

THE IMPROVEMENT OF THE OFFENSIVE COMBINATIONS WITHIN 1-4-3-3 SYSTEM IN THE FOOTBALL GAME

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Abstract: This paper seeks to highlight the embodiment of the football game in what regards the importance of players' individual and collective tactical actions of 1-4-3-3 system, where the organization has become a permanent goal for all teams, defense is becoming stronger, overtaking them becoming increasingly difficult, given that individual tactical actions along with the techniques used underlie the means of achieving the ultimate goal, marking the goal, reason for which they must be well known in a process of continuous training, repeated and refined to high artistry.

Each game is characterized by a constant struggle between attack and defense. The advantage is the initiative of the attack. The initiative is dependent on the ball, which enables the organization to the achievement of the attack, which is the purpose of the game, that of scoring.

Thus, we designed a system of rules to be followed for the proper functioning of the team in a 4-3-3 system, but also by way of example some exercises that will assist those working in football training.

Keywords: *football, training, technique, tactics, system, finalization.*

Introduction

The increase in what regards the importance of football phenomenon to society caused pushing ever further the limits of all those who contribute to its mastery:

- the biological capacity of the players for the effort;
- the instruction;
- the intellectual ability and the pedagogical training;
- the research and application of science data in preparing players;
- the socio-pedagogical preparation of this complex process; rather important and influential;
- the moral and material motivation.

The disadvantage of the attack lies in the difficulty of its rather complicated technique, quite specific in handling the ball against the aggressive actions of defenders who are concerned to avoid receiving a goal, but also trying to take possession of the ball to be able to turn to counter.

Since the attack phase is the crucial moment of the game, the means of collaboration are more active compared to other relations game. The relationship between offensive players have a constructive phases, to be achieved by joint and direct participation by the players to build the necessary actions to overcome the defensive interventions and to provide proximity to the target. The cooperation established between the players has a

conscious character, it is resilient and creative and it results from the continuing struggle and sometimes quite aggressive actions of defense. The collective tactical actions are performed using field motion techniques: driving the ball, feints, picking and shooting to the goal, in the execution of which the game takes into account the principles and rules of individual tactical actions. By finding new ways and means of physical, technical and tactical training, which the players have learned and mastered within particular game conditions (speed of execution, simple and direct processes but executed in maximum speed, interference between positions), the relations between the players taking part in the attack phase have acquired new dimensions with the advent of ball movement and players circulation, with the player with the ball supporting and aiding, and with the grouping around the ball carrier.

Research hypotheses

The paper has the task of finding new ways and means of training, which give the attack players the opportunity to learn specific mechanisms that applied in the game have maximum efficiency.

This paper aims to improve the methodology of training in the game of football taking into consideration the importance of individual and collective tactical actions of football players in the 1-4-3-3 system. There are the following hypotheses:

1. The elucidation of priority issues regarding the 1-4-3-3 system game, which determines the fluidity and efficiency of the attack against defense;
2. Establishing the role of each player in 1-4-3-3 system that will lead to the strengthening of his own block offensive and thus to a rigorous organization of the creative play in the attack phase, with positive effects on completion.

Material and method

The learning method for 1-4-3-3 system [1]

Performing an organized game where learning is achieved, strengthening and improving the system follows a logical sequence in teaching, taking into account all learning principles, especially the principle of accessibility and if used sensibly, forms the theoretical and practical training.

