

**63 - LESSONS FROM THE RUSSIA 2018 SOCCER WORLD CUP**

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**1 INTRODUCTION**

At the 2018 FIFA World Cup in Russia, our five-time World Cup team lost and once again missed the finals. This demonstrates the shortcomings of Brazilian football on the world stage thus requiring changes.

In this research we analyzed in games the situations without objectivity and that reduce the time of the ball in play: the kicks without direction, the concession of the lateral throw, the showers and fouls. We also analyzed the submissions to know the proportion of errors in the result of the soccer match. Criteria used for data collection and analysis.

For this work, the games were watched and data collected from the FIFA World Cup matches held in Russia in June and July 2018 with representations of the classified teams of the five continents. Then the collected data were analyzed; the comparison of players' actions during matches; and changes were proposed in order to improve the performance (results) of the Espírito Santo Professional and Brazilian teams. 64 games were analyzed, divided as follows: 48 in the group stage phase, 8 in the round of 16, 4 in the quarterfinals and 4 in the semifinal and finals.

This research used qualitative and quantitative methodology with analytical character and it was used the comparative method to analyze world football considering the results of the 2018 Russian World Cup. To collect the data of the games we used a form to collect the quantitative data. of each item to be searched. The related indicators for observing the football matches of the different competitions were: directionless kicks, fouls, sideways showers and goal kicks. The research fulfilled a routine of steps that allowed observing the games and analyzing them from the data collection criteria. The four stages of the research were enumerated as follows: 1. Assist and collect data from world football matches (Russian Cup 2018); 2. Analyze the collected data; 3. Compare players' actions during matches; 4. Propose changes in order to improve the performance (results) of Espírito Santo and Brazilian teams.

With a longer goal time the chances of finishing and goal-kicking (even if not converted) represent a possible criterion for evaluating the team's performance as it allows the team to create situations that provide a positive result for the soccer team.

Considering that the practice of a sport also has other factors that cannot be trained, such as mastery of the technical fundamentals and tactics of the game, game situations or individual attitudes of the player can interfere with the results.

**1.1 CONCEPTS AND DEFINITIONS**

1.1.1 Directionless Kicks: Any ball kicked by the goalkeeper and / or other line players (defenders and strikers) without objective direction. These are usually balls kicked hard, forward, sideways, backward and high (FIFA, 2015).

1.1.2 Side throw: This is one of the fundamentals used to restart the game. This ground is awarded to the opponents of the player who last touched the ball when the entire ball crosses the contact line either on the ground or in the air (FIFA, 2015).

1.1.3 Fouls FIFA (2015) states that a foul is considered whenever a player commits an irregularity, in a manner considered by the referee and assistants as negligent, imprudent and / or excessive force. Teams receiving the foul are charged with a direct free kick, indirect free kick or a maximum penalty - when the foul occurs within the penalty area.

1.1.4 Showers: According to FIFA (2015), showers are considered the passes or kicks given on the opponent's area, executed from the defense, midfield and the opposing intermediate. Usually with no practical effect, this move facilitates defense as players in this sector face forward and are therefore more likely to have possession of the ball or knock it out of the box.

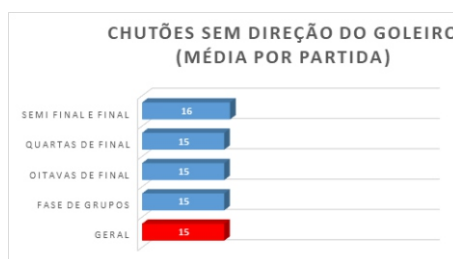
1.1.5 Goal Kicks: These are characterized by hitting the ball with the feet, head or other body part, making it go towards the goal (SANTINI and VOSER, 2008).

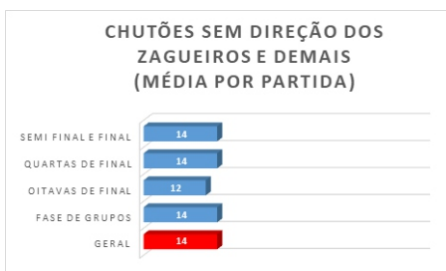
**2 RESULTS ANALYSIS AND DISCUSSION****2.1 Kicks Without Direction**

Regarding kicks without direction, those performed by goalkeepers and other players were analyzed.

**2.1.1 Goalkeepers Without Goal Direction**

As shown in the graph below, on average 15 kicks per match were given in the different stages of the competition, except for the semifinal and final only when the average rises to 16 kicks. This change is very small statistically which allows us to consider that the average kicking has not changed throughout the competition.

