THE ROLE OF THE PLAYER DEMARCATION IN ORDER TO INCREASE THE EFFICIENCY IN THE STRIKE FOOTBALL GAME AT THE LEVEL OF JUNIOR PLAYERS

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Abstract: In the current football there is great diversity of ideas regarding the attack phase. Regardless of the specific peculiarities of the game, the offensive is conducted according to concepts, systems, strategies and private means of each football school. This customizing forms of attack contributed to the awareness of the need to find new and exciting ways of setting more organized defenses, a request that developed the technique of attack, the physical preparedness, tactical and strategic solutions. So when a team takes possession of the ball, depending on the dynamics and organization of the game, all 10 field players demark, taking steps to provide efficient solutions to attack.

Intense movement seeks to strike with the creation of corridors, to maintain its own initiative, to deprive the opponent of the ball, the improvement of the completion being achieved, often preceded by the player demarcation. It is therefore important to study and know the forms of demarcation that contribute to the establishment of one or other forms of attack of a football team, as they are presented in the paper. If we make some clarifications of the requirements (physical, technical and psychological) that are required to approach the game and the forms of attack, we will know with more certainty which of them (direct counter attack and quick attack or combination) to approach and to turn our attention to when we have trained as a football team that must meet multiple demarcation.

Knowing the requirements of each form of attack and how it should be applied in the game, coaches can prepare and share technical and tactical knowledge to increase the elasticity of the game (changing from one form to another earlier) as well as the maneuvers required to have no surprises from the opponent, succeeding thus scoring as many goals as possible.

Keywords: football, training, technical demarcation completion.

Introduction

In the modern game of football, effective player demarcation contributes to the victory achievement. Players without the ball by an excellent mobility should facilitate the provision of aid in the form of permanent support to open the line of defense and to promote rapid movement of the ball. Their mobility requires tactical intelligence to occupy space at the right time and constantly offer solidarity to the player with the ball. This constant support should aim at creating numerical superiority in the space where the ball is (attack combination), but also to avoid areas of midfield and extension (direct attack). Relying on the mobility of players, the ball must move with speed through a quick exchange of passes between players, thereby achieving a high defensive pressure in the last area of land [1].

Player intentions regarding knowledge and adaptation to the game logic will materialize through their individual will and manifestation in the game depending a lot on past experience, making the game of football requiring a lot of demarcation. When we perform a game analysis, to be practiced by each member of the team, we should consider the following variables: strategic roles assumed by the player when they complete demarcation during the game which develops its action, tactical game intentions, the basic behavior units, but also technical gestures, which allow the achievement of the intentions above.

Communication established between teammates, organized around the different roles they assume in the game, creates a logical sequence of elements that make up the game demarcation. The frequent chain attack-defense transition requires the player to learn to reposition permanently depending on the opponent and to adapt their tactics or technical gestures for the game in progress. [2]

Research Purposes

We developed this work, knowing the advantages and disadvantages of each form of attack, so that the action of demarcation as a form of individual action in the attack, will contribute to preparing and perfecting the game through appropriate means and methods. The paper presents some means to carry out attacks on central areas or the sides of the demarcation player. So the purpose of the

work is the use of the most effective exercises that athletes enrolled in applied research performed, to contribute to the improvement of junior football players attack completion, after a previously executed demarcation. Considering them a starting point, each coach will personalize according to the luggage of knowledge and attributes of their team, the purpose, either in relation to teaching purpose or performance purpose.

Research Hypotheses

1. Intensifying the completion of demarcation exercises will help increase efficiency in front of the opponent's goal.
2. A proper technical and tactical training of players 15-17 years that will focus on demarcation will have a positive effect on the outcome.
3. Building careful phases of attack, with permanent demarcation executed properly, will lead to the execution of finesse, more accurate shots on goal.

Material and method

We studied systematically observed almost all matches of the football team at elite League Series West and we noted during each match the forms of the game moments demarcation of the player receiving the ball. Throughout the period of the championship, the demarcations made by all players with the result of the scoring of goals were recorded, or the situations impending the challenge to score goals. The exercises proposed for the improvement of player demarcation were applied in almost all lessons during a competitive year. The conditions were optimal, with enough balls, sports equipment and a football field-size.

This optimal situation for the experiment, allowed us to move very easily through all stages and forms of attack, which was carried out through demarcation and what was special was the change from one form to another when one of these did not finished with completion: from the counter-attack to the quick and direct attack or from the quick and direct attack to the combative one.

