

STUDY ON USING PRESSING IN MODERN FOOTBALL GAME

SEPTIMIU ORMENIȘAN¹

ABSTRACT. According to some references in the press and literature, and various briefings and discussions with some of the technicians and specialists of Romanian football, result that pressing, this means tactical football game was borrowed and adapted from basketball to football, under exclusive form of active defense and aggressive, the third field of the opponent. Unlike other games, in football, pressing involves a considerable effort, because the scale of land and largest opportunities of player with the ball to move and maneuver it. To get in touch with the player who has possession of the ball must travel distances and spaces bigger than basketball or Handball (Miu, S., Velea, F., 2002, p 134). The purpose of this study is to show that: pressing is useful and necessary not only in the game of the big teams but also in the game of lower teams, it should become a core component of tactical training at this level; pressing is a tactic that requires more and more in modern football being necessary to know the role its and applicability in the modern game of football. The hypothesis of the study: applying pressing in the preparatory lessons weekly cycle it could lead to an increase in its effectiveness in official matches.

Keywords: football, game, tactical means, pressing, opponent, attack.

REZUMAT. *Studiu privind utilizarea presingului în jocul modern de fotbal.* În conformitate cu unele referiri apărute în presă și în literatură de specialitate, precum și din diferite informări sau discuții purtate cu unii dintre tehnicienii și specialiștii români în fotbal, rezultă că *presingul, acest mijloc tactic al jocului de fotbal*, a fost împrumutat și adaptat la fotbal din jocul de baschet, sub forma exclusivă de apărare activă și agresivă, în treimea de teren a adversarului. Spre deosebire de alte jocuri, la fotbal, presingul presupune un efort considerabil, datorită dimensiunilor terenului și posibilităților mai mari ale jucătorului cu mingea de a se deplasa și de a menevra mingea. Pentru a intra în contact cu jucătorul ce are posesia mingii trebuie parcurse distanțe și spații mult mai mari decât la baschet sau hadbal (Miu, Ș., Velea, F., 2002, p. 134).

Cuvinte cheie: fotbal, joc, presing, adversar, atac.

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Introduction

Currently coaches give great importance during the training to both fundamental phases of the game: attack and defense. For success of these fundamental phases depends value and team results.

In football, pressing is the situation where the opponent has possession and defending team players put pressure on the player or his teammates, to recover the lost ball or to slow the game, or to force the opponent to make mistakes or to heavily handle the ball and with fear of being dispossessed (Miu, rev., sails, F., 2002, p 134).

Also by pressing it is aimed to limit time and space to transmit the ball, not obtaining a favorable position to shoot and imprecise pass to teammates.

Special request, from a psycho - physical point of view, require multilateral training forces, of which we mention a higher exercise capacity with high speed endurance, various possibilities of dispossession, determination and speed in all actions, intelligence and anticipation, knowledge and tasks achievements specific to different areas of the game (Neța, Gh., Popovici, C., Ormenișan, S., 2000).

Sometimes the opponent in possession is attacked simultaneously by several players, other players providing coverage area in the vicinity of the ball. This tactic requires a lot of work from defenders moving to the middle to ensure a close cooperation with other players. Actions synchronization of all players is the success of this method in which correct ball dispossession plays an important role (Cernăianu, C., 2001).

The strongest teams in the world: Spain, Germany, Brazil, Argentina, France, England, the great team clubs, assign great importance to defending both individual and collective, which resulted in their famous internationally record.

Pressing has advantages if it is well done by the most of the players in the area, but can also be a disadvantage if opponents escapes and has extra players to be capitalized. Pressing is recommended to be done by strikers in the opponent's half, because, if successful, can trigger fast attacks, dangerous and even easier to score, beings around the opponents goal (Miu, Ș., Velea, F., 2002).

Materials and methods

The research was conducted during the Third League Football Championship 2011-2012.

