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## Study on classification of football techniques and the analysis on factors influencing football techniques

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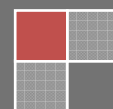
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### ABSTRACT

The classification of football techniques can not only exert positive effect on the development of football, but also reflect the current football development level. This paper firstly studies the history of football by combining the exploration of Chinese football techniques classification and evaluations on them with the history of Chinese football techniques classification theories. Secondly, this paper gives a specific discussion on the development of Chinese football techniques classification theories by finding out the deficiencies so as to provide strong support for the fast football development in China. Thirdly, in the study, the author tried to find out the reasons for the monotonousness and one-sidedness of football techniques classification in China by deeply discussing the deficiencies so as to provide theoretical support for the improvement of theory system. Fourthly, comparative analysis of football technique concepts was carried out so as to merge the practical application effect and technical capacity with the classification theory system, thus enriched the study on classification theory. Finally, this paper improves the football technique classification theory by studying the fundamental skills and special skills in football.

### KEYWORDS

Football techniques; Classification theory; Factors; Analytic study.



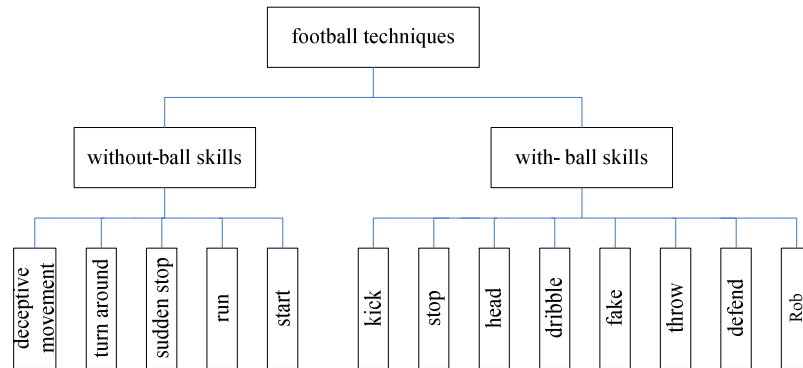
**INTRODUCTION**

The football techniques classification study reflects a country’s football development state and football development level. Characterized by meticulous, scientific and rational research, this paper studies the following aspects; they are the development and evaluation of Chinese football technique classification theory, problems in Chinese football technique classification theory, comparative analysis of football technique concepts, fundamental techniques and special techniques.

**DEVELOPMENT AND EVALUATION OF CHINESE FOOTBALL TECHNIQUE CLASSIFICATION THEORY**

**Origin of Chinese football technique classification theory**

Chinese football technique classification can be traced back to the 1950s. At that time, football developed fast. Hungary and the U.S.S.R provided document resources for Chinese football techniques classification<sup>[1]</sup>. The document provided by the two countries laid a solid foundation for Chinese football technique theory, thus promoted fast development for Chinese football. Technique theory classification is still widely used in Football, the common teaching material for most of China’s P.E. colleges. Classification is shown in Figure 1.

