

PROTOKOL

TRİBÜNÜ



Muhsin Ertuğral, Orange Revolution, Çaylak,
The Problem Of Procrastination In Sport, Euro 2016, Tactics Of Astroturf,
Football Model, Motivation in Sports, Squash,
Football In The Swamp, The Problem Of Branding In Sports Clubs,
Set an Example, Game Setups in European Leagues



Veli Can
ŞAHİN

FROM THE EDITOR-IN-CHIEF

A whole year has passed since the great earthquake we experienced in February last year. The pain it caused and continues to cause, the destruction, those who have passed away, the shattered dreams, the hopes left unfinished, the dreams that could not be realised and will never be realised, and so on and so forth... What we experienced last year was not the kind to be forgotten, whether a year passed or a thousand years passed. It was the same for the sports world. We suffered the pain of losing hundreds of our athletes in two consecutive earthquakes. Even though they may have started to fade from our societal memory, akin to being fish-like, there should surely be someone, especially their own fans, who will not forget them, someone who will not let them be forgotten. In that case, I invite you all to join me in a minute of silence together...
Football: Christian Atsu, Taner Savut, Ahmet Eyüp Türkaslan, Halil İbrahim Ölmez, Uğur Kurt, Burak Duraltı, Taner Kahrıman, Hakan Doğan, Saruhan Bolat, Burhanettin Sever, Muhammed Seyyid Orhan, Verda Demetgül, Elif Berra Uzun, Buse Coşkun, Eda Püsküllü, Nurgül Özdemir, Mehdi Saedavi, Hamed Matroudi, Muhammed Rıza Mir Ahmadi, Elvis Nkam Teneng, Mehmet Akan, Arif Özdemir, Adem Şahan, Furkan Kürşad Demir, Cevdet Karakurt, Cevher Çakmak, Ceren Çakmak, Hasan Bihan, Eyyub Saydam, Nuri Gülen, Yakup Yel, Cemil Can, Kemal Torun, Soner Koyuncuoğlu, Uğur Fırat Karaca, Mehmet Öztürk.
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Let's come to the 22nd issue of the Protocol Tribune. This issue is such an issue that it's not just any issue! For example, in this issue there is an interview with Muhsin Ertugral, the most popular Turkish football person in Africa. There is an interview with Anadolu Efes mascot Çaylak, the first of its kind in Turkey, there is the Orange Revolution, there is the Euro 2016 adventure of our National Team, there is a strict tactical guide for astroturf enthusiasts, there is the problem of procrastination in sports, which is one of the nightmares of athletes, and there is the answer to the question of why we do not have a national football model, there are suggestions for those looking for the source of motivation in sports, there are shuttle passing and infiltration tactics, there is Squash Turkey Championship, there is the story of football that started in the swamp, there is the problem and solutions of branding in sports clubs, there are methods of setting an example for young athletes and there is an analysis of the game setup in European leagues in the 2023-2024 season. In short, it has everything! Without further ado, I leave you alone with the full pages of the 22nd issue of Protocol Tribune. Have a pleasant reading...

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ATTENTION!
TO THESE YOUNGSTERS!



Semih Kılıçsoy

Team: Besiktas
Position: Striker
Age: 18
Nationality: Turkey





Müslüm
GÜLHAN

“ORANGE REVOLUTION” IN BLACK AND WHITE CULTURE

The first time I got to grips with football was during the 1974 World Cup. With the dramatic ending of the final for me (love for Cruyff), it was unacceptable for me that Germany won the cup.

In 1974, there was no difference in their appearance on the screen, as the TV screens and the colours of Germany's shirts were black and white. The orange colour of the Netherlands was indistinct. On a black-and-white screen, black-and-white preserved itself and all colours were indistinct, whereas even today black-and-white colours preserve themselves in a colourful world. Colours have strong psychological effects on people. Colour, along with being related to our perceptions, makes people happy, sad, angry, relaxed, scared and curious.

Black symbolises power, passion, sensuality and in most countries mourning and sadness. White symbolises purity, cleanliness, innocence and stability. Orange is a mixture of yellow and red colours and represents extroversion and confidence. Red is the symbolic colour of revolutions that cause radical changes. Because it is the colour with the highest vibration on the colour scale. It has the effect of activation, love, tension, provocation, heat, fire, passion, anger, blood, lust, sincerity, power, excitement, aggressiveness and tension.

And the neoliberal fiction, which caused today's harsh conditions, confronted the red (!) with colourful revolutions based on exploitation and interest. These colourful revolutions were presented as a so-called democratic reaction to the capitalist restoration, despite the totalitarian nature of the process - due to the blockage

PUSULA



RENGİMİZ TURUNCU



HASAN ARAT

of the policies it implemented. Consequently, these colourful revolutions were used as proof that the democratic channels for mass initiative within the capitalist system were not blocked. In fact, all these meant nothing but the process of non-solution.

The process of no solution inevitably necessitated violence and war.

Here is the Ukrainian reality...

It will help to understand the issue more easily if we talk about the example at the highest level and go down the hierarchy to a sports club. The 'Orange Revolution' in Ukraine was far-fetched and the whole purpose was to open up resources to

international capital under the guise of neoliberal policies. In spite of the heavy human losses that resulted from this, they were forced to risk war and they brought it on. These colourful revolutions that the colours were polluted and their consequences were a cross-section for neoliberal political interests. And since it bears all the characteristics of the mechanism of exploitation, in terms of the management module, it contains a fiction exemplary of hierarchical ranking.

Today, governments and institutions (art, sports, culture...) in every country and nation can be easily subjected to such operations - in line with the interests of capital. Countries and institutions pay the price of blindly supporting colourful revolutions without analysing their background, either through historical losses or by losing all their freedoms and autonomy through a heavy authoritarian fiction.

The definition and content of change must be well defined. A change that is open to interventions far from dialectical fiction is only a power struggle. Especially the negotiations within the change that will be provided by a formation with a patriarchal structure such as football are doomed to remain as abstract concepts. This is why the election result, which is called the 'Orange Revolution', should be evaluated well. Despite the black-and-white culture in Beşiktaş club, introducing change through a colour as a revolution would lead to wrong conclusions. This is a change of power that was formed with certain agreements. Process management was evident in the publicity. Defining what has been done through populist discourses as a revolution cannot be of any benefit. Already, the wealth transfers that caused BJK to be emptied due to mismanagement have caused heavy damage to the organisation. Beşiktaş is not in a position to bear a new transfer of resources and wealth. If there is to be a change, people or groups who have not internalised it culturally and in terms of knowledge should not be involved in the process. Failure in this regard is inevitably set up in line with the damage caused by those

who try to take advantage of the situation and think that they will find a space for themselves. The unplanned process that started with the exclusion of six players continues by damaging the club.

Because in the end, everyone in the winning group, including Hasan Arat, comments according to their own subjectivity and markets their artificial practices created through their own simulations as a revolution.

The design in the 'subjective' hierarchical structure that forms the leadership structure around a goal must necessarily have complementary equipment based on knowledge. As a result of the contradiction that will eliminate this, all behavioural forms designed with the subject eliminate change and success. The complementary element here is the necessity of clear job descriptions. Especially the job description of the Sportive Director...

Orientation to information on a global scale, utilising it and transforming it into judgement is important in terms of process management. All methodologies, modern management concepts and practices of Feyyaz Uçar and Samet Aybaba, who will professionally manage the process and provide the infrastructure for stability and sustainable success, should be based on this. This is because, with the increasing awareness due to the multifaceted developments in the age of communication, critical approaches to managements and systems are increasing in large segments of the society.

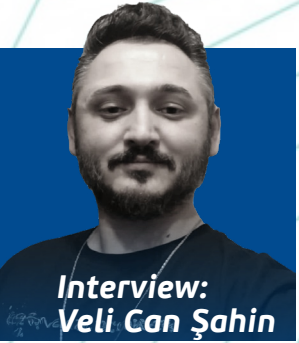
In this 'global' structure, it is not possible to allow 'localness' to reveal any attitude other than 'feudal' reactions. If you have 'local' professionals in the 'global' game, you will lose, and the process has already begun... Now, despite the black and white cultural codes in BJK, it is not possible to talk about a colourful revolution. This would mean taking a stand against the historical and cultural depth of the club.

The only expectation is the correct management of the club.



Africa's Most Popular Turkish Football Person:

MUHSİN ERTUĞRAL



Interview:
Veli Can Şahin



He is the most popular Turkish football person in Africa. With his achievements in Africa, the stars he has contributed to world football and his friendship with Nelson Mandela, he is perhaps one of the most extraordinary local coaches in today's football... We had a very enjoyable and full football conversation with Technical Director Muhsin Ertuğral on the axis of World - Africa - Turkey, ranging from Fani Madida to John Mosheu, from Nelson Mandela to women's football, from the young talents he discovered to the National Team. Interview: Veli Can Sahin

Veli Can Sahin: As football fans, we know you very well and closely. However, we would still like to listen to your story of starting football. You grew up in Cologne, Germany and started football in Cologne's youth system. How did your story of starting football develop, was there anyone who pioneered you to start football?

