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Original article

THE INCIDENCE OF THE FREE-KICKS IN WOMEN SOCCER TEAM SELENA SN CONSTANTA, IN THE GAMES WHICH WERE DISPUTED ON THE OTHER TEAMS GROUND

GIDU DIANA VICTORIA¹, CALOTĂ NICOLETA DANIELA¹, GEORGESCU ADRIAN DORIN¹, RADU
NICULINA², POPESCU VERONICA³, TRANDAFIR MARIUS⁴, OTLOCAN ANA-MARIA⁵, IONAȘCU
ANDREEA⁶, DUMITRU IONELA DANIELA⁷, DROSU DIANA⁷, BARBU-FLORESCU FLAVIA
GEORGIANA⁷

Abstract

Aim: This study aimed to identify the incidence of free-kicks in women soccer games which were disputed on other teams ground.

Material and methods: For this purpose was made a video analysis of the games of Selena SN Constanta team that were disputed on the other team ground, in the last three seasons, respectively 2018-2019, 2019-2020 and 2020-2021.

Results: It had been registered 21 free-kicks for Selena team (11 in the first half and 10 in the second half) and 34 free-kicks for the adverse teams (15 in the first half and 19 in the second half). From these free-kicks 6 were transformed in goals from Selena team and 8 for the other teams.

Conclusions: A percentage 28.57% from free-kicks was transformed in goals from the Selena team and 23.52% from the other teams.

The most free-kicks from Selena team were obtained on the right side of the field, in the attack direction, at the distances of 25 and 40 m (6 free-kicks from each).

Key words: free-kicks analysis, women soccer, games on other teams ground.

Introduction

Notational analysis is a technique that permanently records the actions of a sporting event and is widely used by sports teams (James, 2006). In football, notational analysis has provided and continues to provide valuable information that coaches and players use them to improve their training process. Because scoring a goal is the most important action in football, most notational analysis have been made in this direction. A number of authors has found that a large proportion of goals are scored from free kicks, which represent 1/3 of the total goals scored (Bangsbo and Peitersen, 2000). Performance football is increasingly characterized by games between teams of similar quality, hence the importance of fixed phases, because they have a direct influence on performance and often lead to goals that decide the outcome of a match (Silva,

2011; Casal et al., 2014). Free kicks are consistently the most effective for scoring goals (Carling et al., 2005), and the analysis of the 2000 European Men's Championship showed that direct free kicks in central areas were the most effective. Free kicks are an important component of football performance. Previous research in men's football has shown that they are found in an average number of 30-40 per (Link, D., Kolbinger, O., Weber, H. & Stöckl, M., 2016).

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Only a few researches has been done on free kicks in women's football, although previous statistics from different tournaments show a gradual increase in the number of goals scored directly from free kicks

¹ Faculty of Physical Education and Sport, "Ovidius" University from Constanta, Romania

² Coach Selena SN Constanta, Romania

³ Faculty/Department of Physical Education and Sport, "Alexandru Ioan Cuza" University from Iasi, Romania

⁴ Faculty of Physical Education and Sport, "Dunarea de Jos" University from Galati, Romania

⁵ Student Faculty of Economic Sciences, "Ovidius" University from Constanta, Romania

⁶ Student Faculty of Natural Sciences and Agriculture – Biology, "Ovidius" University from Constanta, Romania

⁷ Student Faculty of Physical Education and Sport, "Ovidius" University from Constanta, Romania

Corresponding author: campiap@yahoo.com

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(Alcock, 2010).

Because, to our knowledge, not many studies have been carried out in Romania that have as its theme The present study aims to analyze the incidence of free kicks from games of women's soccer team Selena S.N. Constanta which were disputed on the other teams ground, during the last 3 seasons.

For this purpose, we analyzed the games from the championship of the National Women's Football League in which the team from Constanta played. The games played on the own field and recorded in the last three competitive years (2018-2019, 2019-2020 and 2020-2021) were analyzed. Both the free kicks of the own team and those of their opponents were analyzed.

this type of analysis in women's football, we thought that a work like this can be not only interesting, but also very useful for the specialists in the field.

