

Exercises to improve the defensive tactics of the goalkeepers of Soccer of first category

Ejercicios para mejorar la táctica defensiva de los porteros de Fútbol de primera categoría

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ABSTRACT

The work is related to exercises for the defensive tactics of the first category team soccer goalkeepers. The objective of the investigation is to develop a system of exercises to enhance the defensive tactic of the location of the first category soccer goalkeepers of the Guantánamo province. Research methods and techniques were used such as analysis-synthesis, systemic-structural-functional, observation, documentary analysis, pre-experiment, survey, arithmetic mean and percentage calculation. The proposal made it possible to corroborate its effectiveness in the defensive tactic of the goalkeeper location by raising knowledge and demonstrating its feasibility, as well as reaching conclusions.

Keywords: Exercises; Tactics defensive; Goalkeepers; Soccer

RESUMEN

El trabajo se relaciona con ejercicios para la táctica defensiva de los porteros de fútbol de equipo primera categoría. La investigación tiene como objetivo elaborar un sistema de ejercicios para potenciar la táctica defensiva de la ubicación de los porteros de fútbol primera categoría de la provincia Guantánamo. Se utilizaron métodos y técnicas de investigación como el análisis-síntesis, sistémico-estructural-funcional; observación, análisis documental, pre-experimento, la encuesta, media aritmética y el cálculo porcentual.

Palabras clave: Ejercicios; Táctica defensiva; Porteros; Fútbol

Palabras clave: Preparación teórica; Acciones ofensivas; Futbolistas; Estudio experimental

INTRODUCTION

Modern football, compared to previous years, has undoubtedly undergone an evolution, especially in the exaltation of the collective game in comparison with the individual game. The Cuban footballer and especially the goalkeeper has a suitable type of somato, such as speed, strength and adequate physical preparation, although he leaves much to be desired in the defensive tactical aspect, which is very far from the reality of world football.

Porting plays an important role within the team, since his actions and what to do on the field depend to a large extent on the desired result, avoiding goals from shots on goal from different angles; Correctly using defensive technical-tactical elements which will be necessary for an efficient solution in game situations and obtaining the definitive achievement of victory.

The need to raise the competitive level of the team's goalkeepers, mainly in the defensive tactical order, is a primary task of managers, coaches and therefore of the collective in general.

The goal of the goalkeeper is defensive in the course of the game, as it is to prevent the ball from entering the goal he defends. Another important aspect is the location, since his most backward situation in the collective game requires being the last player to beat; in addition to being able to use their hands or feet within their area without reason for expulsion or interruption of the game.

Such a specific position is easily recognized by his wardrobe from other teammates, opponents and refereeing team. His defensive power is undeniable in any game system when initiating collective and individual tactical-strategic action; Hence, it must be recognized that this footballer conscientiously weighs his placement, his position in the game and his tactical responses are appropriate to each of the various gestures in the competition.

Due to his backward position on the field, the goalkeeper is considered more defensive than offensive, both at a tactical and strategic level. For his part, Luiggi (2001) states that: "It is omitted to indicate the game system (4-4-2; 4-3-2, 3-4-3)

despite generally having the number one in his dorsal clothing, differentiator of the game components". (p.15)

The goalkeeper, during the game, must adapt to the body contact surfaces with the zonal surfaces of the mobile ball, over a zone established by the game rules. Thus, the current goalkeeper has become more of an outfield player and is allowed to use his entire body scheme in his own penalty area, as long as the ball has been played by an opponent or by the headmate himself. , chest, thigh or uncontrolled with the foot.

According to Conde, (2008) states that: "This one needs training with technical, tactical, physical and psychological characteristics different from the rest of the players" (p.13).

