

Science, Movement and Health, Vol. XXI, ISSUE 2 Supplement, 2021

September 2021, 21 (2): 371 - 375

Original article

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

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Abstract

Aim: This study identified the incidence of free-kicks in women soccer games which were disputed on their own ground.

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

Results: It were recorded 55 free-kicks for the Selena team (25 in the first half and 30 in the second half) and 37 free-kicks for the adverse teams (14 in the first half and 23 in the second half). From this, 6 free-kicks were transformed in goals from Selena team, and 4 for the adverse teams.

Conclusions: From free-kicks obtained from Selena team, 10.90% were transformed in goals and on the adverse teams, transformation percentage was 10.80%.

On the Selena Constanta team, most free-kicks were obtained on the right side of the field, in the attack direction, at distances of 28 and 45 m (12 free-kicks from each).

Key words: free-kicks analysis, women soccer, games on their own ground.

Introduction

Women's football is growing in popularity, but in terms of research, the aspects are still limited and there is quite a bit of research to describe analyses performed on different types of actions in women's football matches (Valenti, M., Scelles, N., and Morrow, S., 2018; Scanlan, M., Harms, C., Cochrane Wilkie, J., Ma'ayah, F., 2020; Gidu D.V. et al, 2021). The analysis of the football game is a constant preoccupation of the specialists in the field and this analysis has become more complex and complete (James, N., 2006). 15 years ago this (the analysis of football games) was viewed with suspicion; today almost all coaches use notational analysis. Through this type of analysis can be highlighted any element of the football game, from the number of passes per player / team, to the number of goals, free kicks and the place of their execution (Melenco I., Teodor D., Gidu D.V., 1999).

The present study aims to analyze the incidence of free kicks in the games which held on the own pitch of the women's football team Selena

S.N. Constanta, during the last 3 seasons.

Because, to our knowledge, not many relevant works have been carried out in Romania that have as their theme this type of analysis in women's football, we considered that a study like this can be not only interesting, but also very useful for current and future specialists in the field.

Material and method

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.

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

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Received 24.04.2021 / Accepted 28.05. 2021

- 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.

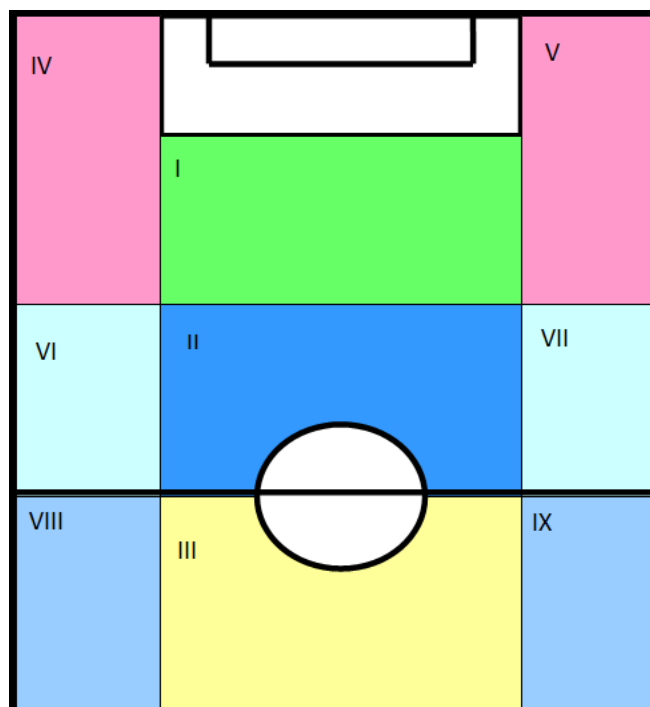


Figure no. 1 - The areas where the free kicks were granted to Selena and the adverse teams