The analysis consisted in recording the following data:

- ⇒ the area of the field where the free kicks were granted (Fig.1);
- ⇒ the period of time in which they were granted (Fig.2);
- ⇒ percentage of free kicks obtained in each field area presented (Table no.1);
- ⇒ number of free kicks obtained in each half (Table no.2);
- ⇒ the number of goals scored from the free kicks granted (Table no.3).

Results and discussion

The results are shown in Fig. 1 and Fig. 2 and in Tables no.1 and no.2.

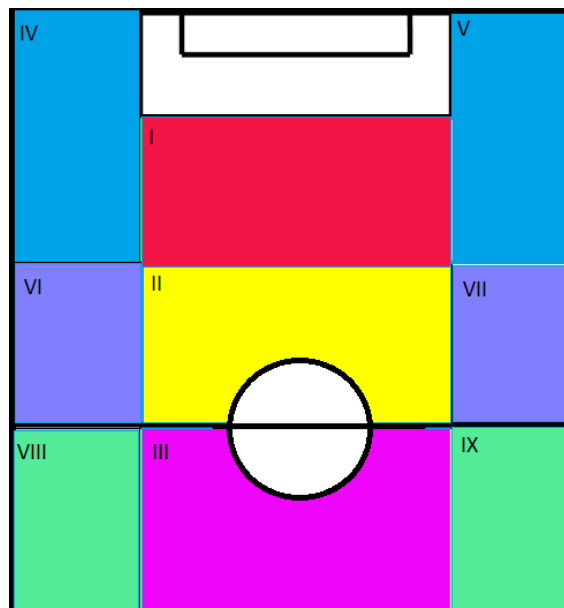


Figure no. 1 - The areas where the free kicks were granted to Selena and the adverse teams

- I. the space between the edge of the penalty box and the 25m line of the field - the first quarter of the field - the central area;
- II. the space between the 25m line and the half line of the field - the central area;
- III. the space located in the first 25 m after the half line of the field - the central area;
- IV. the space on the left side of the penalty box and between its side edge and the out line, up to the 25 m line of the field - the left side area;
- V. the space on the right side of the penalty box and between its side edge and the out line, up to the 25 m line of the field – the right side area;
- VI. the space on the left side of the penalty box and between its lateral edge, imaginary extended, and the out line, between the 25m line up to the middle of the field;
- VII. the space on the right side of the penalty box and between its lateral edge, imaginary extended, and the out line, between the 25m line up to the middle of the field;
- VIII. the space on the left side of the penalty box and between its lateral edge, imaginary extended, and the out line, another 15 m from the middle of the field;
- IX. the space on the right side of the penalty box and between its lateral edge, imaginary extended, and the out line, another 15 m from the middle of the field

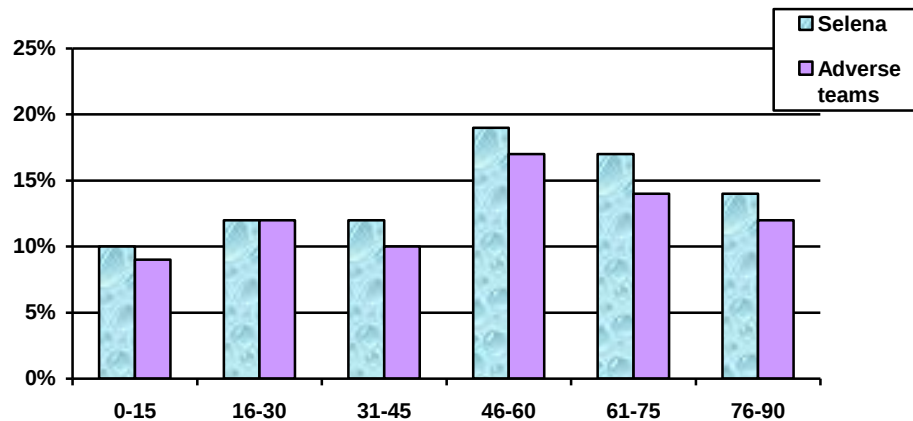


Figure no. 2 – Time periods of getting free kicks (15 minute periods)

It is found that in the Selena team most direct free kicks were granted between minutes 46 and 60 - at the beginning of the second half. And the adverse teams were granted a free kick between minutes 46 and 60.

We don't have an explication for this. Just we can suppose that, in pause, the coach had an motivational discourse that has this effect – a higher degree of combativity for the teams.