Learning a game system begins with the simplest exercise, tactical exercises and continues through the addition of new knowledge, increasingly perfected. Theoretical learning is achieved through the following forms:

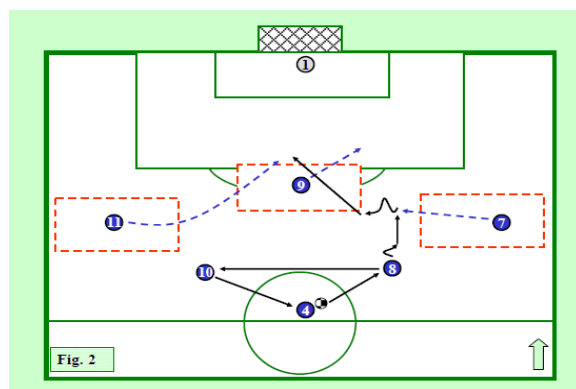
1. Firstly, we introduce verbally the system, the benefits resulting from its application, then

we exemplify the following on the board:

- Characteristics and principles of the system;
- Action areas for the players in attack and defense;
- The basic tasks of the players' compartments and positions;
- Guidance and advice before and during the school game, resorting even to stop the game;
- Detailed analysis after disputing school games, friendlies and championship;
- Watching videos in the upper echelons of games.

Important issues characterizing the 4-3-3 system [2]:

- it combines the amplitude of the defensive game with the offensive depth;
- the probability of amplitude in attack;
- the probability of progression and short-range construction;
- the ability to pressure the opponent's defensive line;
- favorable situations for ends;
- promoting the middle game;
- zonal advantage for the defensive line.



2. Practical training

Learning and framing players into systems should be done on training factors, in logical correlation under methodical aspect according to the competitive game. The game involves a vital support for physical training, skills and knowledge, appropriate technical and a top tactical training. Physical training is a reliable and indispensable basis for the successful implementation of the game in the system.

The technical training should provide concrete means, by which the game system is implemented. As technical training is acquired during many years of training, we also start the

tactical preparation system at the same time, first on the fundamental moments of the game and then on their correlation and interference.

In line with the technical and tactical training, specialization on posts starts, reported to the players' peculiarities and system requirements. This settlement is offensive allowing the center and attack line and to act beyond its own goal, with many maneuvers, while safeguarding the goal with four central defenders.

The following are the characteristics of 1-4-3-3 system [3]:

1. **1-4-3-3 system** is the ideal system for developing offensive game. In addition to the compliance of the 5 principles of the collective tactical offensive, it guarantees more space in the width of the field where near single top striker the midfielders and wingers can penetrate. As can be seen in Figure 1, the striker flanks spaces are run by demarcation vertically or diagonally, always taking into account the timing. All offensive play is based on combinations of movements between three strikers, which will lead to multiplication of offensive situations.

2. The Players' Characteristics:

The *central striker* must perform physically in mastery because it supports all the weight of the front of attack. You have to protect the ball well to give the team time to climb; he should support combinations to demarcate the wings and behind the defensive side when the wingers lead the ball inside.

The *extremes* must be fitted with speed, ball control and ball sense, and particularly highly skilled in duels 1 vs 1. Speed is useful when they attack the depth behind the opponents, in duels 1 vs 1. Control of the ball is required when they demark in and receive a pass from the midfielder. The sense of the goal serves the completion of the action when you get behind the defense in front of the keeper. Therefore, the 3 strikers are fundamental in establishing an effective and successful 4-3-3.

The *central midfielder*, the "Methodist" in front of the central defenders, is worthwhile to go out with the ball at his feet with short passes at grassroots; They must be able to regulate the rhythm of the game to be a real "playmaker"; they rarely reach the completion but protect the Defense in times in which they realize cover.

The *internal midfielders* (mezzala) are those who play all over the field, their main characteristic being the "science" of the game,

both in the defensive and in the offensive approach.

The attack phase should complete the "settlements" between the top striker and the 2nd line of spaces created by wings, by entering into the interior. He should possess an offensive mentality, penetration, assist and shot.

