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THE DEVELOPMENT OF THE GAME WITHOUT THE BALL IN FOOTBAL

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ABSTRACT:

COACHES AND PLAYERS ARE CURRENTLY FACING CHALLENGES IN IMPROVING OFF-BALL PERFORMANCE AND INTRODUCING NEW ELEMENTS TO THIS ASPECT. IN ORDER TO SCHEDULE MATCHES EFFECTIVELY, IT IS CRUCIAL THAT THE PLAYERS ARE WELL PREPARED TECHNICALLY AND TACTICALLY. TRAINING SOCCER PLAYERS FOCUSES ON CULTIVATING A PERSONALIZED WAY OF PLAYING, ADJUSTED TO THE REQUIREMENTS OF EACH PLAYER, AND INCORPORATING IT INTO AN AUTHENTIC GAME SYSTEM, THUS REFLECTING MODERN ATHLETE TRAINING TECHNIQUES.

CLOSE COOPERATION BETWEEN DIFFERENT DEPARTMENTS IS CRUCIAL TO MAINTAIN A CONTINUOUS FLOW OF EFFICIENCY, AS THEY ARE FUNDAMENTAL TO THE TEAM. TO ACHIEVE THIS GOAL, IT IS NECESSARY THAT ALL ACTIONS ARE FOCUSED ON THE ORGANIZATION OF THE CENTER. BY APPLYING THIS TACTIC, EACH TEAM CAN MAKE THE CENTER OF THE PITCH A SOLID FOOHOLD FROM WHICH TO TAKE CONTROL OF THE GAME AT ANY MOMENT.

ACCORDING TO THE PRINCIPLE OF TEAMWORK, A TEAM MEMBER SHOULD BE INVOLVED NOT ONLY IN CATCHING THE BALL, BUT ALSO IN ANTICIPATING HOW IT WILL BE USED EFFECTIVELY BEFORE IT IS CAUGHT. IN ADDITION, HE MUST KNOW THAT THERE IS A POSSIBILITY THAT HE WILL ALSO LOSE POSSESSION OF THE BALL. AS A RESULT, TEAM MEMBERS SHOULD KEEP POSSESSION OF THE BALL FOR AS LITTLE TIME AS POSSIBLE AND MAKE QUICK PASSES. ALSO, A QUALITY FOOTBALLER IS ALWAYS READY TO RECOVER THE BALL AND EVEN IF HE FAILS, HE CAUSES PROBLEMS FOR THE OPPONENT WITH BAD PASSES.

KEY WORDS: FOOTBALL, PLAYER, TRAINING, TECHNICAL-TACTICAL, COLLABORATION BETWEEN DEPARTMENTS.

INTRODUCTION

Soccer is a sport that involves a variety of complex movements, both with and without the ball, performed during direct combat with the opponent, in a constantly changing environment and in close collaboration with other teammates. [1]

The idea that football can be played without a ball is widely acknowledged. Currently, this concept has been expanded, being scientifically supported, thanks to the experiences and training techniques used by trainers during this period. Thus, it evolved from the concept that

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„soccer is played without the ball” to the idea that „soccer is practiced especially without the ball”.

A good knowledge of the importance of play without the ball improves the tactical skills of a teammate, who will show their true value only when they are actively involved in the game, i.e. in continuous movement.

In modern football, it is essential for the player to be quick and agile, to have control of the ball, to be able to execute strong shots and passes, to be resilient throughout the match and to maximize his physical capabilities in order to have stamina and strength top dynamics. It is also crucial to hone his basic technical skills and be precise in technical executions under speed and adversity. [2]

Football involves various types of movement, which are fundamental to controlling the ball, in accordance with the requirements and rules of the game. These types of movement are known as technical elements.

Football players can be seen performing various technical elements without the ball, such as running, jumping, stopping, changing direction, tricking, falling, rolling and lifting.[3]

In football, runs can be of three types: free, with the opponent or with the ball at the foot. Their duration may be different depending on how the game evolves and the occurrence of unforeseen situations. Common mistakes that can negatively affect soccer players' running include bending the body too far forward and lowering the head, lifting the chest too far and turning the head back, bending the arms too much and moving them in front of the torso or dropping them down, close to the torso, as well as running without involving the arms.

MAIN TEXT

Football has undergone considerable transformation over the years, becoming a complex aspect of social life. In a world where science and technology play a central role, a deep understanding of football is crucial to optimize the activities of those who practice the sport.

In soccer, as in other sports, players must possess a diverse range of motor skills, both fundamental and game-specific, in order to successfully adapt to unpredictable situations.

The needs of the body vary according to the type of game, and within the same game there can be significant fluctuations depending on the tempo, weather conditions and the positioning of the players in the team.

Physical preparation is a fundamental element both for those starting to practice sports and for elite athletes, being the basis of training. It aims to develop essential motor skills in football such as speed, agility, endurance and strength.

