

# *Discussion on the role of confrontation in football technical and tactical training*

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**Keywords:** Football skills; tactical training; confrontation; effect

**Abstract:** The development of Chinese football has always been a hot spot for football fans and a focal area for the development of competitive sports in China. Based on the experience of many football competitions in recent years, it is found that the offensive scoring end of China's football league mostly relies on foreign naturalized players. This phenomenon has greatly exposed the lack of offensive ability of our local players and the weak confrontation ability. In football technical and tactical training, confrontation training methods can play a unique role and help improve football players' physical fitness, team awareness, special will and football tactics awareness. Therefore, to explore the role of confrontation in football technical and tactical training, combined with the physical characteristics of Chinese football players, a reasonable layout of confrontation training methods is particularly critical.

## 1. Introduction

In recent years, with the promotion of physical education and the popularization of sports in China, domestic audiences' cognition and viewing ability of football sports have also been greatly improved. However, the corresponding domestic football career has not made great progress. Although many outstanding local football players have emerged in recent years, in order to cope with the fierce international football competition, many foreign players have been introduced, and many teams have The confrontation positions are dominated by foreign players [1]. The lack of confrontation ability of football players in the competition is the root cause of the lack of confrontation training in football techniques and tactics. In football technical and tactical training, confrontation training has a very unique role. This article starts from the perspectives of multiple disciplines such as sports competition, sports training, and sports society to explore the cognitive laws of confrontation training for young football players, and use the football confrontation training methods flexibly. Focus on improving the confrontational ability of local youths, and send more outstanding local football players to the front-line football competition.

## 2. Analysis of the role of confrontation in football technical and tactical training

### 2.1 Help improve the physical fitness of football players

In football skills and tactics training, physical fitness is often the basic guarantee for their football skills and tactics. To put it simply, if a football player does not have sufficient physical

strength and endurance, his football skills and tactics will inevitably be affected, and he cannot truly exert the strength of football skills and tactics. Therefore, in the daily football skills and tactics training process, strengthening the physical fitness of football players has always been the basis of many trainings, and the same confrontation training is no exception. Fierce and skillful confrontation is one of the highlights of football competitions, and there are extremely high requirements for football players' strength and skills. In fact, the level of football skills and tactics of Chinese football players is not low, but they often perform poorly in real football competitions. A large part of this is due to the gap between the physical fitness of football players and foreign players [2]. Therefore, strengthening confrontation training in football technical and tactical training can effectively improve the physical fitness of football players. They are accustomed to the fierce confrontation environment and are not afraid of falling or collisions, so that they can display their true tactical strength.

## **2.2 Help strengthen the team consciousness of football players**

Football is a team sport, and it is particularly critical to cultivate the collective consciousness of football players. Only by fully mobilizing the overall strength and tactics of football players can the potential and initiative of the football team be truly stimulated to achieve better football competition results. In football technical and tactical training, the core football players need to cooperate with the advantages of the team and carry out flexible staffing in order to fully develop the potential and tactics of the team's long-distance mobilization. Most non-core football players are accustomed to focusing on their positions, and due to lack of experience in the competition, they cannot effectively cooperate with the football tactics of the whole team, and the team strength cannot be truly exerted. Through daily football confrontation training, through frequent confrontation and cooperation training, you can become familiar with the abilities of each football player. At the same time, through intense football confrontation training, it is possible to avoid the mere formality of daily teamwork practice, and to actually experience the tactics of real football confrontation with teammates, and it can also effectively strengthen the team consciousness of football players.

## **2.3 Contribute to the development of the special will of football players**

Football is a sport that extremely tests physical strength, endurance, tactics and other comprehensive abilities. Whether it is daily training or competition, it faces many difficulties. It is a severe test for the will of football players. In football technical and tactical training, confrontation training can strengthen the cultivation of football players' special will and stimulate the potential of football players, so that football players can overcome difficulties and improve their ability to adapt to the forest field on the field. In football confrontation training, through intense collision training, football players need to have enough physical strength, endurance and belief to adapt to repetitive mechanical confrontation training. Therefore, through football confrontation training, football players can form rare wills such as tenacious, courageous, firm, etc., in order to occupy the psychological advantage in the fierce football competition and overcome the difficulties in the competition. Football technical and tactical confrontation training can simulate the difficulties and obstacles on the competition field to the greatest extent. Through special confrontation training, it can also allow football players to adapt to the competition environment and confront the pressure to form a firm special will.