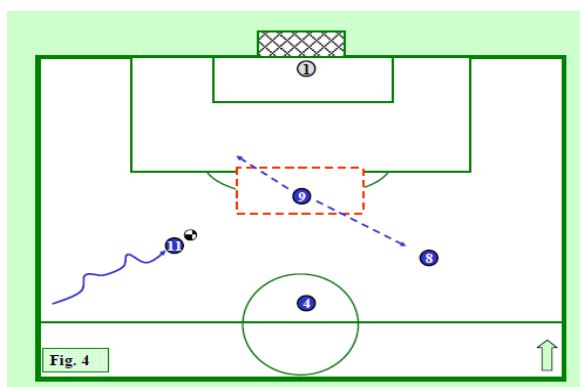
The 4 defenders given that the 7 players (4 + 3 defense midfielders) should be strong, take the defensive diagonal to achieve CE marking and covering, knowing how to build with short passes.

The three offensive strikers' movement prerequisites:

1. *Time*. When the ball carrier's eyes are crossed with the advanced team-mate it is when the triggers demarcation. The appeal - counter- appeal motion must be filed before the one transmitting the pass to look up. Therefore, the synchronization of movements and timings of the one transmitting and the one receiving the ball must be looked for.

2. *Space*. When we talk about space, the question is "where we can demark"? Of course we have to do it in the free zone, where they can receive the pass.

3. *Method*. Racing diagonally, usually, the wings oriented inward and the central striker outward. To have a good timing in marking we can study Figure 2, where the 3 midfielders, passing between them, they do not have strikers in front. When one of the midfielders turns and looks for a striker, the one who wants to receives, sprints into a diagonal marking. Subsequently, the exercise will include defenders into the strikers' squares, but these are not allowed to pursue the strikers that mark themselves. Through this exercise, attackers will learn to mark themselves into the space at the appropriate time.



In Figure 3 we can see four possible directions for extreme demarcation:

1. Coming "against" the ball carrier;
2. Side or diagonally marking for receiving;
3. Diagonal marking for space entry;
4. Marking in depth

The first movement allows the wings to receive the ball, but being with their back forward, they can not attack in depth. The second movement allows for extremes to avoid the defender on their side. The third movement is effective when done behind the defensive line, so defenders can not intervene.

The fourth movement is made facing the goal area, attacking it. When the extreme has the ball on foot he has two options: 1vs1 duel and combination "one-two."

The central striker movement is an out of the rectangle one (Figure 4), ie exit from the central defender marking. When the ball is with midfielders, they come to them to give them support when the ball is with extremes, they demark diagonally towards the goal. All these fundamental issues regarding time and space must be repeated on systematic training to form automatism.

Discussion

Fundamental Considerations on the attack in the game system

With a strong and well established defensive block, consisting of four defenders and three midfielders with higher effort capacities, the three front row players must be indicated their distribution and their permanent and occasional tasks. Most of the teams used three players in attack, acting with the extreme. By its mere presence, the extreme takes out a player from the defensive player device. The teams, acting with two extremes, have a more substantial advantage, since in this case at least two defenders into the path will have to be placed away from the central area of the game.

In addition, the extreme can create gaps on the wings, knowing their speed compared to the defenders' and their more special technical baggage. Another advantage would be that defenders are forced to act backwards their own goal, their motor actions are more hampered by this position, giving multiple opportunities to the extremes to make overtaking and center shots and center shots - dangerous shots.

The 1-4-3-3 system with two inter players acting next to the attack line, the offensive team can create density in the attack while gathering the three peaks, and when these tactical actions are not possible, we go to the game combination, entering in circulation the midfielders and even defenders. We specifically state that the player who acts in the center of the attack must be a class player, head marksman, vigorous, unflinching and persevering in action.

In transitioning from defense to attack, the team that plays with two extremes has the advantage that the defense does not know for which extreme they will launch quick counterattack or attack. This phase called transition, should be trained as to make the players not have a break in the transition from one phase to another [4]. The only requirement to players who initiate such a tactical action game is speed and more than-average accuracy long passes.

Of course, this device should not be rigid, flexibility and elasticity should be the keynote. With these two qualities and a very good psycho-physical capacity of the players, the form of the team will be always different, by contracting for the defense of the goal and dilating rapidly in all directions in the offensive phase.