Another study that has contributed to correct the preparation of goalkeepers was the one developed by Camejo (2009) related to offensive technical-tactical exercises for soccer goalkeepers. (p.63)

Thus, Leguén (2012) directs his attention to improving the technique of the stretched rasa in soccer goalkeepers of the youth category in the Niceto Pérez municipality, for which he proposes a system of exercises. (p.27) In this same sense, Bony (2015) proposes technical-tactical exercises for working with the goalkeepers of the first category. (p.31)

Another researcher in this regard is Portuondo (2012), in his thesis as a specialist in soccer, where he proposes a system of exercises to improve batibility in youth goalkeepers. (p.53)

One of the most current references is that investigated by Torres, (2015), addresses the defensive tactical preparation in footballers category 14-15 years of the EIDE "Rafael Freyre" for which he proposes a didactic strategy. (p.63)

METHODS

To carry out this research, the 4 goalkeepers that make up the first category soccer team, Guantánamo province, were taken as the population for 100% of the existing universe. The sample was chosen intentionally.

It was used as methods of the theoretical level, the historical-logical for the evaluation of the development of the historical antecedents of the tactical evolution

of the soccer goalkeeper; analysis-synthesis to analyze and synthesize the information obtained from the consulted literature, the normative documents, the data obtained from the application of empirical methods and discover relationships and the logic to follow in obtaining knowledge; in addition, the systemic-structural-functional approach to establish connection and hierarchical relationships between the exercises that are proposed. On the other hand, methods of the empirical level such as documentary analysis for the study of the contents of documents especially related to the sporting activity of soccer goalkeepers; the observation in order to detect deficiencies and determine the effectiveness of this during the tactical activity of the goalkeepers.

RESULTS

Defensive tactical exercises for the location of the first category soccer goalkeepers, Guantanamo province. In this part, a system of defensive tactical exercises is determined to improve the location in the first category soccer goalkeepers, Guantánamo province, in addition, the order and hierarchical form of implementation is determined, its variants that allow the proper development of the same.

The goalkeeper has to act in most cases unexpectedly, in the shortest possible time: he has to run outside the goal, crouch, get up or jump. In order for the goalkeeper to start the clearance movement of the ball as quickly as possible, he has to occupy a reasonable preparatory position; hence the six exercises that are proposed with its methodology.

Its general objective is aimed at creating the optimal conditions to ensure an adequate development of the location, emphasizing movement and placement.

In the work, a total of six exercises will be exposed, in general, these exercises will count as structure: name, objective, development and variants. The duration of these exercises will be at least 15 minutes each. Alternative means may be used such as: videos or other audiovisuals that reflect the performance of the goalkeeper in training sessions, international competitions, among others. In addition, the coach must take into account the age of the goalkeeper, the level of preparation, the area where the exercises will take place, methods according to the

level of execution of the exercises, as well as other means that can guarantee the activity.

Exercise 1

Name: Preparatory position.

Objective: To carry out the basic preparatory position to intercept the possible balls thrown by the opponents.

Procedure: The goalkeeper must stand in an open foot position one forty centimeters wide. He should bend his knees moderately and push them forward so that the weight of his body is on his heels. He consequently lean the torso forward from the hip, swinging the heather laterally and bent at the elbows. The elbows should be bent so that the forearm is almost horizontal at the hips. His palms face down. The gaze is directed forward, towards the ball. Variants:

1-This exercise can be performed from different angles or parts of the goalkeeper's area, forward, backward, right, left and with movements towards the aforementioned parts.

2-You can also direct or launch balls to different parts of the area as indicated in the previous variant in order for the goalkeeper to move while maintaining the posture.

3-The goalkeeper from different positions, sitting, back, side, at the voice of the coach will go to find the ball that will be located anywhere in the goalkeeper's area.

Exercise 2

Name: Open angles.

Objective: Make the location through the preparatory posture to avoid the goals where the opponent is more effective.

Development: The goalkeeper is located in the center of the goal, the pitcher from outside the 16.50m area, takes the shot looking for the goal to the right and left side of the goalkeeper, he must avoid it with lateral movements. Variants:

1-You can start with low balls, then at medium height and then high balls from the same position.

2- Throwing low balls, at medium height and high from different positions, sitting, standing on the back.

3-Locate several pitchers, take the shots quickly from different angles.

