

ANALYSIS OF DISTANCE BETWEEN GOALKEEPER AND LESS ADVANCED TEAM MATTE IN SPANISH FIRST DIVISION FOOTBALL GAMES

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Introduction

Match analysis can be used to organize and design specific exercises (Sainz De Baranda, Ortega & Palao, 2008). In football, the distance between goalkeeper and his less advanced team mate is important because attackers use to score after making runs to this space and receive the ball in front of the goal. Therefore it should be considered for training practice. The aim of this study was to analyze the distance between goalkeeper and his less advanced team mate depending on the position of the ball on the pitch in football matches.

Methods

The AMISCO® system was used to register the distance between the defending goalkeeper and his less advanced team mate in four Spanish First Division matches of the season 2007-08. A total of 2568 data were collected. Pitch zone was the independent variable (see figure 1). A one-way ANOVA was performed.

Results & Discussion

Figure 1 shows the distances between the defending goalkeeper and his less advanced team mate that coaches should implement in training exercises to simulate spatial-temporal constraints similar to competition. Different distances might be applied depending on the position of the pitch where the trained technical-tactical skill uses to take place.

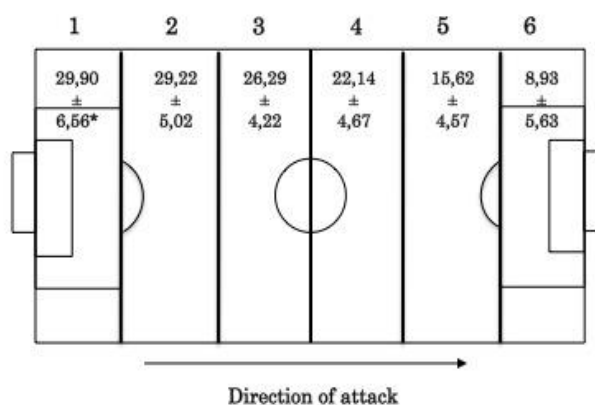


Figure 1. Distance between defending goalkeeper and his less advanced team mate (metres) according to the position of the ball (mean \pm SD). * There are differences among all the zones apart from zone 1 respect to zone 2 ($P < 0,05$)

Conclusion

Distances between defending goalkeeper and his less advanced team mate decreased from $33,07 \pm 7,65$ to $12,54 \pm 7,81$ meters as the ball was nearer to their goal in football matches.

References

1. Sainz De Baranda, P. et al. (2008). *Eur J Sport Sci*, 8(3): 127-134.