In football, in addition to fighting for the ball, jumping is used to avoid an opponent's attack and to get over an obstacle, whether it is an opponent or a downed teammate. The jump can be done with a tap, a release on one leg or on both legs, with or without spring. During the game, accurate, efficient jumps and proper breakaway technique are difficult to achieve due to two main factors. The first factor is the short preparation time, since the player does not always have the opportunity to choose the most favorable moment for the jump, often having to do it as a reflex movement, without momentum. The second factor is represented by the presence of the opponent, which sometimes prevents the correct execution of the jump and causes changes in the execution technique.

Focusing on improving and perfecting physical movements during or before technical executions is essential in football as they play a crucial role in the game. It is important for

soccer players to constantly concern themselves with game-specific running and jumping in order to achieve optimal performance.

To stop, a soccer player must shift his center of gravity back. He lifts his trunk slightly from the forward leaning position and transfers his body weight to the back leg, which is strongly bent at the knee. He then takes a longer step with the other foot, and the sole of that foot will brake the movement as it hits the ground, first with the heel and then with the whole sole, using the cleats to help. If it runs too fast, there is a risk that the brake foot will slip slightly. To make stopping easier, faster and safer, you need to bend both knees a lot when braking, helping to lower your center of gravity.

Players use deceptive moves to distract the opponent and gain a tactical advantage. These movements can involve various parts of the body and are useful for getting rid of the mark. When used in combination with running, deceptive moves can surprise the opponent and prevent them from reacting immediately. There are different ways in which deceptive moves can be executed. How they are applied depends on the phase of the game, the motor skills and the creativity of the player. Because of the diversity of this element, their classification is extremely difficult. Attackers often resort to deceptive moves such as the false start, which involves suddenly taking a lateral step from a static position, thereby suggesting a running start in that direction.

Tumbles are an essential part of playing without the ball. To prevent injuries in the event of a fall, soccer players must follow the basic rules of the fall school:

- to have as large a contact surface as possible with the ground;
- extend the elbow to touch the ground with the whole arm in a horizontal position;
- keep the head flexed to protect the back of the head from direct contact with the ground;
- one of the legs should cushion the impact by resting the sole on the ground.

In football, it is increasingly observed that the intensification of the dynamics of the game is supported by modern techniques, adapted to the speed of the match. These techniques include direct passes, deflections, one-two combinations, double passes, effect passes, heel strikes, lobbed passes, auto passes, shot or effect crosses, as well as non-takeover finishes, whether forced or placed. The demands of the modern game require players to possess a competitive technical ability, in conditions of maximum psycho-physical engagement, while respecting the rules of the game.

Soccer is a highly complex team sport where continuous activities such as walking and running are frequently interrupted by intermittent tasks such as sprinting, jumping, kicking and dribbling. [4]

Learning techniques and procedures in football is similar to learning motor movements in general, requiring the observance of general and specific principles and rules regarding accuracy, speed, ease of execution, diversity and utility. [5]

The technical element represents the general and standardized form of all specific motor actions, usable in similar situations. In the category of technical elements there are:

- the morphological characteristics of the performer;
- essential motor qualities;
- psycho-volitional processes (attention, concentration, cortical mobility, thinking).

The technical procedures represent the adaptation of the fundamental elements of the technique to the specific circumstances of the game, having an executive character. For example, kicking the ball can be done using various methods, such as using the lace or the side of the foot. These procedures are ways of applying the technical elements in different game conditions.

Simple technical procedures are distinguished by a constant execution, carried out under similar conditions of initial position, execution and final position. Generally, these procedures are applied in isolation, except for individual actions that take place during the game, such as clearances or throw-ins.

Complex technical procedures in the game are made up of combinations of simple technical procedures, which maintain their basic structure but adjust to the specific conditions of the game. They can differ in rhythm, intensity, amplitude and positions, which can cause them to constantly change their character.

The performance of the players on the field requires the application of sophisticated techniques, adapted to different playing circumstances, involving both collaboration and competition, being influenced by various physical and psychological conditions.

In high-performance football, the boundaries are stretched in terms of the fundamental factors required to achieve excellence. They include the player's biological ability, training duration, coach's skills, administrative resources, implementation of scientific research, socio-pedagogical conditions and the impact of moral and material motivation.

The main purpose of all actions is to organize the midfield to achieve the goal. Through this strategy, each football team turns its center of the field into a strategic base of operations, from where it can take control of the game at any moment.

Starting from concrete facts, it is essential to divide the playing field into two distinct areas:

- the construction area of the actions, which starts from the own goal and extends up to approximately 25-30 meters from the opponent's goal, thus covering almost three quarters of the field of play;

- the end zone, which is located between the opponent's goal and an imaginary line located 25-30 meters away from it.

In the first zone, the ball is handled quickly and without involving the players too much, avoiding dribbling. The team aims to find the most direct way to the opponent's goal, intensively exploiting the flanks of the field.

In the second end zone, players work individually, increasing the pace of play as they approach the opponent's goal. It is recommended that forwards use dribbling to get past one or two opponents.

