

# EFFORTS OF MAXIMUM INTENSITY IN FOOTBALL CAN DETERMINE THE TACTICS ORGANIZATION IN OFFICIAL GAMES

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**Abstract:** *In recent years, many aspects have changed in football. New game concepts have emerged, new theories have been developed, and the game technique has undergone transformations dictated by the increase in game speed. With the practical experience gained in high performance football as support of this work, we aim to highlight the influence of efforts of maximum intensity in obtaining victories in official games, by determining tactical organization.*

*In this work we will highlight how efforts of maximum intensity and their programming become decisive in winning the game.*

**Key words:** *workout, tactics, game, effort, intensity*

## 1. Introduction

Starting from the premise that football evolves very quickly and constantly, as a coach, especially we have to have the ability to understand and react to the challenges imposed by modern football. Furthermore, we must have the ability to adapt to the high standards required by official games.

The large number of competitions in which the top teams are engaged, also require a pragmatic, conscious approach to scheduling, preparing and evolving in matches. Currently it has come to be that players participate in 70-80 official games during a competitive season, with matches played every 3 days, in different competitions (national championship, cup,

continental competitions) on different continents, for different teams (club team, national team). And all these games have the same goal – victory.

That is why, we as coaches have to overcome all the challenges arising from the above, and being obliged to adapt and innovate in permanently, in order to increase the team's chances of winning the match. Certainly, all coaches involved in high performance football have their own training system, a certain idea of the game and last but not least, a model of the ideal player, in every position of the tactical system.

Today, based on the experience and results obtained in high performance football, we present a new approach to the training strategy, with a focus on the

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role and influence of efforts of maximum intensity in achieving victory in official games. Consequently, we believe that depending on the level of the players and the level of performance of the team, the tactical organization and thus the results depend on the ability of the players to generate efforts of maximum intensity repeatedly and efficiently (efforts with the period of great recovery).

In this study, we set out to determine the influence of maximum efforts,

programmed and trained with football-specific means, in determining the tactical system of the team, in order to achieve the proposed objectives.

The research took place over a period of 3 months, at the level of a Saudi Arabia's First League team, in the second part of the 2017-2018 championship and at the level of a First League team from Oman, in the second part of the 2019-2020 championship.

