



GAME SYSTEMS AND PERIODS IN FOOTBALL

(Review study)

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Abstract

Football has an important potential both in our country and in the world. As football has reached the highest level, scientific research has taken football to an even higher level. took him to. Football game systems have evolved from past to present. by renewing the age, technology and football tacticians to improve themselves. By making tactical changes in the game, the differences between the teams system and tactical differences, the richness of the attacks they use and the The effectiveness of cum principles on the outcome, the overall tactical The effects of differences on the offensive aspect of the game were analyzed analytically. truck. In tournaments, the game systems of the teams and the formations in the game systems and principles, attack principles in this formation have been determined. The game systems of the teams, the attack variations of the systems are determined It was made for the purpose of System changes made during the competition Another aim of the innovation moves is the superiority of systems over systems. There may be a thought to use nudes.

Keywords: Football; Periods; Systems; Plan; Strategy.

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1. Introduction

Sports data show that the game of football is the most popular among all sports branches that were played in the past and are still not played today. With this game, annual people participate as athletes, employees, employers and spectators, contributing to its transformation into the largest industrial activity of our time. Football is a sport that can be played anywhere with a handheld device, on a large playing field, with the participation of a large number of athletes, where the rules of the game are included in a limited area, and ultimately determined by the goals scored or conceded. Football matches are played between two teams consisting of one player each.

The substitute players are waiting ready on the field. Football returns are played with a specially designed leather ball shaped like a sphere. The aim of both teams is to hit the ball with their feet, head and other parts of their body within the rules of the game and to keep the ball between the opponent's goalposts. Players do not have the right to touch the ball with their hands, the right to touch the ball is given only to goalkeepers with a record in a certain area. It is a sport with high viewership and enjoyment. Football is considered the most followed, most popular and most loved sport today (İnal, 2004).

Football consists of two teams of one player each, two goals and a football. It is the world's most popular team sport played with a ball. English name "foot" matches in this sport, which means "ball" (foot - foot, ball - top), and although he had to play with the foot without the arm, from time to time he It is played by intervening with the head and body. Mainly Europe and South American countries almost everywhere, everywhere It is loved and watched by a wide audience potential (Türk, 2001).

It is important to know and develop the systems and periods of such a popular sports branch, to be open to innovations in updated football, and to follow this. Therefore, we aimed to examine these issues in this study.

2. Method

Collection of Data

The research was conducted using the document review and scanning model. Document review and research involves the analysis of written materials containing information about the targeted event or phenomenon. In the research, a literature review was conducted regarding football periods and system requirements.

Data Collection Tool

In this study created with the traditional compilation method; These subjects were examined and evaluated based on studies conducted in the literature using the keywords football, systems and periods in Pub Med, Google Scholar and Web's Science databases.

Statistical Analysis of Data

Qualitative data analysis is where researchers organize their data, divide it into units of analysis, synthesize it, come up with formats, discover important variables, and decide what information to include somewhere in the report. In other words, the researcher conducting qualitative analysis starts

from the data he collects from the field. It tries to discover and reveal what is hidden in this data. Within the scope of this general information, works, articles and articles written about football, its systems and periods are scanned, examined and interpreted.

3. Results

In this section, by giving information about football, the effects of positions, character traits, which are the keys to success in football, on different variables about periods in football were researched and evaluated.

3.1. Periods in Football

General Preparation Period

Training, aerobic capacity, strength, mobility and technical characteristics should aim to improve tolerance. General and specific training methods- both are used. So games in general, matches in particular, exercises. The intensity of the conditions in technical departments is different should be. But relaxation, rhythm and regularity must always be maintained. Extreme intensity and power cause the athlete's technician to vary. okay. Surat, together with the athlete's technical presence and dispersion The technical aspects of the athlete should be harmonized and progressed. technical sports In this case, it is not the strength of the athlete, but the focus and speed of the movement. licensing must be done. Speed development general preparation period 3-4 Doing it once is considered as 1 series and can be applied as 2-3 series (one unit) (Konter, 1997).

While planning the preparation period, different physical-physical conditions of the football players are taken into consideration. Their logical and psychological situations and future should be taken into consideration. Some athletes have a low fitness level, are overweight and He may be in a situation where he cannot get over the impact of the recent holiday period. Di- Others have very good fitness levels and psychological capacity. They can enter the preparation period. Therefore, training is carried out regularly should be planned and approach to everyone in the same way at all times should be avoided. is. If the starting and arrival situations of the football players are taken into consideration, If not, excessive stress and injuries may occur during training. will be inevitable and in this case the desired results may not occur. (Ker, 1997).

