

Tactical technical training and physical performance of the Spric Eagles women's team, under 16 category

Entrenamiento técnico-táctico y rendimiento físico del equipo femenino sub 16 Águilas Spric

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ABSTRACT

The present research aims to develop a training system that helps improve technical and tactical preparation, based on training with exercises that increase physical performance in the female team under 16 Spric Eagles. For this, a theoretical-practical study was carried out, which revealed inadequacies in the study of both preparations necessary to achieve favorable results in sports performance. In this direction, technical procedures and scientific methods were used, such as induction-deduction, analysis-synthesis, systemic-structural-functional, observation, pedagogical tests, survey and interview.

Keywords: Technique; Tactics; Sports performance; Physical performance; Female soccer

RESUMEN

La presente investigación tiene como objetivo elaborar un sistema de entrenamiento que contribuya perfeccionar la preparación técnico y táctica, a partir de entrenamientos dotados de ejercicios que eleven el rendimiento físico en el equipo femenino sub 16 Águilas Spric. Para ello se realizó una profundización teórico-práctica que arrojó insuficiencias en el estudio de ambas preparaciones necesarias para alcanzar resultados favorables en el rendimiento deportivo. En esta dirección, se utilizaron procedimientos técnicos y métodos científicos, como inducción-deducción, análisis-síntesis, sistémico-estructural-funcional, la observación, las pruebas pedagógicas, la encuesta y la entrevista.

Palabras clave: Técnica; Táctica; Rendimiento deportivo, Rendimiento físico; Fútbol femenino

INTRODUCTION

In recent years, women's soccer has been achieving outstanding results in international sports scenarios, especially in the Latin American area, its objectivity reaches the need to prioritize and treat the different functional work directions for their preparation. As well as dissimilar experts, they have been presenting significant advances in the field of sports training of this specialty, determining in its components, what should be the aspects to take into account for their sports performance. In this sense, individual and group technical-tactical actions are developed with the aim of scoring as many goals as possible and avoiding scoring in one's own goal. This implies a previous preparation that guarantees the defensive invulnerability of the team.

Recent studies show that the Technical Studies Group of the International Federation of Associated Football (FIFA) reveal, in the Technical Reports of the World Championships of: South Africa 2010, London 2012, Qatar and United Arab Emirates 2013, Brazil 2014, and Russia 2018 that the tactical behavior manifested by the soccer players has diversified in mobility and functions; There is a need for the development in them of a baggage of options and repertoire of action, increased from the lower categories as a support to start a work of greater improvement.

In this direction, dissimilar authors have ventured into research on soccer tactics. Internationally prominent researchers such as López (2004) refer to training tasks and Ortega (2009) addresses tactical thinking to quickly and effectively respond and solve game situations.

An approach to the aforementioned problem from the didactics of football reveals the development of research aimed at finding solutions to the multiple problems that affect the process of technical and tactical preparation of football by working on physical preparation in search of achieving satisfactory physical performance. Several authors among which stand out (Terry, 2008; Charchabal and Rodríguez, 2011; Delaz, 2015; Noa, (2011); Ray, 2017; Stable, 2016; Hechavarría, 2018) have

proposed systems, alternatives, strategies, methodologies and models the treatment of this issue, the control of the game potential, collective tactics, the development of the socio-psychological climate for the development of football.

The theoretical study carried out showed limitations in both directions and their contributions to sports performance, this allows us to affirm that the subject of tactics and technique in general and in particular is still limited, which revealed the existence of theoretical deficiencies linked to this process.

The empirical and theoretical limitations mentioned above, allow to delimit theoretical-methodological insufficiencies in the process of tactical and technical preparation in soccer players of the sub-16 category that limit their physical performance in competitive sports scenarios that constitute the starting point for this research.

The proposal is based on the principles proposed by Addine, González and Recarey (2002), as well as on the dialectical-humanist approach of the open, flexible and multidimensional pedagogical process.

From the particular didactics for the tactical and technical preparation of soccer, the proposal assumes the integrated training teaching models of López (2004) and the constructivist models of Stable (2016).

It is considered necessary to establish theoretical premises, which are the product of profound logical evaluations and conclusions in the dialectical relationship of theory with practice, which reveal new theoretical and practical regularities for the development of tactical and technical preparation in order to seek alternatives for improve physical performance in female soccer players, consequently, the following are declared:

1. Motivation and prior preparation of footballers with the activity to be developed.
2. Motivation for change and methodological preparation of the coaches.
3. The development of tactical and technical preparation from a systemic and integrating conception of the different components that intervene in the preparation of soccer players that allow them to improve their physical performance.
4. The determination of specific training tasks and their involvement.

5. His integrative and contextualized systemic conception of the treatment of tactics and technique.

It is pertinent to highlight the consideration of the proposed system as a recurring term both in theory and in practice and that leads to it having multiple definitions and interpretations, both from educational and scientific activity.

Authors such as de Armas (2003) and Valle (2007) agree that a methodology generally consists of a systemic sequence of stages, each of which includes actions or procedures that are dependent on each other, and that allow the achievement of certain objectives.

Based on the elements offered by the aforementioned authors and the regularities found in their proposals, it can be argued that a methodology for tactical-defensive preparation in soccer players in the school category can be understood as a systemic and integrated succession of stages, composed of procedures and actions related to each other, which serve as a methodological tool for the soccer coach to scientifically direct the tactical and technical preparation of soccer players in the youth category.

