

PODIUM

Journal of Science and Technology in Physical Culture

UNIVERSITY EDITORIAL

Volumen 17
Issue 2

2022

University of Pinar del Río "Hermanos Saíz Montes de Oca"

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Translated from the original in spanish

Original article

Influence of oriented control of the ball with the sole of the foot in children's futsal

Influencia del control orientado del balón con la planta del pie en el futsal infantil

Influência do controlo orientado da bola com a sola do pé no futsal infantil

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Received: 01/14/2021.

Approved: 02/28/2022.

How to cite item: Cómo citar un elemento: Castro Figueredo, A., Pérez Hernández, E., & Noa Cuadro, H. (2022). Influencia del control orientado del balón con la planta del pie en el futsal infantil/Influence of oriented control of the ball with the sole of the foot in children's futsal. *PODIUM - Revista de Ciencia y Tecnología en la Cultura Física*, 17(2), 641-653. Recuperado de <https://podium.upr.edu.cu/index.php/podium/article/view/1067>



ABSTRACT

The research began with children 10-12 years of age from the "Pueblo Nuevo" sports complex in the municipality of Holguín. It had as the objective: to demonstrate the influence that the oriented control technique of the ball with the sole of the foot has on Indoor football practitioners, a children's category of the Holguín "Pueblo Nuevo" team, to develop fast play. Theoretical and empirical methods and techniques were used; within the latter, observation, interview, survey and measurement were worked on, which allowed raising the scientific rigor of the elements analyzed and processed. The results obtained allowed to demonstrate why it is vitally important to use the oriented control technique of the ball with the sole of the foot during the game in the game of indoor football and, specifically, to develop it from an early age. The research, in addition, performs an analysis of this technique, taking into account the rules and game systems, based on the review and analysis of previous research, on direct observation in the training and games of the children's category of the sports team " Pueblo Nuevo ". " of the municipality of Holguin.

Keywords: Oriented control; Sole of the foot; Childish; Indoor football.

RESUMEN

La investigación se desarrolló en niños de 10-12 años de edad del combinado deportivo "Pueblo Nuevo" del municipio de Holguín. Tuvo como objetivo demostrar la influencia que tiene la técnica control orientado del balón con la planta del pie en los practicantes de Fútbol, categoría infantil del combinado "Pueblo Nuevo" de Holguín, para desarrollar el juego rápido. Se utilizaron métodos y técnicas de nivel teórico y empírico; dentro de estos últimos se trabajó con la observación, la entrevista, la encuesta y la medición, que permitieron elevar el rigor científico de los elementos analizados y procesados. Los resultados obtenidos permitieron demostrar por qué es de vital importancia utilizar durante el juego la técnica control orientado del balón con la planta del pie en el juego de fútbol y, específicamente, desarrollarla desde edades tempranas. La investigación, además, realiza un análisis de esta técnica, atendiendo a las reglas y sistemas de juegos, basada en la revisión y análisis de investigaciones anteriores, en la observación directa en los entrenamientos y juegos de la categoría infantil del combinado deportivo "Pueblo Nuevo" del municipio de Holguín.

Palabras clave: Control orientado; Planta del pie; Infantil; Fútbol.

RESUMO

A investigação foi realizada com crianças de 10-12 anos do complexo desportivo "Pueblo Nuevo", no município de Holguín. O seu objectivo era demonstrar a influência da técnica de controlo orientado da bola com a sola do pé em jogadores de futsal, categoria infantil da equipa "Pueblo Nuevo" em Holguín, a fim de desenvolver um jogo rápido. Foram utilizados métodos e técnicas teóricas e empíricas; dentro destes últimos, a observação, entrevista, inquérito e medição foram utilizados para aumentar o rigor científico dos elementos analisados e processados. Os resultados obtidos permitiram demonstrar porque é de importância vital utilizar a técnica do controlo orientado da bola com a planta do pé no futsal durante o jogo e, especificamente, desenvolvê-la desde uma idade precoce. A investigação realiza também uma análise desta técnica, tendo em conta as regras e



sistemas dos jogos, com base na revisão e análise de investigações anteriores, na observação direta em sessões de treino e jogos na categoria infantil da equipa desportiva "Pueblo Nuevo" no município de Holguín.

