

Body Position of Soccer Players: Kuala Lumpur City FC versus Melaka United FC

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Abstract- Soccer is very popular among the masses and it had conjured millions of spectators. With this, teams pressed tremendously to win and with the right technique players would be efficient in the field and this would contribute to wins. One of the techniques in soccer is the Body Position where with the correct Body Position the player could receive and pass the ball swiftly, accurately, and concretely. This paper analyzed the Body Position of soccer players from two competing teams in Malaysia where both these teams played against each other and video analysis of that particular match was examined.

Keywords- Soccer, Body Position, Video Analysis, Physical Fitness, Technique.

I. INTRODUCTION

Sporting events are popular these days with many attending the events to be entertained. Soccer is one such event where patrons are delighted with the skills and fluid passing of teams playing each other.

According to Kirkendall, soccer is widely studied and various researches had been actuated upon soccer [1]. He further stated that vast variety of topics pertinent to soccer were analyzed and this showed that teams went to length to enhance their chances of winning through detailed research and analyses [1].

In order for players to be able to receive and pass the ball effectively and accurately, the body position of the player should be at an angle where he or she could observe the ball coming while receiving the ball and also could observe his or her teammates before actuating the pass. Optimum body position allows the player to play fast pace passing games such as one touch football which can lead to goals.

In this paper, the body positions of players from two teams playing each other were analyzed in terms of correctness and incorrectness. The analyses were done for the first 5 minutes of the match. The teams being analyzed were Kuala Lumpur City FC and Melaka United FC where both teams hailed from Malaysia.

As stated earlier, body position is important in soccer matches. Harrison pointed out that with the correct body position, a player would be able to peer upon opponents and teammates and thus be successful on the pitch [2]. Harrison also mentioned that players should train regularly in order to enhance their body positions during matches [2]. The training should emphasize upon creating angles via positioning of the body where these angles allow the player to have peripheral views of his or her surroundings.

With the correct and optimum body position, players can have much greater views as mentioned earlier and this entails them to observe options to pass the ball. Hence this aids the Passing Lanes process. Harridon stated that Passing Lanes are channels which the ball passes through where locations of players on the field create these Passing Lanes [3]. Harridon also iterated that more lanes are created when the players without the ball are constantly moving in order to create options to the player with the ball [3].

In today's games, every team is looking for ways to increase the chances of victory. Video Analysis is one of the tools that is constantly utilized to provide means to win matches. Cuevas and et al indicated that Video Analysis is used by coaches to analyze games and pinpoint mistakes in order to be better than the other team [4]. Cuevas and et al also explained that game analysis is challenging and the

evolution in techniques in Video Analysis aids users in the field of analysis [4].

The analyses of body positions that the author had done was through Video Analysis where the video of the match was acquired from the internet and the video was scrutinized in details. The numerical count of correct and incorrect body positions that the author had actuated was akin to statistical analysis where statistics is widely used in current game scenarios.

Prakoso and Lumintuarso stipulated that statistical data is used by coaches to develop strategies and game plays and this somehow had given their teams edges in competitive matches [5]. They also mentioned several parameters, such as passes, shots, and others are statistically recorded for formulation of tactical plays [5].

For players to be able to position themselves correctly while receiving and passing the ball, they should have an optimum degree of physical fitness in order to be able to turn swiftly in a continuous fashion. The optimum level of physical fitness is also required so that the players have high level of concentrations in order to scan teammates and opponents in lieu with receiving and passing the ball.

Harridon had recommended several key physical regimes that could be implemented in order to increase or retain physical fitness of players [6]. Harridon also stated that these regimes can be carried out during training and they are across the board which means that they can be utilized in other fields or industries, such as aviation and others, that required a certain level of physical fitness [6].

Turner and Stewart concurred with Harridon and they stated that soccer is a high intensity game where players are in constant movement and the players need the necessary physical fitness to perform well on the pitch [7].

