

THE DEVELOPMENT OF THE INTERNAL EDGE PASS TECHNIQUE APPLIED IN WOMEN'S FOOTBALL

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ABSTRACT

The techniques in soccer refer to the control of the ball, and require the development of perception, decision and execution mechanisms so that the players efficiently coordinate the different passes and fulfill the objective of winning the game, however, it is evident that the Players have difficulties in mastering the pass with the inside edge, affecting their performance in the team, which is why the question arises: How does the development of the passing technique with the inside edge influence the performance of the athletes? It proposes as an objective to analyze how the development of the passing technique with the inside edge affects the performance of the athletes. The methodology used in the study was under qualitative and quantitative approaches, experimental and descriptive; the study population consisted of 15 young people (14 years old). A pass precision test with 5 exercises was used as a study instrument, which allowed to diagnose the coordination in the athletes and to show the problem. The results showed that a percentage of soccer players have problems with mastering the pass with the inside edge, which affects the performance of the team, being necessary to plan exercises aimed at improving coordination and passing the inside edge, apply them in training, and improve the team's performance on the court. It is concluded that the passing technique with the inner edge is a necessary complement for the soccer players to perform a better team game.

KEYWORDS: coordination, soccer; team; technique.

INTRODUCTION

Soccer is a sport that is practiced worldwide, it has a large number of followers, from children to adults, so it is practiced in different categories and genders. According to Gómez (2016) “soccer constitutes the sport with the highest participation of the population, not only because of the benefits it provides to health due to its practice, but also because of the sensations it causes in people”.

Thus, women also dedicate their time to practicing this sport, although for many years this was prevented, since they considered that women did not have the physical and technical condition to perform soccer due to the biological position and morphology of the woman (Quiroa, 2018).

However, Fernández, Sánchez, Lastres, & Padrón (2019) state that “despite the fact that the physical resistance of women is lower, the technique and precision of their game is quite comparable to that of men”, which, ranks on the same level as some elite male players.

When talking about techniques, reference is made to the control of the ball, as stipulated in the regulations. These techniques are executed by the players individually and collectively at the time of playing a game, where they also apply the special skills they possess and that categorize them in one position or another (Fernández et. Al, 2019).

From this perspective, Usca & Mazón (2016) indicate that: soccer techniques require the development of perception, decision and execution mechanisms, where motor coordination confers an efficiency or ability of the players to adapt and solve specific soccer problems. These techniques are developed through constant practice and the execution of exercises that improve coordination and work with the ball.

However, it is important to understand that each player is independent and has their own abilities and deficiencies, so it is necessary for coaches to plan the appropriate exercises to improve those abilities and reduce deficiencies. Cabadiana, (2015) indicates that deficiencies are generally identified in the execution of some individual techniques (control, driving, shooting) and collective (passing, head).

It is in this line that the study problem is centered, since in women's football it is identified that the passing technique with the inner edge is poorly developed, which affects a limited coordination of movements, affecting the individual and collective performance of the team. For Gómez (2016), the execution of the game requires that the soccer players have developed physical capacities (strength, endurance, speed) and technical skills (hitting, dribbling, tackling, interception). Without these capabilities it is difficult to achieve a favorable result for the team.

This problem has caused several authors to develop research in this regard, which will serve as a background for the present study, since it is important to know the different experiences regarding women's football and how the development of the internal edge technique is necessary for an adequate performance in court.

Adequate performance on the soccer field requires adequate coordination, to which Castro (2020) sustains that such coordination is essential to effectively drive the ball, in such a way that by showing that his female soccer players presented a deficit of motor coordination , proposed a circuit of coordination exercises with and without the ball, to improve the handling of the ball and thus execute the passes better, especially with the inner and outer edge.

When talking about the capacities and abilities of female soccer players, Suarez (2019) establishes three stages that must be applied; the first focused on consolidating his skills in the

technical and tactical field, under conditions of simple but constant training. The second stage sought precision and the adaptation of the soccer player to the game system, through more complex training sessions, and the third stage sought to strengthen training by increasing the demands and behaviors of each player in the team.

