

Alternativa metodológica para mejorar la preparación técnico-táctica del tiro a portería en los futbolistas de la categoría sub 17 del ClubSport

Emelec

Methodological alternative to improve the technical-tactical preparation of the goal shot in football players of the sub 17 category of ClubSport

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RESUMEN

En la actualidad el mejoramiento del tiro a gol es una problemática que preocupa y es objeto de análisis de especialistas y entrenadores de las diferentes categorías. Es por ello que el presente trabajo tiene como objetivo elaborar una alternativa metodológica para mejorar la preparación técnico-táctica del tiro a portería en los futbolistas de la categoría sub 17 del Club Sport Emelec. Para determinar las principales insuficiencias que permitieron elaborar la alternativa metodológica propuesta se emplearon métodos y técnicas de investigación de los diferentes niveles.

Palabras clave: Palabras clave: Alternativa metodológica; Acciones técnico-tácticas; Tiro a portería; Futbolistas; Categoría sub 17

ABSTRACT

Nowadays, the improvement of the goal shot is a problem that worries and is object of analysis of specialists and coaches of the different categories. That is why this work aims to develop a methodological alternative to improve the technical-

tactical preparation of goal shot in soccer players of the sub 17 category of Club Sport Emelec. To determine the main insufficiencies that allowed the elaboration of the proposed methodological alternative, research methods and techniques from the different levels were used.

Key words: Methodological alternative; Technical-tactics actions; Goal shooting; Football; Sub 17 category

INTRODUCTION

Nowadays, football is one of the most exciting phenomena of recent years as a mass spectacle, a sport that has been attracting the attention of millions of people in the world, whether as an athlete or as a mere spectator. As a sport of great multitudes, it has a high responsibility to satisfy the demands of that exigent public that claims for its high virtuosity, elegance that is essentially the reason for being of any sporting spectacle, to be able to withstand loads at such an intense pace and with a volume considerably large, it requires above all the high dose of will, perseverance and creative sense that allows the athlete to resolve any situation, however difficult it may be during the sport fight.

From the point of view of the game, football advances rapidly, the game evolves on the court, issues related to the game and competitions. In the current context, changes in human factors and structures that lead to optimal performance have also been appreciated.

In the way in which football investigations has increased, the training processes have been modified. At present, authors such as Garganta (1996), Sans A, (2009), Castaño (2010), Ibarra (2010) and López (2013) suggest that the nature of football is mainly technical - tactical, a statement that has led to varying mainly the contents of training, the planning and dosing of workloads.

In modern football, tactics and technique must be in complete harmony. Only those tactics that, first of all, the technical wisdom of the players can be correct. So it will be wrong, for example when there is a struggle of the game by air or bowling, or without reception if our players are not able to direct the balls with precision, even the fastest will not be rational to order the technique that the players possess the ball rolling but have an adequate technique and an optimal selection of the hitting

surface when defining a game situation in shooting position in front of the goal, as well as achieving that an offensive action has good results (Ray, L. 2011) .

Football has proven to be an inescapable phenomenon in which everything turns around a ball and the attraction it causes on a large number of spectators, due to the dynamics, variability and complexity to reach the peak of the game, the desired goal.

At present, the improvement of the goal shot is a problem that worries and is object of analysis of specialists and coaches in different categories. In offensive work, as established by the regulations, the search to score more goals than the rival is the priority. The goal is essential to obtain the victory, that is why more attention is paid to the search of methods and strategies to break the defensive systems imposed by the rivals.

The development and the realization of the offensive game of a football team, depend fundamentally on the collective actions generated. Talking about a collective attack is understood when more than two players participate in it, calling a set game. In the collective attack the individual actions of the players must be subordinated to the general tactical combination, cause the elementary principle of the collective attack is the effort to achieve a numerical superiority over the adversary and achieve advantageous situations in order to score a goal (Ray, 2011).

There are many authors who have written about the technique and tactics in football, specifically about goal shots, it has been suggested that an effective goal shot is the coronation of the offensive actions, the success of the shot is responsible for player who has the task of finishing the offensive action. When it is observed that players do not score a goal in spite of being in favorable situations for the goal shot, it is known that the success of a good definition in the goal shot depends on factors such as the level of technical-tactical skill, physical and psychic preparation.

