

## STUDY ON THE IMPORTANCE OF TECHNICAL EXERCISES ON THE SPECIFICS OF THE PLAYING POSITION – ATTACKERS

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**Summary:** Following the application of the technical exercises, as well as the test specific of the football game detailed below, with emphasis on the specific actions of the players in the game, we noticed an improvement in terms of technique on the specifics of the position (attacker). They developed their specific skills for the attackers. Technical elements and procedures for driving and hitting the ball specific to the attacking players were used, actions carried out outside the penalty area (square). The study was conducted on a group of children from the club Luceafărul Bucovina Suceava.

**Introduction:** The technique of the game of football means the set of specific means in forms and contents through which the players perform, on the one hand, the actions with the ball (its control and movement), and on the other hand, the maneuvers (with and without the ball) the action as well as the fulfillment of the technical-tactical actions specific to the game station. [5]

The technical elements and procedures used in the study are specific to the attacking players, they also improve the maneuverability of the ball in conditions of time and limited space. The reduced spaces are given by the areas of action of the attacker (corner of the field, the line of the cart in front of the goal), while the time is given by the prompt action of the opposing defenders, the moment of offside, the actions of colleagues.

The importance of the theme is given by the greatest need of the players to have a well-developed technique, which is always improved, helps a more spectacular and precise course of each player on the game. [2] Most football experts believe that the main special combined propellant qualities of the game of football are the following: strength in speed, endurance in speed, skill in speed, skill in strength. Modern football is developed mainly in one direction: every year the game becomes faster

and faster, increases the speed of movement of players, increases the number of body-to-body duels, improves skill in adversity. [6]

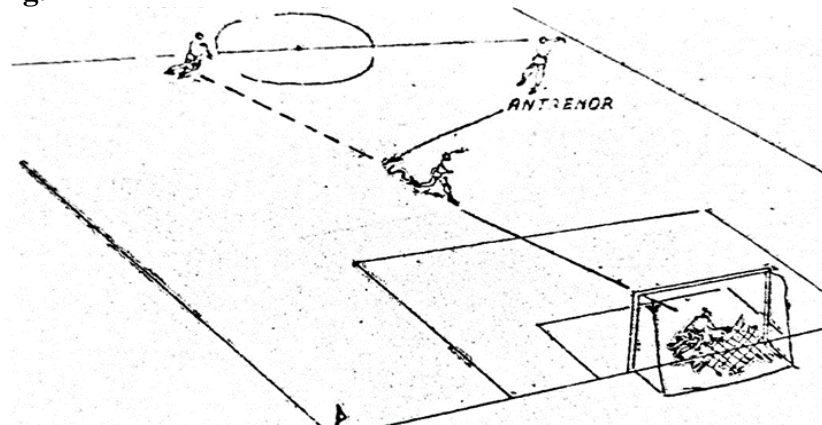
News and trends in current football can be summarized as: the fast pace of play, in all phases of attack and defense (replay), given by a physical and technical training without cracks, versatile players - able to play as well as attack phases, but also defense, recovery of fixed phases in the highest possible percentages, active defense with strict pressing-marking after the loss of the ball, in order to recover it [1]

In the article we detailed some technical actions used in the attack specific exercises applied in the training of children aged 10-12 years within the Lucafařarul Bucovina Suceava Club. We used the test to observe the improvement of the technical actions in the attack.

**Methods - materials:** The methods used to make this article are, the study of literature, the method of experimentation and the method of observation. In order to meet the requirements of modern football today, each player depending on the position he plays must have a baggage of the highest quality. [4] Following the technical exercises used in the experiment, we noticed that the attacking players improved the following qualities: anticipation, ball control in duels 1 to 1, finding a quick solution, maneuverability of the ball in low space and time.

1.The attacker finishes from outside the box, after an acceleration of 20 meters followed by a takeover of the ball received from the coach positioned laterally towards him.

