

INTERLEAVED TACTICAL TRAINING OF BIG FOOTBALL TEAMS

TREINAMENTO TÁTICO INTERCALADO DE GRANDES EQUIPES DE FUTEBOL

ENTRENAMIENTO TÁCTICO INTERCALADO DE GRANDES EQUIPOS DE FÚTBOL



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ABSTRACT

Introduction: Tactical football training is significant in teaching great football teams. Analyzing and discussing existing problems and proposals for corresponding countermeasures should be carried out periodically. **Objective:** Investigate and understand the main factors that affect the development of tactical training activities of big football teams. **Methods:** Large-scale soccer match tactics at the 2018 World Cup are evaluated and treated statistically by dividing the defensive behaviors in the game between individual defensive tactics and collective defensive tactics. **Results:** The primary means of launching a fast defensive attack is a medium to long pass across the court. Launching a fast attack requires combining a pass with a sudden attack. **Conclusion:** Attackers often take the initiative in their confrontation tactics. The aggressive style of the players excels in the initiative and midfield advantage. **Evidence level II; Therapeutic Studies - Investigating the results.**

Keywords: Soccer; Exercise; Sports; Athletes.

RESUMO

Introdução: O treinamento tático de futebol ocupa uma posição muito importante no ensino das grandes equipes de futebol. A análise e discussão dos problemas existentes e propostas de contramedidas correspondentes devem ser efetuadas periodicamente. **Objetivo:** Investigar e compreender os principais fatores que afetam o desenvolvimento das atividades de treino tático das grandes equipes de futebol. **Métodos:** As táticas da partida de futebol de larga escala na Copa do Mundo de 2018 são avaliadas e tratadas estatisticamente dividindo os comportamentos defensivos no jogo entre táticas defensivas individuais e táticas defensivas coletivas. **Resultados:** O principal meio de lançar um ataque rápido de defesa é um passe médio a longo pela quadra. O lançamento de um ataque rápido requer a combinação de um passe com um ataque súbito. **Conclusão:** Os atacantes costumam tomar a iniciativa em suas táticas de enfrentamento. O estilo agressivo dos jogadores prima pela iniciativa e vantagem de meio-campo. **Nível de evidência II; Estudos terapêuticos - Investigação de resultados.**

Descritores: Futebol; Exercício Físico; Esportes; Atletas.

RESUMEN

Introducción: El entrenamiento tático del fútbol es importante en la enseñanza de los grandes equipos de fútbol. El análisis y la discusión de los problemas existentes y las propuestas de las correspondientes contramedidas deben llevarse a cabo periódicamente. **Objetivo:** Investigar y comprender los principales factores que afectan al desarrollo de las actividades de entrenamiento tático de los grandes equipos de fútbol. **Métodos:** Se evalúan y tratan estadísticamente las táticas de los partidos de fútbol a gran escala en la Copa del Mundo de 2018, dividiendo los comportamientos defensivos en el juego entre táticas defensivas individuales y táticas defensivas colectivas. **Resultados:** El principal medio para lanzar un ataque defensivo rápido es un pase medio o largo a través de la cancha. Lanzar un ataque rápido requiere combinar un pase con un ataque repentino. **Conclusión:** Los atacantes suelen tomar la iniciativa en sus táticas de enfrentamiento. El estilo agresivo de los jugadores se destaca por la iniciativa y la ventaja del mediocampo. **Nivel de evidencia II; Estudios terapéuticos - Investigación de resultados.**

Descriptorios: Fútbol; Ejercicio Físico; Deportes; Atletas.



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INTRODUCTION

A football game is a game of forwarding passing and forward movement. The attack is the eternal theme of football. Winning a goal is the core of a football game. Today's world's strong teams generally use the overall offensive and defensive style of attack and defense.¹ Individual and overall offensive and defensive capabilities continue to improve and become more and more perfect. In the fierce competition, the offensive players face layers of defense, fierce, stable, and

"chain-like" defensive systems. The difficulty of its offense can be imagined. The "quick play" is valued by world football because of its "fast, concise, sudden, and practical."

METHOD

Research object

We conducted a statistical analysis of video classification of all 64 matches and 145 balls of the 2018 World Cup.

Research methods

We adopt the method of literature data, expert interview method, video analysis method, and logical analysis method.

Concept and scale

Fast play

The fast-play method demonstrated in this article is relative to the positional offensive that promotes the organization of offenses layer by layer.² The content includes a quick counterattack and a quick attack.

Quick counterattack

A quick counterattack means that the defender starts by stealing, shoveling, and positioning the ball. Or use other methods to get the ball and take advantage of the opponent's return to defend in time and immediately mid-to-long pass.³ The midfielder's quick short pass or individual breakthrough will lead the ball to the frontcourt and threaten the opponent's goal.