This research had two stages:

- The first phase took place in championship realizing 10 recording sheets for a total of 8 players monitored at home matches of "Sanatatea" Cluj, located in Third League.

- A second phase took place in the second leg of football championship, applying questionnaires to technicians.

For the present study subjects were in the first phase the 18 components of "Sanatatea" Cluj football team and their opponents during the championship games. For the second phase we randomly selected a total of 20 coaches from various levels which we applied a questionnaire with closed questions.

Research methods

Observation method

Because the observation method, it was possible to conduct the registration process, and record the findings in the championship game.

There was the possibility of registering and recording the way in which they presented in terms of quantity and quality observed.

Examination was applied on the training process in order to qualify and quantify structural elements, components of training content. Because observation is a method of scientific knowledge of reality, the data obtained were rational processed.

Survey method

We called this method taking into account the fact that the survey is used mainly for harvesting opinions of individuals. The choice of this method was given by the need to fill data and especially for understanding subjective factors concealed by other methods.

For the investigation we used questionnaire through which we have come into possession of objective facts related to the research subjects, but also subjective facts, opinions and motives of the head of the preparation process.

Call and conversation method with coaches and players

Through the specialization that I have, often frequenting the circles of athletes and coaches at various levels I tried using this method to obtain other information than that provided by the game itself as well as questionnaires.

Statistical and mathematical methods

Some elements value of content preparation in training, the need for data processing in terms of statistical and mathematical made this method a necessity.

Through statistical and mathematical processing of the data acquired from research, precision is achieved in drawing conclusions, precision that leads to ease its use. With this method it was possible to create tables and various statistical indicators and illustrate the obtained results from the processing and interpretation of data. More correctly, this method was used to give meaning to research results.

Below are presented and analyzed some observation forms (a total of 3 of the total of 10) and their analysis:

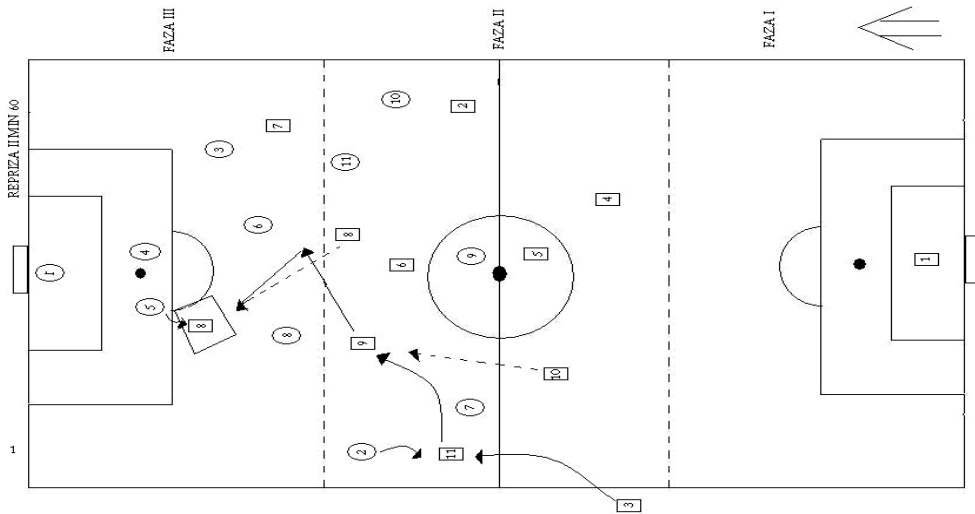


Figure 1. Pressing in zone 1 of defence

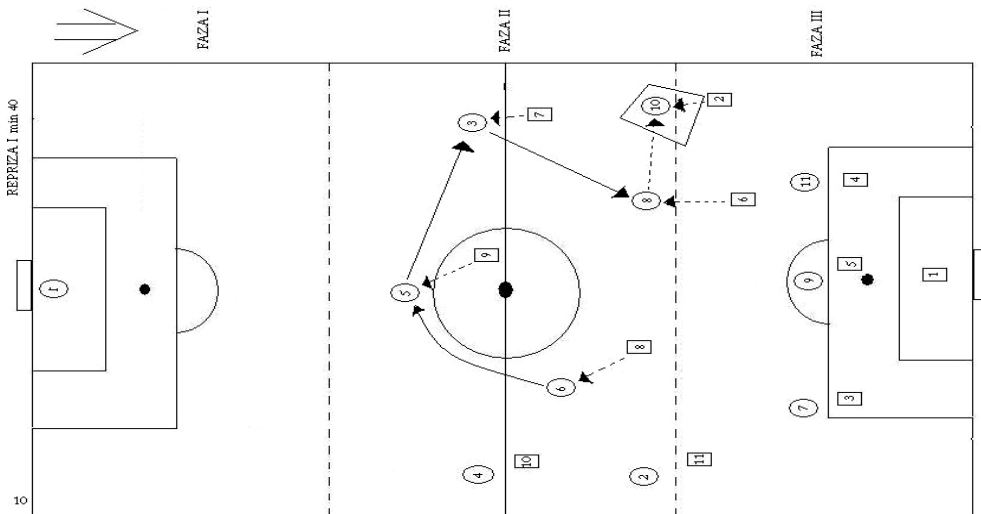


Figure 2. Pressing in zone 2 of defence

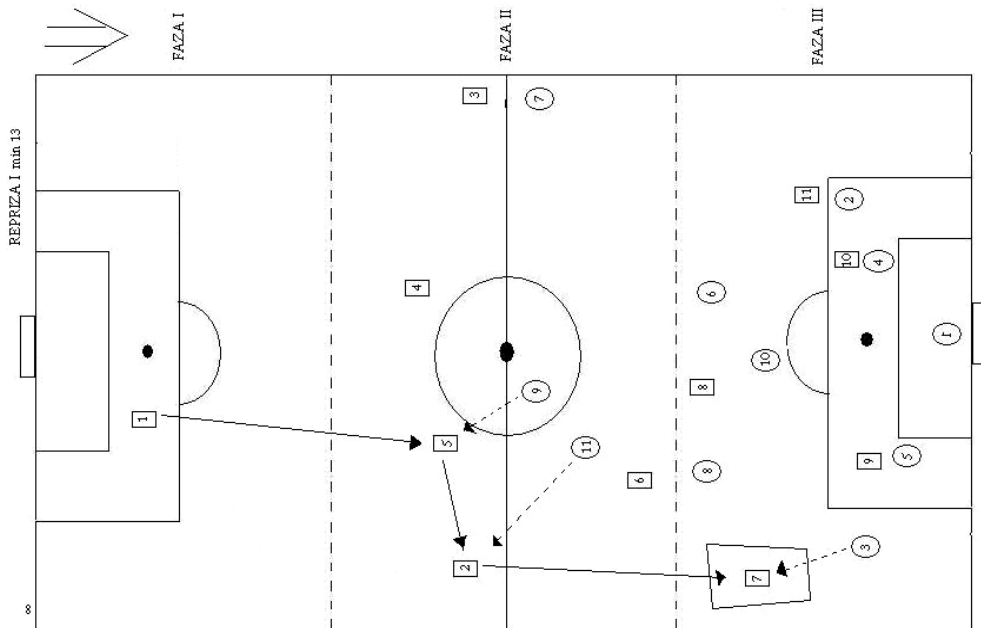


Figure 3. Pressing in zone 3 of defence

Results and Discussions

From the study of the record sheets the following important aspects regarding the application of pressure are:

1) A first way to apply pressing is given by its execution in the completion (of the gate side).