Each player has to assimilate different forms of shooting from distant positions, the decision for a given shot: low, high, medium-height, with a parabola, direct, or with

the ball stopped using one or the other part of the foot, depends on the technical skills of the shooter.

It is also proposed that an effective goal shot is the culmination of an offensive actions series, and has the success of this action the player who finishes it, observing that the player cannot score in spite of being in a favorable position limits the team in possibilities and motivation. And individually the level of technical-tactical skills, their physical and psychic preparation.

Mentioning this topic in terms of technical-tactical actions, (Andux, 2004) in his work aimed at the treatment of tactical preparation, as a determining direction of training in sports games, highlights that, until this moment, in the different t levels of high performance, technical preparation occupies a privileged place in training, its methodological procedure is oriented to the formation of motor habit in each athlete.

The offensive technical-tactical actions of football are those in which a player provides solutions to situations of the game at a given time, they are so changing that they are presented from one moment to another, they represent this game allowing to develop the attack process after the recovery of the ball, where technical elements prevail in an effective way that go hand in hand with tactical actions.

On the other hand, Griego (2009) called technical – tactical performance to the football player's way of acting in solving the changing situations that arise in the game using an effective, effective and efficient execution of the technical elements. According to Martínez (2003), the slow and inappropriate development of technical-tactical performance, which he calls tactical behavior, is because players must spend a lot of time practicing, that is, accumulating experience, to discover the tactical rules that allow them to solve properly the corresponding game situations, in addition, because the coach does not explicitly present them as learning content. In the training categories and up to sub 17, there is no methodological treatment on this important football issue.

In spite of the technical level reached by Ecuadorian football, which is evidenced by the presence of several players in different internationally recognized leagues, it is not yet possible to massify this technical quality in the players of national clubs.

These elements are not manifested in the same way in the player's actions, it differs greatly in the solutions that are provided in the game and due to the choice they present in the execution of the technical gesture used, in consequence, difficulties arise in collective.

The previously mentioned evidences the need to carry out an investigative study related to the technical-tactical preparation of the goal shot, with the aim of improving these elements in players of the sub 17 category of the Sport Club Emelec, and therefore the competitive results of the team.

For the proposal elaboration, criteria of various authors related to the subject under study were taken into account, among which stand out in terms of sports training: Naglak, (1978); Bompa, (1983); Ozolin, (1983); Matveev, (1985); Forteza, (1988); Harre, (1988); Platonov, (1988); Zatsiorki, (1989); Verjoshansky, (1990); Grosser and Neumaier, (1998) and Collazo (2007). Regarding the technique and tactics of goal-shooting: Csanadi, (1980); Mahlo, (1985); Alonso, (1995); Aragon, (1997); Martín, (1997); Weineck, (2004); Serrano, (2012); Pensado and Quincose (2014).

MATERIALS AND METHODS

To carry out the research, research methods of the theoretical, empirical and mathematical mathematical level were used, among which the analytical-synthetic, inductive-deductive, systemic-structural-functional, documentary analysis, scientific observation, survey, measurement, criteria of specialists and the experiment which allowed to determine the current situation of the problem under study and the components of the methodological alternative to improve goal-kicking in football players of the sub 17 category of Sport Club Emelec. Data processing was performed with the SSPS statistical program to determine the level of statistical significance of the changes before and after the methodological alternative was applied.

Methodological alternative to improve the technical-tactical preparation of the goal-kick in football players of the sub 17 category of Sport Club Emelec

In this research is assumed the definition of Daudinot (2003) because it fully satisfies the author's expectations to implement the proposed methodological alternative, as part of the diagnosis and expresses diversity in the resources that can be used in order to transform a concrete formative reality.

Rodríguez and Arteaga (2005) specify the following as characteristic budgets of the methodological alternatives:

- They have a transformative character, by allowing the appropriation process in a different and superior way, it constitutes a new option based on the existing theory, hence its importance in educational research.
- They are a way to guide to develop activities of the educational practice, due to the constant emergence of situations that need to guide the teacher methodologically for the organization of certain educational activities and requires an incentive, flexible, dynamic way, primarily aimed at improving the practice.