Muhsin Ertuğral: Back then, I'm talking about 1966/67, there was street football. That's how we grew up. At a young age, football gave us freedom and a unifying opportunity. Because we were foreign children. The feeling of timelessness, freedom from worry was satisfying. I didn't worry about what I couldn't achieve. We had idols and I had the chance to watch Wolfgang Overath closely at a very young age. The fact that I would later work with Overath was something I could not have imagined. I was very impressed by this.



After Germany, you switched your route to Belgium and then to Turkey. You played for the youth national team. As far as you remember from your time as a footballer, in which team did you have your best experience as a player?

The foreign quota was 1 in those years. Later it was increased to three. Cologne won the German championship and the cup. It was the strongest team in the

Bundesliga. It was very difficult to get into the squad. My friendship with Erhan Önal took me to Belgium. Unfortunately, at the very beginning of my career, I tore my cruciate ligaments in training, which made me an ordinary player, not a specially talented player. At that time, cruciate ligament surgeries were very long-lasting and career-ending injuries. Of course, being able to work with a coach

like Ernst Happel impressed me a lot in those years. He was way ahead of his time, his knowledge of the game, his training and game concept was marvellous. And most importantly, he was a unique opportunity for our young players. Among the coaches who left their fingerprints on today's football, Marcello Lippi later influenced me the most. These are the coaches who influenced my perspective on football and where I should look...

Some footballers look forward to becoming a coach and managing a team as an end-of-career plan. They even start

coaching before their acting career ends. You started your coaching career almost immediately after you ended your career as a footballer. How was the transition period between football and coaching for you?

Yes, as I mentioned, the early injury and the doubt of being able to play again changed my perspective and pushed me to think about training information and team management at a very early age. My return to Turkey and the rupture of my cruciate ligaments again at Eskişehirspor paved the way for me to start coaching from playing at a very early age. I would like to put it this way; in those years it was very difficult to get information and we did not have the opportunities we have today. There was no training information based on science and the planning of very primitive training programmes in the daily work given to the players led to major injuries. Of course, the coach training system in Germany was at a very high level in those years and I considered the Cologne Sports Academy as a great chance to attend the Pro licence training. Later on, I went to Marcello Lippi for practice time and completed my internship at Juventus, and I can say that Lippi was the first person who changed my perspective on football.

Team, we defeated teams such as Cameroon and Zimbabwe in the qualifiers and became the first in the group and participated in South Africa 96. By the way, I think the football played as the youngest national team coach attracted attention. After that, I received several offers, Kaizer Chiefs was among them.

You took charge of the Zaire national team at the age of 36, which is still too young for a coach. How did an African country far away from your home country manage to convince you?

At that time, there was the possibility of returning to Belgium. I remember very clearly that Germinal Ekeren made me an offer. In the meantime, our manager friend Jack Lumumba, who was also affiliated with this organisation, offered me the second alternative and I was very impressed by Zaire. In fact, pages are not enough to describe those years. I can say that today's Congo really fascinated me. You may remember that Kona, one of my players, was playing for Gençlerbirliği in those years. He was even preparing for the Africa Cup in Turkey and in the meantime, he drew attention by beating Fenerbahçe 3-1 in a friendly match against Fenerbahçe under Carlos Alberto Parreira.



We get the same feedback from almost everyone who hears the name Muhsin Ertuğral: “Turkish Technical Man Conqueror of South Africa...” How did your adventure start in this country where you are very popular and even the first Turkish football person who comes to mind when it comes to South African football?

Apart from the fact that I am very loved, when I talk about a country that values me and makes me feel that I am one of them, I would like to state that the success factor of your work is very important. But most importantly, it is very important for me that they value their people and remember me as one of them. It also makes me very happy that they see me as someone who gives young people a chance and achieves great success with them. As you know, while we had the opportunity to participate in the African Cup with the Zaire National

After the Zaire national team, you coached Trabzonspor for a short time. And immediately afterwards, you took charge of Kaizer Chiefs, a huge club with millions of fans all over Africa, which is one of the turning points of an African career full of success, and you have achieved countless successes by winning many trophies. What were the factors that led you to success and how was the story of your transfer to the team?

Yes, Trabzonspor is a very good experience for me. Apart from coaching, I also took on the responsibility of sporting director and transfer at the request of the president Mehmet Ali Yılmaz. We managed to bring Davor Vugrineç, who was very young at that time, to Trabzonspor, and we also managed to transfer Karel Rada. As for Africa, it is important to say the following: In a team game, it is not possible for all success to

depend on a single person. First of all, the leadership of a president who knows football and has played at a high level, a very successful technical team and very high quality and special players... This synergy has created an environment of believing in ourselves and, most importantly, trusting each other, which has led to success. By the way, I would like to add that Mr President's approach to me and

was looking at me and Patco Mafani, smiling slightly. Finally, he couldn't stand it and asked me a question; "Sir, your shoes are quite shiny, where did you buy them, did you look for them a lot?" He made us all laugh. We have many similar unforgettable memories. He used to gossip about me with my wife and sometimes at those events he would soften the cold and distant environments with his humorous personality and make everyone relax.



the players, learning from Kaizer the social aspect and the approach of their culture, led us to success. Of course, we succeeded with tactics, technique and training science that players need to gain confidence.

Nelson Mandela, the legendary president of South Africa and a die-hard Kaizer Chiefs fan, spoke highly of you. What would you say about your

friendship with him? Do you have a memory you would like to tell?

It is a great achievement to bring the international Mandela Cup to Johannesburg, which was given to us for winning the African Cup Winner's Cup with Kaizer Chiefs, as well as Mr President's sportsman identity and his love for football. It's also a great achievement that we were voted the best team on the continent that year. We have a lot of memories with Mandela. I can tell you this: On the team photo day, I was wearing a brown shoe and he kept looking at the press spokesman sitting next to me and pointing to my shoe with his gestures. He

You had the opportunity to work with former footballers such as Fani Madida and John Mosheu, whom we know well in Turkey. Who are the players and sports people who left a mark on your African career, whom you enjoyed working with, whom you admired or were influenced the most?

Fani Madida, apart from my assistant coach, is a family friend of mine. His knowledge of football, his personality and his relationship with the players played a big role in the success of the team. "Shoes" Mosheu was a very special player. I played a big role in persuading him to complete his last year with us. In those years, I think South Africa had very special players who succeeded in international leagues. I had very special players like Dr Khumalo, Thabo Mooki, Jabu Pule and Siyabonga Nomvetho. On my second visit, I had the opportunity to work with players like Simphiwe Shabalala, whom you know. Then players like Eyong Enoh, Thulani Serero and other special talented players during my time at Ajax. But I need to tell that while I gave about 70 players the opportunity to step into professional football from the infrastructure and academies, 27 of these players played for the national team and 11 players were transferred to top teams abroad. Very valuable! I can say that we have walked a path full of success and unforgettable memories.

What are the differences between the football environments in Turkey and South Africa? Are there things you find interesting or things you wish could happen in Turkey?

I have worked in three continents and I have been in the biggest clubs of the countries I have visited. Each country has its own culture and social structure. Our League has a warrior, aggressive and impatient approach to the game. Football is a reflection of a society as a whole. Unfortunately, we focus on the individual. The fans and

the media support this. Austria is very different, Egypt is very different, South Africa has its own understanding of the game. In my opinion, the most important thing is to find a concept by linking this to today's football and to be able to work with multicultural environments and adapt at the same time.

You're actually a very modest sports person. After Kaizer Chiefs, you worked as a coach in many clubs. You worked in Austria, Sivasspor in Turkey and again in Africa. You worked at Ajax Cape Town, Ajax's team in Africa. Leaving modesty aside, who were the names you brought to world football?



A few of them managed to slip through... (Laughs) I found Eyong Enoh in the TRNC at the age of 19. He's from Cameroon. He went to Ajax and then played for Ajax Amsterdam and the Cameroon national team for years. Christian Fuchs made me very proud when he became the Bundesliga and Premier League champion after his first matches at the age of 18 in Austria. Hosny Abdrabou, Ahmed Fathy are very important players of Egypt, Siyabonga Nomvethe from Kaizer to Udinese, Pinaar Ajax, Serero Ajax, Lassina Traore Ajax - I guess the list goes on and on...

Let's add one more, Davor Vugrinec, I found him in Varazdin for almost a month and persuaded him to come to Trabzonspor, even facing a lot of reactions! The aftermath is already known... After a very successful period in Trabzonspor, he was transferred to Italy.

As we all know, the legendary late president of Gençlerbirliği, Mr İlhan Cavcav, brought many names from Africa to our country's football, even to world football. Do you think football clubs in Turkey, especially the big clubs, should change their transfer strategies towards Africa?