**2.1.2 Shots without Direction of Defenders and Other Players**

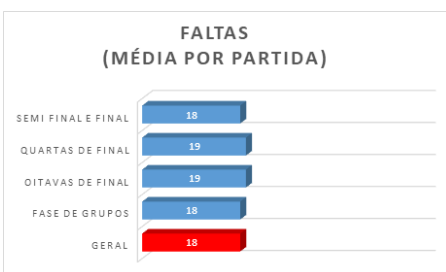


Defenders and other players also had an average of 14 kicks per game, except for the round of 16 which was 12 kicks. Average very close to what was collected with the goalkeepers, which allows us to realize that both goalkeepers and other players have the same average of kicking and that, being football a collective sport, has a deficiency that can hinder the good development of the team. On the contrary, attention in training to avoid such attitudes can materialize in game volume and consequently in possibilities of improvement in the final result, as it allows attacking and counterattacking moves that can become goals.

Kick targeting training and the appreciation of ball possession is something that needs to be trained from the ground up to improve play volume. Also the technical quality of the short, medium and long passes (throws) is something trainable (always towards the opposing goal) and believed to avoid the use of kicking. Finally, the training of blocking moves, feints and displacements always diagonally or forward will allow objectivity of the moves and the constant search for the result.

2.2 Fouls

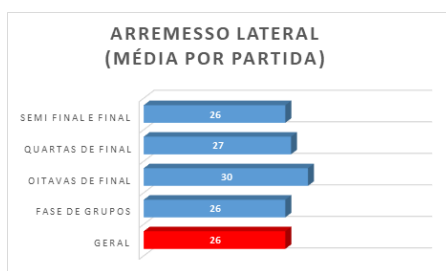
During the 2018 World Cup, an average of 18 fouls per match were counted and in the eighth and quarter finals this number rises to 19.



Avoiding attack fouls allows the team to evolve in their moves. Avoiding fouls in your defense, especially near your defensive area, prevents the opposing team from having a chance to convert their attacking moves into goals (and results). Thus, excessive faults must be avoided; specifically train both sides of the body, legs and feet for ball play and counterattack output; control and master physical strength avoiding unnecessary faults; perform the opponent's face-to-face marking, zone marking (shortening the opponent's passes) and avoid the vertical forward moves. Working in partnership with sport psychology will help the athlete not to commit unnecessary fouls and to harm the team.

2.3 Side throw

On average, the balls sent off the pitch during Russian World Cup matches were 26, with 30 shots in the round of 16.



For the purpose of this research it was considered that throws to the side of the field decrease the real time of the ball in play and objectivity of the plays. The increase in side-throws in a soccer game is directly linked to the amount of kicks given by goalkeepers, quarterbacks and other players, as the kicking ball without too much force after catching speed becomes an element of difficult mastery and reception. to the defenders as well as the strikers in contention for the ball. The large number of balls thrown off the field and consequently the throw-in charges reduce the time in play.

In making the lateral throw you are advised to avoid hitting them backwards mainly towards your goalkeeper and quarterbacks. It is also recommended not to hit him too close to the end line and the sideline because of the difficulty that your teammate will have in following up on the opponent's marking and the space limit defined by the end line and sideline (insurmountable obstacles).

Throws must always be struck diagonally forward at least 10 (10) meters from the sideline to allow room for the receiving athlete to take the ball to the right and left, and after dominating the ball to play the role. pivot serving a fellow player with right and left passes continuing an attacking move by his team. This imaginary line, parallel to the lateral lines, must also be at a distance of five (5) meters from the bottom line.

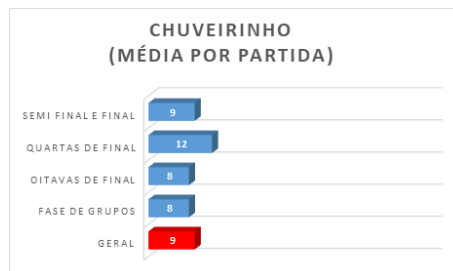
Side throwing drills shall be performed daily with all players of his team in rehearsed plays through blocks, feints and forward movements towards the opposing goal.

Moves with blocks and feints must be trained by all players on your team in addition to performing the throw-in itself.

In most balls played near the touchline, the appreciation of the ball possession of both players of the two teams in dispute should be trained to avoid the repetition of the throw-ins.

#### 2.4 Showers

The so-called showers played on average 9 times per game. However, in the final phase it was used 12 times. The lowest incidence occurred in the group stage and last 16.



