Influence of an inside floater on the action outcome of soccer players

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Abstract

The number of players is an important game constraint regarding offensive numerical superiority (Aguiar, Botelho, Lago, Maças, & Sampaio, 2012). However, manipulating the game through the addition of a floater in the drill might hamper players' actions (Almeida, Ferreira, & Volossovitch, 2012). This study aimed to examine the influence of an inside floater on the action outcome of soccer players. The sample comprised 18 U-11 youth players. The instrument used was the System of tactical assessment in Soccer - FUT-SAT (Teoldo, Garganta, Greco, & Mesquita, 2011). Two kinds of small-sided games (numerical equality - "GK+3vs.3+GK" and numerical superiority - "GK+3vs.3+GK+1") were performed in a 36mx27m area, during 4 minutes each. To examine differences between both arrangements Wilcoxon's test was performed (p<0.05) through SPSS v.22. Results displayed an increase in goal attempts (p=0.013) and decrease in loss of ball possession (p=0.004) in "GK+3vs.3+GK+1". Offensive inside floater enabled favourable conditions for goal attempting besides avoiding loss of ball possession, what indicates the benefits of employing offensive numerical superiority through the floater. Offensive inside floater might be included to encourage more goal attempts and facilitate control of ball possession.

Keywords: Soccer; Inside Floaters; Action Outcome.

References


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