

The defensive technical preparation of the first category goalkeepers La preparación técnica defensiva de las porteras de la primera categoría

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ABSTRACT

In the present work, it was verified in the factual diagnosis that there are limitations in the methodological and practical knowledge and lack of ways to improve the defensive technical preparation of first category goalkeepers, which causes an inadequate performance in game situations. Scientific problem was formulated: How to contribute to the improvement of the defensive technical preparation of first category soccer goalkeepers, Guantánamo province? Objective was: to develop a methodology that contributes to the improvement of the defensive technical preparation of first category soccer goalkeepers, containing: stages, actions, procedures and recommendations, which reveals its integrative approach. Different scientific methods were applied: theoretical, empirical and mathematical and/or statistical to develop the research.

Keywords

Methodological actions; Tactical thinking; Defensive; Goalkeepers; Soccer.

RESUMEN

En el presente trabajo se comprobó en el diagnóstico fáctico que existen limitaciones en los conocimientos metodológicos, prácticos y carencias de vías para perfeccionar la preparación técnica defensiva de las porteras de la primera categoría, lo que provoca un inadecuado desempeño en las situaciones de juego. Problema científico: ¿Cómo contribuir al perfeccionamiento de la preparación técnica defensiva de las porteras de Fútbol primera categoría, provincia Guantánamo? Objetivo: elaborar una metodología que contribuya al perfeccionamiento de la preparación técnica defensiva de las porteras de Fútbol primera categoría, contentiva en: etapas, acciones, procedimientos y recomendaciones lo que revela su enfoque integrador. Se aplicaron métodos científicos: teóricos, empíricos y matemáticos y/o estadísticos para desarrollar la investigación.

Palabras clave

Metodología; Preparación; Técnica defensiva; Porteras; Fútbol.

INTRODUCTION

In the whole world, football has proven to be an unavoidable phenomenon in which everything revolves around a ball and the attraction it provokes on a large number of spectators, due to its dynamics, its variability and the complexity to reach the climax of the game, the desired goal. There was a time not so long ago when the goalkeeper's role was considered less important than that of the other members of the team.

Fortunately, the situation has changed enormously today, in modern football each player is equal, regardless of the position they occupy within the team; however, there are numerous experts who consider that the goalkeeper has a special role during the match, for which his technical actions are constantly analyzed, (López-Gajardo, González-Ponce, Pulido, García-Calvo, & Leo, 2020) since he is the only one who can cause the victory or defeat of his team, depending on the quality of his performance.

From a game perspective, football is rapidly advancing, with developments on the field, the issues surrounding it and competitions. In the current context, changes have also been observed in human factors and in the structures that lead to optimal performance.

Football is currently one of the most widely practiced and organised sports in the world, so much so that the International Federation of Association Football (FIFA), the body that governs and controls this sport, has more than two hundred members on all continents, as well as nine associates, in addition to New Caledonia as a provisional member.

The FIFA family includes 250 million members, including male and female footballers of all ages, coaches, managers, administrators, referees, assistant referees and doctors. For all of them, this sport is synonymous with passion, joy and fascination. It is part of their daily life and their favourite pastime. For some, football is even a profession and vocation.

From that perspective, football, due to the competitiveness that exists and the rivalry that it has taken between the practicing countries, has been under the scrutiny of researchers and pedagogues or coaches for many years, which has brought with it constant changes in the way of playing and, consequently, the way of training. (Ayala; Coque; Arias; Estrella and Caguana (2021)).

There are many changes that are perceived in almost all sports constantly, methods, methodologies, means and the sciences applied to this sport have come to play a fundamental role, among other aspects based on the improvement of the competitive activity.

Over the years, teams began to add players in the back with the aim of defending themselves and thus not being scored on. This is why the goalkeeper has taken on greater importance, to the point that he undergoes specialized and unique training for his position.