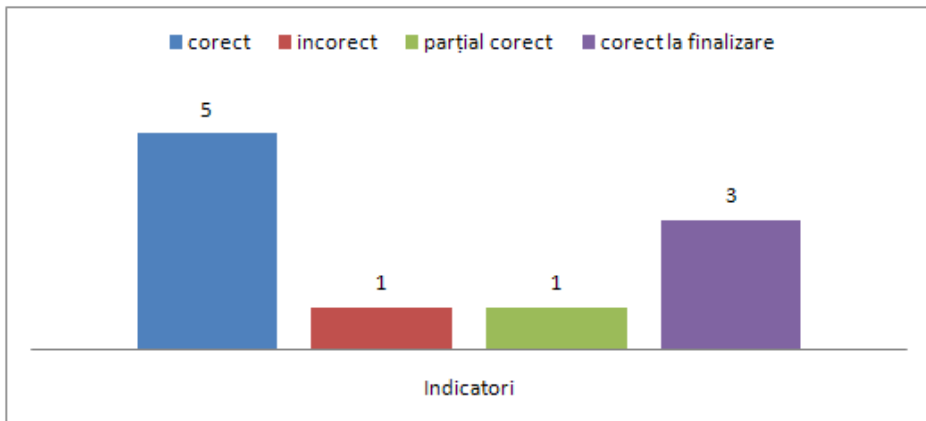
2) A second way to apply of pressure is given by its application in the construction area (half of the field).

3) Another way to apply pressure is in the first zone (third own land). Pressing in this area begins with the opposition in the attack near the dangerous zone of their own gate, where they can score, or to shoot at the goal. In this area, any mistakes defenders can not be recovered than successful intervention keeper or inaccuracies opposing forward.

Table 1.

Pressing efficiency's in the 10 matches observed

Registration number	Pressing efficiency			
	Correct	Incorrect	Partially correct	Correct at completion
1		Incorrect		
2	Correct			
3	Correct			
4			Partially correct	
5	Correct			
6	Correct			
7				Correct at completion
8				Correct at completion
9				Correct at completion
10	Correct			
TOTAL	5	1	1	3

**Figure 4.** Graphical representation regarding pressing efficiency.

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Table 2.

Presentation and analysis of results from the questionnaire on the 20 coaches.
 Because the questionnaire I applied I used questions with closed answers
 (yes, no, maybe), I will present its analysis on each question and
 the graphical representation of these questions.

Questions	YES, NO, MAYBE			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	TOTAL
	YES	NO	MAYBE	YES	NO	NO	YES	NO	NO	YES	YES	YES	NO	YES			NO	YES	YES	YES	NO	YES	YES	11
Is today's pressing a key feature in football?					NO			NO					NO				NO		YES	YES			YES	6
												MAYBE				MAYBE								3
				YES		YES					YES			YES						YES			YES	7
Pressing is a permanent tactical "weapon" used in the game?					NO			NO					NO				NO				NO		YES	9
												MAYBE				MAYBE		MAYBE						4
				YES		YES				YES				YES				YES	YES			NO	YES	10
Do you encounter difficulties at the team you train?				YES		NO		NO					NO				NO		YES			NO	YES	10
																								0
												YES											YES	10
Tactical thinking is crucial in the application of pressing in modern				YES						YES				YES				YES					YES	15
						NO															NO		YES	4

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Questions	YES, NO, MAYBE																				TOTAL
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
football?					MAYBE																1
Psychologic al preparation is crucial in the current football?	YES	YES	YES	YES						YES		YES	YES	YES	YES		YES		YES	YES	11
	NO			NO		NO	NO	NO	NO							NO		NO			7
	MAYBE				MAYBE						MAYBE										2

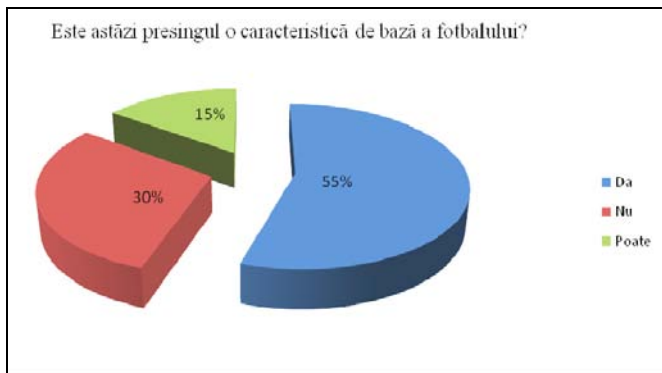


Figure 5. Is today's pressing a key feature in football?