As you know, I have been in the national team in recent years. I was an international technical advisor under Şenol Hoca. Your question is very important and the answer to it is short and I cannot explain it in a few words. We are not trying to go beyond what we can do. Football is a game of concept! Without a concept, it is not possible to be successful with targeted trainings and education. Unfortunately, since we do not have individual thinking and long-term studies and investments, there are only thoughts about saving the day. Football is a

collective effort, a synthesis of individuals and collectives. Unfortunately, football culture is constantly talked about, travelled to European clubs and then hung on the wall. Strong football culture develops through coherent decision-making. For me, our passion is very individual, not as part of a movement. Unfortunately, there are many who claim to have the expertise to change the current situation we find ourselves in. Only years later do we realise that nothing has changed. Unfortunately...

What do you think is the biggest challenge when managing a football team and how do you overcome such challenges? What challenges have you experienced especially in your South Africa career?

As I mentioned, multicultural environments have developed. The value of the players has

increased, the training is very detailed and orientated to the capacity of the players. As football becomes more and more complex, details are becoming more important. Countries build systems according to their own cultural and socio-economic conditions. Since we all see the world through the prism of our own perception, as a technical man we need to adapt to that environment.

There are many promising young Turkish players in Turkey and Europe at the moment. Which ones do you like? Do you have any advice for our young footballers in general? What should they focus on to improve themselves and prepare for a professional career?

Talent discovery requires its own system for training and competition. Elite player development is extremely important. However, the development of elite young coaches is equally important. We are a country without a football school and culture for many years. The successes and talent discoveries we have achieved so far have not been the result of education or strategy, but of special talent, luck and passion. In my opinion... Of course, there are very valuable talents. As I said, the number of footballers raised in our own country is very small in my opinion.

Are there any coaches you like in Turkey and in the world, and if so, who are they?

There are many valuable coaches in our country. It is very difficult to be successful in a different football climate. Stability is important and it is almost impossible

to achieve this stability in our country. Today's football has changed a lot. However, the new generation of coaches will be successful in my opinion. Internationally, Sir Alex Ferguson, Martin Jol, Marcello Lippi and Jupp Heynkes have impressed me a lot. Ralf Rangnick is from my generation and is a technical man who has adapted to today's football.

What do you think about women's football, which has made great progress recently and is becoming more and more popular? How is women's football in South Africa?

This is very important and I think only certain countries are pushing all the necessary opportunities. I think there should be much better opportunities in the infrastructures and schools. My very close friend Herve Renard left the Saudi Arabian national team to take charge of the French women's national team, despite receiving many offers. This approach already shows how much women's football is valued.

What are your future goals for football and life? Do you have any goals you want to achieve in your career?



After leaving the national team, frankly, my goal, desire and passion were a little bit broken. It is an honour to serve the national team with my experience in my own country for many years. My aim is no longer financial, but rather to contribute to national football. Unfortunately, I left with disappointments. Our plan to represent our country in organisations such as FIFA and UEFA, in which I participated independently with the support of Mr. President Şenes Erzik, did not become real. After I left the national team, although I received several offers, I did not want to work. Last year, an important Bundesliga team asked me to come to Argentina to assess the situation. This situation fuelled my desire to return to football. At the moment I am in the Arab Emirates as a consultant for my former club and I have been offered to take charge of several projects for next season. In March, I will go back to Argentina for a few months.

The goal is always important! Sir Alex has a great saying: "So long you feel the fire at your belly!"

Do you want to return to Turkey one day and coach a team again?

Of course, I would like to return to my country, but I would be very happy to head a project that is serious and not adventurous. My ego has been in the background for a very long time. After 11 important trophies, technical man of the year and international successes, I would be more interested in leading more modest projects and youth orientated initiatives...

ATTENTION!
TO THESE YOUNGSTERS!

Mikey Moore

Team: Tottenham

Position: Striker

Age: 15

Nationality: England



CRAZY MASCOT OF ANADOLU EFES ÇAYLAK INTERVIEW

Mascots are undoubtedly one of the most entertaining characters of the basketball world. As Protocol Tribune magazine, we bring our readers enjoyable interviews with mascots, the entertaining characters of basketball teams in Turkey. Our first guest is the mascot of Anadolu Efes, Çaylak, who can't stay still throughout the match with his high energy and is greatly loved by the fans for pioneering moments! We talked to Çaylak, the hero of the stands, about himself and Anadolu Efes Sports Club. Let's take a look at Çaylak's world full of fun, basketball and excitement!



Interview:
Beyza Betül Cihan

Hello Çaylak! Basketball fans know you very well, but can you introduce yourself a little bit?

Hi Beyza. What's up?

I have been a member of the Anadolu Efes Sports Club family for as long as I can remember. Since I realised my extraordinary powers, I have been performing for the basketball fans who come to our games to have more fun and for our players to increase their motivation.

In 2007, I was born as a blue tiger and since then I have been saying #BenimYerimBurası.

2. In Anadolu Efes games, you are very energetic and you never stand still during the game. You are in the stands and on the field. One minute you have a drum in your hand, the next minute you are cheering the crowd with a flag. To what do you owe this energy?

My philosophy in life is to get excited and excite others on the field, to have fun, and to entertain. I am dedicated to spending time with our fans and making them happy, making jokes and dancing.

The energy of my team and our fans drags me from one stand to another. Anadolu Efes, basketball, entertainment and music are my biggest

motivators. My announcement feet now!" by the voice of command, here to the

mind perceives the "Everyone is on their Mustafa Özben, our club, as a and I jump from there, trying to get stands going until the end of the match.

3. As a hero who spends his time to the fullest, how are the match days for you? Can you tell us about it?

I confess: I can't sit still from excitement during matches. It is a great honour to greet our fans before the game, to spend time with the children, to interact with our players when the team warms up, to take the court with the flag in my hand in front of the star basketball players of Anadolu Efes.

During the match, I perform like the sixth player of the team on the pitch. I do my best to make our fans a part of the pitch.

After the match, I have to say goodbye to our fans going home and I don't want the matches to end at all.

4. Let's ask a personal question! Do you have any rituals before the matches? Or is it a secret?

I wake up early on match days. I put on my jersey and prepare for the match. Before the team arrives, I do my motivational dance and wait for our stars.

Since every match is a new beginning, a new excitement, everything gets reset and starts again. Every match has a different energy. The enthusiasm of the tribune and the atmosphere of the match are different. Therefore, every match means going out on the pitch with a brand new excitement for us. This is also the meaning of my jersey number 00. That's why I don't go on the pitch without kissing my jersey.

Of course, Captain Shane Larkin joined the team long after me. He also has #0 on the back of his jersey. It is also a source of pride for me that a big star like him prefers my number.

Finally, I can say that taking a deep sleep in the most beautiful corner of Sinan Erdem after the matches is my post-match ritual.

5. A lot of people want to know the secrets of the business. So what's the best way to cheer up demoralised fans?

Anadolu Efes fans are never in a bad mood.

Because I am one of them, I am energised, strong and excited every time I am on the pitch. This is how I always feel as part of this special club.

My job is to give our fans the best emotions, to go on the pitch to entertain them, to motivate the team. Since we make our choreographies, shows and interaction with our audience with the #BenimYerimBurası mentality, we create events, competitions and surprises that will constantly revitalise the atmosphere. We are a great team in every sense. We have a place in the lives of our fans much more than a basketball club.

6. This brings us to your speciality, "love". How does it make you feel to interact with the fans? Can you tell us a little bit about what it's like to be loved so much?

There is already a lot of happiness within the Anadolu Efes family. Being loved a lot is a feeling that energises people and makes them smile.

That feeling of happiness does not change in any way because I do my job with enthusiasm and receive love in return. Therefore, when I see this love from basketball fans, I become more energetic and I try to give back this great love I receive from them with my performances.

7. You get your motivation and excitement from Anadolu Efes fans who you see as your family. How do the fans motivate you?

Joking with them, surprising them by coming quietly behind them, laughing together, collecting memories, dancing together, applauding the team together; the love and interest of the children puts my energy and boosts my motivation to the max; it blows me up.

8. The little fans love you very much. What is the best feedback you get from children? How do the kids react when they see you?

The best feedback is the smiling faces of the children. The thing I am happiest about is that they come up to me and hug me, dance together, follow me, run after me, take photos, have fun.

My poster on the walls of our little fans, my photo on their birthday cakes... I think I'm going to cry...

9. Just between you and me! Who is your favourite player of Anadolu Efes?

I love all the players equally, both in our A Team and in our youth teams, because I am one of them, I cannot separate any of my teammates from each other.

10. Do you have any nicknames for Anadolu Efes players? Or do they have nicknames that we don't know? I promise, this will stay between us.

I can't share locker room secrets, I'm sorry.

No offence, OK? I'll make a joke and make it up to you when you come to the match. Or I'll dance with you at a match. Çaylak promise!

11. Çaylak, what would you wear if your team had a costume party one day?