Exercise 3

Name: Closed angles.

Objective: Perform the placement through the preparatory stance to reduce open angles and avoid goals where the opponent is less effective.

Procedure: The goalkeeper is located in the center of the goal and makes a frontal movement in the direction of the ball towards the pitcher from outside the 16.50m area, takes the shot looking for the goal to the right and left side of the goalkeeper, this must avoid it with lateral movements, with rejections of the ball, blocking, low, medium and high stretches.

Variants:

1. The goalkeeper can go to the meeting and make the 1vs1 by seizing the ball.
2. This same exercise will be done on the right and left side, as well as glued to the posts.
3. Carry out a 3vs1, so that the goalkeeper tries to prevent the advance of the player who is free.

Exercise # 4

Name: Defending the goal.

Objective: Realize the location to avoid the goals from different angles of the terrain. Procedure: The goalkeeper will be located in the goal in front of the player who is going to take the shot, several balls will be placed, at the teacher's signal they start the action. Variants:

1. Several offensive players can be placed and simultaneously take the shot at goal from any part of the field according to the teacher's guidance.
2. Set the barrier taking into account the distance of execution of the shot on goal.
3. The goalkeeper can go out to cover the shot depending on the distance from the shot to goal.

Exercise # 5

Name: Taking care of my post.

Objective: Make the location towards the post to avoid the goals of shots by the baseline. Procedure: The goalkeeper will be located at one end of the goal in front

of a player, the route of the ball is simulated in front of the goal, he moves looking for the opposite post, the ball is thrown and it is picked up with his hands, It is protected by taking it to the chest or abdomen to secure it.

Variants:

1. The same movement, the shot is made towards the post, the goalkeeper makes the low, medium or high stretch according to the trajectory of the ball; then it is done to the side of the terrain.
2. The goalkeeper is positioned for corner kicks, will move and look for the ball according to the trajectory; then he takes a serve with his hands and another time with his feet.
3. Carry out shooting games on goal, where several players will shoot on goal from different parts and distances, inside and outside the goalkeeper's area.

Exercise # 6

Name: Waiting for the ball.

Objective: To determine the location of the ball that will be thrown from the band towards the center.

Procedure: The goalkeeper will be located in the center of the goal, one player will center the ball, another that moves through the center will receive it and take the shot at goal; Depending on the trajectory of the ball, the goalkeeper will move intercepting the ball to avoid the goal. Variants:

1. The exercise will be carried out on both sides of the field.

The ball will be thrown to the low, middle and high center, also close to the post and to the penalty spot, where the goalkeeper will be located according to the position of the ball

DISCUSSION

Soccer goalkeepers present limitations in defensive tactical knowledge, which means that they do not determine the essential aspects for carrying out location actions. In addition, little mastery of defensive tactical skills linked to the incorrect performance of movements, location in different game situations, causing difficulty in perceiving the opponent's distances towards the team's goal. On the other hand, the Comprehensive Soccer Athlete Preparation Program presents insufficient

defensive tactical actions, which limits the adequate planning to carry out the defensive tactical preparation of the location in the goalkeepers of this sport.

Authors such as Camejo (2009), Leguén (2012), Portuondo (2012) and Bony (2015) propose in their research technical-tactical exercises aimed at improving the performance of goalkeepers from whom some elements of the structure of their exercises were taken to elaborate those proposed in this research, as well as the technical elements addressed to improve the defensive tactics of first-rate provincial soccer goalkeepers.

In a general sense, none of the authors mentioned is related to the location of the soccer goalkeeper in his goal; this place that must be protected to ensure the victory of the team.

On the other hand, de Torres (2015) assumes some criteria related to the teaching of defensive tactics that, although they are aimed at outfield players, can also be applied to the goalkeeper.

It can be concluded that an analysis is carried out on the main theoretical references that address aspects related to the research. The proposal may favor the location of soccer goalkeepers as a defensive tactical resource. On the other hand, it is important that the coach of the soccer goalkeepers can identify the levels in which the athletes are before starting the preparation in the training.

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