



THE SYSTEMATIC OBSERVATION AND ANALYSIS OF THE SCORED GOALS IN SOCCER AS A BASE TO COACHING IN THE TRAINING AND THE MATCH

MICHALIS MITROTASIOS¹, THOMAS SENTELIDIS², & ARISTOMENIS SOTIROPOULOS¹

¹UNIVERSITY OF ATHENS

²ARISTOTLE UNIVERSITY OF THESSALONIKI

Abstract The aim of the present study was to analyse, by the method of the systematic observation and video-analysis, the scored goals (627) during the soccer championship of the A' National Division (n=240 matches) of the period 2003-2004. Descriptive statistics, χ^2 , analysis of variance, t-test and Spearman's correlation coefficient have been used. The reliability of the registration protocol was examined by the Cohen's Kappa coefficient. Results indicated that in every match 2.6 goals were scored. The efficiency of the home teams was significantly greater, which won the majority of the matches (47.5%). It was also observed that the percentage of the teams which scored first was significantly higher of the home teams. The majority of the goals (58.7%) realized during the second half-time of the match and from inside the penalty area (85.8%). 65.2% of the goals were scored by shot, while an important number of goals was achieved by head (21.9%) and from set plays – by free kicks (11.3%). From the results important information derives, which can contribute to the more effective planning of the training programs and to the coaching of the training and of the soccer game itself. Training programs that include various exercises of technique and tactics, as well as forms of small games that are similar to championship conditions, may well contribute to the improvement of the competitive behaviour of the players and to the effectiveness of the teams in goal-scoring attainment.

Key words: Soccer, Systematic observation, Game analysis, Professional league.

Address for correspondence: Michalis Mitrotasios, P. Mpakogianni 39, 5235 Athens, e-mail: micmit@phed.uoa.gr,
Tel. : 2108104807, 6977201114.