I'm so sorry! There's only one answer to that question for me. The undisputed #Snookie00 jersey. I think all our players would like to wear my outfit.

12. If we talk about the players a little bit, who among the Anadolu Efes players would be the basketball player who would dance with you the best?

Hmm, I'm confident enough in dancing to say, "No one can beat my paw!" If I do cartwheels while dancing, it wouldn't be Tibor Pleiss with a height of 2.21 meters. He's only a few centimetres taller than me. I see a dance potential in Erten Gazi with his likeability. If Will Clyburn prefers dreadlocks, he seems to fit the reggae style. My style is rock and R&B. Breakdance is one of my favourites. I think we'll find something in common. It's important to feel the rhythm of the music in your heart. I think I can harmonise with all our players in different rhythms. Isn't that what it means to be a team? Still, I'll work on "Who do you dance with?" Now dancing is my red line.

13. One more special question! What's the funniest secret your team players have shared with you?

It's not a secret, but it's true. Our fans have already seen it on our social media accounts. Our second captain Rodrigue Beaubois and Mike Daum like to mess with me before the games. I think I bring them good luck.

14. Heroes have weaknesses too, Çaylak! If you had the chance to train with your team for a day, what skills would you want to improve?

Heroes like me don't have weaknesses, but I need to improve my shooting a bit more, so to speak. Soon I will be as sharp a shooter as Beaubois.

15. When you think of European basketball, Anadolu Efes comes to mind. What do you think about the strengths of Anadolu Efes basketball team?

Our club's deep-rooted structure of 48 years, numerous trophies in our museum, the Koraç Cup, two EuroLeague championships, marketing and social

responsibility awards, firsts we've achieved, sustainable success, continuity, our corporate structure, our heritage, our values, our extraordinary match atmosphere, our entertaining match experience, our fans from the youngest to the elders whose hearts beat for Anadolu Efes, our projects that develop sports culture, our infrastructure, our players, our technical and administrative team, our partners and our love for basketball are our greatest strengths. And last but not least, our fans who make us who we are...

What's missing? Of course, the one and only hero of this unique team, Çaylak. I'm sorry, that would be me, wouldn't it? :)

And of course, we should not forget that Mustafa Özben, who presented the basketball finals of the Olympic Games, ignited the tribunes with his magnificent announcements like a player of the team. With the Mexican Wave we did with Mustafa Abi, we got so many teams to throw in the towel by getting the crowd on their feet; I lost count.

16. You are tireless in running from success to success. Do you have a special memory of celebrating the victories of Anadolu Efes?

Being a part of the team that brought our country the first European Cup in team sports, the club that has won the EuroLeague championship twice in a row, takes you above the clouds. It is an honour to be the mascot of the champion team, the pioneer of Turkish basketball. I always feel like a superstar.

17. As for your personal life, Çaylak, what activities do you do to relieve stress or relax in your daily life?

Playing basketball and dancing. Dancing in particular helps me to release my energy. Also, whenever I have free time, I think about how I can make the children happier during our matches.

18. What are your hobbies?

Spending time with people, entertaining them, telling jokes, dancing, doing sports and travelling are my daily hobbies.

19. You have a very distinctive style. Your clothes look great. Can you tell us a little more about your choice of clothes?

I pay a lot of attention to my clothes Beyza, you caught it very well. I attach great importance to this issue. I can say that I have received consultancy from the best character designer in Turkey. My red band surrounding my blue hair

and my shoes with red accessories matching my red feathers are unique. They were designed and produced only for me in a very special workshop. There is a red torch in the logo of our club. The red accessory on my shoes refers to the flaming star born from the combination of the torch symbolising passion. Every character like me should always be careful about his/her outfit and always be very stylish.

20. So much energy for one sport! Çaylak, is basketball your only interest or do you follow other sports?

As a real sports figure, I follow all branches and try to learn moves that I can add to my performances.

21. We admire your passion for basketball. What is your favourite basketball move?

You think dunk, three-pointer, alley-ooop?

With my 10-metre leap, the slam dunk for sure. With my tiger speed, the alley-ooop is the same. As for three-pointers, I leave that to Larkin and Beaubois.

22. You have many colleagues. What makes you different from other mascots?

What makes me different from other mascots is that this is my home and this is my family, #BenimYerimBurası. We are an inseparable whole with this marvellous family. I am a part of a 48-year culture, the pulse of entertainment, a part of the match atmosphere that has become a brand. I am Çaylak #00, the brand of the firsts with the leadership that comes with doing this duty for 17 years.

However, I also have great respect for all my friends from rival teams who perform to make basketball fans happy. We are all working for more people to love basketball and for the people who come to the halls to go home happier. I send my love to all my mascot friends.

23. Here comes the tough question.

If you got together with other mascots and played a basketball game, who would you want to be your team mate?

Although my favourites in the NBA are Benny the Bull, the mascot of the Chicago Bulls and Crunch the Wolf, the mascot of the Minnesota Timberwolves, my first choice would be Zalgirinis, the mascot of Zalgiris Kaunas. In the past, we spent a day with Zalgiris Kaunas to spread the love of basketball, to develop sports culture and cooperation, to contribute to the growth of the Turkish Airlines EuroLeague. That's why I wish he was my team mate. I still remember the Plum Branch dance at the end of the dance competition with Zalgirinis. I miss my dear friend Zalgirinis very much.

24. Do you have a message for the Anadolu Efes fans whom you love so much, whom you can never break away from, whom you can't do without?

Which camera should I look at?

Dear Anadolu Efes fans, I love you all very much.

As Mustafa Özben says, I invite you all to our matches at Sinan Erdem Sports Hall to shake the courts and shout together #BenimYerimBurası.





Yilmazcan
ALTUĞ

EUROPE EUROPE HEAR OUR VOICE



CHAPTER 2

As you know, we took a one-month break from our European adventure, which we left at Euro 2008 in the December issue, due to the various disgraces that befell our football in January. Fortunately, since our disgrace coefficient was not too high in January, we continue with the February issue. So then; Where were we? (I know where we left off, but I asked because it would be cool)

Of course, with the momentum of being one of the best 4 teams in Europe in Euro 2008, we have of course left no stones in the country unturned. You know us, our country is a country of people who consider every success as a championship and every failure as an experience, especially in terms of management. So of course, this success had an effect in that atmosphere. No one questioned why we were left with 15 players, two of whom were goalkeepers, in the last match of the tournament, which we went to with 23 players, or why we couldn't win a match without leaving it to the last minute. Why should anyone question it anyway? In addition to all this, the sudden death

of Hasan Doğan, perhaps the most accurate federation president of the last 30 years, has our football into an unquestionable confusion.

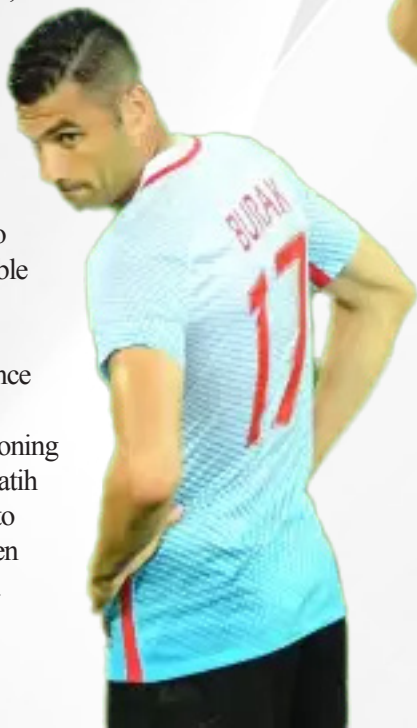
Euro 2012 - Selling in advance standing still.

In this unquestioning environment, Fatih Terim decided to quit his job when the 2010 World

Cup, which we said "at least the quarter-finals are guaranteed", was again watched with the help of the remote control. He was replaced by Guus Hiddink, who had previously achieved significant success with unpretentious national teams such as Russia, Australia and South Korea. Okay, maybe there had been a road accident in 2010, but this team was still a team that had made the semi-finals in Europe and a coach who could turn the history he had written with underdog teams into a book was put in charge of this team. At the 2012 European Football Championship there was a trophy to be won, a story to be completed and a word to be spoken, but it was not to be. Because in order to achieve all this, first of all, it was necessary to participate in this tournament.

In Group A, which Germany swept with 10 out of 10, our national team gave points to teams like Belgium and Austria, which were inferior to us at the time, and lost to Azerbaijan on top of that, and thus almost threw away the chance to leave the group as the second best team.

In fact, as the worst second team, they could not even be seeded in the group stage. Among the seeded teams, Portugal, Czech Republic, Ireland and Croatia, our national team could not escape from Croatia even though we passed Portugal. There was no need to escape, we had sent them home in 2008 and now we were going to cut their tickets and send them off without travelling there. In short, "we would have eaten them". But we couldn't. In the rematch of the first match in Istanbul, which we lost 3-0



put

and



with the worst football I have seen in my 30 years of life, the Croats said to us “Did you know that 4 years ago there was an inexperienced but potential team that you eliminated at the last minute?”. With a score of 3-0 in total at the end of the match that ended 0-0, they saved us from the trouble of chasing a European visa in the summer of 2012. (When I say it like that, it sounds like they wanted to go but we didn't, I suggest you too).