The results of the investigation by Suarez (2019) showed that it is effective to program and / or plan a technical and tactical preparation of the soccer players, since after having executed their proposal the performance of the team improved substantially.

Under that same desire, Calderón (2018) presented as a study objective “the development of a methodological guide for training the passing technique with internal edge, in order to improve technical aspects, skills and motor skills, through the application of a set of recreational exercises”, said exercises allowed to improve the performance of the team.

The results of the exposed investigations, allow to understand the viability of the investigation, for which the objective of the study is proposed to analyze how the development of the passing technique with internal border applied in women's football affects the performance of the athletes.

For which it is intended to carry out a diagnosis of the coordination in the athletes, by means of the precision test and to show the problem and propose daily training plans to improve coordination and the internal border pass.

The formulation of the problem answers the following question: How does the development of the passing technique with the inside edge in women's football influence the performance of the athletes?

The work is justified because in the sports area the improvements must be constant, and in the case of women's football, it is necessary to develop the passing technique with an internal border so that the collective performance on the playing field is satisfactory with a favorable score for the team.

The study is feasible because it responds to a reality of women's football, given that they are training to become professionals in the future and fulfill their aspirations to belong to the national team to represent the country.

DEVELOPING

Soccer technique

In football a series of elements intervene in which the players must function, among them the physical state, the technique, the coordination, among others, are identified, however, the technique constitutes the key point for the success of a footballer and his team. Regodon (2016)

states that the technique represents in the soccer player a quality that he develops to such an extent that it could be considered a gift.

Sanmartín (2015) in his scientific research work considers that technique is understood to be: "all those elements of procedures or materials that allow driving the game ball during the sporting match". This concept incorporates all the necessary resources to master the game of soccer with efficiency, effectiveness and style. Among these materials and resources as a technique, the pass is found as the object of study in this work.

The Pass in football

Passing in soccer constitutes one of the most critical skills to develop, especially if you want to implement any type of soccer strategy. In short, Piñaloza (2020) maintains that the pass in soccer constitutes the backbone of this discipline.

The purpose of soccer is to pass the ball in such a way that the various combinations end up placing the ball at the bottom of the net. Regodon (2016) indicates that being able to dodge the ball in a sporting match is a skill that can only be achieved with practice and perseverance. In reference to what was stated by the author, it is important that when the team connects 6 or 8 continuous passes without losing the ball, the probability of a goal increases, which is a football art.

The passing technique

It is defined as a technique that arises between two or more players of the same team through the touch of the ball, thus creating the basis of the game and benefiting the control of the ball and the advance towards the opposing goal. To make a good pass, it is necessary to take into account tactical, technical and physical factors, all related to each other (Manzanas, 2018).

The passing technique is the attitude and body movement that the player adopts to come into contact with the ball with a certain style in an intelligent way, in the sequence of the passing technique it starts from the decision-making of the player until reaching the contact with the ball, it can be said that it is oriented control (González, Cedeño, & Estrada, 2013).

The pass for Martínez (2018) is the technical execution of communication between two players of the same team.

It is the technical foundation that consists of passing or delivering the ball to the playmate, this must try to be in the best conditions and it must be fast, precise, timely and fast. The pass is a foundation that generates a collective work that allows reaching the goal of the game in the shortest possible time. The passes are always oriented to maintain possession of the ball.

In addition, the pass must on the part of the player have a spatial vision of the field and game situation. At the moment of the pass, the active leg is the one that executes the pass, while the passive leg corresponds to the support leg, its function is to provide balance when performing the action.

The footballer at the time of making a pass must have precision, control of force and know the right moment to do it, in addition to seeing the position of his teammates and rivals, the state of the field and the weather. A soccer player who does not have control of the space on the field will hardly be able to make an adequate pass (Zamora, 2018).

