PASSES CONTRIBUTION TO THE ACHIEVEMENT OF AN EFFECTIVE POSSESSION OF THE BALL IN THE GAME OF FOOTBALL IN JUNIOR FOOTBALL PLAYERS

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Abstract: In this paper we aim to highlight the importance of the possession of the ball in the game of football teams, which must comply with the terms of theory and methodical training and especially with the procedure of taking over and passing the ball - important aspects of the art of the game in order to improve efficiency completion. In the training both possession and position specific exercises were used, exercises aimed at improving the technique and specific exercises to develop motor skills involved in achieving effective possessions through progression in order to lead the ball on the shortest way to the goal. This has allowed the establishment of a proper dynamics of the game, the ball movement and the corresponding requirements of modern football players. The experiment demonstrates what level of time ranges the possession of the ball and how effective it is according to the exercises presented in the paper and used in training juniors, an urgent need to find new ways of working which take into account the increased speed of the game, choosing the effective ways and means to be exploited for the players.

The results show that research hypotheses were confirmed and they constitute benchmarks to achieve results consistent with the requirements in the game of football.

Keywords: football, training, technical, possession, effective passing of the ball.

Introduction

Starting from the idea that the first rule of education and instruction is not to ease too much the exercise whose purpose is overcoming the difficulty (beyond a certain degree of effort), we pursue tenaciously the aim that the trainings do not lose their lesson character, learning, so, whenever and however, they should not replicate the seniors training structure and much less to have seniors training finality. In full agreement and permanent conception from which we started, the whole process of training and education must have a dominant technical-tactical character, built on a high and stable fund of general physical training and capitalizing the psycho-intellectual resources of talented children selected for the great performance.

Since the attack phase is the crucial moment of the game, the means of collaboration have a more active relationship with the other game. Relations between players in offensive phases have a constructive character, achieved by the joint and direct participation of players to build the defensive actions and interventions needed to overcome teh proximity target. Cooperation established between the players has a conscious character is resilient and creative and results from the continuing struggle and sometimes from quite aggressive actions taken by the defense. When recovering the ball (positive transition), it is essential to consider [1]:

• where in the field the ball was recovered;
• who and how many players participate in recovery;
• how many and which players should or may participate in the attack;
• free areas that to be decided whether to play by short or long step;
• how to organize the attack team in the new situation;
• What is the fastest way to reach completion;
• Who balances the defense of loss of possession.

On the cooperation of players in their attacks, the specific features of the organization and completion of a team's tactical actions, confers to the team its personal style in attack, style that is apparent even in the conception of the game. Collective tactical actions are performed using technical procedures in the field of motion: heading the ball, feints, taking over and shooting at the goal,, the execution of which should follow the principles and rules of individual tactical actions.

By finding new ways and means of physical, technical and tactical training, the players have learned and mastered in game-like conditions (speed of execution, simple and straightforward processes but executed in maximum speed, interference between posts) relations between the players taking part in the attack phase have acquired new dimensions by the appearance of ball movement and players,

to support and aid the player with the ball and the group around him.

Research Purpose

It is represented by the contribution to the improvement of the football training process by lifting the indices on sports training factors, such as the physical, technical, tactical, especially the technical to a higher level:, using the appropriate physical development methods and specific means to be closer to the aim pursued in the educational process - effective possession of the ball for team performance objectives.

Research Hypotheses

1. Adding to the hours of training a number of additional technical elements through appropriate exercises that exhibit a high degree of complexity and increasing the number of repetitions in procedures execution higher indices on specific skill or capacity to control the ball, and on the speed of the game, shall be recorded, allowing an effective possession of the game.
2. Making specific training focusing on learning to connect the technical element to other elements appropriated separately in the themed game, in the school game, learning basic technical element, hitting the ball particularly in the process of completion - shot on goal, will record superior indices on accuracy, efficiency, boosting the "refresh" quick different situations.

Material and method

In view of the collection, processing and interpretation of the findings and the analysis we had a permanent observation on the receptivity of players to the targeted exercises and games used at different times of the lessons and training periods. There was a continuous dialogue with the athletes to address weaknesses, but also on individual and collective technical elements that have been successful in training and games.

The experiment conducted for the elaboration of the paper has an ascertaining character, of verification of the hypotheses proposed and created by developing a methodology for using the exercises, movement games with and without the ball head to achieving effective possessions of the game. Tests have allowed an assessment as close possible to the real possibilities of the athletes, but also an assessment of the correctness character of this period mainly training preparedness of future athletes.