The arc trajectory of the footsteps of football with the ball

t'_{wey} represents the length of the l' track. $\bar{\omega}'_{kp}$ represents the minimum number of continuous moving frames of footsteps. Formula (1) uses the KLT method to filter out the background feature points of the arc trajectory of footsteps.

$$P'_{kp} = \frac{\bar{\omega}'_{kp} \mp t'_{wey}}{i' \times \bar{\omega}'_{kp}} \pm t'_{ipk} \quad (1)$$

τ'_{kp} represents the track length. d'_{fpu} represents the distance moved by the feature point FP of the footsteps movement trajectory with the ball between the kp frame and the kp+1th frame.⁴ Equation (2) selects a non-clustered footstep movement arc trajectory as the initial value of the cluster center trajectory.

$$E'_{vb} = \frac{\{kp, kp+1\}}{FP} R'_{qzf} + d'_{fpu} \pm \tau'_{kp} \quad (2)$$

R'_{qzf} represents the arc trajectory collection of footsteps. ω'_{jpe} represents the maximum distance between the feature points of the footsteps movement trajectory between two consecutive frames. b'_{wer} represents the new trajectory cluster center generated by each iteration.⁵ Use equation (3) to match the trajectory clustering results in two adjacent frames of images

$$u'_{po} = \frac{b'_{wer} \pm \omega'_{jpe}}{E'_{vb}} \mp \mu'_{olk} \quad (3)$$

μ'_{olk} represents the current trajectory cluster center. κ'_{lkp} represents the correlation coefficient between each trajectory within the bandwidth range and the cluster center of the current trajectory. Ω'_{plk} represents the similarity between the class κ in the clustering result of the current frame and the class D in the clustering result of the previous frame.⁶ Formula (4) completed the optimal extraction of the arc trajectory of the footsteps of the football dribbling the ball.

$$k'_{jnu} = \frac{\{\eta \pm \kappa\}}{\Omega'_{plk}} \pm \kappa'_{lkp} \times u'_{po} + p'_{kp} \quad (4)$$

RESULTS

Analysis of the overall offensive tactical rhythm

Table 1 shows a total of 145 goals scored in this tournament. Among them, 58 goals were scored using fast play, with a probability of 40%. The positional offense scored 43 goals. The probability accounted for 29.7%. Set ball scored 44 goals. The probability accounted for 30.3%. In addition, there are 21 set shots caused by fast play.⁷ The probability accounts for 14.5% of the total number of goals.

Analysis of quick attack styles

Table 2 shows that passing in the middle is the most important scoring method of fast attack tactics.⁸ This technique scores 13 goals, with a probability of 36.1% of the total number of fast breaks, due to its fast speed, strong suddenness, direct face to the goal (single-handed), and other characteristics. In this World Cup fast break, the pass cut is characterized by using cross-runs, lateral passing, and other means to tear the opponent's line of defense. The active offensive players interspersed and ran, and the defender assisted in constantly putting pressure on the defense. The key is to accurately threaten the defensive team behind and insert in time to pay attention to the timing of the start to prevent offside.

Analysis of the quick attack launching field

Table 3 shows that fast breaks are mostly launched in the middle (front) field. This technique scores 24 goals, with a probability of 66.7%. In the middle (rear) field, the probability of scoring 12 goals is 33.3%. According to the overall strategic thinking, the strong team arranges tactics as the first choice for the quick counterattack. If it is blocked, it will switch to a fast offense.⁹ If a fast offense is not possible, it will naturally

Table 1. Statistics of the overall offensive rhythm of the 2018 FIFA World Cup.

	Counterattack	Fast break	Position	Positioning ball	Total
Score	22	36	43	44	145
%	15.2	24.8	29.7	30.3	100

Table 2. Statistics on the use of fast attack tactics in the 2018 FIFA World Cup.

		Goal	Fast break %	All kinds of accounts %
(3 side roads)	Pass	1	2.8	11.15
	Rush	2	5.55	
	Slanting	1	2.8	
Regular fast break (4 items in the middle)	Pass and cut	13	36.1	52.75
	Rush	1	2.8	
	Long shot	3	8.3	
	Fill shot	2	5.55	
Expansion (2 activations)	Anti-grab	2	5.55	35.1
	Intercepted	9	25	
	Flexible offense	2	5.55	
Total		36	100	100

Table 3. Statistics on tactics for fast attack (starting field) in the 2018 FIFA World Cup.

