

Ejercicios para el mejoramiento de los pases filtrados en el equipo de fútbol de Guantánamo

Exercises for the improvement of the filtered passes in the soccer team of Guantanamo

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RESUMEN

Se desarrolló un estudio experimental para exponer los resultados de los ejercicios técnico-tácticos ofensivos para el mejoramiento de los pases filtrados del equipo de fútbol de Guantánamo. El mismo se sustenta en las diferentes teorías que giran en torno a esta temática y los principales referentes investigativos del tema. En los diferentes conceptos de la táctica emitidos por los diferentes autores de las literaturas deportivas, así como en el diagnóstico de la situación actual que presentan dichos atletas. Con el estudio se pretende ofrecer ejercicios que contribuirán al perfeccionamiento de este elemento técnico en el equipo estudiado.

Palabras clave: Pases filtrados; Táctica ofensiva; Acciones ofensivas, Juego de fútbol

ABSTRACT

An experimental study was developed to expose the results of the offensive technical-tactical exercises for the improvement of the leaked passes of the Guantanamo soccer team. It is based on the different theories that revolve around this theme and the main research references of the subject. In the different

concepts of tactics issued by the different authors of sports literature, as well as in the diagnosis of the current situation presented by these athletes. The study aims to offer exercises that will contribute to the improvement of this technical element in the team studied.

Key words: Filtered passes; Offensive tactics; Offensive actions; Football game

INTRODUCTION

The soccer game is a form of sports competition classified within the acyclic sports, based on the direct contact that occurs with the opponent and subject to a regulation.

From the game's point of view, football evolves vertiginously, the game evolves on the court, issues related to the game and competitions are developed, and recently there have been advances in human factors and structures that lead to optimal performance Penas Velascot, I. & Col. (2003).

Sports specialists often use the technique, to highlight the most fundamental aspects of the movements, in addition to describe them and explain to the athletes how to perform them.

According to Azhar, A. (1997), in soccer practice, physical, technical, tactical, psychological and other preparation play their part, but it is considered that in the lower categories, the fundamental objective is to learn the different oriented motor gestures, according to the teaching plans, as well as the formation of educational values.

It is a fact that the more rational and better a movement is executed, this would increase the level of performance of the athletes, as well as their results.

Alonso, A. (1995), defines the movement in sports as actions that are carried out, which when executed with the lowest possible energy expenditure, is defined as a sports technique. In the case of football, in the growth stage, children develop ideal conditions to train mobility. They adapt better to movements and tend to present better coordination (Bruggeman, D. 2004).

Csanadi, A. (1968), offers a characterization of the stated sport, assuming that the actions of the soccer player are distinguished by the shape of the swing, not so vigorous, of the players' arms, trying that in their strides they do not pass in front of

the vertical axis of their body, placing the gravity center of the body, as close as possible to it.

Therefore, the more precise the technical movements are made, the greater the possibility of obtaining the expected result during an event. Otherwise, their insufficient performance will not allow the achievement of the objective of the motor action, and would result in possible injuries in many irremediable cases.

In order to master the technique in modern football, Mata, F. (1992) states, it is unavoidable that during their teaching, the most rational movement technique is learned.

Currently for the world sports community, it becomes increasingly difficult to conceptualize sports technique, as each one does it according to their interests.

Molina Caballero, F.J. (2006) does it, seeing it as the form of motor action in sports activity, aimed at achieving a high result.

From the football's point of view, Csanadi, A. (1966) understands it as the way to execute all the possible movements in sport, and at the same time as the way to execute all the possible movements in football.

In training, it is important to start with the technique, indispensable basis of all progression of the young footballer, in addition to the motivating factor. The player must increase his technical repertoire, his confidence with the ball, enrich his technique during the movement, running at high speed or under pressure from the opponent (Bangsbo, J. & Peitersen, B. 2003). Subsequently, physical preparation and collective tactics are adopted and not vice versa, as is still very common in contemporary training programs.

The quality and effectiveness of the technical gestures in the young players represent the basis of the team's tactical action, recovery and control of the ball. A skillful reception / control of the ball and the quality of the first pass are significant for the offensive action and the change of pass of the game.

However, the basis of players' tactical behavior will depend on their cognitive qualities (perception, anticipation), their concentration, their self-confidence and their communication during the game. The quality of the tactical action will also depend on the experience of the players, acquired in training and competitions, as

well as their ability to read or visualize the game, which is developed through the analysis of videos and high-level matches (Banfanti, M. & Perene, A. 2002).

Of all the movements that are made during a game, the hits to the ball with the feet gain in relevance. These are considered the basic element of the game as a whole, as it implies a relationship between players that goes far beyond a mere technical gesture. The players must know how to use all the contact surfaces of both feet, in order to allow them to vary the trajectory of the ball (Pacheco, R. & Garganta Da Silva, J. 2004).