Palavras-chave: Controlo orientado; Pé de planta; Infantil; Futsal.

INTRODUCTION

This path begins by identifying the main characteristics of contemporary futsal, which takes into account the innumerable modifications in the rules of the game until reaching those of *Fifa . (2000)* and their game systems in which the ball-oriented individual control technique with the sole of the foot is involved . This allows knowing the role that this technique has in the game to achieve offensive and defensive results with greater efficiency in the use of game time and the individual and collective performance of the players. Interpreting these changes that indoor football has undergone in recent times has allowed the study of the influence of the ball-oriented individual control technique with the sole of the foot in the game of indoor football.

First of all, it is necessary to remember that the history and emergence of indoor football presented by numerous authors, including *Cachón et al., (2012), Cruz (2019), Lupescu (2019), Castro, Pérez and Noa (2020) and Blatter (2019)*, as well as the rules of the game that are related to the oriented control technique of the ball with the sole of the foot, date back to the creation of this sport on September 8, 1930 in Montevideo, Uruguay, from the Hand of Professor Juan Carlos Ceriani. He, using the rooms of the gymnasium of La Asociación Cristiana de Jóvenes (YMCA), drew the goals on the wall with chalk, and then began to use the water polo goals. Futsal, indoor soccer, indoor football or micro soccer, as it has been called over the years, became a collective ball sport practiced between two teams of five players each, on a hard floor court. It arose inspired by other sports such as soccer, which is the basis of the game, water polo, volleyball, handball and basketball, taking from these not only part of the rules, but also some game techniques.

Currently, in modern indoor football, the intention of wanting to apply a fast game to achieve the least possible retention of the ball by a player has been evidenced, an objective that until now has not been achieved correctly. This has been verified in practice through direct observation of games in international, national, provincial and municipal championships. In Holguín, despite the fact that in recent years a good competitive performance has been shown at the national level, it is known by the specialists in charge of the preparations and directions of these groups that in the technical order they exclude control within the planning. oriented. In this sense, it is left to the possibilities of mobility in the field of each player during exercises and games, mainly during the basic training of technical skills in childhood.

The exploratory processes of the diagnosis used allowed to characterize the situation of the technique in the indoor foot ballplayers of the children's category of the Holguín municipality. Its relationship with the use of control oriented with the sole of the foot, will collect valuable information that makes it possible to clearly illustrate the deficiencies detected through the following scientific evidence:

- Beginner practitioners barely control with the sole of the foot when receiving the ball, preventing the speed required in the executed action.



- Little effectiveness of the control oriented to not having defined the next action.
- Incorrect adoption of body position during reception with the sole of the foot.

The application of instruments and the author's experience reveal the existence of other theoretical and practical limitations in relation to the technical element of oriented control.

- Scarce bibliography related to the term oriented control.
- Insufficiencies in the basic training of technical skills, taking as support the control technique oriented with the sole of the foot.
- Lack of specification in the teaching programs of the control-oriented technical element.

All of the above leads the author to declare as an objective to demonstrate the influence that the oriented control technique of the ball with the sole of the foot has on Indoor football practitioners, a children's category of the Holguín "Pueblo Nuevo" team, to develop fast play.

MATERIALS AND METHODS

It was worked with 100% of the population, made up of 12 players from the children's indoor football team of the Holguín "Pueblo Nuevo" team. This team also won the municipal and provincial children's championship in 2019.

The methods empirical allowed the correct interconnection between the cognitional activity, the object and the result of the research, the compilation of its greater number of data that facilitated the achievement of the objective of the research.

The analysis of the documents provided obtained information related to the existing insufficiencies and limitations of the oriented control technique of the ball with the sole of the foot, from the review of the preparation programs of the Indoor football athlete, the orientations and indications until 2019, and the documents of the professors involved with the sample.

The observation was used to carry out the direct observation of the process, allowing to determine the technical errors in the execution of the oriented control during the ball with the sole of the foot, as well as the methodological deficiencies through an immediate perception of the research process.

The interview was used to interview the indoor football with the objective of obtaining information of the work carried out. The oriented control of the ball with the sole of the foot was taken into account in the training sessions.