We watched in the training that the workload for technical and tactical training meet the organization towards the increasing of efficiency in phase possession game in particular by improving the quality of passes. So, we used specific exercises that focused on developing skill, speed of reaction and execution, strength, endurance and targets under speed, but also exercises and games to acquire the main elements and techniques: improvement of takeovers, ball heading, perfecting misleading movements. The strategy involves teaching situations for lining contexts, for the construction game, situations on starting the game from the goalkeeper, primarily exercises without adversity. [2]

Regarding the organization of the game for positioning exercises, working knowledge of the specific role of each player in its region of operations were used. In games positioning we can use more players (9-16), whose role is to assist the player with the ball on the outer sides of the playing space and freedom of movement against players who are trying to recover. They will use passes until they will reach the situation of numerical superiority, thus avoiding 1vs1 situations because they assume the appearance of fatigue and get away from the proposed objective[3].

The collective research subjects are a sufficiently homogeneous mass, consisting of 20 junior players born in 1998 and 1999, from the Centre for Children and Juniors from Universitatea Craiova active in the Championship elite League Organized by the Romanian Football Federation.

Results

To see whether the team performed an efficient ball possession we realized time recordings on how effective each player has been in the possession of the ball, whether the continuation of the rally was a success or a failure. Thus we was conducted two tests of this kind, with the same team in both the tour and in return (F.C. Braşov).

After the initial testing in team training we introduced specific exercises to improve the playing technique as well as specific exercises for possession from 2vs1 to 11 vs 11. This situation is repeated several times, with different recovery times, with average duration and intensity on large ample space. The length of games will be split into several parts in

order to achieve greater capacity of concentration of players and greater intensity. We shall not use the whole field to a greater density of actions and will avoid prolonged outages to ensure continuity [4].
Each player was registered with a timer based on the position held in the team system, and in case of replacement, the new entrants were taken over.

To achieve records in good condition, both games were scheduled on the same type of pitch (artificial), which allowed a smooth ongoing actions within the game. The recordings were made only on field players and not for goalkeeper's own or opposing players. The time difference was materialized in ball out of play out or for the execution of various set pieces etc.

Table on players' recorded times - ball possession

Nr Crt.	**Team Position**	**Registered time (sec)**			
		Tour	**Return**	**Mean**	**Dif. 2-1**
1	Right back	114	142	**128**	**28**
2	Center right midfield	120	145	**132.5**	**25**
3	Center left midfield	132	157	**144.5**	**35**
4	Left back	111	154	**132.5**	**43**
5	right midfield	117	160	**138.5**	**43**
6	defensive midfield	150	170	**160**	**20**
7	ofensive midfield	137	163	**150**	**26**
8	left midfield	119	164	**141.5**	**43**
9	striker1	102	109	**105.5**	**7**
10	striker 2	110	123	**116.5**	**13**
Total team		**1212**	**1487**	**1349.5**	**273**

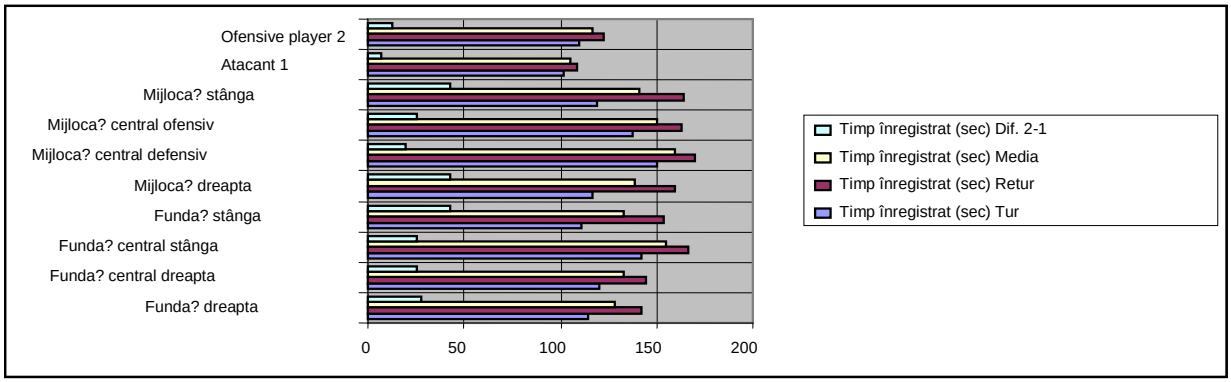

Fig. 1. players on the positions' possession of the ball, round-trip time and average time realized