		Goal	%	Each %
Started in the middle (front) field	Long pass	1	2.8	66.7
	Long pass	9	25	
	Sudden transmission	11	30.6	
Mid (rear) start	breakthrough	3	8.3	33.3
	Long pass	1	2.8	
	Long pass	7	19.4	
Goalkeeper	breakthrough	4	11.1	0
	Long pass	0	0	
Total		36	100	100

switch to a positional attack. Therefore, the midfield is the main area for quick offenses. At the same time, it shows that this World Cup focuses on defense and strengthens the characteristics of frontcourt pressing and destroying an attack.

Analysis of Quick Counter Attack

Table 4 shows that the quick counterattack in the middle attack is significantly higher than the side attack. This shows that the rapid counterattack tactics grasp all offense and defense, and the formations such as 352,532 on both wings are relatively weak in-depth.¹⁰ Quickly counterattack the opponent and fail to defend in time. You can directly face the defender and choose the mid-lane to have a double attack point. The center back dares not easily push forward or support the side, and the full-back dare not give up the side lightly. The ambiguity of responsibilities and authority caused its joint (two ribs) to become a defensive vacuum zone. At this time, choosing a good breakthrough is expected to benefit.

Analysis of the launching area of a quick counterattack

Table 5 shows that the midfielder launched a quick counterattack and scored 15 goals. The probability accounts for 68.2%. Backcourt starts accounted for 31.8%. Pay attention to the high success rate of launching immediately after the midfield interception, blocking, and stealing.¹¹ Modern football's three offensive and defensive lines are compressed, and the offensive and defensive transitions are fast. Each team's strengthening of the frontcourt press makes the defender's backcourt launch fast counters severely restricted.

Table 4. Statistics on tactics for quick counterattack (style of play) in the 2018 FIFA World Cup.

		Goal	%	Various %
3 side roads	Pass	1	4.5	22.7
	Rush	2	9.1	
	Slanting	2	9.1	
4 items in the middle	Pass and cut	6	27.3	77.3
	Rush	6	27.3	
	Long shot	1	4.5	
	Goalkeeper launched	4	18.2	
Total		22	100	100

Table 5. Statistics on the use of quick counterattack tactics in the 2018 FIFA World Cup.

Launch field		Goal	%
Midfield starts	Long pass	6	27.3
	Long pass	4	18.2
	Spread out	2	9.1
	breakthrough	3	13.6
Backcourt	Long pass		0
	Long pass	1	4.6
	breakthrough	3	13.6
Goalkeeper	Long pass	3	13.6
Total		22	100

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DISCUSSION

Football is a perfect combination of personal technology and overall tactics, and a one-on-one breakthrough in personal technology is the most effective actual combat technique in the game.¹² Therefore, attention should be paid to strengthening the training of team members' one-to-one breakthrough ability. Long pass in the backfield is a common offensive method in traditional play. The content is divided into two types of offenses, direct pass, and diagonal pass. Most of the games use diagonal passes to shift the defensive center of gravity and then pass directly to the open crotch. Although the super long pass in the fast break does not score many goals, it can put a lot of pressure on the opponent's defense. The improvement of the sphere and the field and personal skills have made super long passes possible.

Immediately after an interception, he quickly attacked and scored 9 goals, with a probability of 25%. Each team pays great attention to the fight and interception in the midfield. After intercepting the ball, use long passes and personal breakthroughs to launch a fast attack.¹³ The opponent has no time to organize an effective defense, and the goal rate is relatively high. The previous World Cup has always been the first choice for quick counterattack tactics. The fast sideways reversal of this World Cup has been significantly reduced. This tactic only scored 5 goals, accounting for 22.7% of the total number of quick reverses. The main reason is that each team uses 5 midfielders to guard against the wing. Athletes used restricted crosses in the backcourt and blocked the midfield. However, a strong offensive full-back can still use the midfield to slanted hanging, midfield breakthrough, and frontcourt pass to score.

Super long pass (above 35m) and long pass in the backcourt to counterattack and score 10 goals. The probability accounts for 45.5%. It is usually launched by the midfielder or central defender and directly penetrates the bare crotch behind the opponent's defender.¹⁴ This method is simple and practical and requires the launching team members to have a wide field of vision and accurate long passes. At this time, the responding players are fast, have a strong sense of speed, and are good at grasping the timing of starting to prevent falling into an offside trap.

CONCLUSION

The fast-play is the first in the mobile offense, and the fast play creates a high rate of set shots. The fast offense uses the pass and cut as the main offensive method. Cross-transposition, lateral pass, live-point attack, and defender assists put great pressure on the defense, and the effect is obvious. The characteristics of the fast offensive field are different. The main means of launching a quick attack in the backcourt is the mid-to-long pass. The main means of launching a quick attack in the frontcourt is the combination of pass and sudden attack. Therefore, strengthening the awareness of frontcourt steals can effectively curb the opponent's offense.

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