

Implicación de la comunicación no verbal en la táctica del juego de Fútbol Involvement of non-verbal communication in the tactics of Football game

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RESUMEN

La presente investigación aborda una categoría, de la cual es frecuentemente subvalorado su papel para el logro del éxito del juego de fútbol y por ende para la implementación de la táctica. Se presentan argumentos para comprender la importancia de la comunicación como fenómeno social dentro de este contexto. Las argumentaciones sobre el tema se completan con ejemplificaciones de la implicación de la comunicación no verbal desde diferentes canales en el desarrollo del juego de referencia.

Palabras clave: Comunicación; Comunicación no verbal; Táctica; Juego de fútbol

ABSTRACT

The work deals a category, which is often undervalued its role for the success of the game of football and therefore for the implementation of tactics. Arguments are presented to understand the importance of communication as a social phenomenon within this context. The arguments on the subject are completed with examples of the implication of non-verbal communication from different channels in the development of the reference game.

Keywords: Communication; Non-verbal communication; Tactics; Football game

INTRODUCTION

The vertiginous advance of technologies and communication in the last decades

provide a considerable ascent in the soccer tactical level development. In this direction, the International Federation of Football Associations (FIFA) and the National Federations launch numerous programs that contribute to this growth from a broad and solid base, so that it is one of the ways to promote the appropriation and understanding of essential knowledge for the preparation of football players, in order to solve the problems that occur in the game and competitions context. However, from the technical analysis reports of the study group and the National Games, it is noted that the weaknesses related to the knowledge and understanding of the communication components, essentially non-verbal one, it also affects the obtained results among the football players, so the need to enhance their learning is declared, especially in the application of defensive tactics. Therefore, the intention of this research is to show the meaning and importance of the components of nonverbal communication in this context.

DEVELOPMENT

Communication, from the explanation of its origin by the classics of Marxism is recognized as the main form of relationship between men, hence the significance of its good command and use in all orders of human development. Therefore, in sports practice, it is also important to generate this type of environment through the correct expression, both verbal and corporal, which is frequently used by the coaching staff and players.

During the practice of any sport, the fact of adopting an upright posture on the part of the coach or technical director confers to the player's confidence and security sensations in the actions they carry out. In this sense, the corporal movements are used to accompany the verbal language during the conversations, the talks and in the own indications must be coherent with each other, from the position to reach a good communication and therefore, the expected results.

The foregoing does not exempt, therefore, the practice of soccer in the game context, the adequate communication between the participants is crucial for the development of tactical actions, both offensive and defensive. In relation to the tactics from the sport vision, authors that approach their definition, among them, Rudik P.A. (1974), Mahlo, F. (1985), Kirkov, D.V. (1981), Navarro

Adelantado, V (1983), Weineck, J. (1988), Sampedro, J. (1999), agree in recognizing that it refers to the rational and regulated behavior on the athlete's own performance capacity, when combining in an intelligent way habits and motor skills developed individually and collectively. As well as the rationalized, economic and planned thought, to use the technique.

These authors also point out that tactics in the game mean the rational adoption of individual, group and collective actions during the fight against the opponent, in order to achieve the maximum result the main task of the tactics consists in determining the means, modes and the way to take the game to a determined opponent, in concrete conditions of game.

In as much, Stable, Y. (2014), assures that the tactic is all the actions so much individual as collective, offensive or defensive, that are well thought and planned, around the ball, partners and opponents, taking into account internal and external factors, keeping in function the psychological, theoretical, physical and technical components, in order to succeed in the game and manifest through motor skills

From this systematization, it is understood that the enunciated actions by these researchers constitute a concatenated set of processes that take place during the development of tactics in the soccer, and where the components of communication play a decisive role the great interactivity that occur among the athletes.

Regarding communication, Domínguez, I.R. (2013), defines it as a process through which information, feelings, thoughts and anything else that can be transmitted is done. It is the action and effect of communication.

In other references, it is known as a process of social interaction based on the transmission of information messages from one entity to another through symbols, signals and message systems as part of the human activity, and it is expressed through the nexus, relationship or dialogue that is established among people.

The stated definitions make clear that communication is at the base of personality development. Through it behaviors are regulated, information, moods, emotions and feelings are transmitted. In the particular case of soccer practice, the medium through which the greatest communication is achieved in the context of the game is the human body.

According to Cañizares Hernández, M. (2004), the body becomes a mediator of psychic functions, because it is a meaning carrier appropriate to man through his different languages. One of these forms of expression is the movement defined by this author as a psychomotor process of the human being as a whole; from which the internal and external tensions of the body are conscious and integrated. It is therefore, through movements supported by the characteristic of psychomotor skills that the communication of the body is produced as an access element to the symbolic representation of the world.

According to Boscaini, F. (1994), cited by Cañizares Hernández, M. (2004), the person knows, communicates, operates and adapts to external reality from two closely related bodily functions: tonic function and motor function, from which the one that makes the superior individual is derived, that is language, which allows to translate reality directly through the body in an indirect way from the symbolic. To this, two of the recognized levels by the author in relation to communication are associated, such as:

Tonic dialogue: it is a form of body language and manifests itself with all sensory functions.

