

Analysis on the Application of Small Field Match in School Football Technical and Tactical Training

Haidu Zhou¹, Yuehua Zheng¹, Wanyu Lin²

1. College of Physical Education Science, South China Normal University, Guangzhou Guangdong 510006

2. Pingshan District Jintian Primary School, Shenzhen, Guangdong 518118

Abstract: As a classic sport, football is deeply loved by the masses. It is competitive and flexible at the same time, and can meet the needs of people in sports, entertainment and leisure. Therefore, football teaching is also a very important teaching content in school physical education in China. How to improve students' football skills has become a problem that physical education teachers need to think about. The small field match has solved the problem that students are not interested in football learning very well. It has the advantages of low requirements for field equipment, various training forms, and wide adaptability. In football teaching, small field matches are used to conduct hands-on football training for students. Compared with traditional football training and teaching, this way can stimulate students' desire to win or lose, actively learn football techniques and tactics, improve their own ability and improve teaching quality. Based on this, this paper explores the current situation of small field football match in football training, and on this basis, explores the application of small field football match in football technical and tactical training. I hope to provide some reference for relevant educators.

Keywords: Small field competition; Football technology; Football tactics

With the reform of education, how can students develop in an all-round way has become the most important topic in the field of education. The teaching concept advocated now is different from the traditional focus on academic achievement, which also focuses on students' cultural knowledge and learning quality, as well as students' psychological and physical health. So. In recent years, domestic schools have set up football classes one after another, hoping to improve students' football skills and tactics and improve their physical fitness. However, because of the differences in students' innate physical conditions, and limited by the influence of the traditional teaching mode of "one size fits all", many students cannot match the teaching content with their own strength, which results in the unsatisfactory effect of football training and the failure to achieve the due teaching goals. Based on this, many schools adopt the teaching method of small field match in football teaching. Compared with the traditional football training teaching mode, the small field match training is more flexible, convenient for practice, competitive and challenging, which can effectively stimulate students' interest in learning football technology and actively participate in football learning. And the small field football match does not belong to the formal football match in terms of scope shaping, which can provide a real match atmosphere for football players and help students to enter the role as soon as possible, master football skills and improve their physical fitness.

1. Application of small field match in football technical and tactical training

Small field football match refers to a football match in which each player is less than 11, the field size is smaller than the standard playing field, and the game time is relatively short. Small field match can effectively improve the overall level of football training, help players better improve football skills, and has always played an important role in football training. However, as far as the current situation of the small field promotion match in football training is concerned, many schools still give priority to the traditional teaching method, demonstrating for students, and then allowing students to carry out repeated training. There is no good application of the small field match teaching mode. Even though some teachers recognize the role of small field match in football training, problems such as inadequate organization and lack of pertinence in training often occur

in the application process, which can not fully play the advantages of small field match in football training. Therefore, teachers should not only recognize the important role of small field competition in football training, but also understand how to better carry out small field competition to help athletes get better development.

2. Application of small field match in football technical and tactical training

2.1 Help students understand the characteristics of the competition system

A small field match literally means a football match in a small field. The competition system of this match is similar to that of a formal football match, but the number of players is relatively small. People in each team say that I generally have less than 11 players. Teachers can group according to the actual situation, and each group can be divided into three, five, seven, etc. Under such a competition mode, teachers can flexibly integrate the teaching content into the small field match, arrange different teaching contents according to the actual field size and course time, bring a new teaching method for football skills and tactics training, and improve students' enthusiasm for learning.

For example, during the small field match, teachers should arrange the two teams in the match according to the goal setting in the game, adjust the rules of the football match according to the space occupied and the direction of attack and defense, encourage different groups to exchange opponents and conduct alternate confrontation, so that students can feel the style and tactics of different teams. In this process, the number of athletes in each group is far lower than that in the formal competition because teachers have made scientific and reasonable grouping in advance, which also allows teachers to have enough time and energy to observe students' performance in the small field competition, so as to put forward targeted suggestions and give effective guidance. In this process, teachers should train students according to their differences in physical quality and learning ability, so as to improve their skills and combat effectiveness and promote the quality of football teaching. In addition, because the rules of the game are very similar to the formal football match, this training process can also effectively improve students' understanding of the game system, help students understand the characteristics of the game system, and thus lay the foundation for the subsequent learning of football tactics and awareness.

2.2 Assist students in learning football skills

Theory and time are both important in the learning process. The training methods provided by the traditional teaching mode are far less impressive than those that let students apply their football skills on the field. If students can only learn football tactics and theories through books and videos, but have no chance to apply them to specific time, then their understanding of football technology will only stay at the superficial stage, and they cannot really master football technology. Even if teachers apply diversified methods to theoretical teaching, students will never be able to master football skills without practical tests. Through the application of theoretical knowledge in the practice scene of small field match, students can effectively improve the accuracy of passing the ball and the ability to control the ball.

Most students have a certain interest in football teaching, but if they conduct technical training or theoretical learning for a long time, they will gradually lose their interest in football teaching. Instead, they can experience football thrill and stimulation on the real playing field by using the small field match, which satisfies the students' joy of playing on the operating field and pays more attention to football technology learning.

