

QUICK ATTACK AND DEFENSE TACTICS IN FOOTBALL PLAYERS

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Abstract: Football game during surface of upcoming tactical tasks most of them combinations by means of solution will be done . Combination is a specific tactical task solution doing two or one how many player i ng actions is the whole game combinations and to him against actions from the chain consists of Combinations in this in advance trainings in time prepared placed and prepared not put , that is of the game himself during surface .

Each team consists of links, i.e. tactical units, which together solve some task at certain times of the game. It is quite clear that the combination can be successful only if all the participants act in harmony with each other. That is why mutual understanding or, as it is sometimes said, "a sense of partnership" is of particular importance in choosing and implementing a particular combination. Only athletes who understand the game in the same way can solve the task in a single plan and choose the right combination and successfully implement it.

Team tactics

Team tactics is the organization of the entire team's actions in solving tasks that arise in certain game conditions. If the offensive and defensive actions of the whole team are not clearly organized, the game will be chaotic and chaotic, in which it will not be possible to distribute tasks between the players. In such cases, players try to grab the ball and try to get it into the goal.

Over the course of more than a hundred years of football history, many tactical systems have been created that provide precise positioning of players and precise distribution of tasks between them. We will consider the tactics of the team in the attack, that is, the basic principles of organizing the collective actions of the whole team in solving the tasks that arise in certain game conditions.

In any tactical system, command tactics are implemented by means of two types of actions, i.e. quick attack and gradual attack [1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18].

Quick attack

Quick attack command is the most effective method of attack actions. Its essence is that in one to three passes, an attack or a counter-attack is organized that puts one of the players in a good position to score the goal. Attack is the organization of actions of the team aimed at conquering the opponent's goal. The advantage of a quick attack is that the opponents do not have time to reorganize their defensive forces. All the actions of the attackers are full of elements of surprise and are performed at high speed. Players maneuver a lot on the field and pass the ball to create an opportunity to get one of their partners into a shooting position in the shortest possible time. The quick attack is most effective during counterattacks, that is, when organizing the actions of the team that has the ball during the episode of the game.

In modern football, once a team has possession of the ball, there are three phases of attack during an episode of play.

The first phase is the "transition", that is, preparatory actions for transitioning from defense to attack in a fast attack method. These actions include passing the ball quickly to the player in front and the offensive players involved in the defense returning to their positions in the attack line.

The second phase is the "offensive", that is, breaking through the defenses of the opponents before they have time to strengthen and organize their efforts to prevent and eliminate the attack [19,20,21,22,23,24,25,26,27,28,29,30,31,32,34,35,36,37,38,39].

Player 3, a right-side center back, wins the ball uphill and advances the ball to Player 8. He immediately passes to the unguarded No. 11 forward, while he rushes forward himself, creating a numerical advantage in the front line. Player 11's next move is two options: one is to use a distracting maneuver from his teammates to get into a shooting position, and the other is to go forward and pass the ball to his teammate who is free to shoot at goal after attracting one of the defenders.

Quick attack to organize has been main requirements :

1. Rival attackers to the defense back lack of time for cut them off in order to put » the ball fast forward , of course send _ Ball to player 11 passing on from being sent after 10th, 2nd, 8th and 6th players of the opponents are cut the rest is visible is standing Of course , these each one to the defense possible to return as soon as possible movement does , but of the attackers from time won and they from that skill with using the gate conquest reach a real possibility for harvest to do possible sure apparently is standing.

2. The players second and the third in phase actions playing to the top delivered , high at speed executable combinations based on to be need _

3. Speed with crack transition maneuver wing across , in the center and the entire width of the field across done increase can _ In this main the target is a hit to give position exit the most short the way to find The attack if there is little in development too laziness to do rival by it was " cut " before of the players to the defense back to get possibility to give , therefore , to attack making it difficult always remember to put catch need.

4. Attack previous row players individually struggle art good occupied to be , that is alone without opponent overcame exit they know need _ A blow to give position exit for short from the roads using , initial chance appear that it was immediately the gate intended blow to give or the gate conquest reach for to partners conditions by creating to give it is necessary

5. In command from defense initial away passing on to give waiting known one player to be a must

Partners the most less time inside to him the ball delivery to give for this player good saw position of course they know need _ Command actions unexpected being output the ball of the attack previous to the line mother so maximum at speed passing to be given depend _ Most of the time initial away in transmission the ball command to the dispatcher will be directed . He is in the game the conditions another to partners faster than and more precisely assessor that it was for , intense the attack from everyone according to better continue seven takes _

6. If you attack quickly as in the heart without going out , opponents defense organized if they get it , then medium row players maximum at speed opponents to the penalty area approach and attack second echelon to create need [40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59].

2.4. Methods of teaching protection tactics

Defensive tactics involve organizing the actions of the team that is not in control of the ball in such a way as to neutralize the opponent's attack.

In defense to play in general style private, zone and mixed to be can. However, sleeve n if too another style from the elements without using only one in style keep playing error. Because this case protection tactics simplifying puts. In defense to play styles individual characteristics of defenders and opportunities account take choose need.

In defense the tactical art of playing opponent when own to the case without putting chase to reach, when from partners to one giving to send and when in the zone to play from knowing consists of

Defense of the actions of the team all attack those who do to the movement answer as are rivals. of tactics features looking is organized. Defense good organized to the team attack actions too successful perform enable gives.

In defense to play diverse and a lot planned the gate defense to do, the ball to the hand input for active to fight and attack to organize directed will be. In defense game too on the attack such as individual, group and command actions consists of

Individual tactics [60,61,62,63,64,65,67,68,69,70,71].

Defensive success depends not only on the correct alignment of a group of players, their interchangeability and their coordinated movements, but also on the ability of defenders to move individually against a player with and without the ball, that is, how well a defender chooses the right position in a given situation in relation to a player in his "sponsor" league. depends. Choose a reasonable position in defense successful movement of doing basis is considered.

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