The demarcation is done either on the neighboring areas, sideways, backward, or they try the demarcation to the goal for an eventual launch. As is known, the movement of the ball and the players on the opposing third is no longer a problem for marking man to man, while in the modern game the central backs come up in the completion area. Many theoretical material published in literature on the tactical action - demarcation - showed that, for a successful action, the player must consider the following:

Almost always be preceded by a feint;

- To be made in accordance with the possibilities of transmission of the ball by a partner;
- Do not betray the intention of demarcation thus enabling the defender to take the necessary tactical;
- The direction of displacement after detachment from the opponent to be toward free spaces in order to take possession of ball. In case the movement would be toward a crowded area, the possibilities of success of the action shall be minimized;
- The speed of separation is to be maximum in the first part and the second optimal in order to achieve safe handling of the ball;
- Transmission speed of the ball by partner must provide the recipient the possibility of using it without too many technical maneuvers.

The subjects were 17 active players in Junior Championship - U17 League elites, West Series, organized by the FRF, from C. S. Universitatea Craiova.

Results

The description of the tactical and technical means used in experiment

The following exercises were used under close game, and even global game:

- Play at the goal - eight forwards against six defenders;

Play at the goal - six strikers against four defenders

- Play at the goal - seven strikers against seven defenders.
- Play at the goal – 6 strikers against 7 defenders;

In all games with equal or different ratio to between offensive and defensive players, the coach will stop the game and make comments on how, where and the direction that they had to demarcate one or the other players.

- School game- goals between two teams of 8-9 players. The smaller number of players is indicated for the operation on less crowded spaces, something that enables both coach and players to observe the moments when they delayed the action for marking or simply they were not demarked;

- Normal game at two goals at the beginning with inferior teams, then with teams of the same level of value and even superior.

Processing and interpretation of results

	The mean of good demarcations /player			
	Bune	Greşite	Total	Gol marcat
Player mean	6.6	2.46	9.06	5.6
Total	99	37	136	85

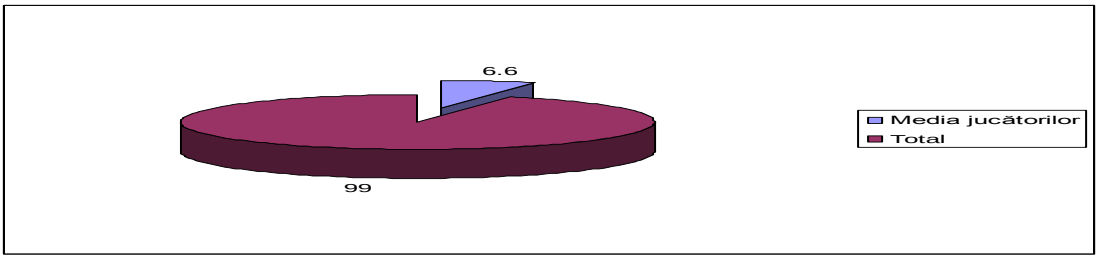

Fig. 1. The average number **of good demarcations and the average per player**

As you can see, the team achieved on average a total of 99 good demarcation a match, so an average of 6.6 good demarcation a match for each player.

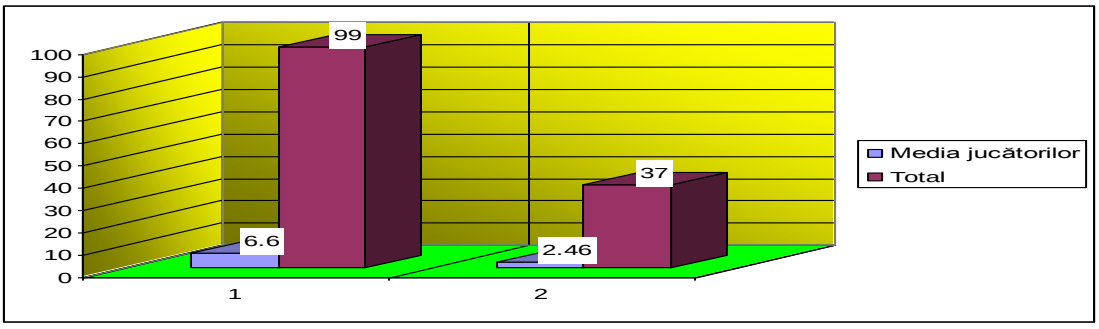

Fig. 2. Comparison between the average number of good markings and the average on player

The team performs on average a total of 99 good demarcation on match, so an average of 6.6 good demarcation on match for each player, much higher than only 37 wrong demarcation, so only 2.46 demarcations / player on average.

