarders have used a variety of other types of passing, as passing with inside string, more than other players.

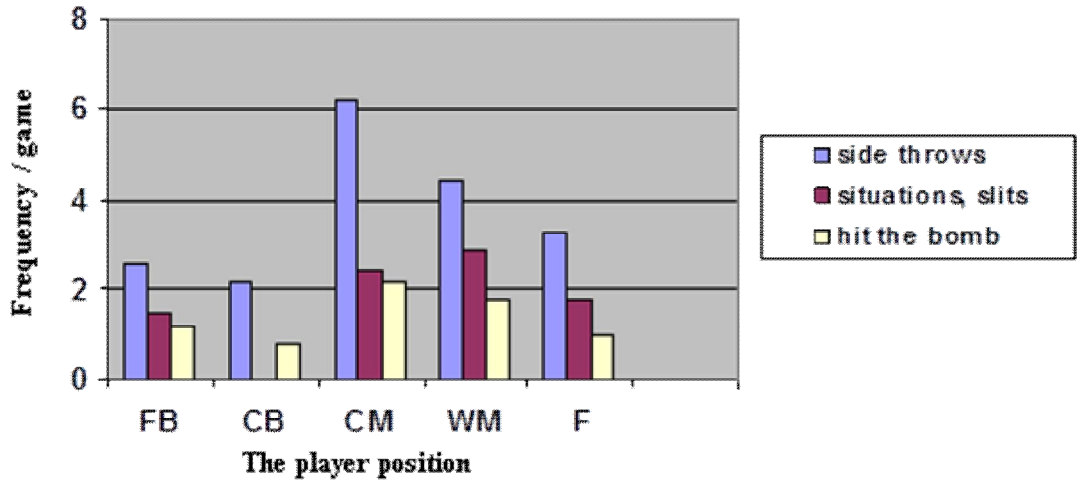

Fig. 4. The other best passes frequency

In addition, the central defenders performed the smallest pass numbers and in the same time the

smallest type of pass variety. Figure 2, 3 and 4 prove that all the players performed much many short passes than long or other kind of passes.

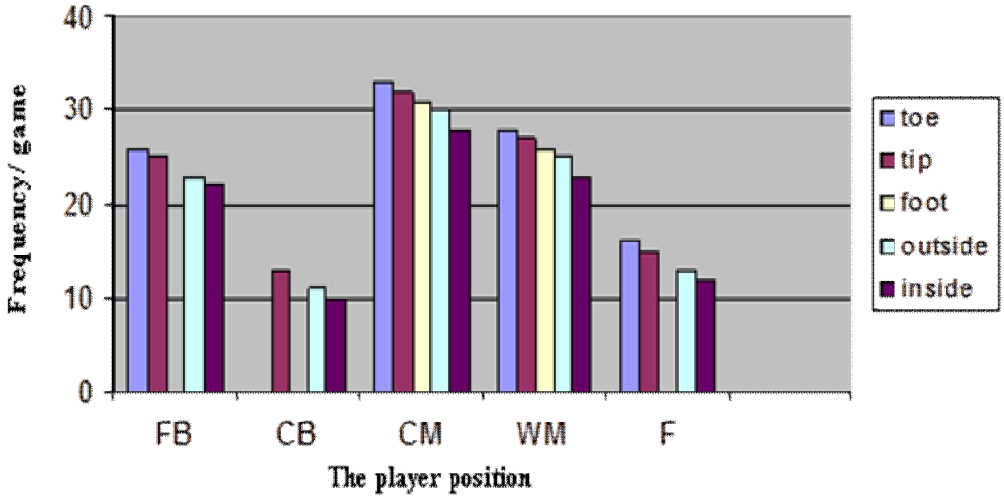

Figure 5. Frequency on game of the foot position

Figure 5 shows the frequency of the foot players position used for catching the ball. All players used the inside part of the foot for taking over the most of the balls.