Every position in football has a well-defined function. Forwards, especially those who play on the flanks, must progress with the ball near the edge, beating opponents with clever dribbling and quick passing. The forwards and midfielders work together to support the attack, forming a "mobile platform" around the player in possession of the ball. This strategy gives them the opportunity to generate surprising angles to shoot at goal and surprise the opposing defense. The midfielders must work together as a team to support the attacks, integrating into the play of the forwards. They play a key role in organizing and controlling the midfield, generating attacks in waves. The defenders and the stopper, having more limited control over the ball due to frequent clearances, have the duty to develop attack and counterattack phases. They are most effective when they originate in the bottom line. The goalkeeper takes an attacking approach, looking to pass the ball quickly and accurately, usually by hand, to midfielders or forwards.

Players must follow the ball carrier at distances and intervals indicated by the "game system" to avoid crowding the attack in one area of the field. This tactic is known as the "turntable" of the game. By applying this tactic correctly, the team will be able to keep the ball and confuse opposing defenders, forcing them out of position. Thus, free spaces will appear through which the attackers will be able to advance with the ball or receive passes.

In conclusion, contemporary football focuses on two essential principles for footballers: avoiding unnecessary dribbles and preventing the opponent from running their game.

Performance in football is determined by the technical skills of the players, who need to improve their dribbling and develop their agility. In order to achieve a good level, it is crucial to exploit both the physical and mental capabilities of the athlete.

To reach the elite of the sport, a player must have will. He must always be focused on improvement, be passionate about learning and apply the theoretical knowledge he has acquired. Without determination in the competition, a player will fail to become a starter in his team or be selected for the national team. Also, a team that adopts this fighting mentality will always achieve outstanding results.

It can be said that even if the continuous evolution of tactics will negate many truths, one will always remain valid in football: „the team that manages to reach the ball first in most phases will always win”.

Every coach must consider the technical elements in planning training activities. In training sessions, it is recommended that approximately half of the total time be allocated to the development and improvement of technical aspects, technical procedures, technical actions and technical-tactical actions. [6]

Coaches must ensure that the players are focused on the principles of the game, not the individual aspects, and they must apply them according to their technical and tactical abilities, as well as the level of their opponents. The principles are crucial for all players, depending on the position of the ball on the court, the qualities of the opponents and the score of the match.[7]

Modern football is notable for the fact that all players are involved in both attack and defence, covering the entire field and frequently changing positions and responsibilities according to the needs of the game, which has led to the blurring of the differences between positions in the team. [8]

The coach must find exercises that simultaneously develop both the technique and the tactical thinking of the players, considering that these two aspects are interconnected.

Soccer encourages teamwork and social interactions, supporting advanced and complex collaboration, as well as the display of personal initiative and independence. The autonomous expression of soccer players during the game is influenced by the mastery of a diverse set of skills, the improvement of motor skills and training according to specific norms. The training process must be organized to support the development of initiative, observation and the ability to anticipate and generalize.

Football requires considerable effort from the players and involves surprising actions.

A team that is constantly pressured by the opponent loses control and ends up compromising its defense. It is crucial that every player, regardless of their position, is ready to defend and attack as the game unfolds.

To meet the demands of the game of soccer, a player must have a robust set of motor skills and appropriate training to handle the increasingly intense demands of the match. These needs are met by high-quality physical training, which includes both general and specific physical training.

The proposals focus on limiting the means and methods of training to the fundamental ones, emphasizing the awareness of athletes regarding the practice of performance sport and encouraging individual work. In addition, it is suggested to facilitate access to specialist information, both from internal and external sources, to keep abreast of the demands of football at national, European and global level.

CONCLUSION

Running, jumping, stopping, changing direction, tricky moves, falling, rolling, lifting and endurance throughout the 90 minutes are essential to modern football, even when the ball is not in the player's possession. These skills are needed in various situations and interpersonal relationships within the game.

In today's football, technical and tactical training is crucial, which is no longer a challenge in itself. The importance of play without the ball is not only judged by technical and tactical skills, but also by how they are put into practice in a creative way for the benefit of the team.

Football has evolved and demonstrated that a player who focuses exclusively on physical qualities and technical and tactical skills cannot successfully meet today's demands. During a match, it is crucial for a footballer to use all the knowledge gained from theoretical study.

The performance of a football team and its technical-tactical capabilities are significantly influenced by the physical training of the players.

It is essential that as soccer players, we learn the technical and tactical content correctly without the ball, especially as this becomes more difficult with age. Childhood provides the opportunity to better understand technical procedures without the ball and correct mistakes. Therefore, it is important to consider this aspect in the training of young footballers.

Contemporary football is distinguished by a constant effort of the players during the entire game, with the main objective being victory. The match is played in a balanced way, emphasizing collaboration and having a varied pace, supported by thorough physical preparation and total commitment from the players. The increase in the intensity of the game is due to the large number of actions performed on the field.

The training of soccer players is aimed at meeting the specific demands of the game, which requires complex efforts, diverse motor skills, strong emotions and frequent confrontations. The efficiency of this training process is achieved by the appropriate adjustment of the volume, intensity and complexity of the effort, thus facilitating significant morphological and functional changes.

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