The sports technique in all areas of it, very often used to highlight the details of the movements, to describe them and explain to athletes how to perform them. The technique can be represented or expressed in a different way, according to the purpose in question.

Arda, T. & Casal, C. (2003), assume that during the ball hits training, it must be determined if the movements are made correctly, besides taking into account their effectiveness and application, and if their actions are positive during the game.

For the offensive and average line of the field players to be at the height of modern football, it is essential that they have some advantages in their technical arsenal, especially in the most repeated action in the game: the ball hits with the feet.

For a team to reach the elite and keep nowadays, it needs to have a balance among all the components of training: the technical - tactical preparation, physical preparation, psychological factors among others. In the case of the players that make up the offensive and average of a team, today's football has imposed a challenge, requiring them to participate in the offensive actions of their teams. In addition, in many cases they must be in charge of starting the offensive game of their team from their own zone, for which they require a correct technical execution of the touches to the ball, especially with the inside of the foot (Bangsbo, J. & Peitersen, B. 2003).

At present it is observed in the teams that the execution work of the movement of the hit with the inside part of the foot, is carried out by all the members, without making exception with the players that make up the defensive line. This pursues

the goal of helping their performance in the game, and know the demands of today's football.

The objective of this research is to elaborate exercises for the improvement of the filtered passes in the area of 16.50 meters of the first football team.

DEVELOPMENT

The present study is supported by the use of research methods and techniques, where the logical, synthetic analytical, hypothetical deductive, functional structural systemic and modeling stand out from the theoretical level. Empirical methods include document analysis, observation, survey, expert criteria and pre-experiment. The level of performance of a team can be increased only with a carefully planned training program. However, this proposal contains several complex elements, which require an explanation in terms of current training programs, and the way in which these goals can be achieved.

To achieve the best results, it is essential that the coach look for suitable means to present the ideas. The exercises are explained simultaneously with demonstrations and the correct choice of the word is very important.

Figure N°1. Legend.



Proposal of exercises.

Exercise N°1.

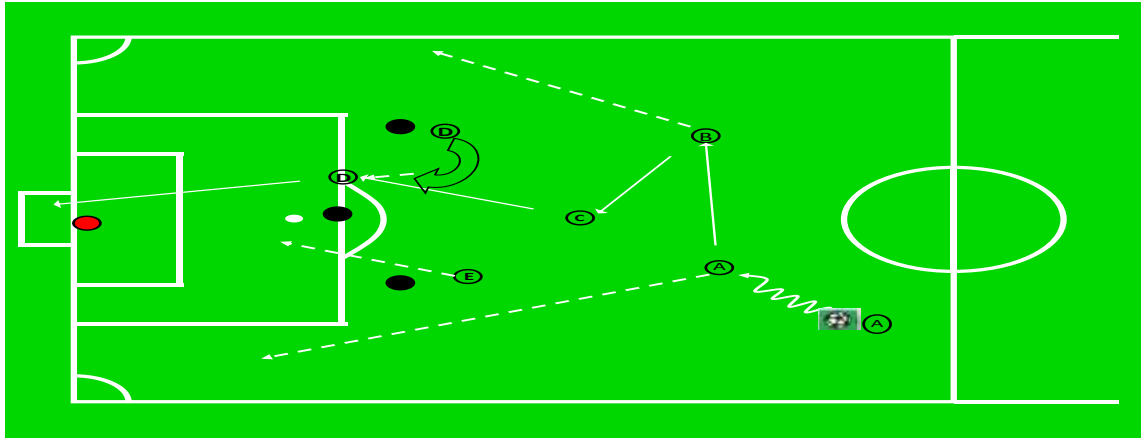
Name: attack by the center

Main objective: the filtered pass

Secondary objective: develop filtered passes, develop skill and speed.

Participants: teams.

Figure N°2. Exercise 1.



Material: balls.

Organization:

- ✓ 5 players against 3 by exercises, apart from 1 goalkeeper.
- ✓ It is played on a limited playing surface.
- ✓ A goal is used.
- ✓ After each action the players must be changed to another field.

Development: The 5 players exchange passes to 1 and 2 touches. After the signal of the coach, the driver of the ball plays in depth towards the attacker "D" of his team, who is unmarked to receive the ball and ends with a shot to the goal. The 3 attackers change roles after each action.

Variants:

- A defender can present battle to the attackers.

Exercise N°2.

Name: attack by the central axis after recovering the ball.

