

If in 276 there was talk of Sphairomachia games in England, in France the game inherited from the conquerors of Gaul also took over some magical forms from the Gallic ancestors. Thus, through Choules, the Normans believed they were warding off the evil spirits that brought them those ruinous droughts for their apple crops. That's why the "gate" they attacked was that of a church, bombarded by the ball that the players drove with strong kicks.

There are also inscriptions and engravings that attest that even in the ancient Inca, Maya and Aztec civilizations of the two Americas, the game with the ball was known, also used for magical purposes, aiming to expel the unclean.

The European Middle Ages know the increasing violence of the game to the point of paroxysm, more in England and less in France. A famous match, left in the history of this sport, was the one between the 300 attackers and 264 defenders in Norfolk, in which numerous fatal accidents were registered. Among the players of this sport was Sir Oliver Cromwell, who later became chancellor of England.

A historical date is also that of the year 1800, when a certain William Gilbert stopped filling the ball with bran straw and sawdust, but had the idea to inflate it with air.

Then came new generations of pupils and students who adopted various game formulas, one called hurling at goal, played only in the yards of the respective colleges and boarding schools, and another dribbling game.

The cohabitation of football with rugby (within the game of hurling at goal, practiced both with the foot and the hand) was diluted in 1823, when the student William Webb Ellis of the College of the City of Rugby volunteered to catch and keep the ball in his hand and instead of passing it back he blindly threw himself forward towards the opposing butts. This crucial moment is recorded on a marble plaque fixed to the walls of Rugby College.

However, the birth date of the football game is considered to be October 26, 1863. In 1872, the first official competition (the FA Cup) takes place, as well as the first England-Scotland international meeting, a meeting held in Glasgow in the presence of 400 spectators and ended with a tie result (0-0).

Technical-tactical training is one of the most important, because it is carried out both by positions, each position having specialized technical-tactical actions that differ from forwards to midfielders, to defenders and goalkeepers, as well as collectively, from the team to team.

In the science of sports training, we come across more and more expressions like: "to improve the training system, we must develop the model of the champion", "the modeling of technical-tactical training", "the competition model", etc.

In the following we will take care of the technical-tactical training of a specialized player for the position of lateral defender (left, right) in a team from our championship, a team located in Division B - "Cimentul Fieni".

The technical-tactical training of the full-back has concerned many coaches. Therefore, the training of the full-back must be multilateral: a complete physical training, on the basis of which the acquisition of the technique and tactics specific to the position will allow the improvement of the elements, technical procedures, individual and collective tactical actions.

### *1.3. The motivation for choosing the theme*

In the current conditions, when the defenses are more and more perfected and more crowded, the marking is more and more tight, modern football involves the engagement of the defenders in the combinative game, these being the players without a direct opponent in the attack phase, with a clear vision of the entire field of the game and with multiple possibilities to trigger the attack in one or another part of the field.

The topic of this paper represents for me the possibility of making my contribution to the development of technical-tactical means, in order to prepare the player for the position of full-back.

I chose this theme because of the rapid evolution of this post from simple, exclusively defensive tasks at the beginning, to double defense-attack tasks, reaching what we call total football, with multiple implications in completion.

Due to the fact that football is played at all ages, being accessible to both men and women, being practiced outdoors in all seasons, requiring minimal material conditions, its means being accessible, being practiced in full nature where it benefits

ball specific to the game of football, namely: gaining possession of the ball, keeping the ball, passing the ball, running, jumping, changing direction, falling.

The technical procedures are concrete ways of performing the technical elements, for example: picking up the rolled ball with the inside of the foot; dispossessing the ball by attacking from the front; hitting the ball with the inside of the foot; heading the ball from the spot with one foot forward.

The specific technical actions of the full-back are:

I. Technical elements with the ball (taking possession of the ball, keeping the ball, passing the ball).

1. Possession of the ball is achieved either by taking over the ball or by dispossessing the opponent of the ball.

a) Taking over aims to change the direction, trajectory and speed of the ball, in order to use it as conveniently as possible. Catching the ball can be done with the inner part of the foot, with the outer part of the foot, with the inner part of the foot through cushioning, with the thigh through cushioning, with the chest through cushioning, with the sole from the ricochet, with the abdomen. A series of mistakes can occur during these takeovers, such as: the takeover is not executed at the indicated moment, the takeover is not done in the desired direction, the wrist (which has the most important role in execution) is too tense or too relaxed.

b) Depossession is a technical element that aims to remove the ball from the possession of the opponent. Technical dispossession procedures are classified according to the position of the player performing the dispossession, as follows: dispossession of the ball by front attack, dispossession of the ball by lateral attack, dispossession of the ball by back attack. The main mistakes that can occur are: the gaze is directed to the movements of the opponent and not to the ball, the contact with the opponent is taken before the intervention with the ball, the moment of removing the ball from the opponent's foot is not taken advantage of in time.

2. Keeping the ball by a player is achieved by protecting the ball and driving the ball.

a) Protecting the ball is the technical element by which the player keeps the ball, protecting it from the intervention of the opponent. Protecting the ball can be done on the spot or while driving.