Euro 2016 - We pray for bonuses.

Our national team, which had failed to qualify for three major tournaments in 2010, 2012 and 2014, had also worn out Abdullah Avcı at that time and was entrusted to Fatih Terim again. We participated in the tournament by sweeping the whole group and destroying all the obstacles with the hunger of missing three tournaments... Believe me, I would like to say that too, but as you can appreciate, we do not like such comfortable jobs.

In a group with strong teams like Czechia and Netherlands, the country that scared us the most was Latvia, which represents a heartache and a series of unfortunate adventures for us. Moreover, the most interesting performance of the group came not from any of these teams, but from Iceland, where we would play our first match and where we conceded 3 goals after saying “we won't concede a goal even if they take the ball to the goal with their hands”. After only gaining 1 point from the



first 3 matches of the qualifiers, our national team picked up the pace as the situation became critical and provided yet another calculation lesson to Turkish football fans who have been improving their math skills through probability calculations. In the last matches where 7 possibilities had to come together, after the relatively simple possibilities were realised one by one, one of the most difficult possibilities, Lithuania getting points away from Slovenia and Kazakhstan beating Latvia away from home, became a reality. Six out of the seven possibilities we needed were realised, but there was a problem. The whole universe worked for us, but we couldn't win. In the last match against Iceland, which we no longer underestimated as much as in the first match, we were 1 goal away from the victory we needed and 1 man short in the last minutes. If the universe had said to us “at least take care of this yourself”, many incidents could have been avoided with the butterfly effect it would have created. The universe was obsessed anyway, it was going to

send us to that tournament and Selçuk İnan, one of the best free kick takers Turkey has ever seen, took the ball in the 89th minute from a good angle. Using mostly his talent and a little bit of the universe's backing, he sent the ball into the 90 and us to France for Euro 2016.

(Note: We failed to defeat Latvia in these qualifying groups as well).

(Note 2: Of course, nobody questioned why we need so many possibilities to qualify directly for a tournament in which, according to the new tournament regulations, 24 of the 52 UEFA countries are participating).

In June 2016, we packed our bags and travelled to France.

We ended up in the same group with Croatia, a team with an unfinished account from 2012, defending champions Spain, a team with an unfinished account from 2010, and the Czech Republic, a team with always an unfinished account. We won the first match, but on social media. As a tournament event, the flag of the country whose name was mentioned the most that day was to be projected on the Eiffel Tower, and of course, like many challenges on social media, we were extremely successful and got our flag projected on the Eiffel Tower. I wish we had reflected our football on the pitch as well. When we played ineffectively against Croatia from start to finish and attributed Modric's goal from 35 metres to Ozan Tufan's hair and to bad luck, it was inevitable to get a real beating from Spain. As

ineffective as we played against Croatia, we played even more ineffective against Spain, but this time it was reflected in the score. Spain gave us a good beating and won 4-0 without breaking a sweat. When I think about this match today, I don't remember much except Arda Turan being whistled. Believe me, it was a painful match that I don't want to remember. The strange thing was that we could still have a chance to get out of the group. UEFA had not only said “come on, come on you too” by allowing 24 teams to participate, but also created a structure that allowed 4 third places from 6 groups to go to the next round. We were going to beat the Czech Republic in the last match and wait for the universe, which had worked overtime for us to be here, to do

us another favour. Our faith had been loosened up to this point, one more favour wouldn't have been too much to ask. But it happened.

We beat the Czech Republic, but we paid the penalty for not recovering from the Croatia game until we got slapped by Spain, by losing our chance to get out of the group to Ireland with a -3 average score and a -2 average score.

After the tournament, the news that “some footballers had a fight with Fatih Terim because of the bonus payments” started to circulate in the lobbies that were already waiting to make someone pay a price. So much so that Arda Turan and Fatih Terim, who had a father-son relationship, were now estranged. Fortunately, these were rumours, at least at first, sources close to the federation presented it in this way. In the next 2-3 days, the issue, which many journalists carried to their columns, turned into strong allegations with first-hand statements. Finally, Fatih Terim came out and confirmed the issue and found the solution

to this problem by excluding Arda Turan and Burak Yılmaz from the national team pool.

Now there is a general opinion so far. From here on, let's come to the truth of the incident, which I have collected from many different sources, combined and verified. Come closer, I'm telling you.

Fatih Terim makes an agreement with the team before the tournament about the equal distribution of the success bonus paid by UEFA for direct participation. Although the majority of the team accepted this, of course a few critical names - and you may recognise these names from a song by Hakan Peker - did not like it at all. Add to this the fact that Burak Yılmaz, who was rarely with the national team during the qualification period due to injuries, was excluded from the bonus pool and the issue turned into a major crisis. After a heated conversation between Arda Turan and Fatih Terim on this issue, there was a fierce argument between the coach and Arda in a tactical meeting in the Euro 2016 camp, and a very serious flare-up between Burak Yılmaz and Tümer Metin, and the team participated in Euro 2016 in this atmosphere.

In other words, a tournament in our paradise country, where we have seen many times before that success cannot be shared, that is, failure cannot be shared, was closed by adding another addition to our repertoire of disgrace. 2020 - What I hoped for, what I found.

We've come to our last experience. Here we come to that disappointment where even the most rational football fans say "I wonder if we'll get it"... The people of our country, who put lace on their tube televisions the last time

they participated in the World Cup, watched the 2018 World Cup on television like the previous 3 tournaments, but on LCD televisions due to the advanced technology unlike our football. For this reason, another legend Şenol Günel sat in the technical director's seat vacated by Lucescu. Everything started like a dream. We defeated the last world champion France in Istanbul by almost putting them to sleep and started to play "Europe, Europe, hear us" at full volume on all the loudspeakers of the country. Although we lost to Iceland in the rest of the group, we qualified for Euro 2020 by finishing second in the group without losing to the last world champion and group leader France. We weren't used to this, and because 'unaccustomed heads don't wear glasses' -this is a serious magazine, folks, but I could only explain it this way- we got really excited due to this unfamiliar situation. You know, when it comes to getting excited, we have the potential to give alms to the whole World. None of us knew that day that the European visa applications we applied for, dreaming of the cup that would be lifted by our national team, would be cancelled due to the outbreak of the Covid-19 pandemic, one of the most infamous events in history...

The tournament, which was postponed for 1 year due to the



pandemic, was held in 2021. In our group, there were Italy, which was not going through a great period, Switzerland, which we had previously eliminated at home, and Wales, which we looked at as "Keep Bale and the rest is history". In the opening match of the tournament, we went out with the mindset of let's remind them of the idioms "mamma il Turki", but Italy drowned us and threw us against the wall. After barely escaping with 3-0 amidst screams and cries for help, we found ourselves calculating what score we could get from the Wales match because we were in the mode of "they are Italy anyway" instead of seeing the mistakes and trying to solve them. While the hard slap we received from Italy still hadn't cooled down, Wales gave us a good one on the other cheek. The Britons, who we supposed to be at the bottom of the group, defeated our team 1-0 by playing comfortably and sent us to an old friend Switzerland with the realisation that "We hope we can come 3rd at least". Switzerland, to whom we generously offered the last of the revenge opportunities that we carefully gave to all the teams in Euro 2008, did not refuse this presentation and they delivered the last blow right in the centre of our faces. The rest of the tournament, which we watched from our country, where we returned with the sentences of "Fortunately, we scored one,

we almost couldn't score a goal", was swept away by Italy, which we thought "will we beat them?" in the first match. Us? We started to realise the elephant in the room a little bit, but in the meantime, another World Cup was lost in the number 1 button of the remote control.

"Why did we talk about these things now?", "Well, brother, you have experienced these things,

but are we Ugandans, as if we have not experienced them?" I seem to hear you say.

I told all this for this reason; we are going to a new European Championship. We have been there in chaos before, we have barely been there, we have been there very easily, and lastly we have been there with the gusto of "We can win this trophy". Our best ranking in the 5 tournaments we participated in was semi-final, but we always declared ourselves champions. For this reason, whoever we took under us in those tournaments got on top of us and even stomped on us at times.

I say, friends, let's not do that this time. This time, let's find the weakness even in good performance, the problem even in bad performance and focus on it. This time, in the negative scenario, let's get on the return flight with the sentence "We couldn't do it in 2024, but we will do it in 2026 because the problem is there." This time, even if we lose 2024, let's start winning 2028 4 years in advance.

Let's not let our young boys float in the clouds, nor let them crawl on the ground. Let's neither whistle at our footballers nor shower them with bonuses. Let's neither pull their hair nor write featherweight stories.