Modern football is an example of such statements, although it has certainly undergone an evolution compared to previous years, especially in the exaltation of the collective game compared to the individual game. The Cuban footballer and especially the goalkeeper has an adequate somatotype, such as: speed, strength and adequate physical preparation, although it leaves much to be desired in the technical defensive aspect in the female sex, which is very far from the reality of world football.

In the historical evolution of technical preparation, empiricism and the traditional approach have prevailed as a trend, which is why it is evident that, for women's soccer coaches, this constitutes a real problem, as they have, up to now, insufficient tools that allow them to move from the existing state to the desired one.

For these reasons, there is currently a great boom in the practice of this sport among women. That is why, in this work, a methodology is presented for the improvement of the defensive technical preparation of first-category soccer goalkeepers in the Guantánamo province.

This work is a reflection of the priorities established by the National Sports Institute (Inder), as a sport that requires greater attention in the application and generalization of innovative research that guarantees its improvement, based on improving sports results and agrees with what is stated in the technological demand of the Guantánamo province for this sport. In recent years, women's football has been achieving outstanding results in international sports arenas, especially in Latin America, however, in our country the results are not as expected, its objectivity reaches the need to prioritize and treat the different functional work directions for its defensive technical preparation in the area of first category goalkeepers.

As well as different experts have been presenting some experiences that lack significant progress in the field of sports training of this specialty, determining in its components, which should be the aspects to take into account for its sports performance.

In this order, the improvement of the contents of the preparation of the athlete has been emphasized, prioritizing the technical training of the soccer goalkeeper, which must correspond with the formulation of the specific objectives of the specific preparation, delimiting the importance of principles such as individualization, specialization and specificity of the load, in order to correct the technical component.

In this sense, this research work proposes to improve the individual and group technical preparation of goalkeepers, with the aim of avoiding goals in their own goal. This implies a prior defensive technical preparation that guarantees the defensive invulnerability of the first category women's football team.

However, in practice, the goalkeeper should always have individual training with a specialized coach whenever possible, and also participate in training sessions with the entire team, in order to face situations similar to those of a real game.

Recent studies show that the Technical Study 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 technical behavior shown by the footballers has diversified in mobility and functions; The need arises for them to develop a range of options and a repertoire of performance that demonstrates their preparation in this component, increased from the lower categories as a support to begin a work of greater improvement.

In line with the above, the goalkeeper plays an important role within the team, since her actions and what she does on the field depend largely on the result that is desired to obtain, avoiding goals from shots on goal from different angles; correctly using the defensive technical-tactical elements which will be necessary for the 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 technical order, is a primary task of the managers, coaches and therefore of the collective in general.

The above shows that football is a sport that excites millions and demands precision in every movement. In the female sex, this is equally true, and one of the most crucial skills that a player can possess is a precise shooting technique.

The goalkeeper's purpose is defensive during the course of the game, such as preventing the ball from entering the goal she is defending. Another important aspect is her position, since her position further back in the collective game requires her to be the last player to beat; in addition to being able to use her hands or feet within her area without cause for expulsion or interruption of the game.

This specific position is easily recognized by the clothing worn by other teammates, opponents and the refereeing team. Her defensive technical power is undeniable in any game system when starting the collective and individual tactical-strategic action; hence it must be recognized that this footballer

carefully weighs her position, position in the game and her tactical responses are appropriate to each of the various gestures in the competition.

This delayed position on the field is considered more defensive than offensive, both at a tactical and strategic level, which demands a high level of defensive technical preparation in the first category for its adequate performance.

In this direction, different authors have ventured into research on technique in Football. Internationally prominent researchers such as: Bruggeman (2004) who offers an alternative for the training of children and young people, in the same year, Curbelo and Viñales (2004) also refer to the training tasks of the goalkeepers cited by Torres (2021). On the other hand, Ortega (2009) addresses the technical preparation cycle to respond quickly and effectively to game situations, in the case of: Carbo; Vélez; Cañizares and Echeverría (2019) incorporate other techniques in increasing degrees of motor complexity, including their biomechanical analysis for their improvement. All cited by Barrero and Lazarraga (2020).