The main mistakes are: the player protecting the ball is tempted to push the opponent, neglecting to control the ball; the arms are used to remove the opponent and not to extend the protective action.

b) Driving the ball is the indispensable technical element of the individual game, but in football we must avoid the use of driving the ball, as it is a process that slows down the game. We distinguish three methods of driving the ball: with the inside of the foot, with the outside of the foot, with the full lace. Among the frequent mistakes we mention: the player moves the ball too far away from the foot, the trunk is kept straight, rigid, instead of being slightly bent forward, the gaze is directed at the ball.

3. Passing the ball is achieved through three technical elements: kicking the ball, heading the ball and throwing from the edge.

a) Kicking the ball can be: with the inside of the foot, with the full lace, with the inside lace, with the outside lace, with the outside of the foot, with the tip of the foot, with the heel, with the knee, throwing the ball with the foot, hitting the ball through demi-vole, from the volley, by shearing. The mistakes that occur frequently are: the joint that executes the strike is not tense; the ball is not hit in the most effective area; the supporting leg is not placed in such a way as to support the weight of the body; the ball is not sent in the desired direction.

b) Heading the ball. The value of this procedure lies especially in its practical content, hitting the ball with the head can become, in relation to the requirements of the phase, a pass from a short or medium distance, a clearance to the crosses made by the opponent and especially a direct shot at the goal. Heading procedures are classified into: heading the ball from the spot, heading the ball from the run, heading the ball from jumping with one or both feet, heading the ball from the dive, hitting the ball head first, side, back.

Frequent mistakes: the extension of the trunk on the pelvis is insufficiently wide, and the flexion of the trunk on the pelvis is not done with a sudden movement, in order

## CHAPTER III

### RESEARCH ORGANIZATION

#### *3.1. The period and place of the research*

I carried out this research during the 2010-2011 Division C championship, on the field of the Unirea Sânicolaul Mare team, as well as on other stadiums in Timiș county, where it played away games. I also completed the questionnaires of the other coaches and players at the headquarters of the County Football Association and on the fields of these teams.

#### *3.2. Research subjects*

I chose as study subjects the players from the full back position of the Unirea Sânicolaul Mare team. For this reason, I have collected the necessary personal data at the beginning of the C Division championship tournament and noted them in the table below.

Name and surname	YOU	IS	GF
Year of birth	05/04/1985	14.10.1984	19.11.1987
Waist	1.70 m	1.70 m	1.72 m
Weight	72	72	73
Position in the team	Left back	Right back	Right back
No. goals scored	1	1	0

#### *3.3. Research methods used*

I analyzed this paper based on a series of research methods that have a very important role in making a real study on a team at this level of performance.

Among the methods used:

*The bibliographic study* - I studied a series of manuals and specialized books by some coaches with a sound name in the practice and theory of the football game. The bibliography of this work is listed under "Bibliography. Annexes";

The IS player, tracked in 4 matches in which he played as a starter, recorded the following:

- hitting the ball with the head: in the defensive phase in the first half – 25 shots, in the second half – 26 shots and in the attacking phase in the first half – 4 shots, in the second half – 5 shots, resulting in a total 51 shots in the defense phases and 9 shots in the attack phases;
- kicking the ball: in the defense phase in the first half - 85 shots, in the second half - 95 shots, and in the attack in the first half - 7 shots, in the second half - 7 shots, resulting in a total of 181 shots in the defense phases and 14 shots in the attack phases;
- possession possessions in the first half – 13, in the second half – 12, resulting in a total of 25 possessions;
- possessions without keeping the ball in the first half – 8, and in the second half – 8, resulting in 16 possessions;
- dispossessions for the opponent in the first half – 10, and in the second half – 7 shots, resulting in a total of 17;
- effective passes in the first half – 20, in the second half 21, resulting in a total of 41 passes.
- ineffective passes in the first half - 12, in the second half - 18, resulting in a total of 30 passes.

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Page 31 of 56

The GF player, watched in four games, recorded the following:

- hitting the ball with the head: in the defensive phase in the first half – 19 shots, in the second half – 20 shots, and in the attacking phase in the first half – 7 shots, in the second half – 6 shots, resulting in a total 39 shots in the defense phases and 13 shots in the attack phases;
- kicking the ball: in the defense phase in the first half - 58 shots, in the second half - 57 shots, and in the attack in the first half - 11 shots, in the second half - 4 shots, resulting in a total of 115 shots in the defense phases and 15 shots in the attack phases;
- possessions with the ball in the first half – 11, in the second half – 10, resulting in a total of 21 possessions;

4. To the fourth question, all those surveyed answered that the role of the full-back has grown enormously in recent times, thanks to the total football practiced by the big teams, in which the full-back has become a midfielder in the construction phase and even a winger, feeding with crosses central attackers.