The coach gathers those who have little differences from each other and unites them. How many groups can be formed and training sessions that differ slightly from each other? can implement their programs for these groups. Thus, football players suddenly Protected from the negative effects that overloads may cause It will happen. Training programs should be gentle and low intensity at first. You should start with training sessions and increase training intensity as the season progresses. should be increased. Player injuries are common in football. One of the important reasons for athlete injuries is sudden and rapid progression. Loading without a good warm-up is important. For this reason, training programs during the preparatory period should be prepared carefully and meticulously. Possibilities of injury should be minimized. Otherwise, It will put the players much further behind in terms of condition and for them Restructuring programs will have to be made.

Injury situations beyond the control of the coach may occur as the season progresses. will also be encountered. In such cases, it is necessary for the football players to sign up again. It will be necessary to make a training program. But athletes are wrong Overload and stress may occur with the programs

Disability situations should be protected and avoided as much as possible (Konter, 1997). In planning the preparation period, the coach should pay attention to the following criteria: It should.

- Physiological states of football players. - With the football player's body weight at the end of the last competitive season The body weight it had at the beginning of the preparation season should be compared. - Likewise, aerobic, anaerobic and motor tests of football players- The scores they obtained from should be compared (Konter, 1997).
- Aerobic training program in the early stages of the preparation period RAM should be given importance. minutes for effective aerobic training. Heart rate (DHR) should be around 150-160.
- Training includes exercises with the ball whenever possible. should contain. These football players' interests, techniques and skills in training should help develop their products.
- Training programs range from aerobic exercises to anaerobic exercises. progress slowly until the last week of the preparation period. li. to. Football players' motivation, stress, attention, concentration, self-confidence and purposeful behavior should be observed.
- Be prepared for the risks of injury and stress and take necessary precautions. In places where this occurs, the level of training loads should be reduced.
- Treatment and rehabilitation opportunities in cases of minor injuries should be taken into consideration (Konter, 1997).

Semester Special Preparation Period (Adaptation)

By using special training methods, speed, endurance in speed and Strength must be developed quickly. All factors in speed analysis come together sub-maximum and maximum intensity workouts are made more and should be done more frequently. Special mobility exercises, active pa- It should be done manually, and warming and cooling should also be done more commonly. should be given space. During the special preparation period, speed training will be done as 2 units. applicable. Sticking 3-4 times is considered a series. 2-3 rapid sprints The study is considered as 1 unit (Konter, 1997).

Period – Competition Period

As a result of a successful preparation period, the football players They should play the first match of the season in good conditions. football players physiological, technical and tactical capacities through successful training After being structured, these potentials can emerge in match conditions. will depend on their psychological state. Build one after another The matches and training sessions

have a significant impact on the football players. It will cause stress in the future (Konter, 1997).
Conditions of football players:

- Schedule of matches
- Club's training program
- The position the football player plays
- Football players' difficulties in the competition
- Individual differences of football players
- Some undesirable situations that may arise such as injury It will differ depending on the situation (Konter, 1997).

A football player's fitness may suddenly deteriorate after a week or two of training loss. decreases do not occur. However, research has shown that muscle strength at rest is showed that the tone decreased. Football players have slight problems They should apply light training to recover when they encounter In cases of more serious injuries, the condition of the football players is better. mental practices must be used to avoid much loss and Their physical condition is gradually rebuilt after injury. should. In case of injury, football players must consult sports doctors, sports They should get help from psychologists and physical therapy specialists. Disability Afterwards, the players were allowed to warm up and stretch before working with the ball. Care should be taken to reduce them. Training progresses gradually over time should be increased with the principle of Injuries in football and their treatment are a separate specialty is the area. Football players should get help from these experts. feet in general recovery of ankle, knee, hip and other joints from injuries The following should be taken into consideration (Konter, 1997). In straight lines, lines, roads, distances, lanes, etc.

- As recovery increases from easy-turn, twisty, curved work, should move towards the more difficult ones
- Sudden direction change exercises from slow to powerful ones progressive

In general, recovery from muscle injuries, strains and pulls The following should be taken into consideration in luminescence studies (Konter, 1997).