In that same order, da Silva; Ciccarelli; Pita & de Carvalho (2019) suggest developing the technical-tactical elements of the footballer, specifically in goalkeepers, taking into account the indicators of motor performance and biological maturation and recently, Meza (2021) expose the enhancement of technical-tactical preparation in pre-juvenile and youth goalkeepers of the El Nacional sports club. However, there are lacks of ways and procedures that contribute to perfecting the defensive technical preparation of first-category soccer goalkeepers.

The main antecedents of research at a national level include: the study carried out by Martín (2003) in his doctoral thesis where he proposed a control system for the technical preparation of the soccer goalkeeper.

Other researchers such as: Camejo (2009); Leguén and Portuondo (2012) and Bony (2015) propose in their research technical-tactical exercises aimed at improving the performance of goalkeepers in this aspect. Also Portuondo (2013), in his specialist thesis in Soccer, where he proposed a system of exercises to improve the skill of youth goalkeepers. On the other hand, Ibañez (2018) presents specific training exercises for soccer goalkeepers, cited by Yépez and Ramírez (2019).

More recently and from the territory, Pozo (2019) provided a methodology to improve the technical preparation of goalkeepers in the offensive component, as well as Terazón (2020) ventured into exercises to improve the defensive tactics of first-category soccer goalkeepers. However, the aforementioned authors show limitations in the proposal of ways and procedures that contribute to

improving the defensive technical preparation of first-category soccer goalkeepers, Guantánamo province.

The diagnosis of the current state allowed us to identify the existing deficiencies in the defensive technical preparation of first-category soccer goalkeepers, in addition to some aspects of planning and organization within the sports training process.

When analyzing the document review and observing the practical actions carried out in reviews of the Comprehensive Program for the Preparation of Athletes (PIPD) for Soccer, it was observed that, with regard to the position or area of the first category goalkeeper, basic tests and exercises are established for the introduction of the teaching of this position, which present as main limitations that they are not aimed at specialization, nor do they allow for work aimed at improving the most common deficiencies that first category goalkeepers present.

Such is the case that there is insufficient defensive technical preparation of first category Soccer goalkeepers; which limits the adequate planning of this aspect.

It should be noted that in order to carry out the diagnosis, six of the 12 matches carried out in the national championship were observed, which represented 50% of all the matches played.

After a diagnosis that also revealed the fundamental causes of these deficiencies, it was found that the dynamics in the process of the technical defensive preparation of the goalkeepers already noted, are fundamentally manifested in:

1. Limitations in the methodological and practical knowledge to improve the defensive technical preparation of first category soccer goalkeepers.
2. It was noted in the Comprehensive Program for the Preparation of Soccer Athletes, that it presents insufficient guidelines to develop an adequate defensive technical preparation of first category soccer goalkeepers with an integrative approach.
3. Lack of ways and procedures to improve the technical preparation of first category soccer goalkeepers that denotes their integrative approach.
4. Inadequate performance of goalkeepers in game situations, evidenced by their poor technical preparation based on:
 - Poor planning of the load.
 - Insufficient arm strength in throw-ins with the hands.
 - Insufficient hitting according to the contact surface.
 - Insufficient corner kicks.

- Poor positioning when looking for high ball centers, direct and indirect free kicks; as well as shots from outside the area.

These results allow us to identify the following problematic situation: the insufficient preparation of football coaches for the defensive technical preparation of goalkeepers in game situations with an integrative approach in accordance with the current demands of this sport.

The insufficient defensive technical preparation of goalkeepers and the elements addressed here allow us to pose the following scientific problem: How can we contribute to the improvement of the defensive technical preparation of first-category football goalkeepers in the Guantanamo province?

In order to solve the research problem, the following general objective is proposed: to develop a methodology that contributes to the improvement of the defensive technical preparation of first-category football goalkeepers.