Analyzing the times registered by players on positions, we observed as was only natural that due to labor and position in the team, midfielders recorded the highest values in time: 160 minutes / game central defensive midfielder and 150 sec / game central offensive midfielder. Next, the left defender the possession of 144.5 sec / game due to his involvement in the construction phase of the game, the last one striker 1 standing with a clear sec./joc 105.5

Table total time of possession realized by the team per game and the differences between return and tour

Position in the game	**Registered time (sec)**			
	Tour	**Return**	**Mean**	**Dif. 2-1**
Total team	**1212**	**1487**	**1349.5**	**273**

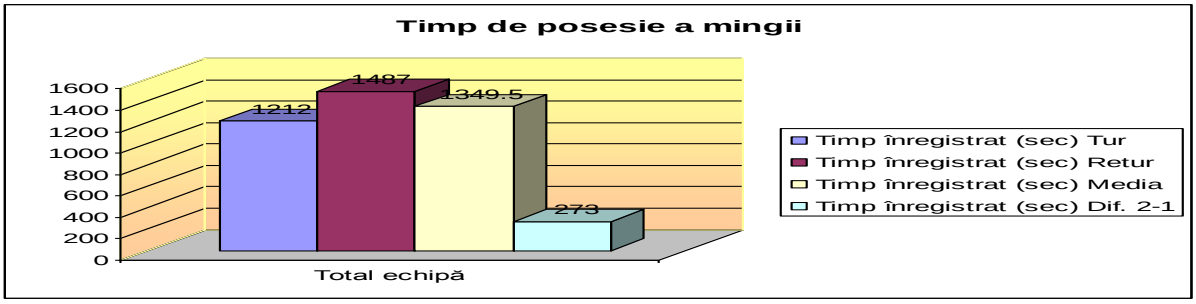

Fig. 2. Graph for the total time recorded by the team in tour and return

Discussions

After applying specific training programs for achieving effective possessions of the game, there is a clear increase in the time between tour and return 273 seconds (4.55 minutes), the team having possession of 1,212 sec / game tour and 1487 sec / game in return.

This aspect had effects on the team efficiency on the scoreboard. Thus, if the teams finished tied in the tour game - 1-1 in the return the score has risen the team winning 5-1, due in particular to work extended for the possession that put the team in multiple situations to score.

Future football must have a special dynamic design and player technique should refer to this dynamic expressed in the athletes stimulated by addressing all stakeholders. So players will have to move constantly in order to create spaces and not narrowing the field (low technical teams with prefer this priority objective in the defense). The support for the player with the ball will hold defender intervention.

Therefore, the team should think about how to work together to impose themselves despite the opposition side. This requires the building of patience, thinking appeared in every space defense that can be speculated, thinking of the concept of space-time, tactical concept of wide field (wide) with games from side to side [5].

When performing passes they will take into account the following aspects of training [6]:

• the Quality of the pass is imperative;
• many technical executions;
• Accuracy and execution need to pass in the right time;
• Head up for documentation on reception and transmission vision;
• Keeping possession of the ball on the ground;
• Use both feet to pass and receive the ball,
• Choosing the best directions for passes.

Conclusion

1. The technical factor is one of the basic factors of the game of football and is considered to support the others. We must emphasize the importance of this factor in the juniors of all categories, it remains one of the means of selection, following that during the preparation to adopt appropriate forms and methods so that juniors grow in value with age and experience.

2. In modern football, the midfielders are "the engine team," channeling attacks. They must ensure change the pace of the game in attack and acceleration of completion. For those players they must have some technical and tactical, mental, qualities, which stand out from the others. Players from the middle compartment must be counted in the current context of football those who can overcome on one or more chapters the duties of other players.

3. The cooperation established between the players has a conscious character is resilient and creative and results from the continuing struggle and sometimes quite aggressive actions taken by the defense.

4. By finding new ways and means of physical, technical and tactical training, which players have learned and mastered in game like conditions (speed of execution, but simple and straightforward procedures performed in maximum speed, interference between posts), the relations between the players taking part in the attack phase have acquired new dimensions by the appearance of ball movement and players, of support and aid for the player with the ball, and the group around the player with the ball.

5. The assumptions of the work were confirmed, which means that the exercises used in training can be a model of training to increase efficiency in the possession game.

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