Turner and Stewart reiterated the fact that players should go through a structured training programme to alleviate their physical fitness [7]. This paper even though it outlined the Body Position during a match, the underlying gist is numerous where one of them is the ingrained physical fitness of players and how this affects their abilities to actuate proper Body Positions during matches.

II. LITERATURE REVIEW

Soccer had played a role in providing entertainment and also creating healthy lifestyles among individuals. Stolen and et al mentioned that soccer is very popular and is played by many with different sets of expertise [8]. Stolen and et al also stipulated players have different performances and most teams preferred to indulge in systematic training in order to harness the talents of the players [8].

The focus of this paper is the Body Position of the players and according to Five Aside, it's imperative for soccer players to have the correct Body Position as this allows them to observe cleanly their teammates and oppositions [9]. Five Aside also indicated that the correct Body Position would enhance the reaction of the players and make them quicker in transferring the ball [9].

To be able to position the body effectively and continuously, players need to be physically fit. Harridon stated that getting the right nutrients or eating orderly aids one's physical fitness and stature [10]. Harridon also opinionated that the productivity of individuals would also increase due to proper eating habit [10]. Thus, Body Position of soccer players are interconnected with other underlying components and parameters.

The primary tool that we utilized was the video of the match between Kuala Lumpur FC Versus Melaka United FC. This approach is called Video Analysis and Hjort and et al mentioned that Video Analysis helps players to reflect upon their mistakes and performances during matches [11]. They further iterated that Video Analysis is a great tool for coaches to enhance the team and the analysis also provides critical feedbacks to the coaches [11].

Teams now days are also inclined to use statistics to gauge discreetly their performances. Yue and et al had studied parameters that were usually utilized to measure the efficiency of teams [12]. They parlayed the fact that shots, contacts with the ball, and passes are parameters of importance in order to sufficiently determine the abilities of teams [12]. Within those parameters, several analyses could be performed to aid coaches and players.

As mentioned earlier it's vital for players to have sufficient fitness in order to be swift in getting to the

correct body position. Freire and et al mentioned several components that are critical for the success of a player and they listed out acceleration, changes in direction, sprint, and others as these critical parameters [13]. Freire and the team also examined fatigue in players and stipulated that high frequency of participation in matches would increase fatigue in players [13].

Players are encouraged to be physically fit because it was shown that unfit players tend to produce errors. Harridon indicated that individuals that have low level of physical fitness are inclined to produce errors as their focuses and concentrations are lacking [14]. Harridon also mentioned that this applies not only in sports but also in other fields and industries and also other facets of life [14]. Within the confine of this paper, errors in this context mean having incorrect Body Positions during matches.

As iterated earlier, Body Position of a player or the technique of the player is important as it determined whether the team could win efficiently or nor. According to Soniawan and et al, a player with good technique can overcome hurdles in a match and be successful in various scenarios on the pitch [15]. Soniawan and et al also indicated that to be able to play efficiently in a match a player should also be physically fit and be equipped with necessary knowledge to solve predicaments during matches [15]. Thus this showed that the author's approach of analyzing Body Position is vital to gauge the technical level of players of Kuala Lumpur City FC and Melaka United FC.

III. METHODOLOGY

The approach or methodology that was applied is shown in Fig 1.

The author had picked a random match in Malaysia for the Body Position analysis. The match between Kuala Lumpur City FC and Melaka United FC was chosen. The video clip of the match was available from the internet where the primary source was YouTube. The clip was incredibly long where it started with commentaries from journalists and experts. The irrelevant segments were ignored and the segment that was taken into account was the start of the match till the 5th minute of the match. The author decided to only analyze the first 5 minutes of the match.

