

Research on Tactical Executive Ability of College Men's Football Team

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Abstract: By using the methods of literature and video observation, this paper studies the tactical executive ability of the men's football team in colleges and universities through various forms of observation, this paper combs out the factors that affect the tactical executive ability of the men's football team, and makes a comprehensive analysis of the factors, and obtains the problems caused by the factors. In view of the problems and the present situation, this paper puts forward some countermeasures to affect the tactical execution ability of the professional men's soccer team in Gongga Cup, aiming at improving its tactical execution ability and tactical accomplishment.

Keywords: Football; Football players; Tactical execution.

1. PREFACE

Football, as the first major sport, is the first "Hot spot" in the sports field, which is concerned by people from all walks of life. In recent years, under the guidance of National Policy, the Ministry of Education and other seven departments issued the circular of the action plan for the construction of the eight major systems of national youth campus football [1], for the campus football activities to carry out a shot in the arm, but also make our youth football flourish. In order to carry out the national policy, the competitions among colleges and universities have gradually increased. Through the observation of the men's football league matches in colleges and universities in the past two years, it is easy to find that the competitive level gap among colleges and universities is constantly narrowing, however, there is still a certain gap between the universities with high-level sports teams, the most obvious of which is the gap in tactical execution. In order to improve the Akron Zips executive ability and tactical literacy of college men's football teams, this paper analyzes the executive ability of college men's football teams and finds out the common problems. At the same time, whether a tactical operation is successful or not, its design, command, coordination, skills and other aspects are crucial, the strong tactical execution of the party, it is easier to firmly control the initiative, which gives us a lot of inspiration. I think the most important value of studying tactical execution is to help a football team win a game or even an entire tournament. Therefore, this paper analyzes the influencing factors of tactics executive ability of men's football team in colleges and universities, points out the problem, and puts forward some solving strategies.

2. THE ANALYSIS OF FOOTBALL TACTICS EXECUTIVE POWER

2.1 Definition of tactical execution

Tactical execution is made up of two words, namely "Tactical" and "Executive". Tactics refer to the principles and methods of fighting, and also to the methods of solving local problems. Executive power in management is the ability of every single person to turn the orders and ideas of his superiors into actions and actions into results so as to accomplish tasks with high quality and quantity [2]. The term tactical executive ability is used in competitive sports, and it is one of the important standards to measure the athletes.

2.2 The basic connotation of tactical executive power in the field of football

In recent years, the author consulted the definition of executive power of football tactics, but there is still a vacuum in this field, and there is still no accurate description of executive power of football tactics. But there are a number of experts and scholars have given their own interpretation, although the statements are similar, but in the general understanding of almost the same, in summary: In general, the player's tactical execution is considered to be in the game, carry out the tactical intention of the coach, to achieve the goal of the exercise ability. Tactical execution includes two aspects: individual tactical execution and team tactical execution. To individual, the executive ability

of tactics means the ability of analyzing, comprehending, judging, acting and summarizing that the player completes the attack and defense quickly and effectively according to the tactics arranged by the coach. For the team is through the implementation of 11 players on the field, control of the game, the achievement of objectives, expressed in the formulation of tactics, the implementation of the process of tactics and the ability of players to optimize tactics [2].

3. 3COMMON COLLEGES AND UNIVERSITIES FOOTBALL TACTICS EXECUTIVE POWER SITUATION

3.1 Attack tactics executive power analysis

Execution in quick counter-attacks. From many videos, it can be seen that after most dangerous balls are released by the back line and controlled by the ball, the teammate comes to take it at the first time, but in the process of quick counter-attacks, due to the unreasonable running position of the teammates, the deviation of the strength and accuracy of the passing and receiving ball, and the limitation and destruction by the defensive players, once the quick counter-attack can not be carried out effectively, the opposing team-mate will also fall back and defend as a whole, and the opportunity for a quick counter-attack will be lost. Judging from the quick counter-attacks launched at the back, the back line was actively fighting for the ball, and the other players were also actively supporting the ball. However, after the ball was captured, especially after multiple teams double-teamed the ball, there was a lack of forward contact points, also can not form the quick counterattack effectively. From the video footage, it can be concluded that in the process of quick counter-attack in Ordinary University men's football, the attacking players who need quick counter-attack focus too much on their own defensive players or their own defensive areas, the reaction speed of the offensive player who launches the quick counter-attack after seizing the ball is obviously lower than that of the initiator who launches the quick attack after seizing the ball. It is easy for the whole "Fault" to appear, and the situation of playing more with less in the front court will appear, to the detriment of an attack. This shows that most of the Akron Zips in ordinary colleges and universities have poor awareness of the tactics and lack a thorough understanding of the quick counterattack tactics, which further reflects the poor execution of the tactics of the players.