- 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

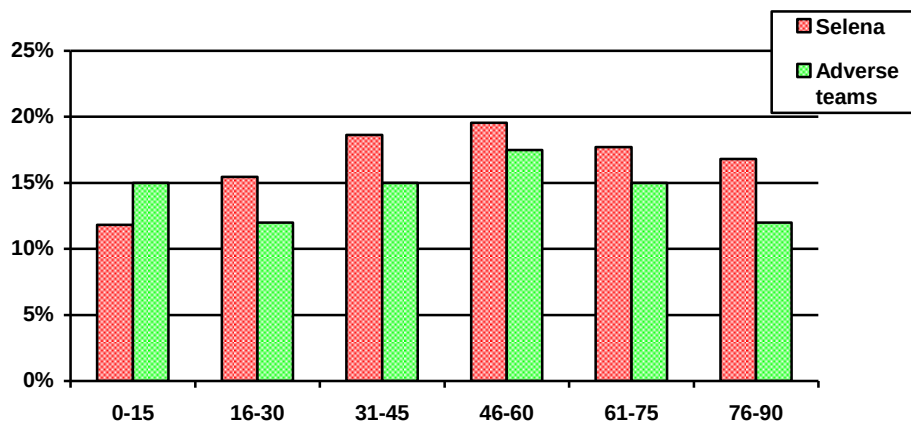


Figure no. 2 - Moments of getting free kicks (15 minute periods)

It is found that in the Selena team most direct free kicks were granted between minutes 31 and 45 and 46 and 60 - at the end of the first half and at the

beginning of the second half. On the other hand, the adverse teams were granted a free kick between minutes 46 and 60.

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	5.45% (3 kicks)	2.70% (1 kick)
II	7.27% (4)	5.40% (2)
III	7.27% (4)	5.40% (2)
IV	10.90% (6)	13.51% (5)
V	9.09 % (5)	13.51% (5)
VI	9.09 % (5)	18.91% (7)
VII	21.81% (12)	21.62% (8)
VIII	7.27% (4)	16.21% (6)
IX	21.81% (12)	2.70% (1)

Data analysis from Table no.1 shown that most free kicks were obtained by the Selena Constanta team in zones VII and IX (12 in each zone) while the fewest free kicks were obtained in zone I (only 3). 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" area was zone 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 the central areas, both for the Constanta team and for the adverse ones.

However, the lowest percentages are recorded, for all teams, in zone I, followed by zones II, III and VIII, for the Selena team and for II, III and IX for the adverse teams. We can say that areas I, II and III are the best protected areas by all teams analysed, in terms of fouls of play that lead to free kicks.

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 and found that the areas of the pitch where the most free kicks were granted are I and II. So are Link et al., (2016) whom analyzed two German Bundesliga seasons - in male games. Their conclusions are in contradiction with our findings and an explication for this fact can be that our teams can still be better trained, in comparison with 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.

Halfs	Selena		Adverse teams	
	First half	Second half	First half	Second half
Half	25	30	14	23
All game	55		37	

The Selena team obtained a total of 55 free kicks, of which 25 in the first half and the rest, 30, in the second half, while the opponents obtained a total number of 37 free kicks, of which 14 in the first half and 23 in the second.

It is noticed that for both, the host and the guest team, the number of free kicks granted is higher in the

second half. And making the connection with the fact that the highest number of free kicks is obtained in the first 15 minutes of the second half, we could conclude that, when leaving the cabins, both teams have a greater desire to create an advantage.

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	4

The number of goals scored in all matches (22 in number) from the free kicks granted was 6 for the Selena team and 4 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 free kicks were granted in zones VII and IX for the Selena Constanta team, on the right flank of attack (12 in each zone).

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

3. Both for the Selena Constanta team and for the opposing teams, most free kicks were granted in the second half (30 versus 25 for the Selena team and 23 versus 14 for the adverse teams).

4. The total free kicks granted is higher for the Selena Constanta team (55 compared to 37).

5. The time interval in which the free kicks were obtained was the end of the first half and the beginning of the second half, for the Selena

Constanta team, and the beginning of the second half for the adverse teams.

6. The number of goals scored from the free kicks was 6 for the Selena team and 4 for the adverse teams.

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