- The problem should be diagnosed by a specialist.
- There should be a physical therapy and rehabilitation program.
- Massage, heat therapy, wave therapy performed by experts etc. aids.
- A careful, long-term warm-up should be applied to the muscles. to. You should be careful while doing stretching exercises as this may cause discomfort. and muscles should not be stretched to painful lengths.
- By showing patience and careful behavior, the player can recover. to help with healing and healing (Konter, 1997).

The frequency of the competition should be adapted to the athlete. Elastic force, active to- There should be a gap between glare and less intense units and they should be balanced. and training at maximum intensity for speed each microcycle (weekly plan) should be used as 2-4 units. Do 3-4 times 1 series and 2-3 Serial work is considered as 1 unit. For endurance at speed, sub-mak- minimum

and maximum intensity exercises, frequency of encounters It should be carefully evaluated and applied (Konter, 1997).

Period (Transitional Period)

The transition period to speed training does not take much place. More ae- By including different activities based on robotic capacity, the athlete can be actively It is important to rest and protect the gains. Immediately, Almost no football player goes through the transition period completely without training. For this reason, the transition period does not require any football player to suddenly lose his condition. will not reduce it to its lowest levels. Football player's 44 weeks The gains it makes will not return within a few weeks. If one Considering that the football player spent the transition season completely inactive, The following situations may be encountered.

- Decrease in muscle tone
- Increase in body fat
- Proportional decreases in the cardiorespiratory and circulatory systems (Ker, 1997).

When football players leave the transition season, they have all these parameters. attention should be paid. By applying various tests, the football players' previous Their levels and the losses they suffer should be determined.

However, today professors In regional football, the transition season is not spent completely passively and without training. Football players experience varied, enjoyable and low-intensity activities during transition periods. They spend their holidays with activity programs. Such a practice With this training, there is no sudden decrease in the capacities of football players. is. During the holiday period, football players go hiking, mountaineering, doing light activities wherever they go. They can participate in activities such as jogging, tennis and swimming. All These and similar activities help maintain the fitness levels of football players. It is effective in . In general, any activity performed in football- This will slow down the decline in fitness level (Konter, 1997). Research shows that during short periods of inactivity, high levels of that athletes at the top level suffered significant performance loss. shows. 4-8 weeks of inactivity require football players to train returns them to their previous state. Therefore, athletes' transition They spend their season actively and start the preparation season with big losses. is important in their business. Transition periods at the end of the competition season To use in their training, have football players run 3 miles (5 km) twice a week and two times 10.50 m. It was stated that the first sprint training program was given in the preparation season. They will start with a big advantage. Football players are in transition periods by applying the program, there is a great decrease in aerobic and anaerobic capacities. (Konter, 1997).

3.2. Football Game Systems

The system in football takes into account the physical and technical characteristics of the players. considering their qualifications and the needs of the team and the game find tasks suitable for their systems and suit their duties on the football field. is to put it on the ground. Briefly, it can be said that the opposing team should score a goal first. A goalkeeper is placed in the goal to prevent it. The remaining football players are divided into two groups. lir. Helping the goalkeeper by taking on defensive duties to avoid conceding a group goal. While the other group attacks the opposing team's goal to score a goal. Meanwhile, both groups rely on the system in the field to achieve their goals.

They are spread appropriately. Some of the defensive players hit the goal They are arranged closer together. These are the waiters. Another defensive player The side stands closer to the center line, and these are the midfield players. are. Meanwhile, some of the defenders will be given some special tasks. For example, they are named as libero or centre-back. Likewise, sal- The players are also divided into small groups. Some of the attacking players attacking the opposing team from the corners of the football field, while others They attack from the middle. These are open players, inside players and center forwards. It takes names like. It is clear that the football players in different parts of the field bolists have different missions and different play styles. So a game system occurs. Of course, these game systems also need a name. on a piece of paper The football field is drawn. The places of the players in the team are determined. In this way An image emerges and naming is done according to this image.