The survey was used to survey the players, with the objective of knowing the domain of them on the technical element oriented control of the ball with the sole of the foot and its importance in the game.



The measurement I know accomplished fraud the objective to measure the time in seconds that the player takes to execute the oriented ball control technique with the sole of the foot and compare it with the time it takes to execute the ball control technique with the inside of the foot.

For the assessment of the mathematicians statistics methods it was used the analysis through the descriptive statistics technique to determine percent and the mean, which made it possible to establish the main trends of the research work carried out.

The percentage calculation was used to process the quantitative information and determine the levels of acceptance within of the research.

RESULTS AND DISCUSSION

A review was carried out of the theoretical references, comprehensive preparation programs for the indoor football athlete in Cuba, the teaching plans (Asociación de Fútbol de Cuba, 2016), strategies for the development of Indoor football in Holguín (Medina, 2017) and others. documents such as theses, manuscripts and publications, prepared from 2013 to 2019. In them, it was possible to verify that the individual technique oriented control of the ball with the sole of the foot is not part of the technical or tactical elements to be worked on by the coaches in any category. In these, reference is made to the static and moving receptions in the children's category (10 -12 years), known internationally as initiation, child or youngest. However, national authors such as Castro, Pérez and Noa (2020) have carried out a more in-depth study on this technical element.

Analysis of the evolution of the rules of the game and its relationship with the oriented control technique of the ball with the sole of the foot

It is necessary to remember that the basic rules of indoor football, which current objective is the development of a clean and fair game, as well as the survival of Indoor footballs a show sport, have been revolutionized through the governing body, the *Federation soccer international- Association (Fifa) (2018)*, until reaching the current rules made official in the year 2017 - 2018. Induced by the experiences acquired during international post-championships, cups and leagues, they assimilated 17 rules very similar to football. These, by undergoing modifications declared in *Fifa (2020)* have forced to perfect the technique, such as, for example, oriented control with the sole of the foot. If this relationship with the rules is analyzed, what was stated above can be perfectly demonstrated.

The analysis begins with rule 1, related to the field where indoor football played, it has undergone changes over the years. Currently, and based on the experience acquired by the federations and the governing bodies, this rule in its modification refers to the following: "The playing surface will be rectangular and its length will always be greater than its width. It will be approximately 20 x 40 meters" (p. 6). By modifying this rule and reducing the field, it has forced the players to receive the ball with the sole of the foot, seeking greater control and speed of it by having the opposing team's players very close. Similarly, in rule 1, it is stated that: "... the matches should be played on smooth surfaces, free of roughness and that are not abrasive, preferably made of wood or a synthetic material" (p.6), which allows players to receive the ball better with the sole of the foot, as there is practically no variation in its path, therefore, better control and the



possibility of moving it and directing it towards the next action, which makes this sport a fast, creative and beautiful game.

Rule 2 related to the official game ball has also gone through a process of change over the years. Since its inception, it has been played with various models of balls of different sizes and weights, even balls from other sports were used to find the right size, bounce and weight to be able to play in a small space. That is why, to this day, it continues to be an element to be taken into account by each coach to achieve competitive objectives in the short and medium term, since the adaptation of the players to the game from the individual and collective point of view depends on it. These dimensions make the official game ball more comfortable to receive with the sole of the foot, as it is smaller and has less bounce and is easier to maneuver once controlled, looking for changes of direction as quickly as possible to chain the next game action.

Rule 3, related to the number of players, is closely linked to the dimensions of the pitch in Rule 1 and, although it has not undergone many changes since its inception, the number of players on the pitch has been regulated, the players on the bench and the Goal Keeper or goalkeeper player, but in essence, the rule refers to the fact that: "the match will be played by two teams, each made up of a maximum of five players, one of whom will play as goalkeeper" (pg .15). Taking this rule into account, the author considers, based on his experience as a player and coach in this sport for more than 25 years, that in a 20 x 40-meter field with ten players vying for the ball, it is necessary to control the ball as quickly as possible to be able to gain time and speed of attack or defensive evasion with less risk of losing it or being disputed by an opponent. This is only effective if it is controlled with the sole of the foot, where the ball is totally controlled and, in a position, to direct it towards the desired place in order to execute the next action.