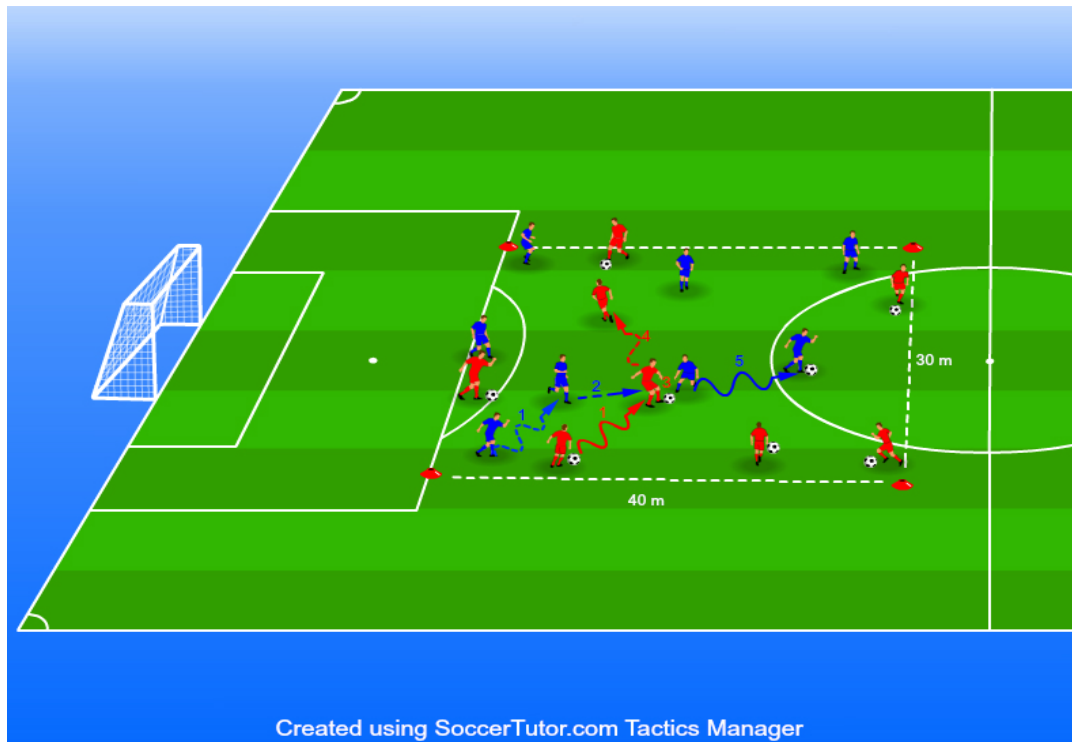


Fig. 1. *Effort preparation*

Thus, in programming training we have designed and used specific means, which give players the ability to sustain repeated maximum efforts with increased efficiency.

The means of training were designed and used with the following objectives:

- Using the ball throughout the exercises;
- Small space;
- Adversity;

Tactical – progression and offensive transition.

## 2. Training Structure

Next, we pay attention to the structure of a training and the means used, in order to achieve the proposed performance, during the periods mentioned.

### 2.1. Warm up, 5 min (figure 1):

Complex exercise, with the following structure:

- 1 (red); 5 – recover of the ball; driving the ball in the open space;
- 1 (blue); 4 – skip;
- 2 – sprint; pressing;
- 3 – protecting the ball;

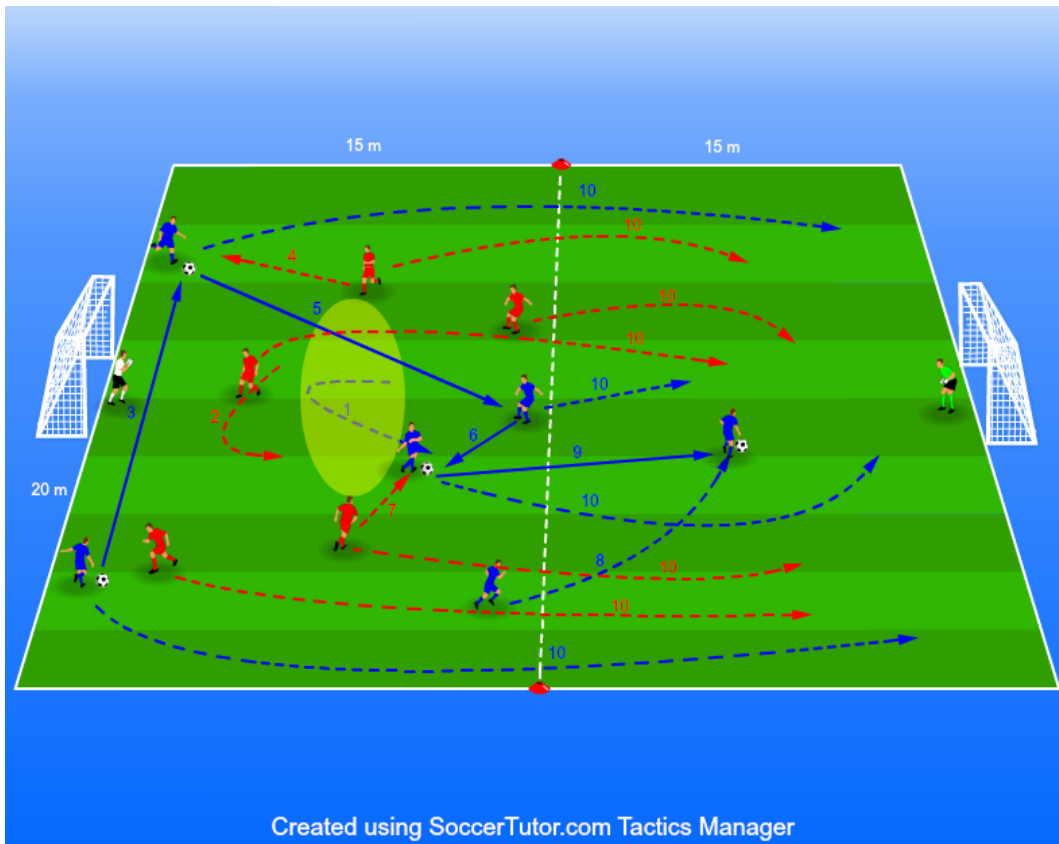


Fig. 2. *Possession, transition game*

### 2.2. Activation - Possession, progression, offensive transition, 10 min (figure 2):

#### **Objectives of the game:**

The offensive phase – the team in possession of the ball must change the game in the opposite box, only after 3 consecutive passes (3; 5; 6; 9).