In order to avoid this type of play, diagonal forward passes should be trained, directed at your teammate who can drive the ball to the back of the opponent's court to make the cross.

Training in favor of valuing possession of the ball with short passes and driving it around the opponent's area is another possibility of reducing this play without objectivity. Likewise long-range throws on the opponent's area should be avoided when their attackers are of short stature.

By summing up the total of negative indices, it is clear that the amount of set-time can intervene even in the normal course of the game.

The group phase has the highest error rate, followed by the final and semi-final and final octaves matches. Since the group phase is classificatory, it is believed that these indices of negative indicators do not interfere so much in the result, as there is a possibility of recovery in later games.

According to FIFA a match must have at least 60 minutes of play in play. With an ideal time of 70 minutes. The average 'working time' on Brazilian Football pitches (Brazilian Championship 2014, for example) averages only 52 minutes and 29 seconds. (SOUZA, 2014).

#### 2.5 Shots on Goal

In relation to goal kicks you need to analyze the statistics from two orientations. The first one points the total of shots on goal during the competition. This result does not in itself represent the achievement of the team's positive result, but it gives a parameter for understanding the playing volume of the attacking players and therefore of the team.

The other analysis guideline is from goals that are converted to goals or elastic scoreboard games. Which often masks the effectiveness of the team. Kicks a lot on goal, converts many goals, but the team ranks with the same weight as those who won the game by 1-0. For example, Germany and Brazil were the teams that most kicked the goal in the Russian World Cup (70), but the champion was the France team that kicked less than half of these countries (30 times).

### 3 CONSEQUENCES OF ANTI-GAMEACTIONS

Survey results generally point to consequences that can lead to anti-gambling or even accidents. The procedures to be adopted to correct the errors verified by the observations of each criterion also followed the same guidelines.

Directionless kicks can have the following consequences: serious injury to players, such as cuts to the head, eyebrows, and joints in the arms, knees, and ankles; constant shocks from the base to the professional not developing the correct marking; loss of possession of the ball; failure to start, continue and end game actions; increased number of side throws in the game; the ball spends more time on top than on the floor; failure to implement tactical schemes and game system. Procedures to be taken to prevent or mitigate the negative effects of the consequences of directionless kicking should be: avoid directionless kicking sideways, forward, upward and backward; permanently value ball possession; improve the technical quality of short, medium and long passes (throws); train blocking moves, feints and displacements always diagonally forward in search of the opposing goal.


Fouls include kicks or attempts to kick an opponent; attempts to trip an opponent; jump over an opponent; carry an opponent; assault or attempt to attack an opponent; pushing an opponent or approaching an opponent; kick the opponent before touching the ball; cling to an opponent; spit on an opponent; touch the ball deliberately (except the goalkeeper within his own penalty area). These attitudes and problems also have consequences that can harm the team and / or the player since the lack: impedes the development of athletes both the foul and the recipient; prevents the sequence of moves initiated mainly when it is performed at speed by a player towards the opposing goal; committed by the unbalanced athlete can cause serious injury; too much causes the receipt of yellow cards and sometimes red cards (without going through the yellow card); impedes the development of football when in large quantity (even small). In this case, the procedures to be adopted during the training of the teams should be: to avoid the excess of fouls (fouls in the attack and entrance of the area); specifically train both sides of the body: legs and feet for ball play and counterattack; control and mastery of physical force avoiding unnecessary faults; face-to-face marking, zone marking by shortening the opponent's passes and avoiding forward vertical moves; work the athlete's psychological so that he / she avoids committing unnecessary fouls harming the team.

In coaching the team, the coach should adhere to the following procedures to avoid side-throwing: to avoid maximum back-side throwing mainly towards his goalkeeper and quarterbacks; not hitting a sideline too close to the end line and sideline due to the difficulty that his teammate will have in following up on the opponent's marking and the space limit defined by the end line and sideline (insurmountable obstacles); hit the pitch diagonally; practice side throws daily with all players on your team; there must be a safety line for the lateral throw to have the desired effect; train block and roll moves with all players on your team; train the appreciation of ball possession of both players of both teams when the ball is played near the touchline.

To avoid the sparklers during training the procedures to be adopted should be: Through diagonal forward passes take your teammate and the ball at the bottom of the opposing field to make the cross; Train the appreciation of ball possession with short passes and drive it around the opponent's area; Avoid long-range shots over the opponent's area when your attackers are short in stature.