Friends, let's win 2032 in the summer of 2024!



**Ayten
KEÇECİ**

Squash Turkey Championship

Turkey Squash Championship, which is the first squash event of the year and organised by the Turkish Squash Federation, was held at Nilüfer Municipality-Bursa facility between 19-21 January 2024. Licensed athletes from Istanbul, Burdur, Antalya and England

participated in the tournament held in children and senior age categories and it was a very well-attended tournament. The tournament, in which approximately 200 athletes competed, witnessed competitive matches. Some matches were broadcast live on Youtube channel.

The athletes who ranked in the tournament:

11 Age Category Women

- 1st Ümmünaz Dinçer
- 2nd İpek Şimşek
- 3rd Cemre Yurtoğlu

Men

- 1st Deniz Koror
- 2nd Sefa Hamdi Asa
- 3rd Mehmet Alp Vatansever

13 Age Category

- 1st Beril Kırca
- 2nd Sude Özoğul
- 3rd Zeynep Geylan
- 4th Güneş Baykal

Men

- 1st Mustafa Kartal Tezel
- 2nd Aras Ertam
- 3rd Çınar Dünder

15 Age Category

Women

- 1st Zeynep Turkyilmaz
- 2nd Sıla Yıldırım
- 3rd Seniha Duru Öter

Boys

- 1st Eymen Özkılıç
- 2nd Doruk Dalkıran
- 3rd Ege Özdamar

17 Age Category Women

- 1st Nature Pulley
- 2nd Eylül Aktürk
- 3rd Irmak Cagla Yildiz

Men

- 1st Ferruh Dinçer
- 2nd Dmitry Kolesnik
- 3rd Burak Ata Türkbayrak

19 Age Category Women

- 1st Selenay Kılıç
- 2nd Tuana Karaca
- 3rd Berra Özkılıç

Men

- 1st Mümin Fehim Bilen
- 2nd Kamil Efe Taşkın
- 3rd Karan Ayhan

Senior Category

Women

- 1st Esmehan Kabakci
- 2nd Zeynep Kabakci
- 3rd Nurçin Baydoğan

Men

- 1st Mümin Fehim Bilen
- 2nd Egebey Sesli
- 3rd Emirhan Şen

The ranked athletes won the right to represent Turkey in the team championships to be held abroad within the year. In order to train more squash athletes after the tournament, squash schools have started to be organised in Istanbul, Antalya, Bursa and Burdur for talented athletes to train both hobby and performance athletes from the age of 6-7. In the announcement made on social media, it was announced that athlete training courses will be opened in Muratpaşa Municipality facilities in Antalya, Nilüfer Municipality facility in Bursa and Mehmet Akif Ersoy University in Burdur.

Inventist Academy Squash Tournament

A tournament will be organised between 8-11 March 2024 at the Inventist Academy, which was opened in Çekmeköy in September 2023. Inventist Academy, which is unique in the world, has a total of 9 squash courts. One of these courts is a doubles court. There are 11 branches within the Academy. These branches are squash, tennis, gymnastics, climbing, swimming, dance, table tennis, basketball, volleyball, yoga, fencing and athletic performance. The Academy has a five-star hotel and restaurant. The Academy also has a sports shop where sports equipment required for all branches are sold. The facility has indoor and outdoor car parking areas and is close to Çekmeköy and Dudullu subway stations. The organisation, which will be the first open tournament of the year, is expected to be attended especially by adult athletes.





TACTICS of ASTROTURF

Astroturf is sometimes an after work activity, sometimes it is a school tournament, sometimes it is a weekend activity. What about the tactical dimension of it? Let's examine it together...



When you look at the types of astroturf pitches around you, you can see many models; open top, closed top, small astroturf pitches formed by dividing the full field into 4, narrow fields in width or length, small goals or hard grounds... Separate tactics are required for all of these, but let's take the standard astroturf size and squads of 7 players each.

2-3-1

What 4-2-3-1 is in professional football, is 2-3-1 on the pitch! In a system consisting of 2 stoppers, 1 box to box, 2 wingers and 1 striker, the key players are the wingers. The wingers, who mentally prepare themselves for the attack because they are written as

midfielders on paper, can spoil a bag of figs if they do not help the defence. They have the task of making the defence 4, making the midfield 3 and making the striker position 3.

In this pattern, which is generally the tactic of those who pass the ball and reverse-foot in from the wings and hit the far corner, the playing distance is quite long. For this reason, the player who plays box to box must fight with high effort until the end of the match and successfully narrow the space.

3-2-1

It is a robust tactic. Although it is seen as a single stopper, at least 1 of the wingers, who appear as full-backs, is a stopper. Considering that 1 of the midfielders is also a defender, extra effort should be made to concede goals. If you try this tactic with a squad of players who play fast counter-attacking football well, you can win like Atletico Madrid by conceding less and scoring less.

2-1-2-1

The first rule is that the player in front of the centre-back must be hard on the ball. The duo playing in front of the hard player must be able to perform magic with their wrists, shoot and make intermediate passes.

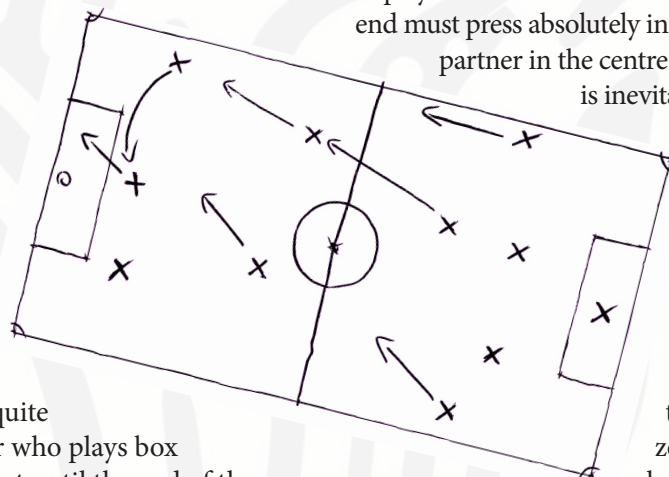
In this system, which is played without wings, the player in front of the defence and the two men behind the striker must make defensive interventions by shifting to the wings. As they use the wings less in attack, the striker must make diagonal runs to create space for the midfielders.

3-1-2

It is a tactic that a maestro has to manage and the transition of play must be fast. One of the players playing at the forward end must press absolutely in front and save energy for his partner in the centre-forward. In a system where it

is inevitable to lose the lead with two "nailed down" strikers, it is also very important that one of the full-backs joins the attack.

It is a template to be played with caution as there is no offside. It is also important for the lone midfielder to manage the distance between the two zones well and direct the full-backs and forwards.



1-2-3

In the system where a physically strong player with high passing ability, called a sweeper, plays as a libero, there is no defensive understanding. In the system where there are two defensive midfielders and 3 attacking players, the midfield is kept crowded and goals are sought with runs behind the defence.

In the 1-2-3 system, where the safety of the 1st zone is kept in the background, the midfield is crowded and field defence is made. Offensively, the formation offers a wealth of options, prioritising a lot of shots and playing the ball behind the defense line.



**Aysel
DAMAR**

THE PROBLEM OF PROCRASTINATION IN SPORT

"The best way to realise your dreams is to wake up."

Muhammed Ali



For many people, sport is like a school for discipline, motivation and achieving goals. However, sometimes a tendency to procrastinate can occur between the desire to do sports and taking action. My process of writing this article started with a video I came across on social media while trying to overcome the issues that I have procrastination problems in daily life, starting with myself.

In the video, a woman was speaking to a large group of people, saying: "You are not a procrastinator. You have a habit of procrastinating. There is a big difference! Because if it is a habit, I can teach you how to use science to break it. **IN THE NEXT 3 MINUTES YOU WILL LEARN HOW TO BREAK THIS HABIT SCIENTIFICALLY.**"

Was there really information that I could scientifically eliminate this situation, which I have been experiencing for a long time and which I have observed a lot in athletes, in 3 minutes? I watched the video, but I never applied it because I postponed the application part! Let's talk about why people procrastinate from daily life to sports life, what the reasons are for this and how to overcome it in this article.

The problem of procrastination in everyday life is a common challenge that many people face. This can occur in a variety of areas, such as work, learning, personal goals or daily tasks. Procrastination in everyday life can be associated with many different causes. Lack of motivation can be one of

them. Not understanding the meaning or importance of the task or goal can create a lack of motivation, which can lead to a tendency to procrastinate.

Another cause is to set vague goals. If the goals are vague or unmeasurable, it can make it difficult for the person to understand where to start or where to reach. Difficult tasks that we frequently encounter in daily life can be one of the important reasons for procrastination. Dealing with challenging or complex tasks can lead to have a tendency for procrastination. Such tasks usually require intense concentration and effort.

Expectations from others, worrying about meeting other people's expectations can lead to postponing one's own goals or tasks.

