

# Research on the Combination of Football Tactics and Strength Training

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## Abstract

In daily life, endurance is closely related to human health, work ability, and sports related to human activity. With the continuous development and progress of football, the skills and tactics and the ability of football players have also improved, and the sports load on players has continued to increase. Therefore, strength and endurance training is particularly important in normal training. In accordance with the premise of tactical play, the strength and endurance of players on the field during the game has a crucial effect on the final result of the game.

## Keywords

Football; Endurance; Running; Tactical play.

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## 1. Introduction

The purpose of this article is to consider the reasons for the differences in the technical position of various tactics and techniques in different tactics, and to make the training of football players a more specific and purposeful goal. At the same time, consider the support of the tactical method process, and the intensity and endurance of the game. Propose different methods and provide more information for football coaches and football players. Through the analysis of strength endurance training theory and practical research, aiming at the strength endurance training level caused by many problems in the application of football tactics, the relationship between strength endurance training and tactical play is explored. Let football coaches and football players be inspired by it, update the training methods of strength and endurance, improve the physical fitness of football players, and better execute the developed tactics in the game, so that the entire team's competitive ability Get improved.

## 2. Classification of modern football tactics

Strength endurance is one of the four elements of football competition ability, the skill level of the football team, and the physical exercise ability necessary to achieve excellent sports. Strength and endurance are prerequisites. Many technical movements must rely on strong physical fitness as the support. The coaches' multi-tactical training also requires excellent physical fitness to be implemented as planned. This is a must for a football player. Possessed qualities. In football, it represents the competitive ability of a player and can even affect the combat effectiveness of the entire team.

Today's football tactical play can be roughly divided into control play, technical play, direct play, attack play, and defensive counter play.

①. The control type is a relatively popular tactical method and a relative balance of offense. It emphasizes their teamwork because it can master the rhythm and ensure the safety of their goals. There is a core player during and after the game, coordinating the cohesion between the three lines to

form a smooth network. Consumption of your opponent's power through continuous adjustment, changing direction of attack and attack rhythm.

②. Direct play is the representative work of teamwork. The statistical analysis technology of football games represented by Hughes in the UK is designed in this way. Direct play requires fast speed, good physical fitness, and ball control is also key. The central defender eliminates dribbling and handles the ball concisely. This style of play is mainly used by European teams. They do not have a gorgeous personal dribble, but the overall offensive play is very simple and effective.

③. The offensive play is based on the offense, emphasizing the main purpose of the offensive strategy, the purpose is to make the team as complete as possible in the offense and defense, which requires all members of the team to focus on the entire game, Everyone must be involved as much as possible, and the team's tacit understanding is especially critical.

④. The main tactical idea of defensive counterattack is that when the opponent does not defend when the ball is conceded, he has enough attack space in the most effective defense. Look for opponents' mistakes in defense and seize the opportunity to strike deadly.

⑤. The technical style is suitable for teams with high technical and tactical levels. Its main characteristics are solid basic skills of athletes, fast, fast, excellent dribbling ability, good personal ability, and destroying the opponent's defense can create some localities at any time. Advantage.

### **3. Analysis of different tactics from the perspective of strength and endurance**

In some ways, control play and technical play have many similarities, and both need excellent technology to support both. They all emphasized the importance of controlling the ball, allowing opponents to follow their own pace and control the trend of the entire game. These two styles of play emphasize the connection and cooperation between players, and also require players to have a very strong personal strength, can break through the opponent's back line to score goals.

After a statistical analysis of the game, Barcelona has an overwhelming possession, but Bayern's goal is stronger than the team. The total distance of the team is more than that of Barcelona. The technical style of the game requires more exercise time than the ball control method, which is a huge physical exhaustion.

Dortmund is a mature team, creating a mix of offense and defense. Their players are young and strong players, which is also their biggest advantage of the entire team, like a perpetual motion without knowing tiredness, fast and accurate. Offense and steel wall-like defense are their biggest highlights.

The statistics of Dortmund's running distance is a huge gap in the comparison between Dortmund and Arsenal, especially between the center position and the forward. Dortmund's defensive tactical thinking is the team's collective defense. Defense is not a traditional "Camp" defense, but once you lose control of the ball, the defensive position immediately rebounds, and the entire field is a defensive area, thereby establishing a solid defensive wall.

### **4. Strategies for strength endurance training with different tactics**

Each player's strength and endurance characteristics and tactical activities are different. Therefore, the basis for intensity endurance training is also very different. Using different strategies for strength endurance training is part of football strength endurance training. From the strength endurance components, training should be strengthened, including three aspects of special ability, sports performance and physical fitness. But this does not mean that it is just to enhance the capabilities of these three aspects, which is too unrealistic, because the human body is an organic whole, and the strength and endurance of each component are also mutually restricted, affect each other, and are indivisible.