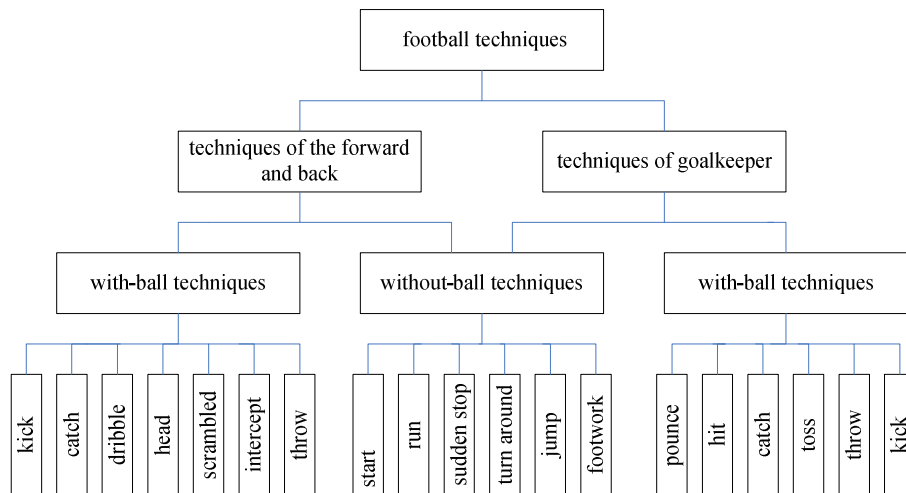


**Figure 1 : Football technique classification**

Classification shown in Figure 1 looks simple, but has a strong practicability. We could get a direct understanding of the main technical movements and their characteristics from Figure 1. The technique classification theory became and remained to be the dominate theory in China’s football teaching and the main methods in the system building of football teaching material between the 1970s and the 1980s for its helpful role in basic education. It also laid a solid foundation for the improvement of football technique theory. However, monotonousness and one-sidedness in this method developed misunderstanding which made people believe that football is a non-confrontational situ sport. It also developed unbalanced understanding in football techniques. For this, the method can only be applied in junior football knowledge<sup>[2]</sup>.

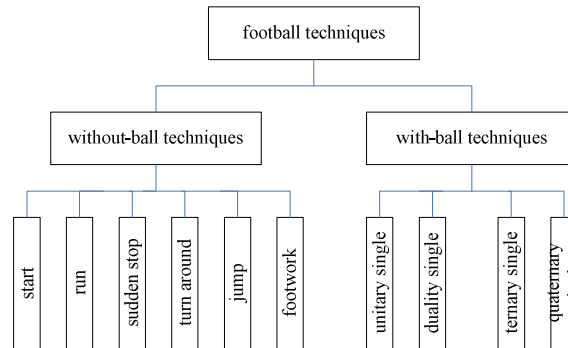
**Development of Chinese football technique classification theory**

With the fast development of sports culture, academic achievement has been scored in football technique classification theory after decades of development and accumulation of Chinese football. For instance, Ball Games- Football, the textbook in universities, gives the following classification as Figure 2.



**Figure 2 : Football techniques classification**

Classification method in the above Figure shows that combination was made among different techniques so as to make the classification more diverse. As to technique classification, no great change was made in it and single technique remained to be the main part of technique theory. Classification of this kind was still traditional considering that it just expanded the contents in form. Given current situation in this aspect, Chinese scholars carried out deeper exploration to combine single movements with multiple technique movements so as to research it in an effective way theoretically. For instance, Football, the textbook used in Beijing University of Physical Education, classified football techniques in the following methods. See Figure 3.



**Figure 3 : Football techniques classification**

Based on practical football match and taking both ability factors and technique factors into consideration, this kind of classification method clearly shows that it mainly divided unitary techniques meticulously. Attack and defensive techniques are demonstrated. Attack techniques include catch technique, dribbling technique and passing technique, and defensive techniques include snatch technique and intercept technique. In this way unitary single was better classified<sup>[3]</sup>. During this process, higher requirement was put on football players, and football techniques classification theory – a new theory has been gradually putting into practice in an in-depth way.

### PROBLEMS IN CHINESE FOOTBALL TECHNIQUE CLASSIFICATION THEORY

#### Lack in-depth reflection on the application rules of football techniques

Group-oriented classification theory holds that technique should be the main part of football technique classification, and the techniques should be of strong confrontation. During this process, attack and defense are contradictory to a certain extent. There must be an attack initiator, but at the same time there must be some one who gives up stopping attack. The two are interdependent and effectively combined with each other. From this perspective, attack and defense are the essential features of in football. However, from the perspective of technique, football technique is an aperiodic and open technique. The characteristic of the former is that it will be influenced by external environment after the completion of action. Besides, technique movements are diverse. The information feedback mainly relies on the adjustment of body receptors. Usually, it is understood that the player will change movement method in accordance with variations of external environment.

#### Different understandings in without-football teaching and training

We could see from the above discussion, while many classification theories carried out researches on without-ball classification and training, other theories does not further explore training methods. Besides, some theories do not even mention without-ball technique teaching and training<sup>[4]</sup>. For example, in Ball Games- Football, relative classification of without-ball technique and special training guidance are carried out. Besides, without-ball running training guidance is also given, but it is only about tactical training, which involves only about surface instruction. Certain distance do exists between the theory and football technique classification.