Table no. 1 - The percentage of free kicks obtained in each field area. Comparison between Selena Constanta and the adverse teams.

Field area	Selena (%)	Adverse teams (%)
I	0% (0 kicks)	2.94% (1 kick)
II	9.52% (2)	5.88% (2)
III	9.52% (2)	5.88% (2)
IV	9.52% (2)	14.70% (5)
V	9.52% (2)	14.70% (5)
VI	4.76% (1)	20.58% (7)
VII	28.57% (6)	23.52% (8)
VIII	0 % (0)	8.82% (3)
IX	28.57% (6)	2.94% (1)

Data analysis from Table no.1 shown that most free kicks were obtained by the Selena Constanta team in zones VII and IX (6 in each zone) while the fewest free kicks were obtained in zone I and VIII (zero). To the adverse teams, most free kicks were obtained in zones VI and VII (7 in zone VI and 8 in zone VII). While, the least "favored" areas was zone I and IX - with only one free kick.

Regarding the lateral areas of the penalty box (areas IV and V), the percentage of free kicks obtained is higher than in the central areas, for the adverse teams. For the Selena team, the percentage is the same for the four areas – II, III, IV and V – with 2 free kicks each. That mean that when the Selena team don't play on the own pitch, the team are most offensive, or the host teams, are more aggressive – the advantage of the own pitch.

However, the lowest percentages are recorded, for all teams, in zone I, followed by zone VIII, for the Selena team and IX for the adverse teams.

The areas with the highest percentage of free kicks obtained by the Selena team are VII and IX - the right flank of the direction of attack, in the portion between 25 m before and after the center line.

For the adverse teams, the highest percentage was in zones VI and VII - both the right and the left flank, in the direction of attack, in the first 25m in the attacking half of the pitch.

Alcock (2010), analyzed the free kicks from the Women's World Cup in 2007, found that the areas of the pitch where the most free kicks were granted are I and II. So is Link et al. (2016) whom analyzed two German Bundesliga seasons in male games. Their conclusions are in contradiction with our finds and an explication can be that our teams are not so professional like the teams in Women's World Cup.

Table no. 2 - The number of free kicks obtained in each half. Comparison between Selena Constanta and the adverse teams.

Halves	Selena		Adverse teams	
	First half	Second half	First half	Second half
Half	11	10	15	19
All game	21		34	

The Selena team obtained a total of 21 free kicks, of which 11 in the first half and 10, in the second half, while the opponents obtained a total number of 34 free kicks, of which 15 in the first half and 19 in the second.

It is noticed that in Selena team the number of the free kicks obtained in the first half is almost equal with those obtained in the second half. In the guest team, the number of free kicks granted is higher in the second half.

Table no. 3 - The number of goals scored from free kicks obtained. Comparison between Selena Constanta and the opposing teams.

Goals from free kicks	Selena	Adverse teams
All games (22)	6	8

The number of goals scored in all matches (22 in number) from the free kicks granted was 6 for the Selena team and 8 for the adverse teams. Wang (2020) analyzed the goals scored in the 2019 Women's World Cup from France (52 matches) and found that out of direct free kicks (which accounted

for 42.30% of the set-play shot) was scored a percent of 31.90 of goals.

Alcock (2010) found that in the 32 games played in the 2007 Women's World Cup, 359 free kicks were granted in the attacking half of the pitch, of which 71 were executed directly on goal and were scored 7 goals. All the goals were scored from zone I.

Conclusions

1. The most numerous free kicks were granted in zones VII and IX for the Selena Constanta team, on the right flank of attack (6 in each zone).

2. For the opposing teams, the most free kicks were granted in zones VI (7 shots) and VII (8 shots).

3. For adverse teams, most free kicks were granted in the second half (19 versus 15).

4. For Selena Constanta, the number of granted free kicks was quite equal in each half (11 versus 10).

5. The total free kicks granted are fewer for the Selena Constanta team (21 compared to 34) maybe because the matches took place on the adverse teams pitches.

6. The time interval in which the free kicks were obtained was at the beginning of the second half, for both Selena Constanta team and the adverse teams.

7. The number of goals scored from the free kicks was 6 for the Selena team and 8 for the adverse teams.

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