#### **4.1 Strength and Endurance Training Strategy of Controlled Play and Technical Play**

Controlled play for active control of the ball. Although it has inherent design thinking and clear patterns, sometimes it is necessary to choose changes based on the situation of the game and how each player responds to changes in the opponent. This is a tactic that all players participate in, so not only do they have good basic skills, but they must also have the strength and endurance to support the tactics to bring down the opponent. Most players have a chance to touch the ball, especially in the midfield, and the defender must be proactive. Therefore, the two guards need to be able to run short distances, have flexibility and good endurance to cope with the opponent's offense. And they must have enough strength and stamina to support the tactics to hold back and defeat the opponent. Therefore, the training intensity of the entire team should be kept consistent, and sufficient attention should be paid to short-distance running and speed endurance training, and efforts to strengthen this quality can improve the overall strength of the entire team.

#### **4.2 Strength endurance training strategy of direct play**

The biggest feature of this direct play is that it is simple and straightforward. It is rigid and rigid with any opponent. It highlights the strength and fearlessness of European athletes. This type of simplicity and fast-paced require players to adapt well. The guards of this type of style require much lower limb power and physical fitness than players in other positions. They require strong stability in the air and fast sprint speed. However, there are also disadvantages, such as poor endurance and poor physical coordination, which are common problems of this type of defender. Since the main task is to cooperate with teammates' offense and defense, most of the physical energy is spent on defense. According to the requirements of this tactical play, players must focus on short-range anaerobic sprint ability.

#### **4.3 Strength endurance training strategy of attack style**

Offensive is a tactical play that emphasizes integrity, and must take advantage of all team members. Breaking the shackles of old traditional thinking can mobilize the potential of players. At the same time, higher requirements are placed on the physical fitness of the players. To adapt to this tactical guard, strength and endurance training should be strengthened more comprehensively, aerobic endurance, coordination, and flexibility are required. It's much more flexible than the forward line. From the perspective of game activities, the offensive aspect is obviously lower than the other two lines, but it also plays an extremely important role in the game. Therefore, in order to run faster, the power of burst training is the key to attacking the tactical system.

#### **4.4 Defensive counterattack strength endurance training strategy**

This type of tactic is based on complete defense and then attacking the opponent. However, it is not a comprehensive defense, but is looking for opportunities to quickly establish an offensive team that breaks through the opponent's defense line, while players from other lines are actively running to quickly advance to the opponent's belly. Good endurance is an important guarantee for players under strong defensive pressure, so forward players must strengthen aerobic and anaerobic endurance training to enhance cardiopulmonary function. It is necessary to increase the training intensity to accommodate the high-intensity long-distance running in the competition.

### **5. Conclusion**

Strength endurance is the basis of modern football training and affects the use of football tactics in many ways. The offensive rhythm of modern football games is getting faster and faster, and the intensity of the game is increasing, so higher requirements for power endurance are proposed. Full and effective strength endurance is a powerful guarantee for tactical implementation as planned. Therefore, strength and endurance should be emphasized in ordinary training, and effective endurance training methods can greatly improve the strength and endurance level of football players, and enhance the individual and team's competitive ability.

Different tactics have different requirements for the strength and endurance of athletes in various positions. Different tactics require players to play different roles. The "control-oriented" style of play

emphasizes ball control, and can always grasp his own rhythm. The "technical" method is similar to the "ball control" method. It requires higher personal strength and higher endurance requirements for core players. The main attack range of the "direct" style is in the frontcourt, and the players in the frontcourt are stronger than the players in the backcourt. The "aggressive" style is a synchronous attack defense mode, and the distance between each player's activity is not large, so the standard of strength and endurance should be as consistent as possible. The "defensive counterattack" style is a model that gradually expands from individual to team, which promotes the development of football defensive tactics.

Different tactical techniques and endurance training methods have their own unique advantages. The coach should take into account the actual situation of his team and the competitive strength of the opponent, objectively formulate training content, and improve the goals of the training plan and the tacit understanding of the team. On the basis of training intensity and endurance, it is necessary to seriously consider the tactical application of tactical teams in the game, and to find out the specific situation of the opponents in the game.

Find your own team tactics characteristic strength endurance training method. Do not imitate the strength and endurance training methods of other sports, affecting the development of the player's special competitiveness. In accordance with the principles of football special sports training, it is necessary to focus on the development of special competitive ability to improve the performance of special sports.

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