### COMPARATIVE ANALYSIS OF FOOTBALL TECHNIQUE CONCEPTS

From the perspective of football technique classification concept, we could see that the definition is narrow. But see it from the nature of the definition, the grasp of techniques of football players should be different. As for evaluation of football technique, the words good and bad are often used. The question is while we bring rational techniques under football techniques, where should we group the irrational technique? There must be some mistakes made by players which will lead to negative influence on defense or attack, but that should not be evaluated by the simple words like good, bad, rational or irrational. Because all the technical movements are parts of football techniques. Overlaps exist in the specific technique classification in traditional football classification theory. In order to make the classification looks rational, at least superficially rational, today's football technique classification made an effective transformation in classification concepts. However, it is not a classification made from the nature of football techniques. For example, in a juggle test, football players who could do it with the insteps scored full marks, but it was not a comprehensive technique evaluation. A German sports scientist pointed out that, movement exerting important effect or decisive effect on sports could be called technique. The technique here not only refers to technique movements, but more importantly, the capacity of a player in real match<sup>[5]</sup>.

Matches can help to bring the football technique into full play. So, we can draw this conclusion that technical movement with practical effects should be the taken as the foundation of football technique definition.

## FUNDAMENTAL TECHNIQUES AND SPECIAL TECHNIQUES

### Concepts of fundamental techniques and special techniques

Evaluations of players like bad fundamental skills, basic skill is not solid enough are often heard of. This means the technical movement is not standard or the lack balance in technical movements. The above two aspects should be changed into fundamental technical movements when accuracy is considered. However, only fundamental techniques are involved in many football related books. This is not a comprehensive generalization. Besides fundamental techniques, special techniques should be included into football technique classification theory. Fundamental techniques are characterized by simple movements, generalized application and representativeness. Special techniques are special and complicated compared with fundamental techniques. For instance, pendulum passing, leg scissors interception and so on.

### Understand the significance of fundamental techniques and special techniques

First, understand the meaning of special techniques of which the meaning is in accordance with features of special techniques. As for special techniques of great difficulty, creative techniques should be contained in the whole football technique theory system. In traditional football technique classification theory, special techniques are generally considered as non-formal technical movements. Second is about elaborate classification of technical movements. Fundamental techniques and special techniques are called football techniques. This is the foundation for the development of football. With the development of football, technical movements have been becoming more diverse and the degree of difficulty has been improved. Non-formal techniques are transformed into fundamental techniques, and that is where the creative type of special techniques comes from. Special techniques could express the development process of football in a better way, and thus reveal its progress with times. Finally, make a clear scientific definition of fundamental techniques and special techniques. This could classify the relationship between creativity and generality in a more effective way so as to lay solid theoretic foundation for the cultivation of epoch characteristics development of players.

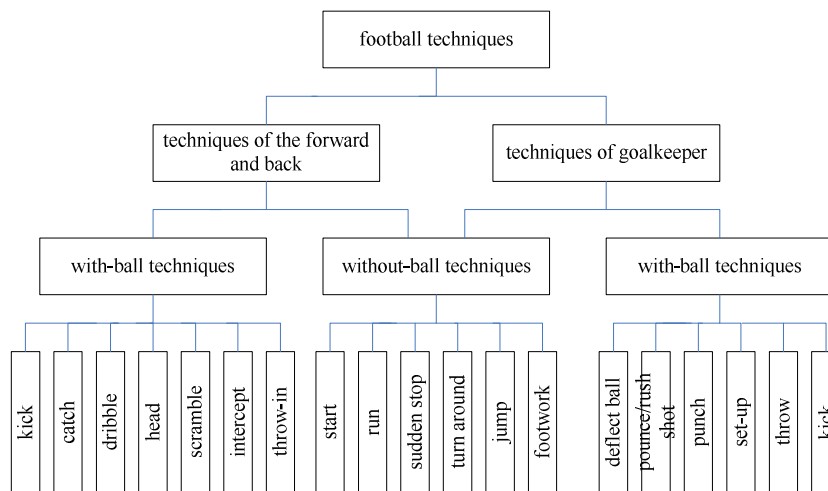
### Single technique movement and combined techniques movement

#### Concepts of single technique movement and combined technique movement

There are differences in the classification of current fundamental football technique in China, but there is still something in common that could be found. The classifications of fundamental techniques cover basic skills like kicking, catching and dribbling. In matches, basic skills can not complete the whole game. Instead, effective combination of skills should be used in matches so as to lay solid foundation to the victory of games<sup>[6]</sup>. Combined techniques movement is the combination of two or more than two basic fundamental skills. For instance, fundamental movements like run-up, leg swing, touching the ball and follow-up in the teaching of instep kicking. Several basic skills form a complicated technique movement.