4 OVERVIEW OF THE 2018 WORLD CUP GAMES

Game statistics allow us to understand numerically how each selection performed and how the indices contribute to the game volume. However, quantitative analysis is one of the possible references. There is a need for further parallel analysis.



Chave de Grupos	Chutes sem direção goleiro	Chutes sem direção zagueiro	Faltas	Arremessos Laterais	Chuveirinhos	Chutes a gol	Total
Inglaterra	4	4	7	9	3	51	27
Espanha	4	5	8	11	3	43	31
Alemanha	3	5	8	11	4	70	31
Polónia	5	5	5	12	4	34	31
Peru	6	6	8	9	5	38	34
Brasil	5	5	10	14	4	70	38
Croácia	7	6	10	11	4	32	38
Islândia	8	9	8	10	3	30	38
Uruguai	6	7	8	13	4	43	38
Portugal	6	9	9	12	3	44	39
México	9	7	9	12	3	44	40
França	7	7	9	15	3	30	41
Argentina	9	6	10	13	3	46	41
Austrália	8	7	5	16	5	34	41
Belgica	7	6	10	13	6	51	42
Nigéria	6	7	13	12	4	31	42
Irã	8	9	9	13	3	26	42
Marrocos	7	8	12	12	4	30	43
Japão	6	9	7	17	4	46	43
Tunisia	9	5	9	17	3	27	43
Panamá	8	6	13	11	6	31	44
Suíça	8	6	15	10	5	31	44
Colômbia	7	8	11	15	4	33	45
Suécia	6	9	13	12	5	36	45
Rússia	8	8	9	18	4	38	47
Dinamarca	13	9	7	14	4	36	47
Sérvia	10	6	12	14	5	40	47
Egito	10	8	10	16	3	20	47
Arábia Saudita	12	6	9	17	5	32	49
Costa Rica	11	8	10	15	5	28	49
Senegal	14	8	11	17	5	38	55
Coreia do Sul	10	10	16	16	4	37	56

Germany were the team that used their goalkeeper's directionless feature less often and although defenders used it within the overall average (which was 5 shots) it still helped in converting shots on goal.

England were the team that made the least use of the negative criteria observed (quarterbacks and other players' kicks; fouls; throw-outs; showers) 27 times, which allowed this team to score more goals than champions France. However, it should be noted under what circumstances these goals did not allow England to become champions. The contest system, rules and regulations of the competition consider the winner the same way and with the same weight who wins 1-0 or who wins with another score. However, these numbers made England reach the end of the competition in 4th place.

The Germany team had a volume of play, gave 70 shots on goal, but beyond these have not become a result, even passed the group stage. Just as the Brazilian team had the same amount of shots on goal (70) and was eliminated in the quarterfinals. After all 70 kicks, only 8 became goal. In contrast, the world champion team kicked 30 times in goal throughout the competition. Of these 30 kicks from France, 14 have become goals. However, the negative indexes weighed so that the team no longer had opportunities to score.

In short, the variables are many and training should try to minimize as much as possible attitudes that may hinder the search for results, including training in goal-kicks.

5 FINAL CONSIDERATIONS:

This research is part of a larger one that began on January 31, 2015 with the title "Analysis of Espírito Santo and Brazilian football compared to world football through data collection", went through the 2018 Cup in Russia, when there was representation by selections from the five continents and has sequence to the present day. From this research emerged 2 Course Conclusion Works, always with the purpose of gathering data that allow reflecting the reality of the state and Brazilian soccer.

Understanding the scores of a Football World Cup is to understand football from a quality benchmark as only the best players from the best teams participate in the group of 32 arriving at the World Cup headquarters. The use of this information allows us to reflect the reality of capixaba and Brazilian football before the world cup. Also, the results of the Brazilian team in the World Cup show us that the best Brazilian players do not always have technical qualities as members of a team. Which is still something to be studied, analyzed and improved. This research is temporal and therefore the small change of philosophy in the Brazilian national team already presents improvements in the results achieved, considering what happened in the last cup.

Through the results of the research warns and suggests measures that, if adopted, could change the direction of football in Espírito Santo and Brazil toward a better future for football. Regarding our players the form of training and attention to aspects that contribute to the anti-game will bring improvement of their physical, technical, tactical and intellectual ability. The improvement of player quality directly influences the improvement of their working condition and consequently financial. According to the Brazilian Football Confederation (2019), 82.40% of its federated players (23,238) receive up to \$ 1,000 in salary. Improvement in technical quality can assist in improving the working conditions and salaries of these players. (CBF, 2019)

Better football, less anti-game situations and more rolling time provides better spectacles by bringing the fan back to the stadiums. Proof of this is the record income of the Flamengo Regattas Club matches in 2019. The "fan return" to the stadiums in Espírito Santo and Brazil represents better income for the clubs and consequently better structural conditions (physical and management) in all areas. that represent the set of sports activities of the soccer club.