The executive power of offensive tactics in positions, through video observation, when attacking in positions, when players need to grasp the attack "Rhythm", because of its high intensity of the game, players are often passive in their pace, making it difficult for them to break through their opponents' defenses and strike a fatal blow in the slow pace of their multiple kicks; similarly, many teams, because of nervousness, the use of "High-hit" fast-paced, causing the physical decline of teammates too quickly, to the opponent has an opportunity. It can be seen that there is a lack of flexibility in the implementation of tactics. In the formation aspect, the ordinary university can not compare with the professional echelon, most teams mainly adopt 4-2-3-1 formation fall attack, but 4-3-3 is the higher level university can use. In the chosen formation, the tactical tasks of the attacking team members are often more decisive, but in the course of the game, because of their physical exertion, the ability of the team members to grasp their time and space is gradually declining, tactical implementation of the firm will be shaken, confidence is gradually declining. From this projection, the tactical implementation lack of initiative and enthusiasm.

3.2 Analysis of defensive tactics execution

The tactical execution of co-defense in an area requires each team member to defend his or her own position and, according to the direction of the ball's movement, move to the adjacent position of his or her teammates for co-defense or recovery, it's not about defending specific people. Through the video observation, except for the special person marking arranged by the coach, the rest of the players all adopt the regional cooperative defense. The regional cooperative defense can form a multi-defense advantage in a short time in a specific space, to form a siege or tackle against an opponent. However, in the course of the game found that the space between two adjacent teammates is easy to be used by the players, the phenomenon of unclear authority and responsibility, thought to be the opposite side of the defensive area, lack of communication, by the opponent to break through. This reflects a lack of understanding of tactical execution and a lack of tactical awareness. In the course of the match, another phenomenon was discovered, that is, the players were too focused on defending the area, ignoring the actions of the team's ball-holder. The ball-holder fired a long-range shot from a slightly longer distance, and the team members did not have time to go up and block up the ball, it gives the players space and time to take their time on goal, resulting in a loss of points. This also reflects the weak enthusiasm of tactical implementation.

In the case of Man-to-man defense execution, the responsibility and authority of a player's defence is clear. The idea of man-marking is that each defender marks one player, man-to-man mainly through the pressure of fierce steals to suppress the opponent's offensive and technical advantages, the restrictions on the players strong. Man-to-man requires the first-class physical ability, will and defensive ability of the defensive player. The disadvantage of the defensive system is that once a defensive player is broken through by the other team, the protection and back-up between the defensive players are not in place in time, it would probably cause the whole line to collapse. When watching the video, it is common for a team's offensive core to break through the defender. When the player is broken, the teammate can't make up for it in time, causing the offensive player to pass or shoot, and then lose points. In the 2022 World Cup in Qatar, Meysey broke through Acq's defence and passed to Mollina, who broke into the box and scored a goal, make it to the top four.

In the execution of offside defense tactics, with the application of VAR in major international leagues, the offside penalty is gradually accurate, and the offside of "Milli-centimeter" also appears, but the application of VAR in the competition between colleges and universities in our country still needs a way to go. In the course of the game, the defense to use offside tactics, must first understand the risk of it, once the offside is not successful, it may allow the opponent to break into the door. Through the video, it was found that the reason for the offside failure was that the defensive line was not unified in thinking. When the player passed the ball, our centre-back's premise was still accompanied by a player dragging behind, make Room for the players. Thus, the tactical implementation is not firm enough, the lack of implementation dynamics.