Different types of passes

The passes can be classified, according to the criteria of Regodon (2016) in:

Short pass: When precision is needed on the playing court, the short pass is the most indicated, since it gives the players the opportunity to exchange the ball. Here the footwork helps to pass the ball quickly between the players. The goal is to spend as little time as possible passing the ball to the other player as close to the ground as possible.

Long pass: In contrast, the long pass consists of a game technique that involves the transfer of the ball within the court in a trajectory of no less than 30 m. The main disadvantage addresses the danger of losing the ball, that is, the chances that the opposing team will intercept the pass are very high.

Mid-distance pass: The mid-distance pass is the intermediate between the short pass and the medium pass, so it gives some security and that causes it to be used regularly. Its correct execution is hitting the ball with the inside instep of the foot and it is usually used in a corner or in the exit of a side.

Head pass: The head pass is one in which contact with the ball is made through the head, a complicated way to set the direction in which the player wants the ball to go. Normally, this type of pass is used as a defense when taking a corner or as an attack to score a goal.

Backward pass: The backward pass is a defensive pass and is used when the player has no chance to make a forward pass. With this type of pass you can neutralize the pressure exerted by the rival and thus keep the ball in your possession, taking into account that it is normally done with the heel.

Wall pass: The wall pass is the perfect solution to open a gap when defensive players are too tight in the area.

Pass with the foot

The types of passes that are made with different edges of the foot, according to Ramos (2018) are:

- Internal
- External
- Instep

Inside of the foot: passes with the inside of the foot represent an opportunity to pass the ball from one player to another, the main advantage is that this part of the foot contributes to directing the ball with style and greater assertiveness. Technicians and coaches at the time of teaching this technique, remind their players that it is important to know the parts and edges that the foot handles, especially when it is the most used essential limb in football. Specifically, a left and

right foot work is performed, however, the dominant foot will be the one who commands the pass.

Upper interior: When working with the upper inner edge, the soccer player must perform different maneuvers with his foot so that he can perform a more effective pass. The main purpose of this pass is to take a long distance shot, aimed at a player who is in advance. The biggest disadvantage is that it allows to open options where the pass can be intersected by the rival, that is, when the players of the other team get the ball.

Something important to highlight is that different technicians and coaches use this type of pass with the idea of shortening medium and long distances, where the simultaneous pass allows to dominate the ball and at the same time gain advantages over the opponent.

Outside of the foot: Unlike the previous pass, when the outside of the foot is used, the purpose seeks to make a pass to the partner who is to one side. That is, it is running parallel to the player carrying the ball, in this way it is not necessary to stop or change feet to access the pass, rather it is the simplest way is to use the outside of the foot and direct the ball to partner.

In certain cases, the tunnel strategy occurs, where when a player from the rival team is found using previously analyzed strategies and techniques. Players of the same team can pass the ball passing between the legs of the opposing player. Another advantage of this type of pass is that it uses the element of surprise, since players of the other type do not expect a pass to be made during the pace of the march.

The instep: it is used to throw the ball to another member of the team, who receives it and depending on his position, he looks for occasions to score. The shot with the instep is generally used by players due to the force that this area of the shot provides, especially when it is on target.

The upper part of the foot: it is generally used to propel the ball forward or to hit a long cross pass, especially when you want the ball to arrive with some backward spin, but very little when it is hit. It is important to understand that when a ball is hit with momentum, it must be stopped on the swing in order to hit the shot.

Lower and upper area of the foot: this type of pass is similar to the shot with the instep, with the difference that it does not use as much force, it only requires light touches in the attempt to achieve an elevation of the ball and create a back turn, with the purpose that the ball dies in the space where it is aimed.

Women's football

Sport is a physical activity carried out by one or more people in a given physical space and involves various rules, and it also aims to improve the physical and mental health of those who practice it. Pérez & Muñoz (2018) indicate that “people who perform physical activity develop better coordination skills, whether men or women”, however, Dosal, Mejía, & Capdevila (2017) state that some years ago some sports were considered exclusive to each gender, and among them was soccer, in which only men could participate, due to misconceptions, because although the biological and physiological makeup of women is different from that of men, this does not mean that it is a limitation.