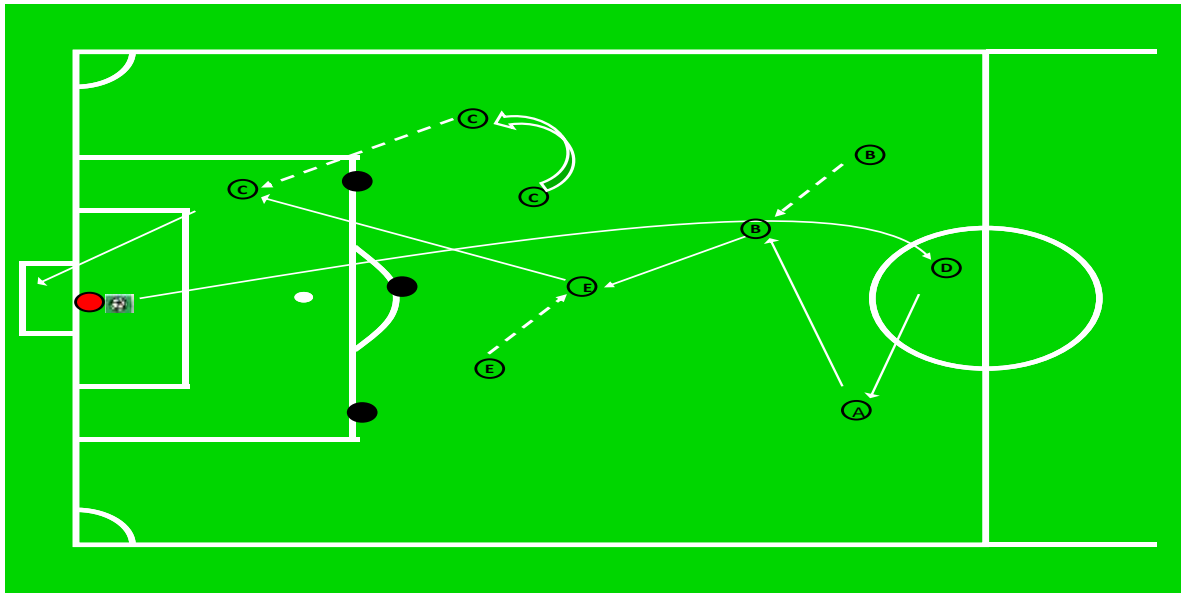
Main objective: collective tactics/the filtered pass.

Secondary objective: develop the action of the filtered pass, hit and control. Search for the pass line.

Participants: teams.

Material: balls.

Figure N°2. Exercise 2.



Organization:

- ✓ 5 players attack, 3 players defend, apart from the goalkeeper.
- ✓ It is played on a limited playing surface.

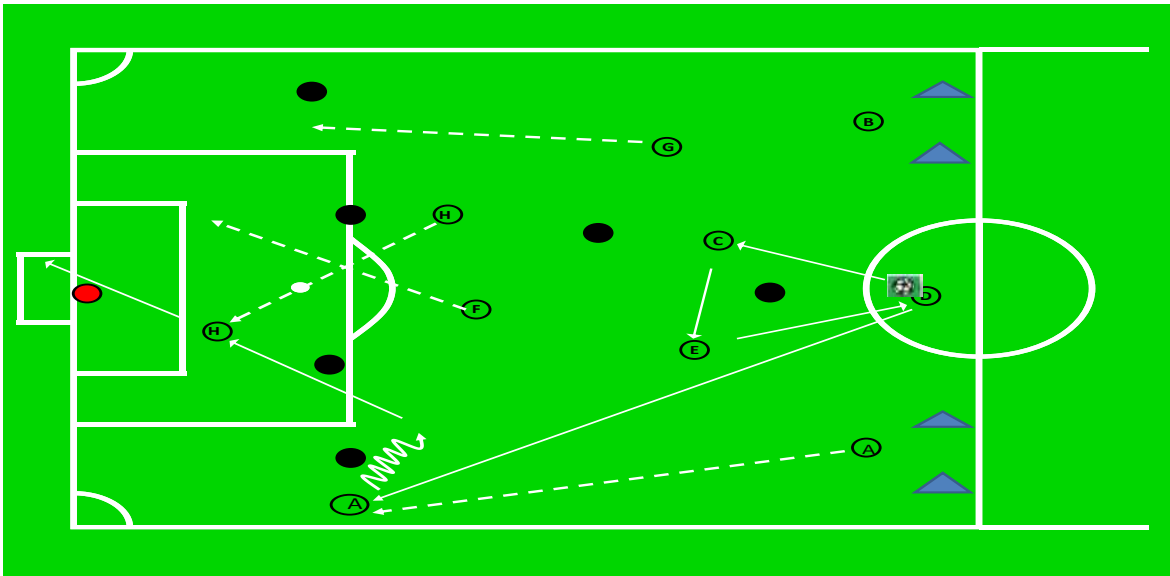
Development: after the goalkeeper's serve, the players on the offensive recover the ball on the bounded surface, and begin to touch the ball to 1 and 2 touches. After unchecking player "C" the filtered pass will be made, which will culminate with a good control and shot to the goal. The action will depend on the player who executes the filtered pass.

