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Manipulating number of players in small-sided and conditioned games: effect of inside floater on tactical performance of soccer players

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Introduction
Small-sided and conditioned games (SSCG) are considered important in training of soccer players to be able to create, by modifying or inserting of rules, situations with variability and high contextual interference (Williams & Hodges, 2005). Previous researches with SSCG evaluated use of inside floater identifying the effect on demands technical, physical and physiological of players. However, inside floater creates situations that can help players to understand the way to play on tactical setting in numerical superiority and inferiority. Furthermore, assess tactical performance in SSCG can help coaches to know for whom apply games with inside floater according level of tactical performance. Thus, this study aims to verify effect of inside floater on tactical performance of soccer players.

Methods
The sample was composed for 18 national level soccer players of U-20 (18.44±1.09 years). The instrument to assess tactical performance of soccer players was FUT-SAT (Teoldo et al., 2011). Tactical performance was obtained by tactical performance index (TPI) of tactical principles of soccer (Teoldo et al., 2009). TPI was assessed in a field with 36m long by 27m wide during 4 minutes with official rules of soccer, except offside. The first game was realized in configuration (GK+3vs3+GK). In second game was added the inside floater that helped team with ball possession (GK+3vs3+GK)+1.

Results & Discussion
In (GK+3vs3+GK)+1 there was significant increase (p<0.05) of tactical performance (Depth Mobility 76.6±0.67; Width and Length 52.9±6.32) than (GK+3vs3+GK) (Depth Mobility 50.06±21.59; and Width and Length 47.45±7.18). However, in (GK+3vs3+GK)+1 there was significant reduce of tactical performance (Delay 26.37±7.09) than (GK+3vs3+GK) (Delay 32.28±9.14). In offensive phase, inside floater allowed that actions of move to a safer space and actions to disrupt opponent’s defensive organization to create possibilities of progress through the opponent’s half and shoot on goal. In defensive phase, actions of marking on player in possession didn’t allow that team can recover ball possession.

Conclusion
Inside floater exercised effect on offensive and defensive tactical performance of soccer players. Use of inside floater can be considerate important to improve player’s performance has difficulties in width and length and depth mobility. Furthermore, can increase difficulty of players has high performance values in delay.

References

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