- The game without the ball – creating

space (1).

- Transmission of the ball between the lines – pass in depth (5; 9).

▪ Offensive transition (10 blue); (10 red);  
Option: the team in possession of the ball, after changing the game in the free box, must complete the action within 3 s!

Defensive phase – the team in defence had to win the ball within 5 seconds or close the spaces.

- Pressing to the player with the ball;
- Doubling; Closing the space in the ball area – to avoid
- passing the ball in depth;
- Defensive transition;

Option: the team in defence, when

winning the ball, must immediately change the game in the free box and finalize, within 3 s!

*Game time: 4x2'; break 30s*

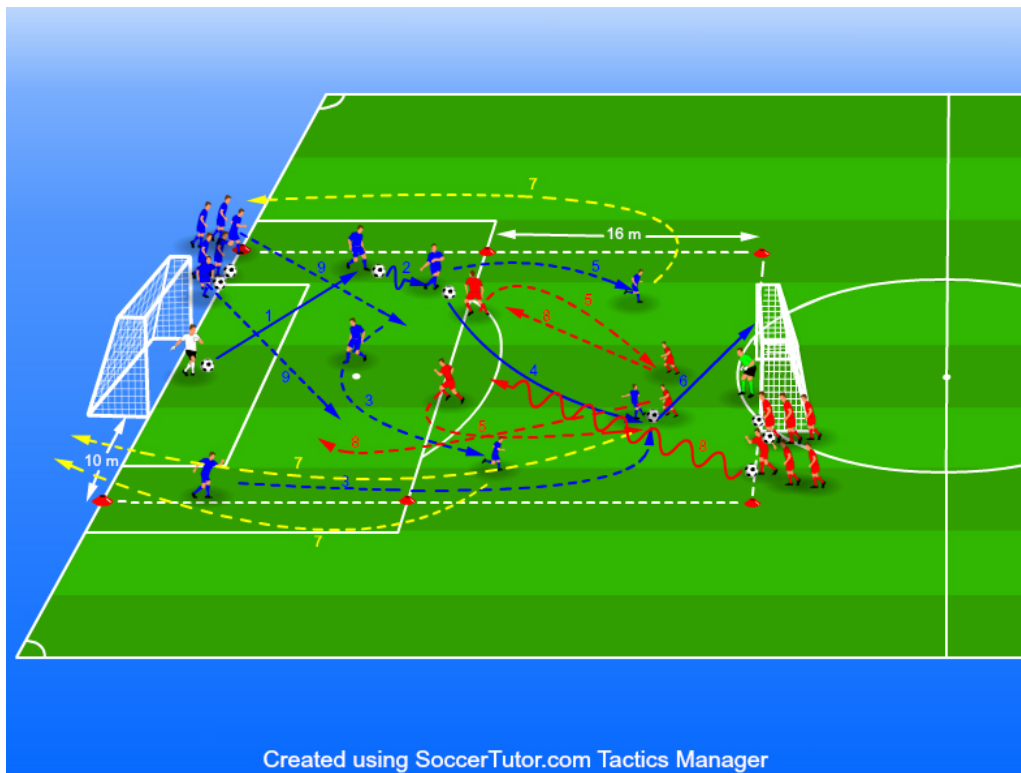


Fig. 3. *Game 3v2*

### 2.3. Game 3v2, 6 min (figure 3):

#### Objective:

- Offensive transition; improving the capacity to achieve maximum intensity efforts;
- the game starts with the blue team (3 players) trying to finalize the attack within 15 seconds (1; 2; 4), against the red team (2 players);
- after the attack action has been completed (6) or the time (15 s) is over, the blue players leave the field and sprint at their own goal (7);
- the two red players, along with a third red player, coming from behind the goal, with the ball, attacking the opposite goal (8), defended by two other blue players, who will enter the field, from behind the goal (9);
- Working time – no more than 15s; return time – 45s;