In the particular case of the methodological alternative to improve the technical-tactical preparation of the goal-kick in football players of the sub 17 category of the Sport Club Emelec, the following aspects, proposed by Castellano (2005), are assumed for working with alternatives:

- The use of alternatives requires flexibility in the selection of its components, which requires prior familiarization, diversity of tasks, situations, requirements and solutions.
- No alternative is, in itself, more efficient than another, the efficiency lies in an appropriate conjunction between:
 - a) The students' characteristics (for example, their previous knowledge and experience, their learning styles and motivations, their expectations as a learner and their willingness to learn).
 - b) The nature of the content to learn.
 - c) The particularities and demands of the task in question.
 - d) The characteristics of the learning and teaching situation.

The methodological alternative to improve the technical-tactical preparation of goal-kicking in football players of the sub 17 category of Sport Club Emelec consists of 4 stages: diagnostic, planning, instrumentation and evaluation. Next, we

proceed to the detailed explanation of each of the stages, phases and actions of the alternative.

Stage 1. Diagnosis

This stage is conceived as the process of obtaining, analyzing, synthesizing and evaluating of the necessary data to characterize the current state and obtaining information to project the transformation of the real situation towards the desired one, in relation to the preparation and performance of the teachers and at the level of technical-tactical preparation of the goal shot in football players from the sub 17 category of Sport Club Emelec. At this stage the following phases must be taken into account:

Phase 1. Preparation and coordination of the diagnosis.

The actions to be develop in this phase are:

- To define the objectives of the diagnosis.
- To determine the dimensions and indicators to evaluate the preparation and teachers' performance.
- To define the dimensions and indicators to evaluate the level of technical-tactical preparation of the goal shot in football players of category sub 17.
- To elaborate and / or adapt the instruments for the collection of information.
- To prepare the subjects that will participate in the process of applying the instruments and establish their responsibilities.
- To coordinate with the different structures of the Sport Club Emelec.

Phase 2. Diagnosis of the current state of teachers' preparation and performance.

The actions that make up this phase are:

- To apply the developed instruments and / or adapted to know the level of preparation and performance of teachers.
- To collect, process and interpret information related to the level of preparation and performance of teachers. Through mathematical - statistical methods and techniques, triangulation and analysis - synthesis.
- To characterize the current state of teacher preparation and performance.

Phase 3. Diagnosis of the current state of the level of technical-tactical preparation of the goal shot in football players of the sub 17 category.

The actions to be fulfilled in this phase are:

- To apply the instruments developed and / or adapted to know the level of technical-tactical preparation of the goal shot in football players.
- To collect, process and interpret the information related to the level of technical-tactical preparation of the goal shot in football players. Through mathematical - statistical methods and techniques, triangulation and analysis - synthesis.
- To characterize the current state of the level of technical-tactical preparation of the goal shot in football players of the sub 17 category.

Stage 2. Planning

At this stage the objectives of the alternative are determined, the activities for the preparation of the teachers are planned, the exercises to improve the technical-tactical preparation of the goal shot in the players of the sub 17 category of the Sport Club Emelec are designed and the methodological orientations for their instrumentation are elaborated. It has four phases:

Phase 1. Determination of the general objective and specific objectives

General objective: To improve the technical-tactical preparation of the goal shot in football players of the sub 17 category of the Sport Club Emelec.

The specific objectives are:

1. To raise awareness among teachers and football players with the need to improve the technical-tactical preparation of the goal shot.
2. To motivate and prepare teachers and football players to take on the challenges of a new methodological conception to improve the technical-tactical preparation of the goal shot.
3. To design the exercises system for the technical-tactical preparation of the goal shot that will be used during training.
4. To apply the exercise system designed in the planned period.
5. To control and evaluate the effectiveness of the implementation of the exercise system to improve the technical-tactical preparation of the goal shot.

Phase 2. Planning activities for teacher preparation

The actions of this phase are:

1. To elaborate individual and collective training plans.
2. To plan and organize the collective actions to be developed.
3. To determine the specialists who will participate as facilitators while teaching of topics.
4. To collect the bibliographic material and coordinate for its access.
5. To define the centers that will serve as headquarters to develop the training actions and coordinate for their use, in the same way as the means required to carry out the collective actions.