For Quiroa (2018), women have their own soccer skills, which makes their game novel, they even persevere in reaching a professional level of play, which puts them in a state of competitiveness with men, although it is clear that they also they have deficiencies that must be improved in training.

These deficiencies, according to Gómez (2016) have to do, in the first place, with age and training time, which makes the development of motor coordination longer in some cases, and it is the responsibility of the coach to establish the methods and exercises according to the needs of your team.

In the case of the research, the problem lies in the technique of passing with an internal edge, according to Calderón (2018), this is due to the limited practice of this technique, since it is generally worked in other areas of coordination.

Pass measurement test battery

Wilson (2018) indicates that the technical movements that are evaluated in the application of the test battery are the following:

- Channel control (decision and anticipation).
- Driving the ball (speed),
- The shot (speed of execution, precision and power),
- The pass (accuracy and "timing")

There are several managers of soccer technique, however those announced are the most important to work on, because they are the basis for the development of the game, so they are technical exercises with greater repetition, both in the initial phase and in the later phases.

The technical-tactical indicators will make it possible to distinguish between those that make up the individual technique and those that fall within the collective technique.

- Offensive collective technique: they are based on the pass.
- Individual offensive technique: they are based on control, driving and shooting.

The technical - tactical indicators selected for each technical action are the following:

Table 1. Technical - tactical indicators

Control	In the game there are some situations that require a quick and effective response, which encourages the player to get ahead of the ball in order to perform a good control. Another important fact in the management of soccer technique is the selection of the contact surface, which must be adapted to the technical capacity of the soccer player. Orientation also plays a fundamental role in developing proper pass control, especially in real play.
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Driving	In this technical action, speed is considered as the basis for a correct execution of the ball driving.
Threw	Speed: refers to the time required by each player to prepare, both the body and the ball, to take the shot Power: refers to the speed that the ball achieves after the shot taken, this aspect is very important, and precision goes hand in hand Precision in the shot: it is essential to create an effective shot and direct the ball to the desired place. It must be combined with the power in the shot.
Pass	Pass accuracy: this action facilitates the team's work, that is, it is a collective technique in which the camaraderie works. Temporal precision "Timing": it must go hand in hand with the pressure of the pass, so that an effective pass can be configured.

Source: (Montes, 2016)

METHODOLOGY

The research was developed under qualitative and quantitative approaches, each one seeks to provide relevant information for the fulfillment of the research objectives and answer the question posed regarding the development of the internal border pass technique in women's soccer.

The qualitative approach seeks to describe the events observed in the development of the soccer players' training sessions, in order to verify the performance with the internal edge pass technique; The results will facilitate the presentation of proposals according to the needs of the team and establish the corresponding conclusions of the study.

The quantitative approach allows to analyze and interpret the statistical and percentage results obtained in the application of the evaluation test of the passing technique to the soccer players.

Types of research

Experimental: Due to the fact that it allows to identify and quantify the impact of the internal border pass technique on the performance of athletes on the court.

From the field: With it, you will go to the place where the problem is generated, in order to obtain the most real and representative data, regarding the condition of the soccer players by the internal edge technique.

Documentary: With this method, bibliographic and scientific sources are used that allow the conceptualization of the study variables in order to understand the magnitude of the problem.

Explanatory: Because it aims to obtain a broader panorama on the development of the technique of passing with the inside edge and how this affects the sports performance of young women.

Descriptive: Because it presents the characteristics of the problem, in order to become familiar with the issue and its scope and work together to find the respective solution.

Research Methods

Analytical: Because the data obtained by applying research techniques will be analyzed

Theoretical: Because scientific content will be used regarding the internal edge passing technique in women's football, these data should be relevant to

Statistical: It will allow the collection of data through tables and statistical graphs, where the level of coordination of the pass with internal border that the soccer players have is evidenced.