**2.4. Game 2v2, 9 min** (figure 4):

creation and attacking of spaces;  
progression;

**Objectives:**

- Defensive phase: pressing; doubling;  
closing spaces;
- Offensive phase: quick finalization;

- Improving the capacity to achieve  
maximum intensity efforts;

*Working time: 3x1' (for each group of  
2x2); break time – 2';*

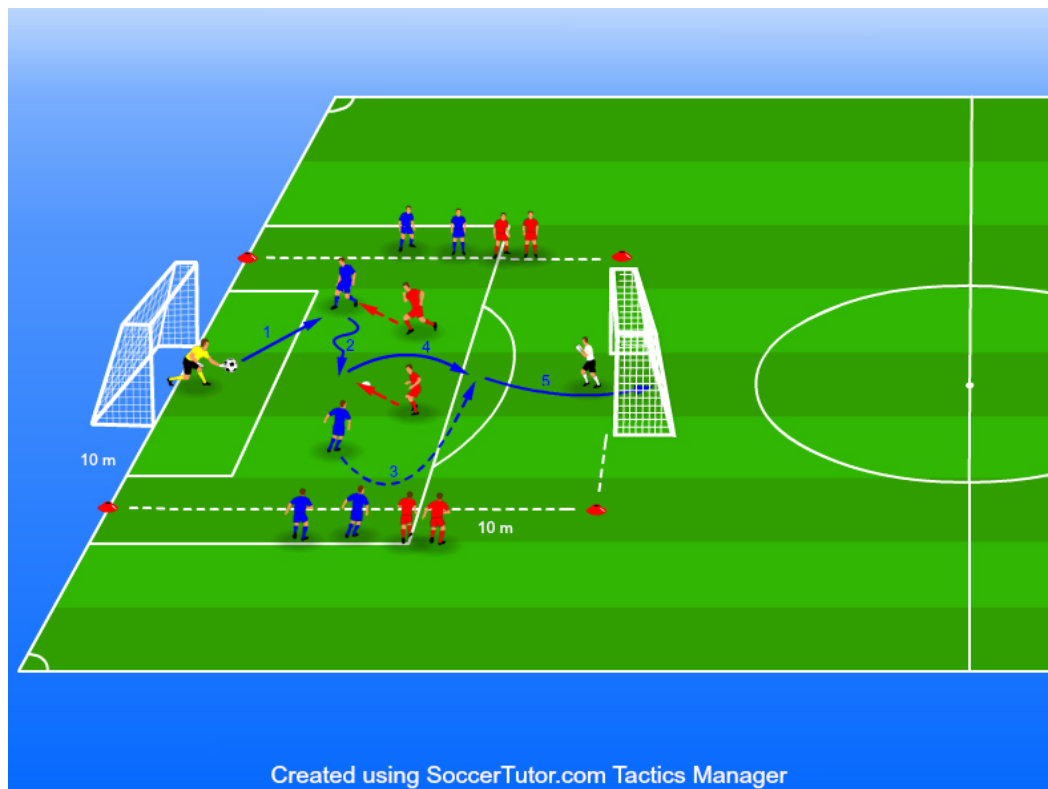


Fig. 4. Game 2v2

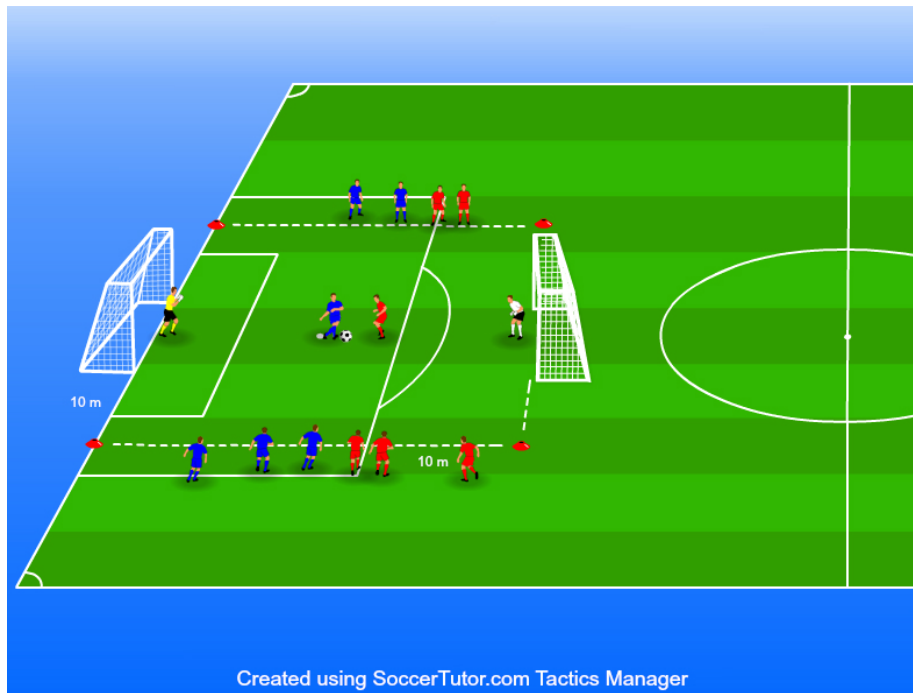