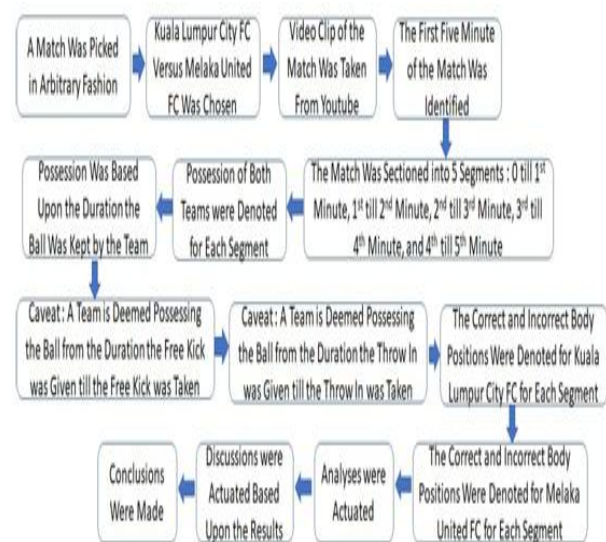


Fig 1. The Approach to Gauge the Body Positions of Players.

The five minutes duration was segmentized into 5 segments which were 0 till 1st minute, 1st till 2nd minute, 2nd till 3rd minute, 3rd till 4th minute, and 4th till 5th minute. Each segment was analyzed in terms of possessions of both teams.

The method to measure the possession was based upon the duration the ball was held by a team where it should be noted that if a free kick or throw in was given, the team is deemed to have possession from the start of the given free kick / throw in till the free kick / throw in was taken.

The correct and incorrect Body Positions of both teams from 0th till 5th minutes were denoted. A correct Body Position is deemed as the optimum angle of a player where the player could observe the teammate that passes to him/her and at the same time the player could observe the teammate that he or she would pass the ball to. Analyses of these data were then actuated where several graphs were produced which showed various trends of incorrect and correct Body Positions of both teams. Discussion and conclusions were then made based upon the results and analyses.

IV. RESULTS

Table 1 shows the correct and incorrect Body Positions of players of Kuala Lumpur City FC and Melaka United FC. The possessions of both the teams are also shown from zeroth minute till fifth minute of the match.

Table 1. Tabulation of Correct and Incorrect Body Positions.

Time Frame	Kuala Lumpur City Fc		Melaka United Fc		Possession	
	Body Position		Body Position			
	Correct	Incorrect	Correct	Incorrect	Kuala Lumpur City Fc	Melaka United Fc
0 till 1 st minute	4		4	4	43.3%	56.7%
1 st till 2 nd minute	4	1			28.3%	71.7%
2 nd till 3 rd minute	2	1	1	2	23.3%	76.7%
3 rd till 4 th minute				1	88.3%	11.7%
4 th till 5 th minute		2	2	1	48.3%	51.7%

Figs 2 till 5 show the trend of the number of correct and incorrect Body Positions of both teams from the zeroth till fifth minute of the match.



Fig 2. Trend of Number of Correct Body Position – Kuala Lumpur City FC.



Fig 3. Trend of Number of Incorrect Body Position – Kuala Lumpur City FC.