Population: The population that makes up the study is made up of soccer players from the Eloy Alfaro Educational Unit, which is a total of 15 14-year-olds.

Applied Techniques

Observation: Through which the deficiencies of the soccer players can be verified when executing work with the internal edge. These results will make it possible to establish the respective conclusions and propose a feasible solution in this regard. The instrument will be a checklist with technical and tactical questions.

The instrument that was applied will be a passing test, which will focus on the inner edge, where the players will have the objective of executing a pass that allows their partner to introduce the ball into the goal.

Table 2. Description of the internal border pass test.

Items	Exercises	Description	Assessment
1	Movement driven with the feet of the opposing player	Movement driven with the feet of the opposing player. The player stands in front of her partner and will kick the ball for the player to stop and touch, the actions must be performed with the inner edge of the foot.	Bad Regular Well Very good
2	Movement in a 3-player circuit	Group of 3 players with a ball, 2 players in the first cone and the 3rd in the 3rd cone. In this exercise, the ball is driven with the inner edge of the foot and from the 2nd cone it is touched towards the partner in front.	Bad Regular Well Very good

3	Movement on a 3-player triangle circuit	The exercise consists of passing and touching the ball with the inner edge of the foot towards the opposing partner; the circuit starts on the right side.	Bad Regular Well Very good
4	Movement on a 3-player triangle circuit	The exercise consists of passing and touching the ball with the inner edge of the foot towards the opposing partner; the circuit starts on the right side.	Bad Regular Well Very good
5	Long pass with inside edge	Make a pass with the inside edge of the player so that she can hit the goal, avoiding being intercepted by a third player.	- The pass does not reach player 2 (1st point) - Player 2 receives the pass from outside the established zone (2pt) - The pass reaches player 2, through the area marked in advance (3pt) - The 2 players will perform the shot with comfort and precision (4th point) -

Source: (Calderón P. J., 2017) and (Montes, 2016)
 Prepared by: Henry Nelson Cuasapas Bermeo

RESULTS

The pass precision test that was applied consisted of five exercises, which made it possible to diagnose the players' coordination and the effectiveness in passing with the inner edge, the exercises were repeated five times and were valued between bad, regular, good and very good. At the end of each exercise, the mean of the scores for each repetition was calculated. Figure 1 shows the results of the first four exercises.

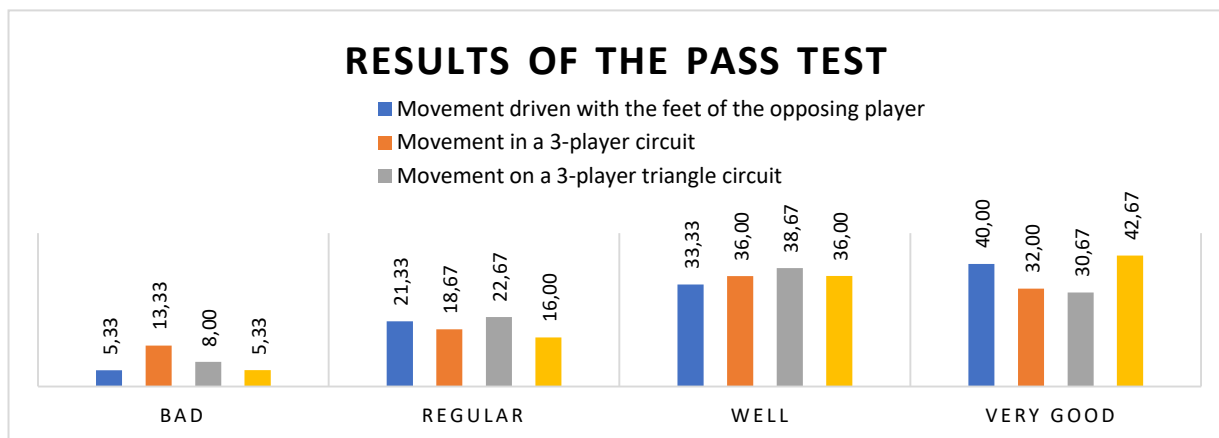


Figure 1. Results of the Pass Test. Source: Footballers of the Eloy Alfaro Educational Unit Prepared by: Henry Nelson Cuasapas Bermeo