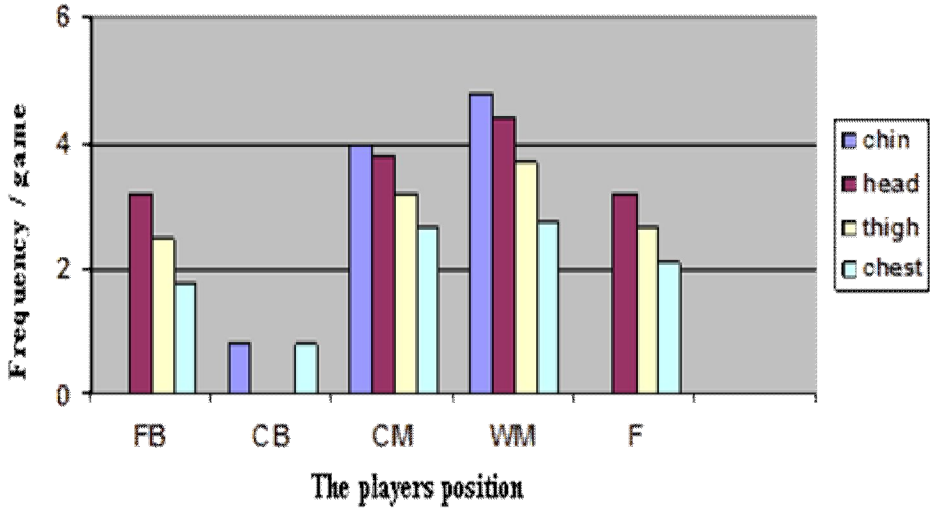

Figure 6. Frequency of use of other body's surfaces

Moreover fig 6 shows that the central midfielders received the ball often and used greater variety of methods and other body parts (chest, thigh, head, and chin) for entry into possession, rather than the other players.

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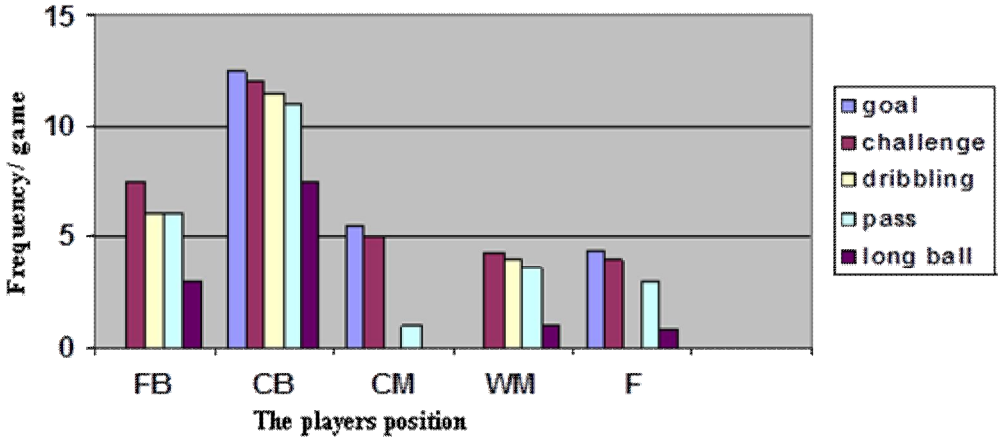

Figure 7. The frequency of the head kick passes

Discus

The central defenders have used their thigh or head, and seldom used their chin, just for retrieving the ball. Fig. 7 shows the various head kicks types performed. The central defenders have cleared the field using more head kicks than other game players. The defenders have performed more head kicks and refusals for clearing the field than other types of head kicks (i.e. deflections, passes, put downs), while the forwarders and midfielders have performed more head passes.

Figure 7shows that when their team was not in the ball possession, all the players have carried out releases, blockings, interceptions and attacks.

As would be expected the forwarders have performed at goal stages more attempts with heads.

Actions "outsides possession"

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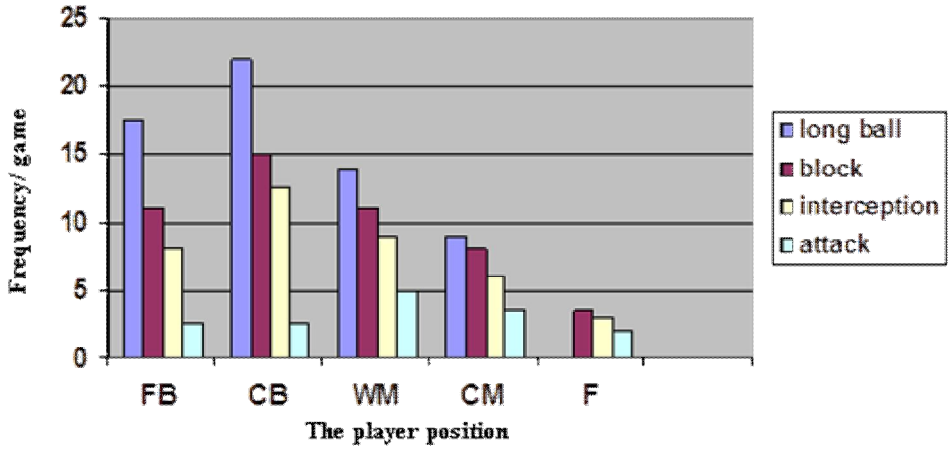

Figure 8. The frequency of the performed defensive actions

As it was expected, the defenders have made the greatest amount of technical defensive actions.