Variants:

- Conclude the action in a maximum of 10 seconds.
- The players return to defend.

Exercise N°3.

Figure N°3. Exercise 3.



Name: attack by the flanks, after removing the ball in the central axis.

Main objective: collective tactics/the filtered pass.

Secondary objective: develop the control of the ball.

Participants: teams.

Materials: balls y 4 conos.

Organization:

- ✓ 8 players attack, 6 players defend, apart from 1 goalkeeper.
- ✓ It is played on a limited playing surface.

Develop: Set of 8 against 6 on the bounded surface. The defending team tries to score a goal in one of the 2 small goals marked with cones (the number of touches can be limited). When the offensive team recovers the ball, 1 to 3 accurate and fast passes will be made on the central axis (first touch), and then a deep pass will be made on one side, towards a player on the left flank, who after a dribble to the center will make a filtered pass among the defenders, after a displacement of the player "H", which will make a good control and ends to the goal.

Variants:

- 1 or 2 defenders wait in the containment area (defense).

Exercise N°4.

Name: fast attack 4 against 4.

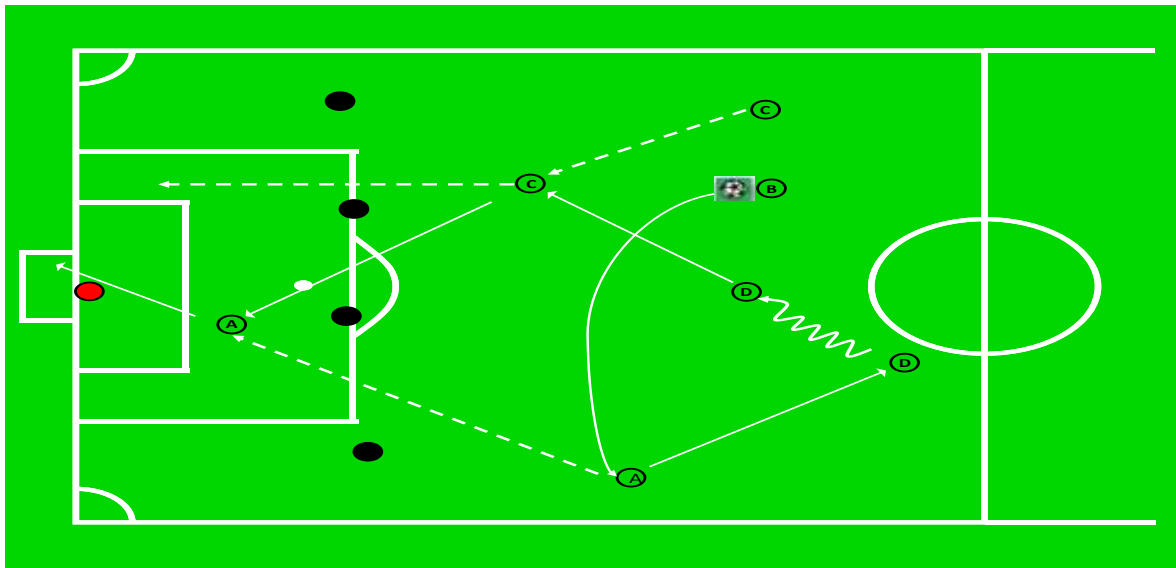
Main objective: the filtered pass/maintenance/possessions.

Secondary objective: develop skills of the filtered pass, ball keeping, support, walls and game change. Shot on goal.

Participants: teams.

Material: balls.

Figure N°4. Exercise 4.



Organization:

- ✓ Game 4 against 4 in the central bounded area.
- ✓ The coach will throw the ball into the playing area.

Development: the ball is delivered to the team that is on the offensive with 4 players, where player "B" will make a pass through the air to player "A". This will lean back with a touch to the player "D", who leads to the center making a precise pass to the player "C". This will execute a filtered pass, after the displacement of the player "A", which will culminate with a good control and shooting to the goal. After each action, the coach will pass the ball to the other team.

Variants:

- The team can retrose to defend.
- It can be equally played with 6 against 6 and 8 against 8.

CONCLUSIONS

The offensive technical-tactical exercises proposed in the research contribute to the improvement of the filtered passes in the area of 16.50 meters in the Guantanamo soccer team. They obtained a high degree of acceptance by the specialists and by the sports technicians in the different socialization spaces in which they have been presented.

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