METHODS

The scientific methods used to develop this research are set out below: **theoretical methods** during the process of consultation and critical assessment of the literature, specialized documentation, in the application of other methods of scientific knowledge, in the results obtained in the diagnostic stage and during the introduction into practice.

Empirical: To corroborate the existence of the problem and to specify the comprehensive results of the methodology that contributes to the improvement of the defensive technical preparation of first-category football goalkeepers, from the training units and the control tests; developing and applying for this purpose an observation guide.

Statistical and/or mathematical methods: Descriptive analysis (calculation of proportions) and inferential: for the quantification of the results of the instruments applied, throughout the research process, for the processing of the data obtained, as well as for preparing tables and graphs that served to characterize and describe the results.

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RESULTS

When making the diagnosis, the author of this work proposes to operationalize the variable: level of preparation of the coaches for the improvement of the defensive technical preparation of the first category Soccer goalkeepers, for this two dimensions are assumed:

1. *Conceptual defensive technique*
2. *Behavioral defensive technique.*

The theoretical tactical-defensive knowledge dimension refers to: the mastery of the theoretical platform and the regulations for the improvement of the defensive tactical thinking of the handball goalkeepers.

The dimension 1. Conceptual defensive technique refers to: the mastery of the theoretical platform, guidelines and regulations about the defensive technical preparation of the first category Soccer goalkeepers.

Following the previous line of thought, the dimension 2. Behavioral defensive technique is defined as: the degree of use of paths, methodological procedures, with the modes of action and the level of performance that the first category Soccer goalkeepers show in their defensive technical preparation.

These were evaluated based on the parameterization of the following indicators, corresponding to the categories: High (A), Medium (M) and Low (B).

Dimension 1. Conceptual defensive technique:

Indicators:

- 1.1. Degree of knowledge about the theoretical elements to improve the defensive technique of first category football goalkeepers.
- 1.2. Mastery of the normative and methodological documents established to improve the defensive technique of first category football goalkeepers.
- 1.3. Degree of connection of the objectives planned during the sports training process to improve the defensive technique of first category football goalkeepers in game situations.

Dimension 2. Behavioral defensive technique

Indicators:

- 2.1. Level at which the sports training process is conceived and the application of scientific methods, paths and procedures in the preparation of first category goalkeepers for their analysis as essentially technical defensive.
- 2.2. Degree to which it encourages the active participation of goalkeepers in game situations and how it contributes to improving the defensive technical preparation in the first category.
- 2.3. Quality of the way in which the improvement of the defensive technique of first-category football goalkeepers is established in game situations.

Main results:

When observing the meetings, methodological preparations and other activities of this nature, in 18 of them, it was confirmed that each coach inadequately executes the methodological work for the technical defensive preparation of the first category Soccer goalkeepers, without promoting a debate

or consensus on the procedure to follow in sports training, which hinders its development, as well as limits the application of paths, procedures and indicators for its completion.

It was evident that the management, analysis and discussion of the contained documents that guide this process is scarce, they only study the specific aspects to plan their sports training sessions, which is derived from the general guidelines of the different levels of INDER.

In the analysis of the controlled training sessions, they showed insufficient mastery of these documents and their materialization in the different planned activities, as well as in the collective debates with the rest of the coaches

In addition, the defensive technical actions are recorded in a card, with the following variables: Frontal block, Block against lateral cross, Lateral block (with lateral fall), Deflection, Punch clearance and 1v1 with controlled ball. 42 matches are analyzed.

Below, the results obtained by the goalkeepers of the first category in the evaluation of the goalkeepers according to the record of the defensive technical actions in a card are presented: the seven variables according to the record of the defensive technical actions in a card are evaluated as: 4 Low (B) and 3 Medium (M).

After processing the information, with the application of the different scientific methods, the following deficiencies can be summarized:

- Limitations in the preparation related to the mastery of the theoretical and methodological platform of the regulations for the improvement of the defensive technical preparation of the first category goalkeepers.
- There are deficiencies in methods and procedures that contribute to the defensive technical preparation of the first category soccer goalkeepers.