Time management difficulties, inability to manage time effectively can prevent one from focusing on tasks and increase the tendency to procrastinate.

One of the most obvious reasons I have observed for me is anxiety and fears. Anxieties or fears about certain tasks may lead a person to avoid approaching these tasks.

Lack of schedule and planning, the lack of a specific plan or calendar can cause the person to have difficulty in organising their activities during the day and cause procrastination.

Low self-discipline, lack of self-control or self-discipline problems can increase one's tendency to procrastinate.



Another reason is mental and physical fatigue, which has become one of the most frequently mentioned problems today! Being constantly tired or stressed can make it difficult for a person to focus on tasks and increase the tendency to procrastinate.

These factors vary from person to person and affect many situations. People can develop personal strategies to deal with one or more of these causes.

So what kind of processes do we experience when this problem of procrastination in our daily life is reflected in our sportive life and how can we overcome it?

The problem of procrastination in sport refers to the difficulty athletes have in carrying out their training or competitions as planned. This problem can often be caused by lack of motivation, fatigue, injury, or personal reasons.

Yes, procrastination in sports can often be a path to failure. Constantly postponing training or not taking the necessary steps to achieve goals can lead to decreased performance, loss of motivation, and overall sporting failure. Success requires regular practice, planning and a determined effort towards goals.

Postponed training can negatively affect athletes' performance and prevent them from reaching their goals in the long term. Therefore, it is important for athletes to recognise their procrastination tendencies and make efforts to change these behaviours. Regular training, motivation and focus on goals can form the basis of athletic success.

Yes, there can be links between procrastination in everyday life and procrastination in sport. A person's general tendency to procrastinate can also affect their sporting activities and can also negatively influence success in sport. Here are some links in this context:

1. General discipline: A person who's not disciplined in daily life can have a similar attitude in sports. Lack of discipline can lead to difficulties in sticking to the training programme.

2. Motivation and Goal Setting: Lack of motivation to achieve certain goals in daily life can also be effective in starting or continuing sports activities.

3. Time management: A person who has difficulty managing time effectively in daily life may also have difficulty in planning sports training. This can cause training to be postponed.

4. Stress and fatigue: Daily stress and fatigue can reduce the desire to exercise. This can lead to postponing sports activities.

5. Habits: Someone who has a habit of procrastinating in daily life may also procrastinate in their sporting habits and may find it difficult to establish a regular sporting routine.

Therefore, the procrastination tendencies of the individual in his/her general life may negatively affect his/her sport life.

Conversely, playing sports regularly and focusing on goals can contribute to being disciplined in general life.

To solve the problem of procrastination in sports, you can consider the following steps:

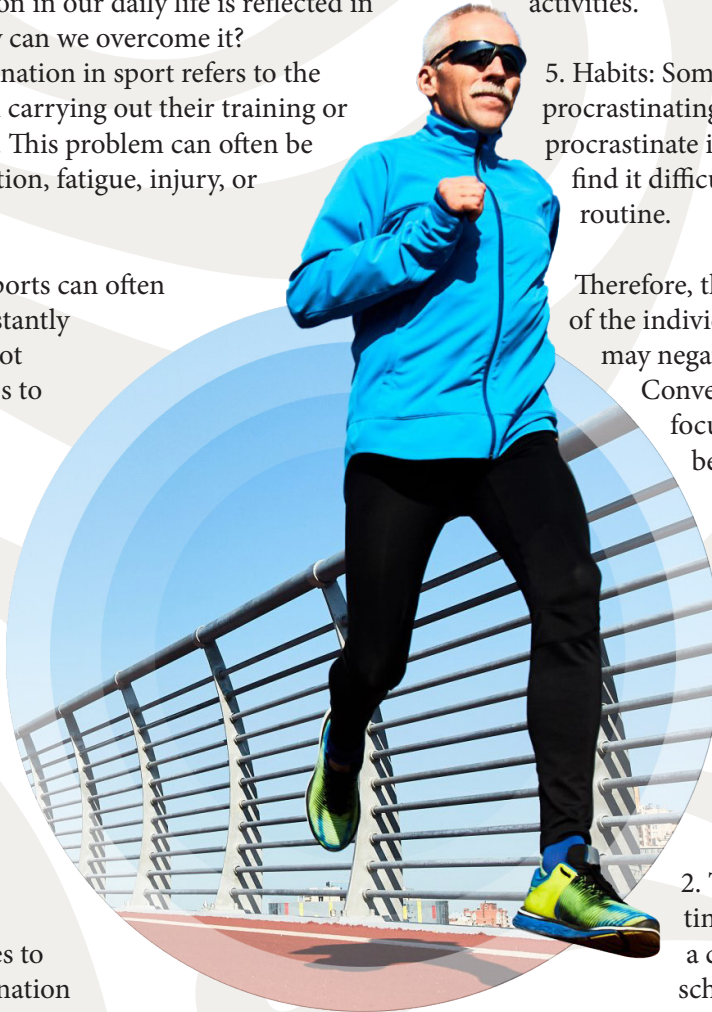
1. Goal Setting: Set clear and measurable goals. This motivates you and helps you stay focused.

2. Time Management: Set regular times for your workouts. Use a calendar or planning tool to schedule your workouts for specific days and times.

3. Sources of Motivation: Find sources of inspiration to motivate yourself. Motivational videos, sports books or success stories can energise you.

4. Group Activities: Get social support by participating with a friend or group while playing sports. This can make training more enjoyable and fill you with a sense of responsibility.

5. Small Steps: When breaking big goals into small, achievable steps, it can be easier to follow these steps.



6. Variety in training: By varying routinised workouts, you can break the monotony and make the sport more interesting.
7. Take a break: Remember to rest when you are tired and need it. Pushing too hard can reduce motivation.
8. Professional support: Getting help from a coach or an expert can guide you in maintaining discipline in sport.
9. Create Your Own Calendar: By creating your own training calendar, you can make it easier to stick to the plan.

By applying these strategies, you can overcome the problem of sports procrastination and develop a regular training routine.

Yes, the problem of procrastination in sports can be transmitted to other athletes in an athlete's environment. It can occur in a sports team or in training groups. Here are some factors that can cause this condition to spread:

1. Team Dynamics: If an athlete tends to procrastinate within the team, this behaviour can be transmitted to other team members. Dynamics within a group can affect the behaviour of individuals.
2. Sharing Motivation and Energy: It is common to share motivation and energy between individuals in a group. If an athlete tends to procrastinate, this can affect others and demotivate them.
3. Social Interaction: Social interaction within the group can cause athletes to adopt each other's habits. If one athlete has the habit of procrastinating, others may also adopt this habit.
4. Team Leadership: The attitude of the team leader or coach towards procrastination can influence other athletes. It is important that the leader sets a positive example.

Therefore, the problem of procrastination in sport can be transmitted from one individual to others. But in the same way, a positive attitude and motivation can also be contagious. Positive dynamics within a team can help individuals support each other and help them develop positive habits.

For those who are curious, I am sharing the rest of the speech in the video with you. Maybe after reading this article, someone may change their routine tomorrow, you never know.

“You are not a procrastinator. You have a habit of procrastinating. There is a big difference! Because if it is a habit, I can teach you how to use science to break it. **IN THE NEXT 3 MINUTES YOU WILL LEARN HOW TO DESTROY THIS HABIT SCIENTIFICALLY.**

I used to think procrastination had something to do with what I was procrastinating on. I used to think procrastination had something to do with work. Believe it or not, procrastination has nothing to do with work. Procrastination is a form of stress relief. Let me explain. Let's say something is going on in your life. Who doesn't? Maybe you're fighting with someone you care about, maybe your mum or dad's health is not getting better and it's really upsetting you, maybe you have financial problems. You've transferred your savings to your Bitcoin account. The money is no longer there and you're stressing about it. You go to work, you have a lot to do when you start working. You go in and there's a big stress ball hanging over your head in your subconscious mind. You go in and you sit down and you know you have to make 13 calls. You're also scared, so you make bad calls. There are a lot of CEOs or high ranking people that you don't call. When you sit down to make a call, it's a huge weight on your shoulders. Your brain says, “Wait a second! You want me to call the people I'm afraid to call?” “Absolutely not. Can't we go watch a cat video or something?” And before you know it, an hour's gone by. And, of course, what do you do? You blame yourself. So there's only one way to break that habit. This is an important word you need to hear. You are not a procrastinator. You have a habit of procrastinating. There's a big difference! Because if it is a habit, I can teach you how to use science to break it. All habits have three parts. One is the drive. In the case of procrastination, the impulse is always stress. Then there is a pattern that you repeat. It's to avoid doing something in case of procrastination. The other is the reward, which is stress relief. The only way to break your habit is not to deal with this impulse. You will never get rid of stress in your life. But you can change the way you avoid work 100 per cent. So the next time you feel like you're floundering and you spent a lot of time looking at the highlights of last night's game, what you should do is say, “Oh, I must have been stressed about something.” Accept the stress. Then say five, four, three, two, one. I want you to count yourself because I want you to block the stress stored here. I want you to stimulate your prefrontal cortex. Then I want you to work for only 5 minutes. The reason why I want you to work for only 5 minutes is because your problem is not to work... This is the habit of avoidance. You just need to get started. The other good thing is... According to research, if we can get you started, 80 per cent of you will continue.