Moreover, the defenders have made more interceptions and releases than attacks and blocks. In addition, comparing Fig1 and 8, it is obvious that the central defenders perform the same number of defensive technical actions and passes.

However from Fig 1 and 9, it is obvious that the central defenders performed twice as many passes than technical defensive actions.

The forwarders have performed the least technical actions than the other players.

The central defensive midfielder players performed more defensive technical actions than the offensive midfielders.

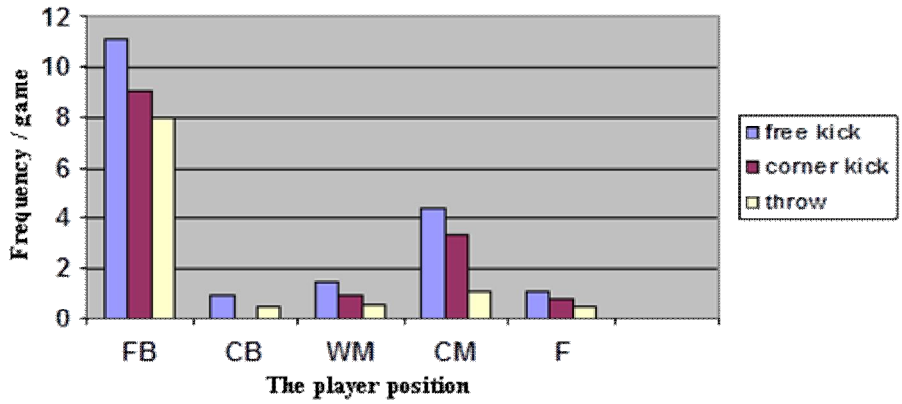

Figure 9. The frequency of the replied sequences

Comparatively with their total amount of defensive actions:

1. The offensive midfielders received and performed twice as many passes
2. The central midfielders received and performed five times as many passes
3. The forwarders received and performed four times as many

Replay the sequences

Figure 9 shows that all players have performed the replay the sequences except the central defenders who did not perform corner kicks and throws.

The side defenders performed more free throws and kicks than other player.

The offensive midfielders and forwarders performed the smallest amount of throws.

The central forwarders performed more corner kicks than other players. The central defenders performed more head kicks.The central midfielders received, passed and turned the ball over. The offensive midfielders and central defenders performed more interceptions. The lateral defenders performed more throws. The forwarders have more goal attempts. Some actions have been shown to be less specific for a game position. For instance, the central defenders have dribbled strike the ball and turned less, the central forwarders have passed less, the forwarders performed defensive actions less, while the pressing and the recovery actions have been dominate actions for all players. These data show that a player position and a field often decided the technical actions performed. The play position also has caused technical action changes. For instance, the central defenders performed less and lower variety of takeovers.

Takeovers on other areas, performed less and lower variety of long passes, performed less and lower variety of other kind of passes, performed more releases than other players.

These differences are due to the field area where the central defender operates. (Motroc, 1996)

The central defenders must be more cautious and confident in their game because an error often leads to a scored goal by the opposing team.

On the contrary, the midfielders and the forwarders when they have the ball they take the risk in order to initiate an atac, a dribble or to score a goal. This more

risky approach is seen in the shown result. .(Comucci, Viani, 1988)

The midfielders and the forwards have received the ball more times and performed more had passes. However, all players mainly used the inside foot part for short passes and string side for the long passes. Therefore, while the technical changes are partly due to the player position, there are some changes for all positions that are more frequently used. (Rădulescu, Dima, 2009).The amount of the defensive technical actions used by the player are determined by the player's positions.Major roll for any defender is to stop the opposing team attacks. Therefore, the defenders as it is shown in this study are performing the largest amount of the technical defensive actions. .(Bompa 2001)

On the contrary the major rol for the forwarders is to created goal situations and to score.

Therefore, the forwarders operate in the areas closer to the opposite team goal area. That compared with other players the forwarders run the smallest part of the defensive technical actions.

Moreover, the results also showed that the defensive central midfielders performed more defensive actions than the offensive midfielders.

The modern offensive midfielders operate all over the field often during the match covering the greatest distance.

On the contrary the central defensive midfielders perform more defensive actions. It was also pointed out that the defenders have performed more interception and releases than attacks and blocks.

Conclusions

The practice specifics and the need for training as it is shown in this study is present already in the most football clubs, were the coaches are often trained to work specifically with the player, according with everyone's positions: goalkeepers, defenders, midfielders and forwarders.

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