2.3 Assist students in learning football tactics

Small field match can not only effectively improve students' football skills, but also help students learn football tactics. Good football tactics can play a more important role in the game. Only when students have a certain sense of football tactics can they better play football skills, form a "1+1>2" way, and increase the probability of winning. Football tactics mainly include oblique passing and straight inserting two over one, direct passing and oblique inserting two over one, kicking wall type two over one, etc. It is difficult for students to master a variety of football tactics only by theoretical teaching, but only by practice can students experience football tactics personally.

Through the application of small field competition in football training, the players' sense of confrontation is enhanced, and the team switches from attack to defense more frequently, so that the tactical organization is clear, which is an effective measure to improve students' football tactics. For example, the teacher will ask students to use the learned tactical skills in the actual competition, while other students will evaluate and analyze the tactical skills used by each team, so that students can enrich their tactical knowledge through mutual learning. For example, "4-3" offensive and defensive training can be used to train students' running and passing skills, increase the defensive area, and improve students' defensive skills. It has strong application value.

2.4 Assist students to improve their football awareness

The football consciousness is the decisive factor for opening the gap between football techniques and tactics of the same difficulty. In terms of helping students improve their football awareness, the small field competition has a very obvious advantage. Because the small field match can be said to be a small game, which is conducted on the real football field, and its small field characteristics also mean that players must break through the defense line of the other party through running, answering and other ways to obtain scoring opportunities. Excellent football awareness can enable students to better break through the defense line of the other side in the limited space of the court, so as to improve the students' prediction ability for the game and obtain greater victory advantages in the real game.

3. Teacher assisted small field competition training

The small field match training can not do without the assistance and guidance of teachers in order to play its good advantages in the teaching process of football technology and tactics. In traditional football training, teachers adopt a simple and mechanized teaching method, which can not give a good evaluation of students' football skills and football tactics. In the game, due to the influence of too large venues, large number of participants and other situations, teachers can not carefully observe every student's behavior, resulting in that students with different physical quality and learning ability can not accept the corresponding education, and the learning quality is uneven. In the small field match, teachers can take this opportunity to carefully observe the implementation of each student's football technology and tactics, and put forward corresponding suggestions.

For example, in the process of small field match training, teachers can divide students into groups with different numbers to ensure that each student has the opportunity to participate in football training in the small field match. This not only stimulates students' interest in football learning, but also changes in the performance of small field match in each class can make students more enthusiastic in the next football class. Teachers need to play their guiding and supporting role in this process, help students develop targeted training plans, so that students can constantly improve their technical level, and after the game, summarize the tactical thinking during the game, so that students can have a deeper understanding and research of football tactics, and form a good football awareness. At the same time, due to the differences between students, the skills they are good at are also different. Teachers should readjust the positions of students according to their physical qualities and abilities, so that each student can find his or her own position in the football field, so as to give play to his or her own advantages, play an important role in the whole game, and contribute to the team's victory.

4. Conclusion

To sum up, in the process of football technology and tactics training, the application of small field competition is a very effective teaching mode. Compared with traditional teaching, small field competition is not limited to the size of the area, which can achieve more efficient football training. And in the small field match, it can effectively improve the students' football skills and tactics, which is different from the traditional mechanized and single practice. The characteristics and advantages of the small field match can help students better carry out football training and effectively improve their football awareness. Therefore, teachers should attach importance to the small field match, integrate it into the classroom teaching process, and improve the quality of football teaching.

References

- [1] Ruining Chen, Xingxin Yi, Sanjun Yang. Experimental Research on Small Field Competition Method in Youth Football Training [J]. Journal of Beijing Sport University, 2010 (4): 3.
- [2] Liang Chen, Rong Li. Meta Analysis of Load Grade Setting and Physical Training Effect in Football Small Field Matches [J]. Journal of Tianjin Institute of Physical Education, 2017, 32 (6): 9.
- [3] Lv Miao, Jidong Lv, Ying Wu, et al Differences in Running Performance and Energy Consumption of Players in Different Types of Football Small Field Matches [J]. Journal of Shanghai Institute of Physical Education, 2021, 45 (5): 81-88.
- [4] Yaoyuan Xia, Huiyan Tang, Yixin Hu. On the Feasibility Study of "Small Field" Teaching Method in College Football Optional Course [J]. Zhejiang Sports Science, 2002, 24 (5): 3.
- [5] Yuxian Huang. Analysis of the Role of "Small Field Teaching Match" in Sports Football Elective Course in Senior High School [J]. Contemporary Sports Science and Technology, 2016, 6 (11): 2.

- [6] Carlota T, Angel R, Robert H, et al. Emergence of Exploratory, Technical and Tactical Behavior in Small-Sided Soccer Games when Manipulating the Number of Teammates and Opponents[J]. Plos One, 2016, 11(12): e0168866.
- [7] Manuel C F. Associations Between Wellness and Internal and External Load Variables in Two Intermittent Small-sided Soccer Games[J]. Physiology & Behavior, 2018, 197: S003193841830619X-.
- [8] Clemente F M, Afonso J, Castillo D, et al. The Effects of Small-sided Soccer Games on Tactical Behavior and Collective Dynamics: A Systematic Review[J]. Chaos, Solitons & Fractals, 2020, 134:109710-.