### **3. Confrontation training strategies in football technical and tactical training**

#### **3.1 Comprehensive understanding of football confrontation training conditions**

First, the ratio of confrontation training should be reasonably arranged according to the differences in physical fitness of football players. In football technical and tactical confrontation training, you cannot blindly set the proportion of the confrontation training part. Instead, you should find out the ability, physical state, and specialties of each football player in advance, and arrange a scientific football confrontation training plan to avoid excessive intensity. The confrontational training caused the load of football players.

Second, football technical and tactical confrontation training should follow the principles of people-oriented and gradual progress. In the process of football technical and tactical confrontation training, it cannot be done overnight. Instead, confrontation training should be organized step by step from simple to difficult, and the mental state of each football player should be considered, and the difficulty of football confrontation training should be planned reasonably, so as to promote the gradual development of football players' confrontation ability. growing up.

Third, football technical and tactical confrontation training should focus on the combination of theory and practice, and strengthen the ideological education and guidance of football players. In football technical and tactical confrontation training, not only practical confrontation training must be carried out, but also confrontation-related theoretical learning must be done to inspire football players to master the knowledge of confrontation technology. On this basis, coaches should pay attention to the ideological education of football players, guide the athletes to form a correct understanding of confrontation training, so as to actively cooperate with confrontation training to achieve the expected confrontation training goals.

#### **3.2 Flexible use of reasonable confrontation training methods**

First, football technical and tactical confrontation training should be flexible to choose reasonable confrontation training methods. In football competitions, the situation on the field is not only fierce but also changeable. In order to make full preparations for the field, you should flexibly use confrontation techniques, summarize the results of each confrontation training, and provide timely feedback and evaluation information to improve the next confrontation training plan [4 ].

Second, a reasonable choice to adapt to the confrontation training form of Chinese football players. Football technical and tactical confrontation training should be based on the differentiated abilities of football teams and players, choose appropriate confrontation training forms, rationally organize individual confrontation, group confrontation, team confrontation, etc., select suitable small venues for real football confrontation competition training, and Adjust the confrontation training plan according to each team member's mastery of confrontation technology.

Third, choose a targeted football confrontation training method. In order to improve the players' football technical and tactical confrontation ability, the overall training plan is refined into various small goals, and the differences in skills, age, and specialties of each football player are comprehensively considered to implement highly targeted confrontation training.

#### **3.3 Pay attention to group-guided confrontation training**

In football technical and tactical confrontation training, attention should be paid to group instruction confrontation training. Only through unified explanation and group instruction can the combination of theoretical and practical teaching guidance be truly achieved, so that football players can more easily understand confrontation techniques. On the one hand, football technical and tactical confrontation training can comprehensively use multimedia teaching tools such as video

demonstrations and picture demonstrations to explain and demonstrate some key technical movements in football confrontation training, so as to help football players to form a professional understanding of previous confrontational technical movements. On this basis, the training and consolidation of the standardized and unified actions of the confrontation can prevent the occurrence of the failure of the confrontation due to the irregular movement, and it is also conducive to the formation of a unified confrontation standard and momentum. This is also one of the influencing factors for the achievement of football sports [ 5]. On the other hand, on the basis of a unified explanation of the confrontation technology, pay attention to the group guidance of technical movements. By planning the group training of the small field confrontation, the coach will guide one by one, so that each football player can master the confrontation technology and conduct it in time. Action correction improves the quality and efficiency of football confrontation training.

#### 4. Conclusion

All in all, confrontation training has always been an important part of football technical and tactical training, but it often fails to achieve the expected confrontation training effect. This result is often due to the unreasonable methods of football technical and tactical confrontation training, which makes young football players unable to correctly recognize the confrontation ability, and may even produce extremely high cognitive pressure, which is not conducive to the improvement of football players' tactical ability. Therefore, in the development of confrontation training in football technical and tactical training, it is necessary to fully understand the football confrontation training conditions, flexibly use reasonable confrontation training methods, pay attention to group-guided confrontation training, strengthen comprehensive training to optimize confrontation techniques, and comprehensively improve football players' football skills through confrontation training. And tactical awareness.

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