The warning and suggestion of changes in the mindset and game philosophy put in place today by our teams - from the grassroots to the professional - will bring about a change in the behavior of the players, fans and coaching staff. To this end, the beginning of this change is already defended: from various actions to be applied in all categories of basic formation to the under-20 category, continuing in the professional category that is in fact the reference of high level football and which mirrors the training categories.

The research contributes and alerts the leaders of the state and Brazilian football to a radical change in the mentality and philosophy of the game to be put in place by our professional teams, from base to main category, in Brazil. Such changes



should decrease: the large amount of kicks given by goalkeepers, quarterbacks and other players on the field; the number of absences; of side-throws and ball delays to goalkeepers that mainly cause the loss of the ball and the technical quality of our players. Directionless kicks cause reckless action and have as a serious consequence increased head shock with various fractures of skull, noses, mouths and teeth causing severe bruising to the knees, ankles, hips, arms and chest after the fall.

Own regulations have to be created for competitions between teams in formation prioritizing the physical, technical, tactical and emotional well-being of young athletes always discussing why to play, how to play and where to play according to the age group involved in the competitions. Acting in this way, it is much more prioritized to play conscientiously, without wins at any price, emphasizing the collective action and not the individual highlight. One suggestion is to reward goalkeepers who seek to play with their teammates; the athlete who commits the least number of fouls; the athlete who less often throws off the ball through directionless kicks. The player must naturally utilize the right and left side of his body through the legs and feet. Also reward the team that least kicked the ball out through the touch lines, which less often delayed the ball to their goalkeeper. If these actions are implemented, of course there will be an increase in the attacking times of the competing teams, thus increasing the number of goals converted per game played.

At the municipal level, it is suggested that a multidisciplinary soccer monitoring committee be created in all Espírito Santo and Brazilian municipalities. This committee can be formed by the Secretariat and / or Department of Sports, the Secretariat of Education, clubs, Higher Education Institutions (HEIs), Physical Education professionals, coaches, athletes, the press, doctors, psychologists, nutritionists and physiotherapists who will naturally have the opportunity. mission to monitor all competitions in which the Municipal Government is in one way or another involved in coordinating football competitions or allocating public resources for such purpose. If the municipality is very small and unable to set up such a commission, you can bring together a group of municipalities and create a regional commission.

At the state level, it is suggested that a state committee be formed by the State Secretariat of Sports, the State Secretariat of Education, the Football Federation, a representative of the municipal committees, the Association of Sports Chroniclers, the Association of Professional Athletes, Higher Education Institutions, Coaches. , representatives of the regional councils of Physical Education, Medicine, Psychology, Nutrition, Physiotherapy who will naturally have the mission to accompany all competitions of the categories under-9, under-11, under-13, under-15, under-17 and under-20 where the State Government is involved in one way or another in coordinating football competitions throughout the state and is allocating public money for this purpose.

At the national level, the creation of a national commission is made up of the Ministries of Sport (or the federal agency responsible) and Education, Brazilian Football Confederation, Higher Education Institution Representative, Press Representative, Representatives of Federal Education Councils Physics, Medicine, Psychology, Nutrition, Physiotherapy, athletes and coaches of Brazilian football to join the CBF Training Center in Teresópolis (Granja Comary) to monitor all the work to be done with the Brazilian national teams.

Another suggestion is to define with the entire team call and follow-up parameters for all categories (child, youth and under-20) representative of Brazil in international competitions through the Brazilian teams. Such parameters must follow a protocol of minimum motor, physical, tactical and technical skills for the summoning of athletes.

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#### LESSONS FROM THE RUSSIA 2018 SOCCER WORLD CUP

This paper about the 2018 Russian Football World Cup aims to analyze the technical aspects of matches that contribute to promote situations without objectivity and reduce the time of the ball in play and propose suggestions for, based on the data obtained in the World Cup 2018, reduce the deficiencies of these aspects in Brazilian soccer. The situations that contribute to the decrease of the playing time were considered: the kicks without direction, the concession of the lateral throw, the crossings and the fouls. Made use of the comparative method to analyze world soccer considering the results obtained in the Russian Cup. The matches were watched and match data collected from June and July 2018 with representations of the ranked teams of the five continents. Then the data analysis was performed; the comparison of players' actions during matches; and changes were proposed in order to improve the performance (results) of the Espírito Santo and Brazilian teams. Through the results of the research we suggest measures that provide changes in the state of Espírito Santo and Brazilian soccer towards a better future.