For example WM, 4-2-4, 4-3-3, 3-5-2 etc. However, it should not be forgotten that here The formation and change of systems described in such a simplistic manner It took years, and in line-up on the field, a football player's place was 10 meters forward. or its withdrawal caused revolutions and innovations in football, has changed (Başer, 1996). It should be noted here that game lineups are only They are rough plans showing how football players will play. Never They don't win matches on their own. They bring order to the game and the players Thanks to these systems, they can determine where they will be lined up in the field and what their duties will be. They know it is. In football matches, technical systems that affect the outcome are the themes. Football is a game of unexpected situations and surprising behavior. and systems cannot handle unexpected situations. Whereas tactics, both to create unexpected situations for the opposing team and To take precautions against the opposing team creating an unexpected situation is used (Başer, 1996). The most important feature of this system is the four squares listed as "magic squares". Close cooperation has been established between midfielders consisting of players type. Two of the players in the midfield are both playmakers and defenders. while the other two players act as support for the attack. they have undertaken. Therefore, these players who form the "magic square" How high quality are their football techniques, game intelligence and creativity? If this happens, the probability of winning the match will increase. This system was used between 1930-1950. We have successfully collected between UK and other varieties (Kurak, 2018).

The Emergence of Formations and Systems in Football

In the early days, football was played in a 2-8 formation based on dribbling. It was a game. There was almost no passing or heading the ball. Striker The reason for the odds on the line is that the only purpose of football at that time was It was "to score more goals than the opponent". Traditional development of the game of football From my perspective, a football game with an attack focused on scoring goals In this phase, there is a transition to defense-oriented football. In other words- With this, the understanding of the game on the field and the focus of the teams is more than scoring more goals. "fewer goals dates" are shifting. One of the reasons for this change is These are losses with lots of goals scored. In addition, defense-oriented formations The way has been opened. The first of football with gaining the importance of defensive football "Midfield positions" that did not exist in years emerged. Middle- With the emergence of new formations and positions, individual talent comes to the fore in football. Coordination and defense between blocks from a planned game Its importance started to become a game. Teams, defense By getting more players to the line, we want to avoid conceding goals, and we can also get the most success in the midfield. They aimed to change their leading players, move the ball forward and score goals; They laid the foundations of today's football. Meanwhile, "offensive center "haf position" has emerged, and in total there is a difference between

attack and defense. The bond is established and the 2-3-5 sequence, also presented as "Pyramid", emerges emerged (Aşkar, 2013).

At the beginning there was "mayhem" on the field and the football was disorganized. Then came the Victorians who systematized football, and after them came those who analyzed football. theorists. Until the 1920s, nothing resembling tactics in the modern sense existed. There was no football, but in the 1870s the formation of players on the field was a way of playing football. It is generally accepted that it makes a significant difference. The foundations of modern football were laid in medieval Britain. Although limited Even though there were rules and they differed from place to place, the game theory In the match, with brute force, he throws the spherical ball to the end of the opposing side's field. It was played between two rival teams trying to win. football, wild, rule He was an atheist and an anarchist. The first forms of tactics began to emerge Even in the late 19th century, much thought was given to tactics. It wasn't either. Abstractly, drawing tactics, arrows and crosses on the board It was an unthinkable phenomenon. On the contrary, the football mentality is invisible; not widely accepted, but somewhat based on British concepts It was developing in an instructive way (Wilson, 2008).

4. Discussion

The most important feature of this system is the four squares listed as "magic squares". Close cooperation has been established between midfielders consisting of players type. Two of the players in the midfield are both playmakers and defenders. while the other two players act as support for the attack. they have undertaken. Therefore, these players who form the "magic square" How high quality are their football techniques, game intelligence and creativity? If this happens, the probability of winning the match will increase. This system was used between 1930-1950. We have successfully collected between UK and other varieties (Kurak, 2018). This system takes its name from the football position of defensive and offensive players on the field. Its arrangement within the field does not resemble the shape of the letters "W" and "M". received from. In this system, the task of stopping attacks from the center is was given to the defensive player playing in the field and two edge defenders With these players playing in front of them, their defensive qualities are better. They strengthened their defense with two outstanding midfielders. This Teams playing within the system, two on defense and two on offense.

According to Lee, the 4-4-1-1 formation is one of the forward players of the 4-4-2 formation. As the "second centre-forward", further behind his partner's partner, he is called "space" The area between the opposing defenders and midfielders depicted It is a variation that he also plays. The second striker is usually more creative He is an actor. This player comes back to the midfield and receives the ball, dribbles or He makes plays by passing the ball to his other friends (Lee, 2011). This formation and similar variations, which emerged in the 2000s, are still common today. These are the most commonly used formations. Basically, the 4-4-2 formation is more flexible. Afterwards, this player positioned himself in the empty space and took the position vacated by the lone striker. An attack-oriented and goal-scoring midfielder who takes advantage of areas It has turned into (Murray, 2010).