Rule 7 regarding the duration of the official match. It was not until 2002 that the AMF and Fifa managed to get matches to last 20 minutes in real time and, in countries like Cuba, 25 minutes in a row due to the lack of sports facilities equipped with digital technology visible to the public. public and teams. Coincidentally with this rule, it has forced coaches and teams to create a game that is fast, with minimal errors and highly tactical. Therefore, to achieve these objectives, it has become necessary to modify and perfect the technique. It is then that the technical element, oriented control of the ball with the sole of the foot, plays a leading role in the game that is to be developed, by achieving good control of the ball and the possibility, in a single movement, of executing the next action, saving time. of execution of the technique and, therefore, greater speed in the individual and collective tactical game.

In relation to the serves, rule 15 related to the throw-in, which in its beginnings was carried out with the hand, rule 16 related to the goal kick, which has undergone several modifications to date, such as kicking the ball, he could not pass midfield air or score a direct goal with a goalkeeper kick. Until now, it is referred to that it can only be taken with the hands, throwing the ball inside the goal area to anywhere inside the field and rule 17 related to the corner kick modified several times until today, until reaching consensus that the ball is only lost on serve if it takes more than four seconds. In the three previous cases, players who know how to receive with the sole of their foot and at the same time master the ball-oriented control technique are considered an advantage in the attacking action, since the speed and perfection of the proposed play will be the success of it.



Knowing these rules, they can be combined with the most important technical gestures, which are the pass, the shot, the reception or control, the dribble, the goalkeeper's stop, the serve, etc. ... While the technique gives us the *what* and the *how*, the tactic would give us the *what for* and the *why*. There are also different game systems such as 3-1, which are made up of a closing, a player in the central part of the defense, two wings and a more advanced pivot; the 4-0 system, which is the most modern system, the one that is prevailing today and that depends on the players who perfectly dominate the control oriented by the speed of the plays. The 2-2 system is used very sporadically in today's elite Futsal, although it is a very useful system in the initiation stages.

It is thus that modern indoor football is characterized by proposing an efficient technical-tactical game that is fast, full of spectacularity due to individual and collective creations, a sensationalist match in the beauty of scoring a goal and emotional in not having anything defined until the end by how quickly consecutive goals are scored. These characteristics define it in a milieu that mobilizes fanatical practitioners and followers, in which associations and federations make the most of it, while children and young people make it their own in schools, neighborhoods and communities in all the countries of the world.

Interview with the coaches

An interview was conducted with the coaches in order to find out some aspects of interest in oriented control of the ball with the sole of the foot in training. In this, it will be possible to check the knowledge and criteria of the two coaches regarding the technique of individual oriented control of the ball with the sole of the foot. They know the technical element, considering that it is of great importance in the game, it injects aggressiveness into the game because of the speed of the action, however, they confirm that it is not taken into account in the teaching program and they think that it is because the training with children are not carried out in areas that favor their teaching and the assimilation of it by the beginners. In addition, it is very difficult to master this technique with large balls, since you cannot train with official balls either.

The coaches suggest that if they work on oriented control of the ball with the sole of the foot in their classes, but emphasizing short passes where the play is fast and close to the definition zone, they will be able to create an action that surprises the defense and the goalkeeper. However, it is not part of the training planning and is only included in the shooting on goal actions. But it is not always emphasized, since children do not have control of the ball with the sole of the foot and in most plays, they use control with the inside of the foot.

These state that the most appropriate time to teach this technical element is the initiation stage (10-12 years) because it is where the child, due to his volitional development, begins to become familiar with technical skills. It is an age where they keep their experiences practically for a lifetime, therefore, if they are taught well, good results will be obtained.

Players' survey

A survey was carried out on the players, with the aim of knowing the state of opinion of the players about the oriented control of the ball with the sole of the foot and their behavior during training. In it, it was learned that the players do not have a defined position on the field.



Regarding the technical element-oriented control of the ball with the sole of the foot, only 25 % have an idea of what oriented control is, the other 25 % state that they know it, but they do not know why other elements are composed and they only know that there is a reception with the sole of the foot. The other 50 % do not know what this technical element consists of.

After having the idea of this technique, it was found that 33.3 % affirm that they apply it in the game to make passes and shots on goal. The other 66.6 % do not master it and do not apply it.