4. FACTORS AFFECTING TACTICAL EXECUTION

4.1 Players' physical reserve

Campus football can not be compared with professional football, the same is true in the physical energy reserve, although campus football has made great progress, but in the actual evolution process, there is no integration, as a result, the level of physical reserve of football players at this stage is not high, and the execution of the game techniques and tactics is insufficient, seriously affecting the results and results of the game [3]. We often see in national football matches, in the last 15 minutes of the game and in injury time, the players who are not substituted from the starting line-up are already at the physical limit, and their ability to execute the tactics has been greatly reduced, thus there will be the potential loss of points. Now the increase of domestic competitions, all kinds of league matches, cup competitions, sports games, and so on, especially in Sichuan Province in the past two years the formation of the competition "Gongga Cup " as an example, it set "Three big balls" together, from primary school to junior high school to Senior High School to university, the importance of football has been self-evident, and then the importance of physical reserve has been enhanced, the aim is to develop the football players' full physical strength and effectively implement all kinds of match techniques and tactics, so as to better develop the competition under the competition environment such as the enhancement of the intensity of confrontation, the acceleration of the attack rhythm and the heavy tasks of defense, on the other hand, the physical reserve of a player involves substitution in the course of a match, and it is seldom used in professional matches for reasons of physical reserve, most substitutions are made with injuries. However, compared with the ordinary university campus football, the football players will not have enough physical strength and physical reserve in the game, which is not conducive to the implementation of the game techniques and tactics, at the same time player physical decline will also lead to technical deformation, increased errors and so on. For example, the players' running position is unreasonable, the passing and receiving is not smooth, the fast counter-attack speed is slow, and the defense is in neutral. Therefore, in order to adapt to the development of modern football, it is necessary to enhance the reserves of physical fitness, which is the core and foundation of all competitive sports. Only when the physical fitness of the players is fully guaranteed can the implementation of techniques and tactics be realized, enhance tactical execution.

4.2 The influence of environment

As the saying goes, "Those who are close to the ink are red, those who are close to the ink are black". The playing environment has a great influence on the players' tactical execution. The playing environment can be divided into two different forms: the natural environment and the human environment, they have a significant impact on the players' psychology, and then affect the players' tactical behavior. Often the natural environment has little influence on the players, but the human environment on the other hand is more important. First of all, in terms of field equipment, between the natural grass pitch and the artificial grass pitch, the take-off of the natural grass from the root of the turf to the soil essentially has a protective effect on all joint parts, because there are rubber particles

flying over the artificial turf, the joints and ligaments are subjected to greater stress during these violent movements and are naturally prone to injury and injury. Most of the games between ordinary colleges and universities are played on artificial pitches. As a competitive game, football matches inevitably involve "Tackle" skills, but on artificial grass, it is necessary to avoid scratches, then will affect the player in the next technical and tactical behavior, tactical execution will be greatly reduced. Secondly, in the aspect of team player, it also has a great influence on the athletes' psychology in the competition. For example, in the pre-match preparation activities, we can see that the opponent is tall, burly, or short and nimble, and even his opponent has a beautiful long-distance shot, such environmental stimulation will make athletes think "The other side is so strong whether we can win, if lost how embarrassing and so on". These negative psychological behaviors can cause athletes' heart rate to increase, muscle tension, thus affecting the normal performance of athletes' tactics [4], tactical execution will also be affected. Finally, the audience will also affect the tactical execution of the team to a certain extent. Most matches in ordinary colleges and universities will be played by the club system, but they will also be played at home and away, regardless of the mode of play, the cheerleaders and the fans love the team, which makes the players nervous, excited, and overplay or low-level mistakes during the match, especially in the away game, the tendentious screams and provocative noises of opposing fans trying to help their alma mater win can make players fidgety, a mistake in a game, and the taunts of the audience can make players cringe, it often leaves a "Shadow" on the player's psyche, and when this happens again, the player will develop an unnatural fear that leads to negative emotions in the execution of the player's tactics [4].

4.3 Importance of players

The attention of the players to the game will also affect the tactical execution of the players in the process of the game, and the importance of the game is related to the nature and scale of the football game. The larger the scale and the higher the level of competition, the greater the sense of responsibility. Usually the ordinary college games are organized by the provincial Department of Education, multi-city sports bureau, Football Association, the game scale is larger, the event level is higher. Therefore, the players will be polarized in training: on the one hand, some players in order to get the right to play on behalf of the school, active training, according to the coach arranged technical and tactical implementation, according to the quality of the coach to complete the training tasks; On the other hand, because some players have poor psychological quality, lack of campus sense of responsibility and sense of honor, and their own technical and tactical level deviation, the players pay less attention to the game, which affects the technical and tactical level of the training process, the training of the coach was arranged so that the execution of the players' skills and tactics decreased. Similarly, before or at the beginning of the game, the player feels great responsibility, the pressure increases dramatically, the pre-game mental state is unstable, the performance is extremely excited, the face is anxious, the movement is not coordinated, expend physical and mental energy prematurely. If this kind of mental state is not handled well, it will become a heavy mental burden, producing excessive tension and anxiety, which will affect the normal performance of skills and tactics on the competition field, often the effect of tactical execution will be greatly reduced.

5. TACTICAL EXECUTION PROMOTION STRATEGY STUDY

5.1 Specific physical fitness use

Physical fitness refers to the basic athletic ability of athletes, which is an important component of competitive ability of athletes [5]. The special physical fitness of football refers to the physical functions required in football or football matches, in which the physical functions are the basis for maintaining a football match, in an eleven-a-side match, within 90 minutes a footballer needs to run, accelerate, brake, dribble in disguise and complete a variety of combinations, all of which require good physical support [6]. Football differs from other competitive sports in its physical requirements, so there are many ways to boost a player's reserves.