In 1953, the Hungarian National Team under the management of Gustave Sebes The creator of the WM system beat the English National Team 6-3 at Wembley. Winning with different results such as 7-1 in Budapest made the WM system world famous. It caused the collapse of his reign over football. Hungarian medium space created by the withdrawal of field players, open players- They play in a different way, using 4 players and a midfielder in attack. Place one of the field players next to the defender in the center. The idea of playing with 4 players in defense is the basis of the 4-2-4 system.

enabled him to be expelled. In midfield, attackers need defensive security. There are two players providing the Nowadays, some teams use this game system. prefers to play a little differently. This difference, back four- plays with the understanding of zone defense and plays in the four-man defense chain. side players support open players playing in front of them and their active role in attack. 4-2-4 system The first to implement it were the Hungarians, who revolutionized world football and for many years. They have been successful. The Brazilian National Team also used this system in 1958. He won the world championship by playing (Kurak, 2018).

Brazil National Team 4-2-4 formation in the 1958 Sweden World Cup He was on the field with this formation and won the cup with this formation. But two in midfield The player has difficulty tackling crowded midfields when the ball is with the opponent. was going on. In the 1962 Chile World Cup, he played as a left inside forward in the forward four. Mario Zagallo, who plays, supports Didi and Zito, who play in midfield. The 4-3-3 formation emerged with the player coming backwards to finish (Herbin and al, 1978). Nowadays, the 4-3-3 formation was played in the 60s, especially in the defensive line. It differs from the nan version. Four-man defense setup, field They play both man-to-man defense and man-to-man defense together. they enter their ranks. Act together to implement the offside tactic. They do. The defensive quartet and the goalkeeper shape the attack by establishing the game from the back. aims to clear, edge defenders (backs) attack more often They support. One of the players playing in the midfield is a defensive player. comes to the fore. This player is on the defensive line in the old 4-3-3 formation. Instead of a libero player, he acts as a "front libero" in the midfield. Other Both midfielders play different roles in attack and defense. They can take roles. In the forward three, the player in the middle usually has finishing abilities. In addition to his skill, he also has the ability to prepare positions for the other two strikers. comes to the fore, while others have speed and dribbling features (Erdem, 2006). Besides the advantages of the 4-3-3 system, it also has some disadvantages. is. Three attacking players using the edges creates wider space and space. It allows them to play in the safe. However, these players can play with three defenders. Since it can be easily stopped by midfield variations, They may encounter difficulties in processing. Midfielders also play Since they do not vary in their positions within the may also have difficulty (Kurak, 2018).

The essence of the 4-4-2 system lies in the four-man defense. quadruple field the advantage of its defense; both the opposing players and the field completely. take control and the opponent striker's defense is pulled to one wing and the other It does not allow the danger of creating space on the wing. Triple defense Accordingly, when one of the players is passed, there is additional safety. In particular, ko- Very successful results against teams with players who are good players. 's can be taken. The offside tactic is easily implemented in a four-man defense. Defense together can easily come forward. (But this situation) Because there is no depth It can also be seen as weakness. (Weakness of this application) Throwback is that (the system) is open to balls. Playing as a libero eliminates this weakness. "Can remove from". This game system, according to 4-3-3, the midfield, one player It has been started to be implemented in order to further strengthen it. This game The system is strategically implemented in two different ways. First, defense- It is applied according to the understanding of ma. Midfield setup, In front of the defenders, there is a player with better defensive features and control of the midfield. It happened to the two players who provided the nude. Located on the edges of the midfield Players, on the other hand, play to contribute more to the attack. and when the ball is in the opponent's possession, he is in front of the defensive line, together with his other two friends. They form the quadruple field block. The role of the midfielder in this system is; Forming a bridge between the forward and the defender by standing, providing support to the forward duo from the wings, making crosses and throwing goal passes in front of the opponent team's forward forward players It is to relieve the burden of the defense by applying pressure (Kurak, 2018).