Comparative diagnosis of technical skills

In order to better understand the difference between oriented control of the ball with the sole of the foot and receiving the ball with the inside of the foot during a game and then executing the other technical elements, a comparative diagnosis of time in seconds was made, with the use of the digital stopwatch. For it, linkages were used with the rest of the other techniques such as shooting, passing and driving. The feint is not included as it is considered part of targeted control of the ball with the sole of the foot and is not present in the catch with the inside of the foot.

Measurement 1: the measurement of the oriented control technique of the ball with the sole of the foot is performed. For the same, the time will be taken from the contact with the ball, its wing and its placement towards a new direction, being less than one meter from the player who executes. Three repetitions will be made and the one with the best execution and the shortest time will be chosen. (Table 1)

Measurement 2: It will be the same as the previous one, but with the reception of the ball with the inside of the foot (Table 1).

Table 1.- Measurement and comparison of balloon controls

Time in seconds			
Measurement 1 and 2.	Mean	High	low
Oriented control of the ball with the sole of the foot	0.85	1.04	0.58
Receiving the ball with the inside of the foot	0.99	1.15	0.70
Difference	0.14	0.11	0.12

As can be seen in the table above, the difference in means is 0.14 milliseconds, with oriented control of the ball with the sole of the foot being faster with 0.85 milliseconds than receiving the ball with the inside of the foot with 0.99 milliseconds. Therefore, the measurement of both controls shows which can be the most effective during the game.

Measurement 3: The measurement of the oriented control technique of the ball with the sole of the foot with a shot on goal from nine meters is carried out. For this, the time will be taken from the contact with the ball, its wing and its positioning towards a new direction and stopping the stopwatch at the same moment of contact with the ball during the shot on goal. Three repetitions will be made and the one with the best execution and the shortest time will be chosen.



Measurement 4: It will be the same as the previous one, but with the reception of the ball with the inside of the foot (Table 2).

Table 2. - Measurement of the shot on goal

Shot on goal time in seconds			
Measurement 3 and 4.	Mean	High	low
Oriented control of the ball with the sole of the foot	0.99	1.08	0.74
Receiving the ball with the inside of the foot	1.44	two	1.15
Difference	0.45	0.92	0.41

Analyzing the results of the previous table, it can be seen that the difference between both controls, with the completion of the shot on goal, is 0.45 milliseconds, with the oriented control of the ball with the sole of the foot being the one with the shortest time with 0, 99 milliseconds. In this technical action, it can also be seen that the oriented control is much faster and its use can be more effective during the game.

Measurement 5: The measurement of the oriented control technique of the ball with the sole of the foot is carried out with a free driving of up to two meters. For this, the time will be taken from the contact with the ball, its wing and its placement towards a new direction and stopping the stopwatch at the same moment that it passes through the three-meter line. Three repetitions will be made and the one with the best execution and the shortest time will be chosen. For driving to be valid, you must touch the ball at least two to three times.

Measurement 6: It will be the same as the previous one, but with the reception of the ball with the inside of the foot (Table 3).

Table 3.- Driving measurement after the controls

Driving. Time in seconds			
Measurement 5 and 6.	Mean	High	low
Oriented control of the ball with the sole of the foot	1.85	2.28	1.45
Receiving the ball with the inside of the foot	3.23	4	2.54
Difference	1.38	1.72	1.09

As can be seen in the table above, the same thing happens as in the other detects, where the difference in means is 1.38 seconds, with the oriented control of the ball with the sole of the foot being the one with the shortest execution time, followed by a driving with 1.85 seconds on average. Therefore, it was once again possible to conclude that oriented control of the ball with the sole of the foot can be much more effective than any other control during the game.

Measurement 7: The measurement of the oriented control technique of the ball with the sole of the foot is carried out with a pass between two cones located three meters apart and one meter wide. The time will be taken from the contact with the ball, its wing and its positioning towards a new direction and stopping the stopwatch at the same moment



that it makes contact with the ball for the pass. Three repetitions will be made and the one with the best execution and the shortest time will be chosen. For the pass to be considered valid, the ball must pass through the cones.

Measurement 8: It will be the same as the previous one, but with the reception of the ball with the inside of the foot (Table 4).