Analyzing the data from the records of the athlete Albulescu Ion, it emerged that:

- the arithmetic mean of the total number of headers and kicks in the defense phase is 201.5:

$$MA = \frac{73 + 330}{2} = 201,5$$

- the arithmetic mean of the total number of headers and kicks in the attack phase is 18:

$$MA = \frac{15 + 21}{2} = 18$$

from the total of 26 dispossessions carried out in the 4 games, 39.51% were with possession of the ball, 31.35% were without possession of the ball, 29.1% were for the opponent (Chart 1);

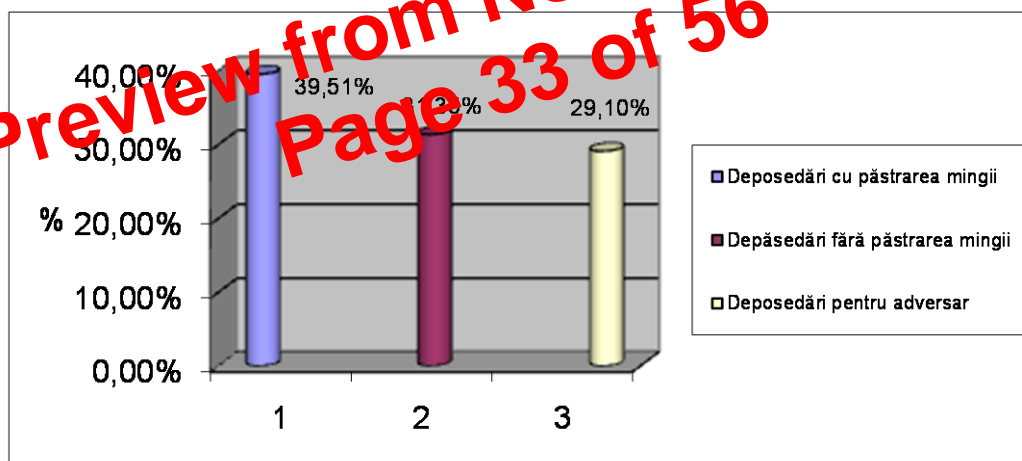


Chart 1: Dispossession ratio by AI player

- from the total of 131 effective and ineffective passes made in the 4 games, 58.7% were effective passes and 42.2% were ineffective;

From the analysis of the two arithmetic means, it appears that the share of head and foot shots is higher in the defense phase (201.5) than in the attack phase (18). This

proves that fullback Albuлесcu Ion currently has more defensive tasks than offensive ones.

As far as dispossessions are concerned, the percentage of almost 40%, representing dispossessions with possession of the ball, is almost half the efficiency of these technical actions, being 10% more than the other two types of dispossessions. This proves that the dispossession is one of the most important technical actions specific to the position of fullback.

In terms of AI's effective and ineffective passes in the 4 recorded matches, the 17% difference between effective and ineffective passes demonstrates a good overview of the game by him. Also, the percentage of 58.7% of effective passes is more than half of the percentage of efficiency of a player specialized in the position of fullback.

Analyzing the data from the registration sheets of the IS player, it turned out that:

- the arithmetic average of the total number of headers and kicks in the defense phase is 116:

$$MA = \frac{181 + 101}{2} = 116$$

- the arithmetic mean of the total number of headers and kicks in the attack phase is 11.5:

$$MA = \frac{9 + 14}{2} = 11,5$$

Of the total of 55 dispossessions carried out in the 4 games, 45.4% were with possession of the ball, 29.09% were without possession of the ball and 25.45% were for the opponent (Chart 2).

From the total of 71 passes in the 4 games, 57.74% were effective passes and 42.25% were ineffective.

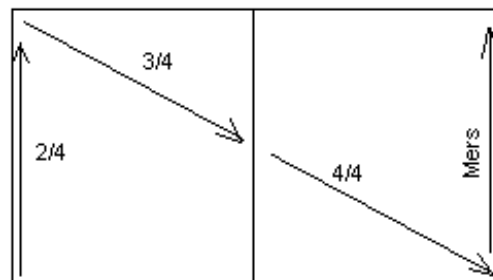
Training theme: physical training for the development of endurance and speed.  
Duration: 90 minutes.

Heating:

individual warm-up without ball;  
collective warm-up led by the coach.

Content:

- 4 series of runs - 2/4 the width of the field;
- 3/4 diagonal to the center;
- 4/4 diagonal from the center to the corner of the field
- walked to the other corner.



5 to 2 game on a limited portion;  
passes in 2 with a shot at the goal;  
driving a pass to the coach, intercepting a lateral pass to a teammate, who comes  
launched and shoots at the goal;  
two-touch game with game stopping and tactical observations;  
free play

Remarks:

The full-backs worked globally with the whole team for physical training and then perfecting their shots on goal.

Date: February 15, 2011

Venue: Unirea Sânicolaul Mare stadium

## OBSERVATION SHEET NO. 2

Training topic: strengthening individual technique in heading, kicking and takeovers  
(individualized training)

Duration: 90 minutes.

Heating:

warming up with and without the ball;  
stretching exercises and joint mobility.

Content:

- heading the ball from the spot from a pass from a teammate;
- hitting the ball with the head from a slight left-right movement.
- heading the ball from crosses made by the wingers from the corner of the field.