KEY WORDS: Statistic; Soccer; Technical Basics

#### LEÇONS DE LA COUPE DU MONDE DE FOOTBALL DE RUSSIE 2018

Cette étude sur la Coupe du Monde de Russie 2018 a comme objectif d'analyser les aspects techniques qui contribuent à créer des situations de jeu peu efficaces et qui augmentent les arrêts de jeu, et de proposer des solutions qui, à partir des données récoltées pendant la Coupe du Monde 2018, diminueraient les lacunes présentes dans le football brésilien. Sont considérées comme situations réduisant le temps de jeu: les dégagements aléatoires, les mises en touche, les centres et les fautes. Cette recherche qualitative et quantitative à caractère analytique s'est basée sur une méthode comparative pour analyser le football mondial en tenant compte des résultats obtenus pendant la Coupe du Monde. Les matchs furent analysés, et les résultats collectés en Juin et Juillet 2018, représentant les sélections nationales des cinq continents qualifiées. Par la suite

nous avons étudié ces données; comparé les actions des joueurs lors des différents matchs; et proposé des changements ayant pour but d'améliorer l'efficacité (résultats) des équipes capixabas et brésiliennes. En accord avec les résultats de cette étude, des mesures sont suggérées pour orienter le football capixaba et brésilien vers un futur meilleur.

MOTS-CLES: Statistiques; Football; Bases techniques

#### LECCIONES DE LA COPA MUNDIAL DE FÚTBOL RUSIA 2018

Este trabajo sobre la Copa Mundial de Fútbol de Rusia 2018 tiene como objetivo analizar los aspectos técnicos de los partidos que contribuyen a promover situaciones sin objetividad y reducir el tiempo de juego del balón y proponer sugerencias a partir de los datos obtenidos en la Copa Mundial. Mundo 2018, reduce las deficiencias de estos aspectos en el fútbol brasileño. Se consideraron las situaciones que contribuyen a la reducción del tiempo de juego: las patadas sin dirección, la concesión del tiro lateral, las duchas y las faltas. La investigación cualitativa y cuantitativa con carácter analítico hizo uso del método comparativo para analizar el fútbol mundial considerando los resultados obtenidos en la Copa de Rusia. Se vieron los partidos y se recopilieron datos de los partidos de junio y julio de 2018 con representaciones de los equipos clasificados de los cinco continentes. Luego se realizó el análisis de datos; la comparación de las acciones de los jugadores durante los partidos; y se propusieron cambios para mejorar el desempeño (resultados) de los equipos de Espírito Santo y Brasil. A través de los resultados de la investigación, sugerimos medidas que proporcionan cambios en el estado de Espírito Santo y el fútbol brasileño hacia un futuro mejor.

PALABRAS CLAVE: Estadísticas; Fútbol; Fundamentos técnicos

#### LIÇÕES DA COPA DO MUNDO DE FUTEBOL DA RÚSSIA 2018

Este trabalho sobre a Copa do Mundo de Futebol da Rússia 2018 tem como objetivo analisar os aspectos técnicos das partidas que contribuem para promover situações sem objetividade e que reduzem o tempo de bola em jogo e propor sugestões para, a partir dos dados obtidos na Copa do Mundo 2018, diminuir as deficiências destes aspectos no futebol brasileiro. Considerou-se que as situações que contribuem para a diminuição do tempo de jogo são: os chutes sem direção, a concessão do arremesso lateral, os chuveirinhos e as faltas. A pesquisa qualitativa e quantitativa com caráter analítico fez uso do método comparativo para analisar futebol mundial considerando os resultados obtidos na Copa da Rússia. Os jogos foram assistidos e os dados das partidas coletados no período de junho e julho de 2018 com representações das seleções classificadas dos cinco continentes. Em seguida realizou-se a análise dos dados; a comparação das ações dos jogadores durante as partidas; e foram propostas mudanças em prol da melhoria no desempenho (resultados) das equipes capixabas e brasileiras. Através dos resultados da pesquisa sugerem-se medidas que proporcione mudanças no futebol capixaba e brasileiro em direção a um futuro melhor.

PALAVRAS-CHAVE: Estatística; Futebol; Fundamentos Técnicos