According to Wilson, the emergence of this formation is impossible to say with certainty. Although not today, it happened between 1990 and 2000. Between these years In teams using a 4-4-2 formation,

one of the strikers must move backwards. He was starting to sag and two side midfielders were feeding him. Ex- for; Manchester United team in the 1993-94 season, Paul Ince and Roy Keane behind midfield, Ryan Giggs and Andriy Kanchelskis. Second striker Eric Cantona, ahead of the midfield, close to the edges. He plays behind Mark Hughes in the closest formation to 4-2-3-1. du. A similar formation was used in Arsène Wenger's first season with Arsenal. It was also seen in (Wilson, 2008). According to another theory, one of the strikers was thrown backwards. With the sagging, a 4-2-3-1 formation emerged. Over time, this actor became a “trequ- artista” (classic number 10) and a defensive player who will defend him. A midfielder would be needed. This new role is called the “Makélélé role”. would pass into the literature. I even noticed this player's forward hanging back. Another defensive midfielder was placed in the gap created by his pursuit. and a double defensive midfield of the 4-2-3-1 formation would emerge. (Wilson, 2008).

Because the trio playing in front of them is variable and active. This game- Members must restore the lost balance. With this ensuring the safety of full-back players who attempt to attack during the attack They need to play with control. Experienced players with good game knowledge They must be selected from. These two players are one of the three players playing in front of them. Those on the sidelines can use both wings and attack the player in the forward centre. They should provide support. The player in the middle is also the striker. must be an actor. These three players are primarily responsible for the attack. In this system, there are four attacking players along with the forward player. should be considered (Kurak, 2018).

The 3-5-2 formation is a more modern formation than the 4-4-2 formation. 4-4-2 di- According to its style, this system aims to have more players in the midfield. It is. The reason for this is to dominate the midfield and thus win. is to come. In this system, the defensive libero player and wing back players have more special tasks in the game compared to old systems. has. The libero player sometimes gives support to the midfield from the defense. While wing-backs perform defensive duties as well as midfield and attacking duties. On Friday, they provide support along the corridor they are in. This formation is for the opposing team Depending on the game approach, 3-4-1-2 or 3-4-2-1 formations are used in the competition. can also evolve. The concept of triple defense is clearly different from the concept of quadruple defense. It poses risks and can leave teams in a difficult situation from time to time. Difficult situations such as a striker escaping from the centre-backs' marking The importance of the libero player is understood once again. This player is marking He takes over his duty and tries to compensate for the mistake made by the defender. If the team plays man-to-man instead of playing two defenders and a libero player. If the defense tactic has been determined, the defense area is divided into three equal parts and each A defender marks when an opposing striker enters his area. does the task. When the striker runs towards the other area, The fans player leaves the marking to his friend responsible for that area. In this system Applying the offside tactic is more difficult than the four-man defense, no mistakes can be made. The probability is higher (Strudwick, 2016). According to Goldblatt and Acton, the 3-5-2 formation is a variation of the 5-3-2 formation. nudur. The difference between them is that the 3-5-2 formation has a crowded midfield. It is more attack-oriented by stopping. Key men in both variations They are edge players called wing-backs. Both of these players It has both offensive and defensive duties. Hard-working wing-backs While this adds width to the formation, the midfield trio provides defensive support and rir. One of the defensive trio (libero) is positioned further back. (Goldblatt et al, 2018).

This game system is a defensive system. The top of the defense In order to lighten the limit, the number of offensive players was reduced, and the defense was made more effective by having more players in the defense and midfield. has become. The main purpose of this system is primarily to defend and To attack with counter attacks. By defending a defensive area It plays like the 4-4-2 system. Unlike the midfield, the only player in attack Player behind the player, attacking midfielder as well as There is a player who has the ability to do this. midfield The players on the sides are quick

to attack with counter attacks. The feature that can enable proliferation is created from the players (Kurak, 2018).

This system is intended to play 3-5-2 more offensively. appeared in the fetus. The defense order is the same. Midfield 4-4- It is similar to 2's midfield setup. Forward three, like the offensive structure of 4-3-3 or two attacking players and their support player attacking from the midfield It is created from a player who can use his lanes variably. Fa- Giving the opponent more position opportunities in defense and midfield should not be ignored (Kurak, 2018).

5. Conclusions

To increase the game discipline of the teams in attack and defense without opening up to the whole team. They try to keep the attack compact for 90 minutes. Attack and defense combinations are constantly changing. It varies. Game systems that change during the game Taking these data into consideration when determining the tactical understanding will ensure success. It is thought that it will have a positive effect. Thanks to these analyses, football Abundant game systems and tactics, plans from start to finish We create the competition order by applying all stages and new trends in football. This is reflected in their formations and game systems.

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