



Letter to Editor

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Movement off the ball: A magic of football success

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Dear Editor,

Football is a dynamic and clever game in which 22 players compete for the ball. Since this game is regulated by “own possession,” “out of possession,” and “transitions,” a ball could have an impact on these 22 players. Moreover, instead of thinking about the influence of a ball on one player, the present scientific coach must consider the impact of a ball on 22 players. The game’s overall strategy has been seen to be influenced by the shifting of playing positions [1]. Players can switch positions on the field with or without the ball. Unfortunately, people tend to focus on the player with the ball and disregard all of the amazing off the ball movements. However, there is a cognitive component to every football movement (with or without the ball). Following this, players make judgments with the help of their brains, which analyze all the stimuli that are exposed to and allow them to make proper decisions [2]. Regulations and opponents place severe spatial and temporal limits on football players. Players must be able to interpret relevant information fast and accurately to make decisions under these constraints. Allowing extra time for movement preparation [3]. Likewise, recognizing the opposing team’s play patterns is an important component of football since it provides more indications for the player to react to or change his play to obtain an advantage [4]. It should recognize the overall play pattern of the opponent to determine movement patterns with and without the ball.

Since the game is always exchanged by own and opponent ball possession, football players should always be proactive in a match. In connection with this, the game is played with or without a ball; players must always be prepared for switch from attack to defense or defense to attack. In addition, players must always be alert to connect with these transitions. Prominently, when a team has the ball, off the ball mobility ensures a variety of passing possibilities, and when a defense, can limit the opponent’s passing options. Earlier most teams used to try to control matches with the ball, but today they concentrate on exploiting space by organized running. The concept seems almost so simple and clear at this point. Modern teams now emphasis how all eleven players must work together to respond to the ball and game situations [5]. Nevertheless the fact that football is played with a ball, and people love watching ball-specific skills, they overlook the “off the ball” moves, which are what give the game its true beauty.

Movements off the ball are reliant on a few key ‘runs’ that could change the shape of the team. These include diagonal runs, inside runs, overlapping runs, dummy runs, blind-side runs, the third man runs, which all make a lot of gaps and camouflage the opponent on the field. Altogether, the present author believes that the off the ball movement not only creates passing alternatives, but it also creates every other sort of movement with the ball. Therefore, these movements are crucial for achieving high football performance.

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Conflicts of interest

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