**2.5. Game 1v1, 10 min** (figure 5):

maximum intensity efforts;

*Working time: 4x30s (for each group of  
1x1); break time – 2';*

**Objective:**

- Quick finalization;
- Improving the capacity to achieve

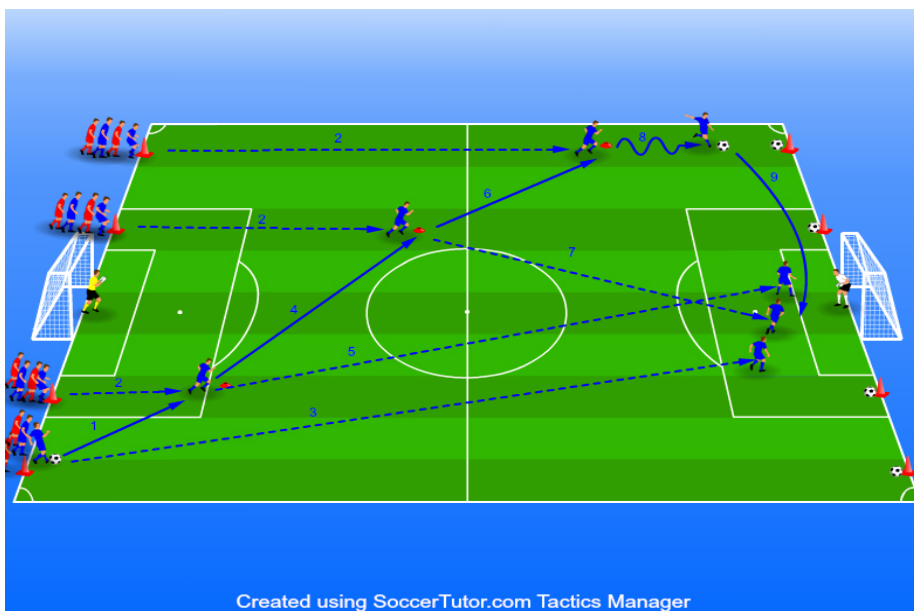
Fig. 5. *Game 1v1*

**2.6. Finalization 4v1, 5 min (figure 6):**

- Pass in front (depth);
- Improving the capacity to achieve efforts of maximum intensity;

**Objectives:**

- Fast finalization;