YO-YO Test: Yo-yo test is also called intermittent endurance test. The test required the team to run an intermittent round-trip at increasing speed between two markers at a distance of 20 meters. After each $2 \times 20\text{m}$, the team members had a 5-second interval. The increasing running speed was controlled by pre-recorded sound signals. The team members completed as many runs and distances as possible during the test, when a player fails to keep pace for the first time, he will be warned once. When he fails to keep pace for the second time, the test is stopped. This testing method applies the principle of the intermittent training method, imitates the movement rhythm in the football movement, combines the physical fitness test and the characteristic of the football special movement very well, gets up, it can not only evaluate the special endurance quality of football players more reasonably, but also

develop the cardio-pulmonary function and aerobic endurance to the greatest extent, at the same time, it is also helpful to develop athletes' anaerobic endurance, lower limb explosive force, speed and sensitive quality [7].

Return run: Return Run is a common training method and means for most coaches as a special physical fitness training of football. According to the training requirements, according to a number of markers, starting from one point (starting point), according to the requirements of a certain distance to run to another marker, after touching the marker with his foot or hand immediately turned and ran back to the starting point, continue to turn and run to another marker, repeating until the end. This method simulates the sprinting in the football movement, the sudden stop and turn quick connection acceleration, stimulates the player's heart and lung function to a great extent, enhances the player's aerobic and anaerobic endurance, increases the player's physical energy reserve.

5.2 Enhancing the competition environment

In terms of the field and equipment, natural football field is undoubtedly favored by the players and coaches, and has a certain protective effect on the body and mind of the players. But natural football pitches are scarce and maintenance of turf is costly, and choosing artificial ones is not a chore. Artificial grass with excellent laying performance, excellent elasticity and real grass feeling, especially artificial grass with sports intensity tolerance, is unmatched by natural turf, the man-made grass to protect the health of the players is made of non-toxic polymer materials, bacteria, mold, virus can not be parasitic, at the same time, man-made grass laying, isolation of the human body and direct contact with the soil surface, to prevent soil pollution to the human body, only further optimize the venue equipment for the players to do a good service at the same time, to further enhance the level of players' technical and tactical.

The competition between ordinary colleges and universities aims to improve the level of campus football, sports should be more pure. In the audience, team its correct guidance, not to win or lose on the right and wrong, to introduce to the audience the teaching philosophy of different institutions of higher learning, increase cultural exchanges. To regulate the on-site game hosts or commentators, not to deliberately stir up the emotions of the audience, to objectively explain the course of the game, and not to make excessive judgments on the field athletes, coaches and referees, assist other on-site staff to soothe the audience when appropriate [8]. At the same time to encourage the tone to stimulate the morale of the players, enhance the confidence of the players to carry out the tactics with a calm mind, for the audience to bring a hearty game.

5.3 Expand the competition scale and increase competition experience

In order to improve the execution of tactics, expand the scale of the match and increase the experience of the players in the match, the players pay more attention to the match, it's a good strategy. In general, college games are held by the provincial education department, large-scale games, players have less chance to be selected, long-term situation, the formation of polarization, is not conducive to the promotion of tactical execution of players. In order to expand the scale of the competition, take the "Gongga Cup" in Sichuan province as an example, absorb the experience, integrate their own ideas, form campus group-sports group-high-level groups, and at the same time each major university internal, can also form a "College vs college", "Professional vs professional" football league, schools do a good job leading role, form the campus atmosphere of "The school attaches so much importance to football, the students should also join the campus football". Over time, the students' sense of participation increases, the desire for the game increases, and the training will be actively involved, the coach's technical and tactical arrangements will be implemented, the players' tactical execution will be enhanced.

6. CONCLUSION

It is the mission and responsibility of the coach and the players to improve the players' own hard strength. Following the rhythm of high intensity and high confrontation of modern football, to lay a good foundation for technical and tactical, competitive football is nothing but the basic skills and physical confrontation. Although some colleges and universities face many problems in the process of development, in order to improve the tactical execution of players, strengthen the physical reserves of players is the core, physical fitness is the foundation of all competitive sports; Optimizing the competition environment is the internal driving force, providing good service and reasonable basic conditions for the players, expanding the competition scale to form the scale effect, providing various ways for the players and increasing the competition experience. The improvement of tactical execution can

not be achieved overnight. It requires all parties to work hard and Down to Earth, so as to increase players' tactical awareness and improve their tactical execution.

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