Table 4. - Measurement of the pass after the controls

Passes	Time in seconds		
Measurement 7 and 8.	Mean	High	low
Oriented control of the ball with the sole of the foot	0.94	1.05	0.68
Receiving the ball with the inside of the foot	1.79	2.08	1.18
Difference	0.85	1.03	0.50

Lastly, in the previous measurement represented in Table 4, the differences between both controls were observed, with the means behaving in 0.85 milliseconds. Where, the oriented control of the ball with the sole of the foot had an average of 0.94 seconds less than the reception of the ball with the inside of the foot, which was 1.79 seconds. Therefore, its use to make a pass can be seen, it is much more effective than receiving the ball with the inside of the cake.

In order to have a better visual representation of how the differences in seconds behaved between the measurements of the oriented control of the ball with the sole of the foot with respect to the reception with the inside of the foot, graph 1 is presented below with the results in each table.

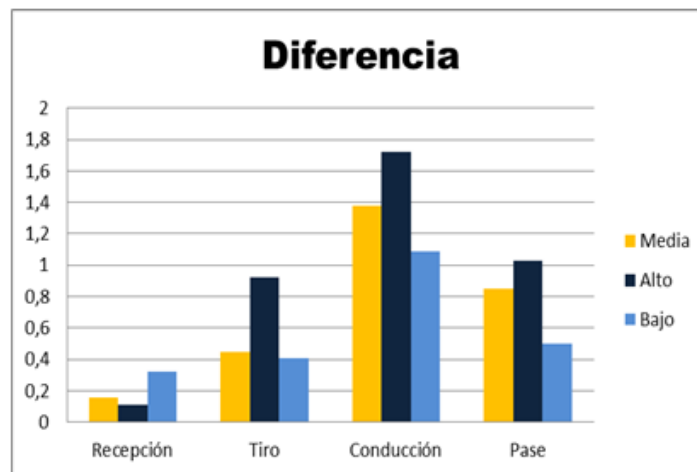


Fig. 1. Behavior of the differences in seconds between the measurements of the oriented control of the ball with the sole of the foot with respect to the reception with the inside of the foot



Observation of a training game

An observation guide was applied to a training game with the objective of observing an Indoor football game to evaluate the individual technical element, oriented control of the ball with the sole of the foot. For this game, practitioners were instructed to try to use oriented control of the ball with the sole of the foot during the game. They were also provided with a Indoor football and a concrete field with the official measurements.

In this, the indicators of shooting on goal, feint or uncheck, driving the ball and passing were controlled, all of them after the oriented control of the ball with the sole of the foot. The controlled measurement criteria were the total number of oriented controls of the ball with the sole of the foot that gave way to the indicators, which were effective according to the direction of the ball between the three goal posts and the percentage of effectiveness. The following table shows the quantitative results (Table 5).

Table 5.- Percentage of effectiveness. The following table shows the quantitative results

Indicators	Use of oriented control of the ball with the sole of the foot.		
	Total	Effective	percent
Threw	4	3	75
Feint	3	3	100
Driving	1	1	100
Pass	14	13	87.5
Total	22	20	90.9

As can be seen in the previous table, despite the fact that the oriented control was improved very little by the players of both teams, the percentage of efficacy was high at 90.9%, which accelerated the application of the oriented control with the sole of the foot it is much easier, more accurate and quicker to move on to the next action within the game. The most used technical element after the oriented control of the ball with the sole of the foot was the pass with a total of 14. This is understandable, since at these ages practitioners usually stop the ball a lot in order to pass to their partner. The rest of the indicators were very little used.

CONCLUSIONS

Through the comparative analysis of the controlled techniques in the measurements, it was possible to verify the influence that the use of the oriented control of the ball with the sole of the foot has on the Indoor football practitioners in the children's category, of the combined "Pueblo Nuevo" of Holguín to be able to develop a fast game, it is much more effective and more affordable in combination with other technical elements, which is much better suited to the modern Indoor football game. This, in turn, demonstrates the importance of this individual technique during basic training in childhood.



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Conflict of interests:

Los autores declaran no tener conflictos de intereses.

Authors' contribution:

The authors have participated in the writing of the work and analysis of the documents.



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