The above statements gave rise to the present investigation to contribute to perfecting the technical and tactical preparation of the Spric Eagles under 16 women's team from training with exercises that increase their physical performance.

METHODS

The design assumed by the author during the research process was the experimental with minimal control or pre-experiment. An experimental group was formed, to which a pre-test and post-test with the methodology was applied.

In a first stage, a systematization was carried out in which the necessary theoretical foundations of the tactical and technical preparation process were analyzed with an emphasis on physical performance to determine regularities and irregularities in this process that would contribute to the development of the proposal.

Documents such as the Sports Program, methodological documents, guidelines, training plans, among others, were analyzed to learn about the normative aspects

of the tactical and technical preparation process in soccer with an emphasis on the female branch.

A survey was applied to soccer coaches and methodologists, to collect information on the treatment given to the tactical and technical preparation process and its link with physical performance.

Individual interviews were conducted with soccer players to learn about the treatment they receive in tactical and technical preparation and its link with physical performance.

Training sessions of the Spric Eagles sub 16 women's team were observed to determine the athletes' preparation and its relationship with other components of the preparation.

A critical opinion and collective construction workshop were held to present the results, as well as to corroborate and improve the contribution of the research. A pedagogical test was carried out to corroborate the tactical and technical development of the soccer players before applying the proposed system.

Then, from the triangulation of the data obtained in the different instruments, coincidences and contradictions were determined in the information that allowed modeling the phenomenon under study as well as establishing the links between the theoretical foundations and the proposed system to achieve physical performance having into account components of preparation such as technique and tactics from a systemic approach that enables tactical and technical preparation in female players in the under 16 category.

RESULTS

The purpose of the proposed system is to transform and improve the tactical and technical preparation process, from the essential relationships that sustain it, in accordance with the competitive demands and the requirements imposed by a preparation in order to improve physical performance.

In correspondence with the aforementioned elements, it is considered that, for the preparation of these components, from the theoretical and practical point of view, it can lead to an adequate diagnosis, planning and organization, implementation, evaluation and control of the aforementioned process which, as stated Expressed

from the factual diagnosis is carried out, currently, with limitations in the school category.

Structure of the proposal

The System has as a general objective: to improve technical and tactical preparation, from training with exercises that increase physical performance in the female team under 16 Spric Eagles. This gives the measure of consolidating in practice the need to raise the demands of the ways in which they train and their conditions, in short, to seek that footballers arrive in better shape to the competition.

The theoretical or cognitive apparatus: it is made up of the concepts and categories that define the essential aspects of the defensive tactical preparation process, as well as the principles that regulate the instrumental apparatus.

Legal body: The design of the methodology is built through different epistemological procedures, determined with the use of the functional structural systemic method, and the use of didactic principles and sports training.

The instrumental apparatus: is composed of the stages, procedures, actions and methodological guidelines, structured with a logic and coherence that make it possible to transform this preparation.

Diagnosis: The objective of the diagnosis is determined. The macrocycle is analyzed. And the diagnosis is developed.

Planification and organization: The exercise system for physical performance is developed. The didactic components are determined. Training tasks are structured.

System implementation: The training tasks are carried out and the proposed methodology is socialized.

Evaluation and control: the type of evaluation to be applied is determined.

DISCUSSION

This research provides a training system that contributes to perfect technical and tactical preparation, based on training with exercises that increase physical performance in the sub 16 Spric Eagles women's team, which has not been addressed in the investigations that have been consulted and that constitute theoretical references for the proposal.

The authors (Terry, 2008; Charchabal and Rodríguez, 2011; Delaz, 2015; Noa, (2011); Ray, 2017; Stable, 2016; Hechavarría, 2018) have made relevant contributions to the treatment of the subject under study, without However, in their works, although they allude in one way or another to the development of tactics, they do not delve into how to strive in both directions to achieve these sporting lumbrales.

Researchers such as López (2004) and Ortega (2009) provide valuable points of view that, when integrated, allowed to give an outlet from training to technical-tactical thinking and put it in function of the different game situations that players face during a match.

The criteria assumed by Addine, González and Recarey (2002) made it possible to determine the relationship between theory and practice, the unity between activity, communication and personality as the basis of training and its development in the activity, thus as, the principles of interrelation between the technical-tactical components and the physical performance, essential elements for the correct functioning of the proposal, elements that serve as the pedagogical support of the proposal.

On the other hand, de Armas (2003) and Valle (2007) assertively define the term methodology, which conforms to this research since it contains the necessary components for the correct elaboration, structuring and subsequent application of the proposal.

To conclude this article, it should be noted that the diagnostic study carried out showed that there are limitations in technical and tactical preparation that allow perfecting actions to improve the physical performance of soccer players of the under 16 women's team Spric Eagles.

The assumed philosophical, sociological, psychological, pedagogical and didactic-methodological references, provided the essential theoretical assumptions to support the methodology based on the criteria given by de Armas (2003) and Valle (2007) for design, since it provides the methods and procedures to achieve the proposed objective.

The System for perfecting technical and tactical preparation, from training with

exercises that increase physical performance in the female team under 16 Spric Eagles, it led to a better preparation by combining the theoretical-methodological updating of the coaches and an adequate performance in sports scenarios.

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