Exercise 1. Powered movement with the opposing player's feet

In the first exercise of the test, it is sought to determine the ability of the player to correctly hit the pass with the inner edge, by taking the average of the scores obtained at the end of the five repetitions, it is indicated that 5% of the players had a bad action, 21% of the players executed a pass with the regular inside edge; 34% of the players showed a good action and 40% executed the pass with the inner edge in a very good way.

These results allow us to identify that the players do have an adequate response with the inner edge, however, it is necessary to improve this ability through exercises.

Exercise 2. Movement in a 3-player circuit

When evaluating the player's ability to drive the ball using the inner edge and execute a correct pass to the partner, the average of the scores showed that 13% have a poor ability to execute the pass with the inner edge; 19% regularly carry out the exercise; 36% of the players drove the ball well with the inner edge; and 32% did it very well.

The objective of this exercise was to evaluate the ability of the player to drive the ball using the inner edge and execute a correct pass to the partner, which made it possible to show that, although most do it efficiently, there are other players who need to improve their practices.

Exercise 3. Movement in a 3-player triangular circuit

The players when passing and touching the ball with the inner edge of the foot towards the opposing partner achieved 8% in a bad way; 23% on a regular basis; 38% in good shape and 31% in very good shape.

When evaluating the ability of the players to hit the passes when using the inner edge, the results made it possible to understand, like the other exercises, that it is necessary to propose exercises that allow the players to improve the technique of passing with the inner edge.

Exercise 4. Movement in a network type circuit of 7 players

This exercise was based on the players touching and passing the ball with each of the partners. The average of the scores at the end of the five attempts showed that 5% have a pass with the bad inner edge; 16% did it on a regular basis; 36% got it right and 43% got it very good.

By working with more players the performance is more extensive, however, soccer practice must be constant to improve skills.

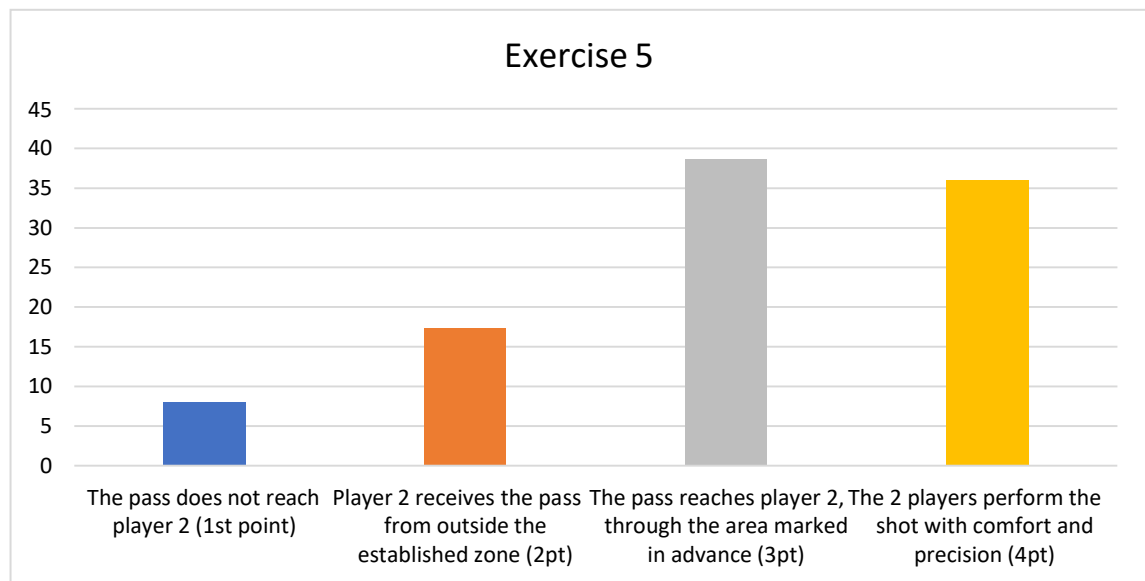


Figure 2. Results of exercise 5 Long pass with inside edge. Source: Footballers of the Eloy Alfaro Educational Unit Prepared by: Henry Nelson Cuasapas Bermeo