Fig. 6. *Game 4v1;*

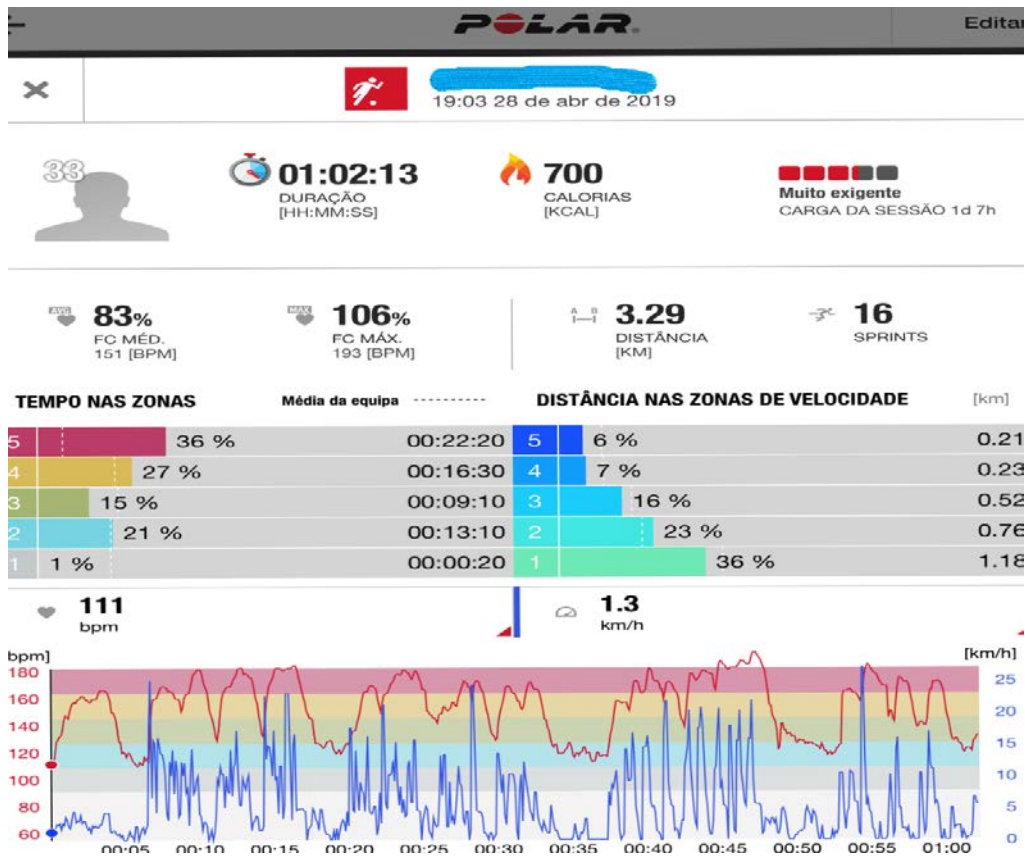


Fig. 7. *Effort-making impact*

The effort during the training was recorded and analysed using the "POLAR" system. In figure 7 we present a worksheet of analysis of the effort to which a player has been subjected and the body's reactions to the means of training, means designed and programmed with the main objective:

1. Tactical - "Offensive/defensive transition";
2. Improving the capacity to achieve efforts of maximum intensity.

### 3. Conclusions

Throughout the research, this training structure, scheduled sequentially, was observed and used in the development

phase of the microcycle. The points obtained in the official games, as well as the efficiency of the actions of the game, in attack and defence, confirmed that tactical organization and hence the results depend on the ability of players to generate repeated and efficient efforts of maximum intensity. I must mention that the real objective of the participating teams was to save from relegation.

Having a solid base in terms of the abovementioned capacity, as a coach I made the decision to tactically organize the team's way of playing, with the main objective, the fast transition. Thus, the hypothesis of this research has been confirmed, the results obtained in the official competitions being the following:

- 2017-2018 season – KSA championship – King Cup semi-final; average of 1 point per game in the last 10 rounds;

- 2019-2020 season – Oman championship – Federation Cup semi-final; 1st place in the championship (*fig 8*);

كأس الاتحاد OFA CUP 2020/19					
الترتيب					
لعب	فاز	خسر	تعادل +/-	نقاط	
11	3/6	2	0	3	5
10	2/7	1	1	3	5
6	6/5	3	1	1	5
0	7/0	0	5	0	5

Fig. 8. Standings Federation Cup

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