

ASPECTS REGARDING THE IMPORTANCE OF TECHNICAL-TACTICAL EXERCISES DEPENDING ON THE SPECIFICS OF THE POSITION - QUARTERBACKS / DEFENDERS

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Keywords: technical-tactical exercises, skill, training, development, defenders / quarterbacks

Abstract: Following the application of technical-tactical exercises specific to the defense players (quarterbacks) listed below, I noticed an improvement in terms of technique specific to the position. They improve their 1 to 1 game around the opponent, placement on the field, aerial duels, hitting the ball with both foot and head. The study was conducted on a group of children from the *Luceafărul Bucovina Suceava Club*.

Introduction: The technique characterizes the particularities of performing motor actions. Thus, football technique is a set of elements and procedures specific to the handling of the ball and the movement of players on the field, which is carried out in accordance with the laws of movement and the rules of the game. [1]

The technique represents a multitude of motor skills and abilities specific to a sports game, which involves the player's capacity for effort accumulated until then, in order to meet some assumed tactical requirements, both in defense and attack. [2]

The importance of the theme is given by the greatest need of the players to have a well-developed technique that, always improved, helps a more spectacular and precise course of each player on the game. [3]

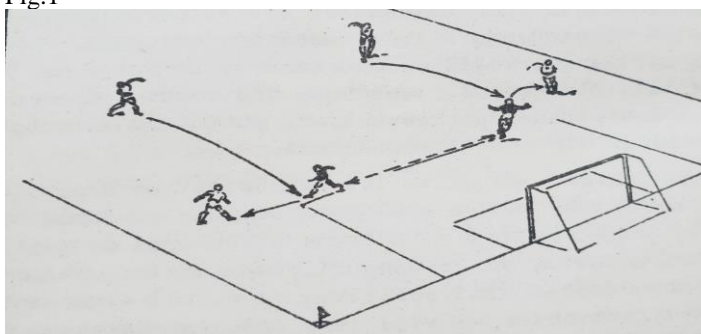
The technique of the football game means the set of specific means in form and content through which the players perform, on the one hand, the actions with the ball (its control and circulation), and on the other hand, the maneuvers (with and without the ball) necessary to act, as well as the fulfillment of the technical-tactical actions specific to the game station.

In this article I detailed some technical-tactical actions specific to quarterbacks / defenders, used in the training of children aged 10-12 within the *Luceafărul Bucovina Suceava Club*.

Methods - materials: The methods used to make this article are the study of the literature, the experiment method and the observation method. Today's football is in a permanent change from a technical, tactical and physical point of view. [5] In order to be able to meet the requirements of today's modern football, each player, depending on the position he plays, must have the greatest possible baggage of qualities. [4] Following the technical-tactical exercises used in the experiment, I noticed that the team's defense players, quarterbacks, improved their following qualities: good anticipation, aerial duel, good defense in 1 to 1 duels, quality centering offered to colleagues, doubling of colleagues from area of action.

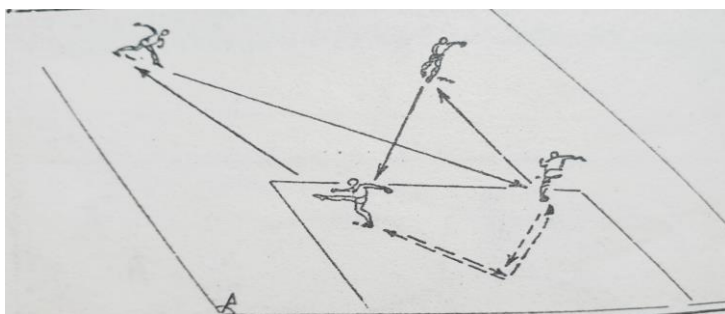
1. The central defender intercepts, either with his head or with his foot, after making a 20m sprint, a long pass from the central area of the field from 30m., playing the ball to the side quarterback. The execution is repeated 5-10 times. [6]

Fig.1



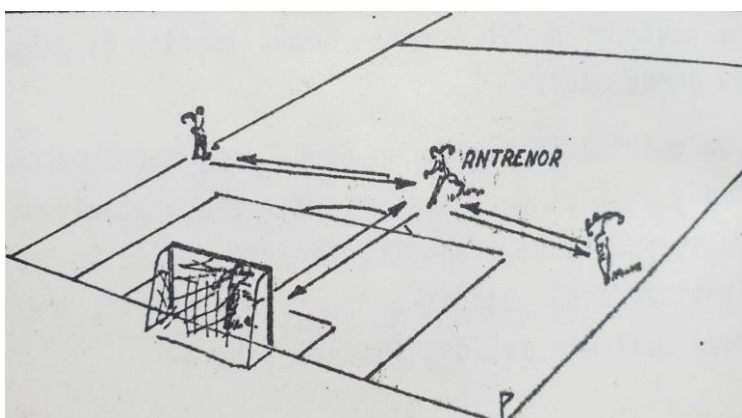
2. Accelerate in meeting a deep pass and bounce the ball along the field. After each rejection, the defender must return to the central area of defense. [6]

Fig.2



3. The 3 defenders (two of them arranged laterally and the third on the goal line) are called to intervene alternately by sending, from the first attempt, a ball thrown by the coach. [6]

Fig.3



Target group

Name	Duel 1to1		Dispossession		Hitting the ball	
	Ti	Tf	Ti	Tf	Ti	Tf
D.L	4	6	5	5	6	6
M.F	7	8	6	7	4	5
B.I	6	7	4	5	5	6
S.T	6	7	5	5	5	6
C.D	5	7	5	5	6	7
T.V	6	7	4	5	6	7

Table 1. Times obtained, at the target group, following the application of post-specific technical-tactical exercises

Control group

Name	Duel 1to1		Dispossession		Hitting the ball	
	Ti	Tf	Ti	Tf	Ti	Tf
J.F	3	4	3	3	2	2
A.A	4	5	3	4	4	4
L.M	5	6	5	5	4	5
T.C	6	7	4	5	4	4
D.T	6	6	3	4	2	3

Table 2. Times obtained, at the control group, following the application of the technical-tactical exercises specific to the position

Ti= initial testing

Tf= final testing

Conclusions: Following the study, the technical-tactical exercises implemented by the quarterbacks of the children's group within the *Luceafărul Bucovina Suceava Club*, demonstrate that the children's training on the specifics of the position (defenders/ quarterbacks) led to an improvement of the entire defensive department. Also, the exercises used for this purpose find their place in all three parts of the training lesson, both in the first part in the form of light exercises (especially coordination and movement in the field) that lead at the same time and to the preparation of the body for effort, as well as in the fundamental part (lesson topic or exercises performed with main tasks).

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ASPECTE PRIVIND IMPORTANȚA EXERCIȚIILOR TEHNICO-TACTICE ÎN FUNCȚIE DE SPECIFICUL POSTULUI-FUNDAȘI/APĂRĂTORI

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Cuvinte cheie: exerciții tehnico-tactice, îndemânare, antrenament, dezvoltare, fundași/apărători

Rezumat: În urma aplicării exercițiilor tehnico-tactice specifice jucătorilor din apărare (fundași) enumerate mai jos, am observat o îmbunătățire în ceea ce privește tehnica pe specificul postului. Aceștia își îmbunătățesc jocul 1 la 1 în preajma adversarului, plasamentul în teren, duelurile aeriene, lovirea mingii atât cu piciorul cât și cu capul. Studiul a fost realizat pe un grup de copii din cadrul clubului *Luceafărul Bucovina Suceava*.