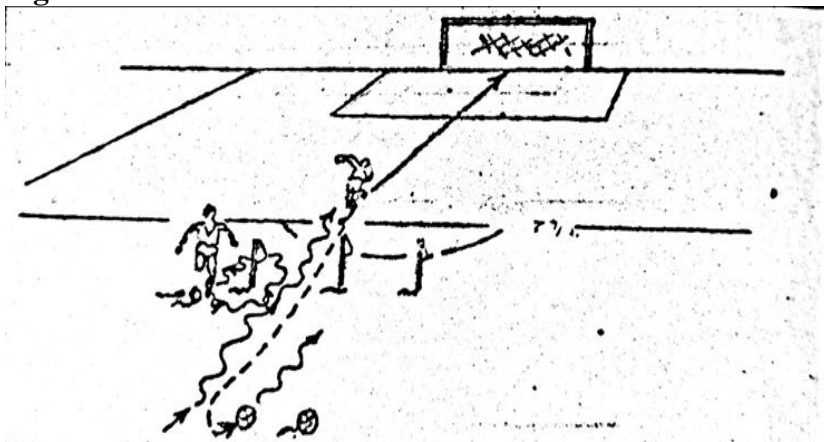
**Fig.1**



2.The attacker starts action from a distance of 15-20 meters from the goal, from the central position. Takes about 5 meters, one of the 3 balls

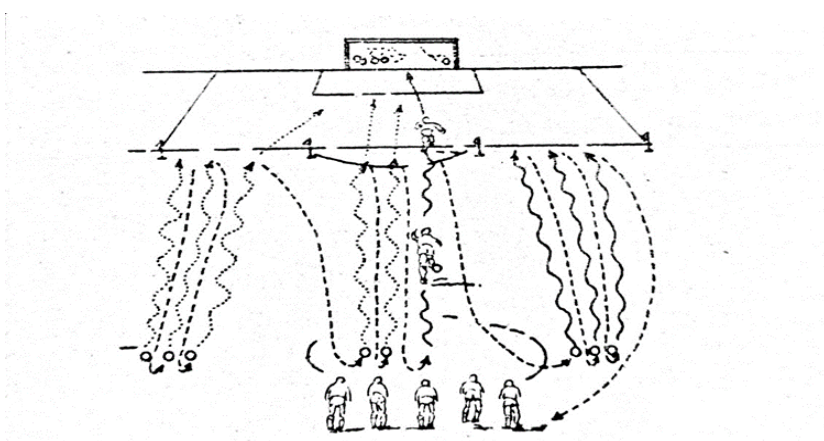
lined up at the same distance, then makes a complete detour around a milestone near the semicircle followed by a finish to the goal.

**Fig.2**



The test is applied both, the control group and the experiment group.

**Fig.3**



At a distance of 10 meters from the gate, on a line parallel to it, there are placed 4 milestones with a distance of 10 meters between them.

The tested players start from the right side, take a ball from the run, lead it to the free space between the first two and then shoot at the goal. One of the tested players, immediately returns in running, leads the next ball to the limit required to shoot at goal and so on, finishing the whole series.

**The times obtained, at the target group and the witness group, after applying the specific exercises**

Target group

Name	Test run time Ti	Name	Test run time Tf
C.M	4'32"	C.M	4'10"
M.Ș	4	M.Ș	3'50"
B.T	5'12"	B.T	4'50"
S.P	4'44"	S.P	4'20"

(table nr.1)

Control group

Name	test run time test Ti	Name	Test run time test Tf
I.I	4	I.I	4
V.C	4'20"	V.C	4'15"
I.M	5	I.M	4'55"
G.B	5	G.B	5'02"

(table nr.2)

Ti-Initial test

Tf-Final test

**Conclusions:** Following the study, the technical exercises as well as the test applied to the group of children from the Luceafărul Bucovina Suceava Club, demonstrate that the training of the children on the specifics of the position (attackers) determined an improvement of the technique. The exercises used by the experiment group contributed to a better maneuverability of the ball during the attacking actions, as well as a superior in terms of completion in limited space and time conditions.

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