Gestural tonic dialogue: it is associated with the previous one and manifests towards the development of motor functions.

The unity of these levels becomes the symbol of translation of a message through the body, which can be recognized as non-verbal communication.

Namely, communication can be in two fundamental ways: verbal or non-verbal. In this research, without wishing to downplay the role of the first form, given the value of the word as materialization of the sign or communication symbol, we will focus on the non-verbal, since in the football practice the transmission of more information is done through gestures and body movements and in minor, through the word. That is, that the affective function of communication is fundamentally accentuated, since the players will respond to each tactical situation through their sensations from their relationship with others during the game and with themselves. Non-verbal communication is perceived through the sight, touch and smell senses, and includes all types of human behavior (Birdwhistell RL (1970)

This has different classifications, among which it can be found those that contributes. Poyatos, F. (2013):

The kinesics: based on the movement of the different parts of the body (body gestures, facial expressions, etc.)

The proxemics: includes the use that is provided to the physical space where the speaker and also the perception he has of his immediate surroundings unfold. Thus the rhythm, attitude, spatial behavior, orientation, synchronization of speech and the direction of sight, among others, complement this language.

Another element that intervenes in non-verbal communication is the sociocultural context, which causes that the same message be expressed differently according to the culture to which both the sender and the receiver belong. That is why the interpretation of nonverbal language also differs according to the cultural environment in which it is sought. It is important to point out that non-verbal communication affects, above all, the aspect of the personal relationship. Among the nonverbal communication channels that manifest themselves in the situation of the football game, it can be distinguished the visual, the tact, and the corporal movements such as gestures, manners and postures Poyatos, F. (2013).

The visual channel.

This channel allows to pay special attention to the other players, both of the team in common and the opponent, essentially the player in position of the ball, which through the gaze regulates the performance of teammates, as this has the synchronize, accompany and comment on the spoken word functions.

Likewise, it is possible to regulate the performance of the adversary from an excessively prolonged view, since it can be intimidating and maladaptive in the communication process. It is evident that within the context of the football game, as part of the tactic, a constant exchange of glances among the players and of these with their coach takes place.

The use of the gaze and the direction of the eyes as a defensive tactical action, point to where each one must move in search of the ball and also indicates where the ball possessor intends to make his play. That is, it allows to monitor the game zones, either the Active Zone (player with the ball) or the Passive Zone (players or

space behind him). This is a very important detail in football, mainly for the lateral and central players when the ball is in position of the opposing team on its far side, as not only should the opponent be watched, but must also be taken into account his orientation and body position before the defense of the ball in the hand of his team.

Through the look, the captain of the team provides indications to the players about the action they must perform at each moment, since the look replaces the word on many occasions, especially in the player-coach relationship. This is also used to ask how to act, to show what you do not know, how to do or that a new action has been concluded.

Movements of the body.

In the context of the football game many body movements take place, but this is characterized by the greater use of the hands and the head, among which are identified:

Emblematic movements: known as non-verbal acts with a specific verbal translation interpreted by the participants from the communicative situation (different positions of the fingers such as: thumb raised in OK signal, hands behind the back highlighting two raised fingers, applause, hand raised to the front, index finger straight down or in front, straight fist and others).

Adapting movements: they consist in the self-manipulation of one's own body with the purpose of managing one's own emotions with an adaptive orientation.

They are distinguished:

- Self-adapters: behavior of manipulation of the body (rosar to the opponent or putting the foot before him).
- Heterodirected: directed to the interlocutor (approach or distance, stand between two adversary players, backstroke, among others).

The facial expression.

This is manifested by gestures that express emotions, that does not depend directly on the will of the individual, but nervous forces that accidentally generate or inhibit certain movements of the muscles of the face, so they are also known as psycho muscular movements.

In the context of football, this type of expression becomes more accentuated when scoring a goal, committing a foul in a decisive moment of the game, or losing the ball.

There are three types of facial expressions: of pleasure or dislike, of attention and indifference, and activity indicators. Much of the initial information received by the player, either from the coach or the team captain appears through the face. That is, the play or action to be performed is interpreted by the expression it shows. Also in the soccer game context other forms of communication are important, such as:

The physical contact

It is one of the most frequent forms of communication when in the process a great social interaction is established, it is a behavior highly related to emotions and aggressions. In the context of football, the physical contact is more manifested, when from the defensive tactical action the opponent is committed to commit a foul through a forward sliding or through excessive marking, also through the greeting where the players shake the hands, or slaps are given between teammates. In the soccer game, the contact with the head is used a lot because of the speed with which it can be made and it differs depending on the forms pre-established by the team or coach. The most used are the clash of heads and the movement of this backwards or its placement between the hands as a sign of pain or mistake.

Physical contact has of duration, intensity, and contact area qualities that determine and characterize it, it changes according to the type of relationship that exists, and it is also distinguished by the context in which it is carried out.