Theoretical and methodological aspects covered in the training:

- Immediately after collecting the ball in front of the goal and the midfield, the onset of attack is done, the game will start with the construction of ball, aiming at collaboration in three players, towards the opposing goal in the triangle formation on different groups of players. This implies [5]:
 - After receiving the ball from the goalkeeper, the player initiates forward progression through short passes in the middle area;
 - Playing with maximum two horizontal touches between the two central players;
 - They alternate short passes with long ones by avoiding a near player;
 - The speed is achieved in the first phase of the trigger.
- Frequently, in the system we alternate long and short pass and rate variations;
- we will improve two to three combinations to synchronize actions between lines;

- in the completion area, the emphasis is on action in two to three - four players with passes through diversion and completion in various areas, due to the temporary operation of players to other positions;
- the pace of the game is accelerating, with the main concern for player possessing the ball actions to be synchronized in order to obtain a favorable tactical situation drawn at the goal;
- Special attention will be given to edge actions blocked by the adversary; in this case it is called to step back and change the direction of play;
- we will refine center and edge action terminated with completion with respect to the principles of the area of attack scenarios, of the creativity combination, given that some formulas "as the piano" are incompatible with the game vis-a-vis special situations they create;
- we will practice instead repeated combinations to set pieces that can be effective workouts in the game;
- both in the area of construction and completion we aim at the creation and use of available areas, a temporary change of tasks (in a line or in two different lines) for providing the game course;
- 2 x 1 on the entire field.

Conclusions

By participating equally to the actions of attack and defense at the same efficiency, modern football requires from all players a special effort. An evaluation and proper control over the activity in the game leads to the correct determination of parameters with which to work, so as to prepare a high-efficiency gain:

Establish a judicious and rigorous methodology for improving aspects of the game of football training and the individual tactical actions importance of players in 1-4-3-3 system, keeps on improving football game, thus confirming the work hypothesis.

Making tactical training depending on the game system stabilizes the game directly from the combination perspective and involves a number of methodical measures concerning both the athletes' proper training and the coaches' activity, among which:

- thorough coaches and athletes documentation by studying the literature, novelties in the field, watching movies or videos;

- careful study of the opponents' characteristics;
- programming during the preparation of an increased number of competitions;
- tactical training orientation in accordance with the requirements of the competitive model;
- organizing meetings on the analysis of the competitive activity and a clear indication of the conclusions;
- tactical preparation to achieve theoretical and practical alternates or woven one;
- tactical preparation to achieve progress in the difficult conditions: no opponent, passive opponent and then active - aggressive opponent.

The coach, for individualized training, can choose special exercises, an action game that faithfully reproduces the competition situation for the player to become familiar during training. It is essential that all exercises performed to be designed to encourage players to think and thus lead to the right decision to have a high efficiency in gameplay.

The preparation of the individual is one of methods to correct some shortcomings in physical training and some players' technical and tactical shortages, such as their participation in stages and forms of attack and defense that will be fully consistent with a proper disposal system during the game, which will meet the specific tactical notions of time.

The individualization of strengths and weaknesses in technique preparation leads to the development of techniques they require in modern game performance:

- hitting the ball by head through appearances of the 2nd line completion.
- long diagonal pass with the change of play direction;
- solving the crisis of space and time relationships while playing under adversity;
- Improving the shot at goal from distance and semi-distance;
- improvement of technical and tactical automatism with attack players (strikers) in advance.

The actual football is performed generally as strict individual marking, each taking an opponent to not let him get the ball and to play freely. Players make a permanent pursuit, tapping their opponent with the ball, not letting him make an accurate pass and there is the need to carry out the 'attack on man " to

stripping him with or without sliding or even in game interception, with high response speed and a great tactical thinking.

In actual football, the player changes the action, becomes defender, striker, supporter, refills, marks goals, makes marking, gives passes, deprives from ball possessions, and corrects all other players committing errors.

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