In this exercise the long pass was worked with the inside edge, working with a partner; The results were: 8% did not get the pass to the player; 17% the pass reaches the player outside the marked area; 39% pass up through the area marked in advance; 36% of the players take the shot with comfort and precision.

CONCLUSIONS

The results of the test applied to the soccer players of the "Eloy Alfaro" Educational Unit, allowed to identify that a considerable percentage of the 15 players of 14 years, have problems with the control of the ball, especially when working with the inner edge. In the first exercise, 26% did not hit the pass correctly with the inside edge.

In exercise two, the player's ability to drive the ball was evaluated, resulting in that 32% have a poor and / or regular ability, which indicates that they require exercises to improve control of the ball with the inner edge.

In the third and fourth and fifth exercises, it was evidenced that a considerable percentage of players need to improve the coordination of the ball with the inner edge, so it is necessary to propose exercises that allow the players to improve their passing technique with the inner edge.

Considering the results, it is necessary to apply in training some exercises to improve the pass with the inner edge, in such a way that the soccer players of the Educational Unit "Eloy Alfaro" have quality control and perfection in the passes and these exercises allow them to comply with the objective of the team(Annex 1).

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APPENDIX 1

Table 3. Exercises to strengthen the pass with the inside edge

N°	EXERCISE	OBJETIVE	DESCRIPTION
1	Work in pairs 	Improve passing technique	The players must face each other at a distance of three meters initially. The passes must be flush with the ground, at first with only one foot, and then they must be exchanging the passes with the left and right foot, as they dominate the exercise. They should progressively move away between the players to increase the difficulty and improve the control of the ball. The execution time of the exercise is 10 minutes.

2 Throw to the wall



Improve ball orientation

In order to improve the control of the ball, the players must work the pass with the inside edge on a wall, at a distance of two meters, this will help them with the orientation of the ball and avoid making passes with a rebound. The exercise should be done for 5 minutes

3 Precision exercise



Improve passing accuracy

The cones should be placed in a circle, leaving a meter of separation between each cone. One of the players must be placed in the center of the circle and another outside the circle. The player who is outside the circle passes the ball to the one who is inside the circle and moves slowly taking a chase step. The player on the inside immediately returns the ball using the inside edge to her partner. At the end of the first round, the exercise is repeated on the opposite side. Then they exchange positions and repeat the activity. The players must increase the speed of execution. In this exercise the orientation of the pass is worked, either when it is stopped or in motion. The working time is 10 minutes.



4 Touching and stopping the ball



Improve passing strength and speed

The exercise is done in pairs, they must travel in a straight line. One of the players makes the pass and the other must stop it, while they are moving. The player who makes the pass must calculate the force with which she kicks the ball, so that her partner can stop it. Exercise should be done as quickly as possible. The execution time will be 5 minutes.

5 Pass the ball through the cones



Improve the quality of the inside edge pass and the orientation of the ball

Two cones must be placed making a gate, the player initially stands at a distance of three meters, and must pass the ball through the middle of the cones. The level of difficulty increases progressively, when moving away up to five meters. The execution time of the exercise will be 5 minutes.

6 Hit the cone



Improve pass control, speed, orientation and strength.

Place a cone 10 steps away. The player must pass with the inside edge and try to collapse the cone. She must do it with both feet, that is, first with the right and then with the left. The execution time will be 10 minutes. This exercise requires a lot of practice

Source: (Usca & Mazón, 2016)

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