The body posture

They are the positions that individuals present in exchange situations, for example, face to face, side, etc. They are significant to convey certain attitudes and feelings. The position is considered a little controlled element by the individuals in interaction. This also facilitates the understanding of the level of activity or passivity of an individual, as well as the predisposition to intervene or not to intervene. The degree of relaxation or tension with which the posture is maintained, allows us to infer the relationship level of the emitter with the receiver (s). This form of non-verbal communication is very important during the football game and therefore, in

the development of defensive tactics. Therefore, it highlights the value of the position taken by coaches and team captains, as they are generally indications to players to solve complicated situations of the game. Among the most common are kicking the grass repeatedly, point with the index finger, walk, move their hands, emphasize the movements, highlight an action and demonstrate shots according to communicative intention.

Other body postures used by the coach in football may be, open arms at chest height and move the hands in the explanation or demonstration forms. Also, locate yourself very close to the players and while speaking to them, look at them and describe the movement to be performed with arm gestures, jogging movements of the feet, or with short movements on both sides.

Likewise, it can rely on continuous movements of the hands, as if requesting a movement according to the situation; also point out several places in the field, such as here or there, or changes in rhythm in the game or place to occupy in the field, use the position of the arms in a way that shows a certain degree of tension. It means, that all these acts performed by the coach or captain are intentional semiotic processes, which refer to a specific action, and executes them with the purpose of producing a meaning about the play and the players in the development of the game.

These arguments show that the position of the body within the soccer game completes the verbal act, that is, it gives meaning and content, since in this context the orientation and attitude of the body become communicative exponents of great value because, the success of the game depends on its correct or incorrect translation.

Paired with this element, the role of the corporal orientation or the positions that the athlete presents in situations of interaction is recognized. This, in the football game field both in attack and defense, allows the player to anticipate any game situation or solve it. According to Gómez Rijo, A. (2002), it has its advantages and disadvantages

Poor body orientation disadvantages:

a) It reduces the visual field which causes the player not to be able to observe what is behind him.

b) Lack of reaction to game situations.

c) Delay in the reception and the pass.

Advantages of body orientation:

a) Control of the game situation in attack and defense.

b) Reaction and speed to solve game situations.

c) Correct use of technical foundations according to the game situation.

About the advantages and disadvantages of body orientation, Castelo, J.F. (1999), states that when a team is in possession of the ball, it can control the specific rhythm of the game, or surprise the rival team with continuous changes of orientation, which also helps the physical recovery and the rival team does not obtain the possession of the ball.

In the soccer game, as a context in which several players are involved, in addition to the coach, it is usual as part of the tactic, that the one who directs a specific action from the position of the body is located in a place that allows the rest of the components visualize it completely, so that the players can understand what is wanted from the adopted position. The interaction between the teams during the football match is clearly a complex phenomenon, and not an underlying one, of assumptions that constitute an interesting starting point to assess the different forms of communication that take place in this context. For example, those established among the members of the same team, which finds its confirmation in the reorganization of the components of defensive tactics as defensive tactical principles to be met during the game, proposed by the Royal Spanish Football Federation and Castelo, JF (1999): they are:

Markings: position adopted by a player when performing a defensive task to anticipate and counteract the movements or the opponents actions.

Deployment: are those movements of recoil or return performed by the players of a team, who lost the possession of the ball in its attacking action to return as quickly as possible and orderly occupy their starting positions or defensive locations.

Coverage: is to be in a position to help a partner who can be overwhelmed or evaded by the adversary.

Swaps: is when an overflowed player tries, as quickly as possible, to occupy the place left by the partner who in his help way out to meet the opponent.

Vigilance: is the action of marking not so strict on a rival who is away from the ball and the attack area with his team in possession of the ball.

Timing: is to hold with a movement or stop the offensive progression of the opponent after having lost possession of the ball. This action is performed on the possessor of the ball and it is executed by the player closed to him.

Entry: is the intervention performed by the defender on the opponent in possession of the ball in a synchronized and determined manner, with the intention of snatching the ball, either by making a directed rejection or by completely taking possession of the ball.

Charge: is the action performed by the defender on the opponent by pushing him with the shoulder when he is in possession of the ball or tries to seize it by losing his balance.

Doubling: is the defensive action that is intelligently executed and planned where two players exert an intense marking on the keeper of the ball in a synchronized manner with the purpose of removing the ball.

Anticipation: it is the movement that the defender makes towards the ball, foreseeing the action that will be executed by the opponent who will receive it.

Interception: is to prevent the ball thrown by the opponent reaches its destination, cutting its trajectory and making possession of it.

Pressing: action that is performed once the possession of the ball is lost, on one, several or all of the adversaries with the purpose of not leaving them any freedom of action and therefore, breaking the opponent's game at the beginning.

CONCLUSIONS

The knowledge of the theoretical elements about communication is of great importance for all the athletes participating in the context of the football game, especially what is related to the meaning and function of nonverbal communication channels. From the above, the need arises to deepen the research in this direction,

so that all sporty person linked to the practice of this sport, understand that non-verbal has a well-defined communicative conceptual load, and with as much scope as the verbal, so that their ignorance can become the cause of poor results.

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