Discussion

From the results obtained, it is confirmed that the situation has changed enormously today, in modern football each player is equal, regardless of the position he occupies within the team; however, there are numerous experts who consider that goalkeepers have a special function during the match, for which their technical-tactical actions are constantly analyzed, (López-Gajardo, González-Ponce, Pulido, García-Calvo, & Leo, 2020) since it is the only one who can cause the victory or defeat of his team, depending on the quality of his performance.

The aforementioned authors agree that it is important that during training the coach is located near his goalkeeper, approximately 5 meters away to be able to observe and analyze the goalkeeper's work more precisely. If he wants the goalkeeper to increase the speed of his technical gestures, the coach

must increase the power of his shots towards the goalkeeper; However, the goalkeeper should be allowed to get used to the gestures through soft throws or shots, so that he has enough time to make his movements.

Likewise, they consider that the coach must check that the goalkeeper has reached a certain level of gestural agility; he can begin to throw the ball with greater force to enhance the reaction speed, fulfilling the principle of affordability. The coach must correct even the smallest details during training sessions, since they can be very important. These corrections should start from the base, that is, from the position of the feet.

In line with the above elements, authors were consulted who highlight the level of technical preparation of the squid jiggers such as: in the aspect of technique in the game and in the individual skills of the goalkeeper by Torres, Coca, Morales, García, Cevallos & Cardona (2021), Incidence of an integrated program in the development of physical capacities in the preparatory stage.

The author of this research considers that in the second phase of training the coach should move away from the goalkeeper in order to carry out exercises that resemble a real game action as much as possible. Next, the first category soccer coach will urge his goalkeeper to make certain movements (lateral, frontal, etc.) before executing a technical gesture.

In line with the above, it is proposed to structure one by one methodology that contributes to the improvement of the defensive technical preparation of the first category soccer goalkeepers, which denotes its integrative nature.

An essential reference for the elaboration of the proposed methodology are the conceptions about its contextualization in social practice and are considered of great value for sports institutions, which appear in the works of Bermúdez and Rodríguez (1996); Addine (2002); De Armas (2005); Valle (2017); Iznaga (2019); Ochoa (2020), cited by Milan (2021).

In the studies of the authors mentioned above, coincidences have been found that support the pedagogical theory by agreeing that they constitute a system of ideas, concepts and representations about an aspect of reality and their respective methodological consequences.

For the construction of the methodology for the improvement of the defensive technical preparation of first category soccer goalkeepers that is proposed, the principles provided by Milan (2022) are assumed, such as:

- Principle of sporting activity: as a dynamic element of the process it must be active and the teachers must be its main protagonists, through interaction and integration.

- Principle of sporting motivation: from a climate of trust, it is necessary to start from the mastery of each female football teacher, to expand and update them progressively, according to the needs and difficulties of these and the first category football goalkeepers.
- Principle of interrelation between the components of sports training: it is based on the concept of mutual exchange, the female football teachers not only learn from the managers but also from their own colleagues through the exchange of collective experiences and teamwork.
- Principle of purpose and sports results: in the fulfillment of the instructive and educational objectives as a whole in the sports training process of women's football.
- Principle of safe orientation and sports feedback: and specific for the management of the process of interrelation between the categories described in the methodology for the improvement of the defensive technical preparation of the first category football goalkeepers.
- Principle of sporting rationality: in the integration of defensive technical preparation.

It is important to highlight that the methodology goes through stages with its set of actions and activities with the aim of contributing to the improvement of the defensive technical preparation of first category football goalkeepers.

The stages are listed below:

First: Awareness and characterization of defensive technique

Second: Planning and execution of defensive technique

Third: Evaluation of the impacts of defensive technique

Below is a diagram showing the dialectical relationship, interdependence and subordination of the methodology for improving the defensive technical preparation of first-category soccer goalkeepers.