#### The significance of single technique movements and combined techniques movement

First, single technique and combined techniques movement can effectively express the structure characteristics. Before this concept coming into being, it's all about theory study for a long time. After the combined technique come into being, thoughts about football techniques classification have been expanded and study fields and contents of technique movements have been increased, thus promoting the development of football. Second is about the positive effect exerted by combined techniques movement on the application of techniques. This guaranteed the test of classification theory and its rationality<sup>[7]</sup>. The football techniques classification in modern football is shown as Figure 4.

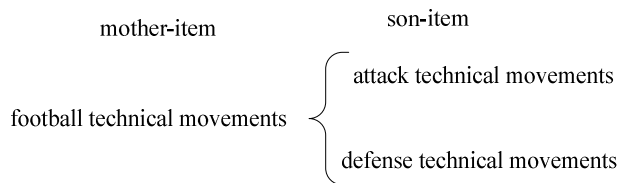


**Figure 4 : Football techniques classification in modern football**

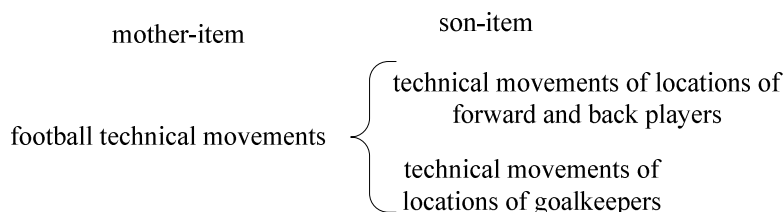
**New classification system of football technical movements**

To sum up, football technical movements should be classified as following in accordance with the theoretic, logic and operative analysis:

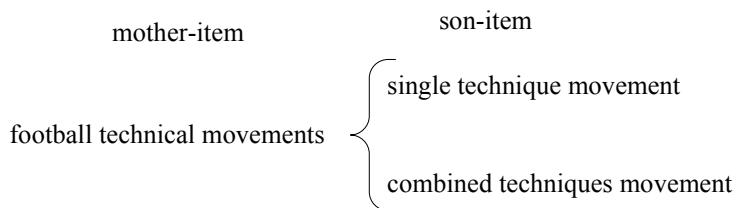
**According to the attack-defense conversion and function transformation of players in matches, technical movements can be classified as:**



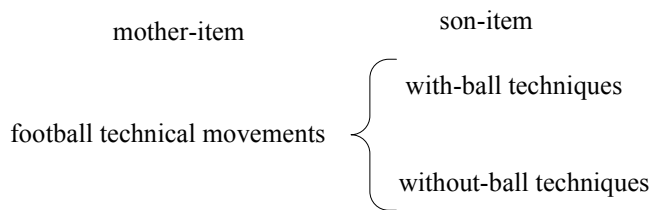
**According to locations of players, technical movements can be classified as**



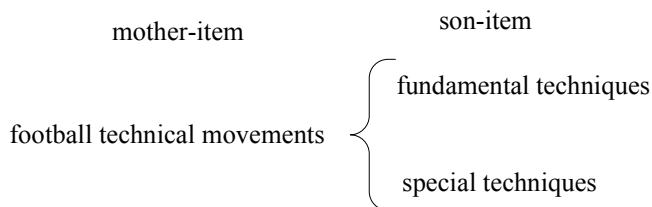
**According to the players' structure of technical movements, technical movements can be classified as**



**According to the technical means of players, technical movements can be classified as**



**According to the degree of difficulty of technical movements, technical movements can be classified as**



**CONCLUSION**

Taking the three aspects- development and evaluation of Chinese football technique classification theory, problems in Chinese football technique classification theory and comparative analysis of football technique concepts, as the study focus, combining the study on football technique classifications with the factors influencing them, this paper studies the significance of football technique classification to football development at home and abroad. At the same time, I hope the study could lay solid theoretic foundation for further studies.

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