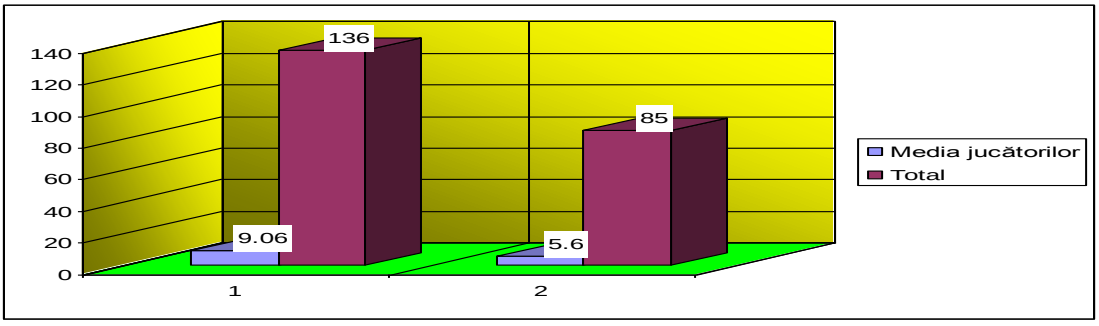

Fig. 3. The comparison between the total number of good and bad demarcation and the average on player / total goals scored

Team efficiency is positive following completion of demarcation so that the team has a total number of goals scored - 85, averaged 5.6 goals on average / player, out of a total of 9.06 demarcation / player, out of a total 136 demarcation average / game.

Discussions

Considered an individual tactical element in the attack, it is defined by some authors as adversarial relationship in the attack. The authors argue his assertions with the fact that "since defenses included in their repertoire

man marking, Pressing, overcrowding and other more active means of defense, since, then, by these means their adversity increased, the attack had to assert its adversity reflexively "[3].

As the game progresses, the defenders marking has been applied more closely and more severely the importance of demarcation on attack players in action has increased significantly in number and effectiveness. According to statistics conducted worldwide, it was found that a player is in possession of the ball no more than 2-3 minutes so that the rest of the time he performs actions without the ball, a series of demarcation are meant for the entry into possession of the ball. The demarcation of direct action is the striker active form of action, driven by its desire to break away from the opponent. The combative character of demarcation is determined by the load and the physical demands psycho-willingness high qualities without which the player does not meet the demands of the modern game. Technical progress also will be improved by the tactical and mental preparation, especially among young people, in this way they manage to withstand the pressure through the optimum concentration during the game, proper behavior in difficult situations, especially past his defender [4].

With regard to indirect demarcation there are two opinions on its defining, views going to differentiate content. After the first authors, indirect demarcation is achieved without the striker actively will and follows a move to another striker - adjoining - which draws after some maneuvering, the defender partner toward him, creating the impression that he will get the decisive pass or will complete.

Demarking is sometimes anticipatory achieved even during defensive work by players not enrolled in this phase, sometimes delayed, conducted after the players were fixed in the marking, other times successively, that is performed several times until the marker is actually lost, or often multiply, collectively, ie executed simultaneously by all components of the group supporting the ball owner [5].

The demarcations can not be generalized because it depends on the player's tactical sense, flair and how to get rid of the marking defender. The technique of marking in those many actions together with the preparation for demarking by a player and perform in two, the timeliness required both in this action, which takes place in battle with at least two opponents contains a large quantity of physical and mental stress, expressed in the speed of handling the ball, in the execution of passes, force in dispute with their marker, technical spontaneity, tactical thinking, creativity, altruism, foresight from the owner of the ball and starting speed, sudden changes direction, demarking in resuming the perseverance after repeated failed attempts, seizing and understanding maneuvers of the ball and anticipating them from the need to demarcate [6].

As the game approaches the space from which it can complete, the exit from the opponent's mark is increasingly more difficult to achieve especially in the area in which generally the striker is acting. It is essential in these tasks to put players in positions depending on the game system to achieve a better transfer of training for competition. Player field position will be based on the different phases of the attack game (initiation, creation and completion), thus allowing to work in a specific way, with early involvement to improve technique and tactics in every phase of the game [7].

Conclusion

Regarding lessons, their design and content, coaches will pay full attention to the following requirements:

1The weekly lessons Content (3 or 4) to be established at the beginning of each cycle, such as by chaining their components (technical, tactical, physical training, etc.) as well as those objectives, creating a lessons system with a well-defined functionality that will focus on player demarcation

2. In every weekly lesson cycle, even over the competition period the techniques and fundamental tactical actions will be repeated and with the same consistency, the basic exercises for developing motor skills and morphological indices corps. Simultaneously with the repeating of these basic elements in the system of lessons , they will include continuous enrichment of arsenal technical and tactical, through the acquisition of new executions and actions, and improving those processes favorite players that enable them to capitalize on the higher efficiency conditions, their individual skills, following demarking.

3. In all cycles of weekly lessons coaches will give priority to the thorough and accurate learning of the preparation component properties and in any case, not only to the

limitation requirements closely related, but limiting to the championship game. The same interpretation will be given to children and to their training on the requisite posts in the team.
4. Due to this requirement, coaches alternate performing the exercises included in the pre-established lesson plans with children's favorite ones or with "variations on the same theme," but executed individually, without coaches control. Creating moments when children work in the lesson takes place on their own initiative responding to the need to increase personal responsibility to prepare their own learning and also it is a good occasion to stimulate the innovative spirit of independent orientation.
5. Thus, we believe that research hypotheses were confirmed and encourage coaches to use demarcation exercises in most actions for the completion of scoring any way.

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