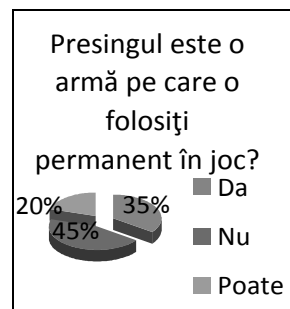


Figure 6. Pressing is a permanent tactical "weapon" used in the game?

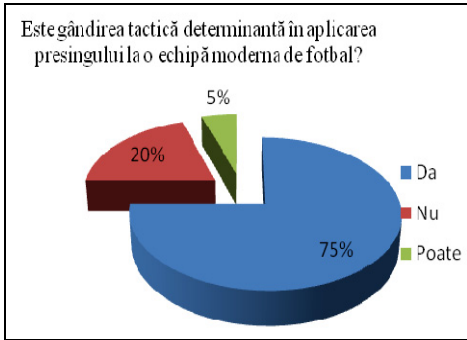


Figure 7. Tactical thinking is crucial in the application of pressing in modern football?

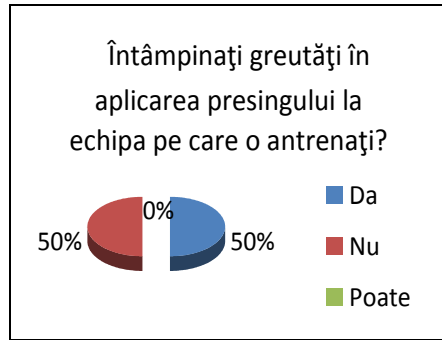


Figure 8. Do you encounter difficulties at the team you train?

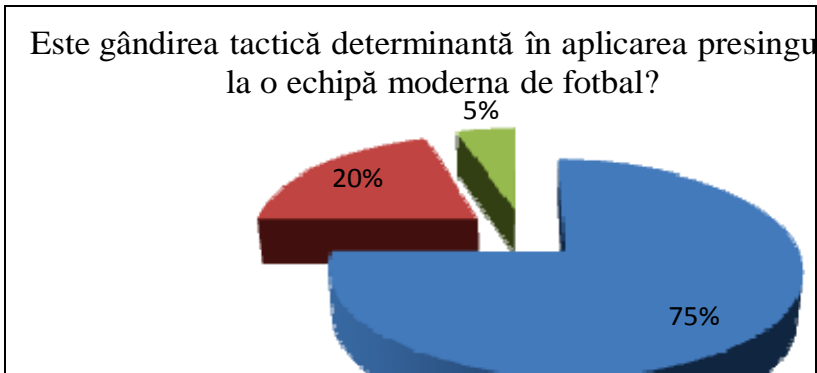


Figure 9. Tactical thinking is crucial in the application of pressing in modern football?

Conclusions

Studying recording sheets, the results obtained by analyzing the questionnaires, observations made at different matches, as well as bibliographic material study, led me to the following conclusions :

- Pressing is realised at the player with the ball, but also at his;
- Reduction of space and time of thought, action of the opponent team, to limit the solutions for the player that has the ball;
- For 75 % of respondents technicians tactical thinking is crucial in the current football.
- Pressing efficiency will depend upon the physical training of the team, the psychological capacity, place where the action take place and the unitary cohesion.

- Pressing is useful and necessary not only in the big teams but also teams at lower levels, it must become a core component of tactical training at this level.

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