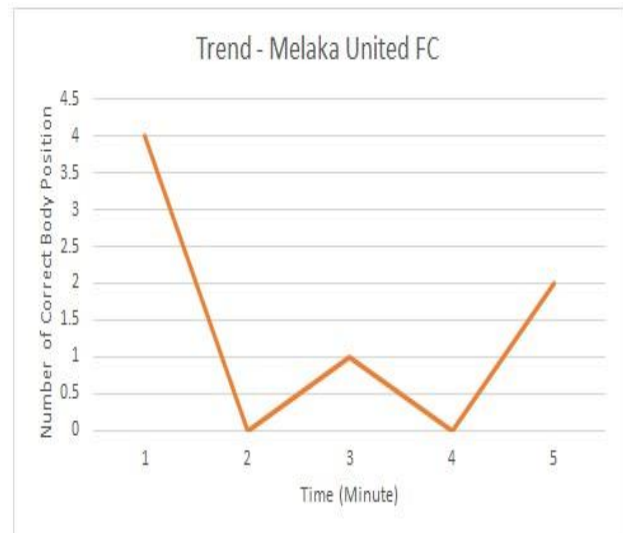


Fig 4. Trend of Number of Correct Body Position – Melaka United FC

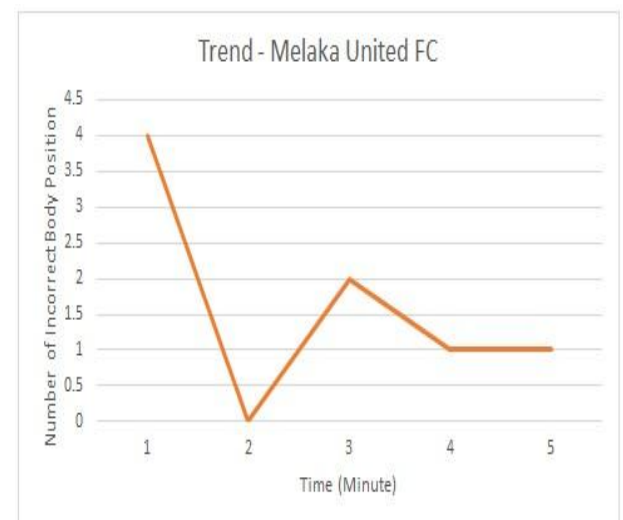


Fig 5. Trend of Number of Incorrect Body Position – Melaka United FC

V. DISCUSSION

Fig 2 showed the trend of the number of correct Body Positions for Kuala Lumpur City FC. The Fig indicated a downward trend of correct Body Positions which is quite a concern as team always aspires to maintain or increase the amount of correct Body Position. However, it must be reminded that the analyses were only for the first 5 minutes. Perhaps the team had a sterling performance in terms of correct Body Position in other durations of the match.

In Fig 3, the trend showed that eventually the number of incorrect Body Positions had increased even though there was a slight decrease earlier.

Its advisable for the team to fix this in order to perform well in the match. However, a holistic analysis of the whole match (whole 90 minutes) should be performed in order to gauge the team comprehensively.

Fig 4 showed the trend of Melaka United FC. There was a sharp decline of correct Body Positions followed by an increase of the correct Body Positions. This may somehow indicate that the team did not perform consistently in the context of applying the right or correct technique during play. There should be duration of reflection during the match to allow the team to remedy any mistakes that occurred.

The trend of the incorrect Body Positions of Melaka United FC is shown in Fig 5. It can be observed that the trend showed a decline of the number of incorrect Body Positions and followed with an increase and tapered towards a value at the end. This mix provided us insights upon the inconsistencies of the technique applied during the game. This is something that should be pondered upon by teams that wish to gain the upper hand in matches.

Apart from Body Positions, the author had also collected data of possessions of both teams from zeroth till the 5th minute of the match.

Table 1 showed the possessions where it can be observed that Melaka United FC had a majority of the possession in all segments except for the segment 3rd till 4th minute of the match. If one takes a look at the 1st till 2nd minute of the match, Melaka United FC had no correct or incorrect Body Positions even though it had 71.7% possession.

This is due to the fact, at that duration, Melaka United FC was given a free kick where Melaka United FC took an enormous amount time to take the free kick and as mentioned in the Methodology Section, the time taken from the free kick was given till it was taken is considered as possession for the team (in this case Melaka United FC). This is also similar to the case of Kuala Lumpur City FC in the 3rd till 4th minute.

It's advisable for future works to relook the relationship and correlation between Body Positions and Possessions as this could further give us a holistic and in-depth view of the trend of the numerical values of incorrectness and correctness of

Body Position and whether this trend is relatable to values of possession or not.

VI. CONCLUSIONS

The Body Positions of players during a match was analyzed and the results showed there were various instances where the player's Body Positions were incorrect.

The trend of the incorrectness is inconsistent where there were increase and decrease of this parameter. Teams should take heed of the inconsistencies of this technique as it is highly plausible that this technique contributed to the lackluster of a team.

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