Phase 3. Design of the exercises to improve the technical-tactical preparation of the goal shot in football players of the sub 17 category of the Sport Club Emelec

Objectives of the designed exercises: to improve the technical-tactical preparation of the goal shot in the football players of the sub 17 category of the Sport Club Emelec.

Exercises to improve the technical-tactical preparation of goal-kicking in football players of the sub 17 category

Exercise 1.

Materials: balls, goals and whistle

Description: place the players in a row. Perform goal shot, at different distances, with the inside of the foot towards the angles with static ball and without goalkeeper, alternating the direction of the shot as directed by the teacher, with a minimum response time.

Dosage: perform between 5 and 7 repetitions.

Exercise 2.

Materials: balls, goals and whistle

Description: place the players in a row. Take a goal shot, at different distances, with the total instep towards the angles with a bounce ball and without a goalkeeper, alternating the direction of the shot as the teacher's indications, with a minimum response time.

Dosage: perform between 5 and 7 repetitions.

Exercise 3.

Materials: balls, goals and whistle

Description: place the players in a row behind the penalty spot. Perform goal shot from the penalty spot with the different surfaces and with both legs, as teacher's indications, with only two impulse steps. The teacher will mark on the post different heights to which the ball must pass. It can be done by varying the distance of the impulse race.

Dosage: perform between 5 and 7 repetitions.

Phase 3. Development of methodological guidelines for the application of the exercises

To achieve the best results, it is essential that the teacher seeks and knows adequate means to present his ideas in the three levels of learning. Perhaps the most important way to receive cooperation between players is the use of **audiovisual methods**. The exercises are explained simultaneously with **demonstrations** and it is very important to choose the correct word in the **explanation**.

ESTRATEGIES	OBJECTIVES	ACTIVITIES	RESPONSABLES	PRODUCT
MOTIVATE	To motivate the staff of coaches and football players of Sport Club Emelec	Raise awareness of the authority and coaches of the Club about the importance of technical-tactical preparation in football players	Investigator	Teaching staff of the Sport Club Emelec
PROMOTE	To promote the alternative to improve the technical-tactical preparation in soccer players of the sub 17 category of the Sport Club Emelec	Through dialogues, videos and triptychs.	Investigator and trainer	Knowledge of the coaches' staff of the Club. Methodological alternative
PLANIFY	To organize work agendas with the trainers of Sport Club Emelec	Through circulars and trades.	Investigator and trainer	Organized work team
TRAIN	To update on topics about technical-tactical preparation, exercises and methodology for its development	Workshops Conferences. Videos. Dialogues	Investigator and trainer	Trained staff

SELECT	To select professionals with knowledge about technical-tactical preparation, exercises and methodology for their development	To prioritize topics about the proposal.	Authority and researcher	Selected staff
SPECIFY	To delegate functions to the staff of coaches and professionals who will share the issues related to the proposal.	Coordination with authorities and experts for planning, organization and execution of the proposal.	Researcher, authority, professional	Organized staff
EVALUATE	To review the planned exercises and activities	To optimize the planned with guidelines such as: What, How, When and What to do.	Authority, researcher, professional.	Effective knowledge of the organization and decision
SOCIALIZE	To inform the Club community about the exercises and activities to be carried out.	Socialization through triptychs and motivational dialogues	Authority, researcher, professional.	Socialized Proposal
EXECUTE	To share the exercises and activities of the proposal	Club staff assistance to the event.	Authority, researcher, professional.	Proposed implementation.

Table 1. Operational model for the application of the methodological alternative

CONCLUSIONS

The systematization of the main theoretical and methodological references on the technical-tactical preparation in football joined to the results of the diagnosis made allowed the elaboration of the methodological alternative with the appropriate exercises and methods to improve the technical-tactical preparation of the goal shot in footballers of the sub 17 category of the Sport Club Emelec. The results of the methods and techniques used after the application of the proposed methodological alternative allowed statistically corroborating its functionality and feasibility.

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