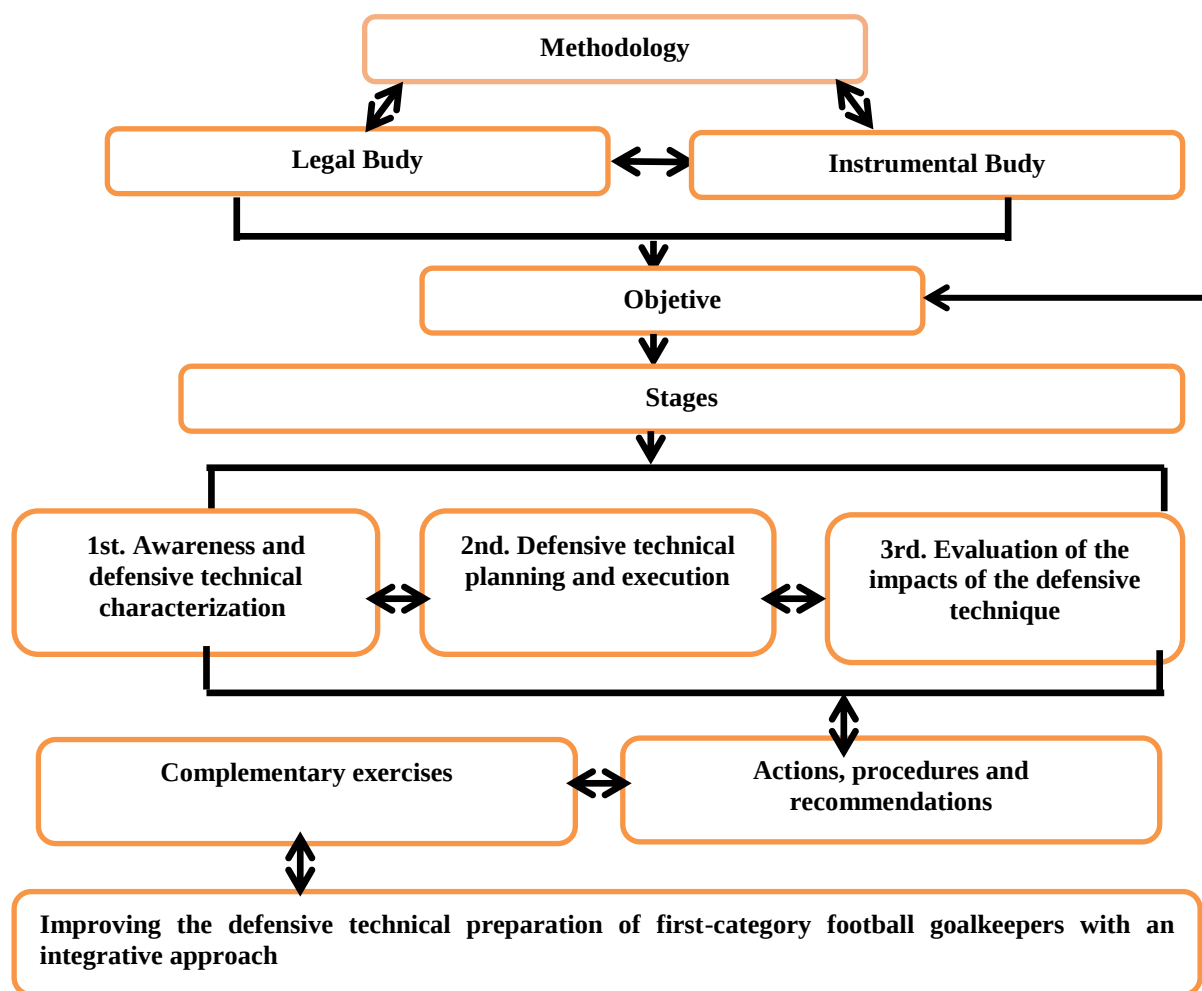


Figure 1. Structure of the methodology. Own elaboration

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