Mehmet AK

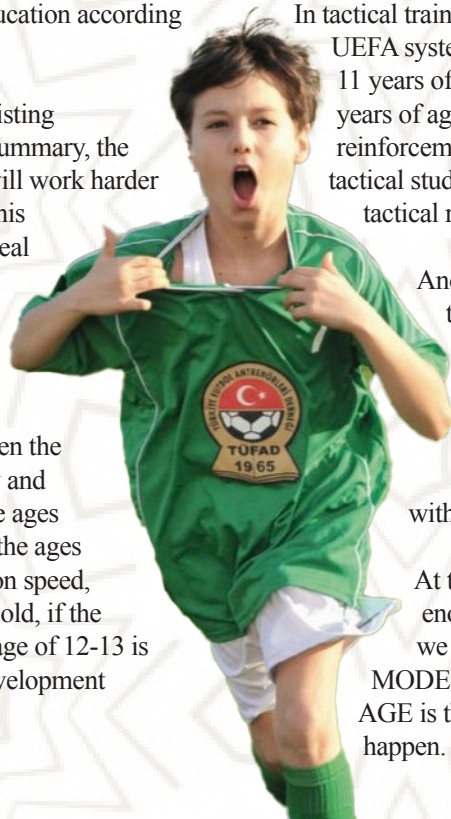
Country Football Model..

The fact that the recipe for the salvation of Turkish football is to produce and bring it to the economy is becoming more and more important every day. The answer to the question “What should we do to raise values like Arda?” is that we should establish a COUNTRY FOOTBALL MODEL. So how will we achieve this?

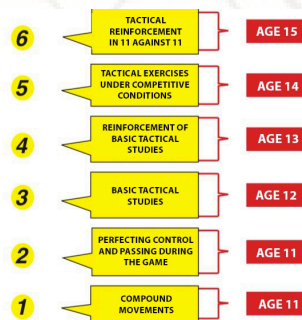
Football, in which there are countless variables and billions of dollars of economy, is the most popular sport in the world. Stability cannot be achieved without providing development for this sport branch, which can even affect the economies of countries. In short, sustainable success and stability. Football poses the most important problem in the competition cycle of the game. Many practices, projects and policies were developed in the short term to solve this problem. At the end of the day, none of them were permanent. In achieving stability and success, it was not possible to go beyond the momentary times.

When it comes to football, achieving sustainable success and the question of what we should do is still on the agenda. In this regard, Tamer Güney, who devoted his life to Turkish football and whom we remember with mercy, emphasised “Basic Education and Education by Age” many years ago. In order to be able to produce footballers and take part in the world football economy, we need to change our basic philosophy and move to an understanding of education according to age and put forward new ideas in this field. So, how should education according to age be?

The aim of education is to improve the existing situation and to raise it higher. In fact, in summary, the following sentence is very important: “I will work harder and make more progress at a later age.” This statement is very important in order to reveal the wrongness of our education system. If we consider that the development of general coordination skills covers the period between the ages of 3 and 8-9, if the development of movement training skills is at a high level in the period between the ages of 4-6-8, if it is known that flexibility and mobility studies are important between the ages of 4-8, and that there are low increases in the ages of 6-9-13-14, if it is known that the reaction speed, especially in speed studies, is 10-12 years old, if the development of acceleration speed at the age of 12-13 is important, step frequency and reaction development



are important at the age of 7-12, and if starting to work on strength and endurance between the ages of 12-15 has a very high effect on performance in the following years,



after the age of 15, isn't it time to re-plan our football education system? Shouldn't we organise the content of technical and tactical training according to age as well as physical training according to age? (let's add the table to this part).

In technical education, learning ball familiarisation, pure training, combined movements and game method, hitting, control and dribbling techniques in the 5-6-8 age range will provide great advantages in education in the following years.

In tactical training according to age, in accordance with the UEFA system; 10 years of age, combined movements, 11 years of age, control and passing in game form, 12 years of age, basic tactical studies, 13 years of age, reinforcement of basic tactical studies, 14 years of age, tactical studies in competition conditions, 15 years of age, tactical reinforcement in 11-11 applications...

Another important issue in training according to age is retrospective completion training in cases of late participation. For example, the difference between the athlete who started football at the age of 14 and the athlete who started football at the age of 8 is ensured to reach the same level with accelerated training with completion training.

At the end of the day, this event is not simple enough to be explained in 2-3 paragraphs. For this, we need to develop a COUNTRY FOOTBALL MODEL in which TRAINING ACCORDING TO AGE is the basis. We have everything we need for this to happen. I think we are not late, but it is useful to hurry.

ATTENTION!
TO THESE YOUNGSTERS!



Alejandro Balde

Team: Barcelona
Position: Defence
Age: 19
Nationality: Spain





Ece
ÜNLÜ

Polar Star: **Finding Our** **Source of** **Motivation** **in Sport**

We all feel that we are not motivated enough from time to time in our sports, work or hobbies and we don't know how to get motivated again.... The first thing we need to do is to ask ourselves the question "Why?". This question is important to find our true purpose. Finding our true purpose will create a source of motivation for us. In fact, if we have a goal that we set correctly and we enjoy and love whatever we do, it ensures that our motivation will be long-lasting with better physical and mental health in what we do. Dr. Nicole Detling, one of the authors of the book 'Don't Leave Your Mind Behind: The Mental Side Of Performance', said: "Think of your why as a guiding principle. It is your personal pole star. It determines the direction in which you will move every day, what you will do, and it does not change even if the conditions change."

It is important how well you act in harmony with your

purpose, even in situations such as demoralisation, stress, anxiety, negative emotions, etc. that you will experience when your life or circumstances change. The right purpose gives us the energy and strength to get out of bed in the morning, it is both a source of motivation and fuel for us.

If we don't have a purpose, we feel isolated, unmotivated and lost. So how will you find and achieve the right purpose? Firstly, think about what you love and enjoy doing, what you want to do and find the answer to the question "Why?". You can visualise in your mind that you have achieved your goal. You can write your goals on paper and hang those little reminder notes where you can see them. What can I do when I forget my why? We



are all human and sometimes there will be moments and days when we get away from our goals and feel exhausted. It is important to be aware of your feelings at such times!

You can go on a journey of inspiration to find your purpose again or to find the right

It can help you get better even in your worst moments. As you try to find your own pole star, I will talk about setting the right goal in the next issue, stay tuned...

purpose. You can read biographies of people who inspire you and whom you admire, you can watch films about them.

Take a small step towards your goal, and the next steps will come by themselves. Over time, you can ask yourself the questions you asked at the beginning and add a few new questions to them. For example: "What do I care about the most? Why do I care about it? How do I think it will be in the future?" You can write down your thoughts to remember them.

You can check your decisions to see if they are distracting you from your goal and, depending on the situation, revisit them to focus on what you have control over. Dr. Jim Afremow, who is a sports psychologist and author of 'The Champion's Mind: How Great Athletes Think, Train, and Thrive', says "Training is always boring. But when you know your purpose, you can see that boring work and the problems that can come your way as obstacles to be overcome. 'Failure' becomes an opportunity to learn from it, and that makes you better instead of stalling your progress or defeating you." That's the beauty of purpose:





Kamil ERDEM

SHUTTLE PASSING and INFILTRATION

In football, the main aim of individual play and the team in attack is to score goals. For this purpose, effective goal positions must be created. In order to gain goal positions, attacking players have to move, with or without the ball, into the areas behind the opponents and into the priority shooting areas close to the goal. On the other hand, teams are very careful not to create big defensive deficits. Therefore, shuttle passing and triangular play should be favoured. However, in order to win the game, it is necessary to penetrate the defence as much as possible. Infiltration efforts may not be direct. It can be done slowly or at high speed. But it must be done if a team is to win the game on the attack. This is what it means to play positive football.

In a triangular game, it is the player without the ball who sets up the play. If a team is to go forward, the third player must make the first move. Where he goes, who pays attention to him or not, is his problem. But he will provide the movement. Without this kind of immediate positive behaviour, a team will achieve nothing, even if it has more of the ball.

Shuttle passing requires the players in the team to accept their responsibilities to ensure optimum forward passing and movement options for the other players. In shuttle play, all players make forward passes to the appropriate places. The ball is played on the court in a series of forward and backward movements. A player who passes forwards moves forwards to put himself in position to receive a back pass, or further forwards to become the third man. All players within range of the ball must be prepared to pass forward and anticipate the pass being sent back to them (support) or in the ball's

and move forward to be the third man progress.

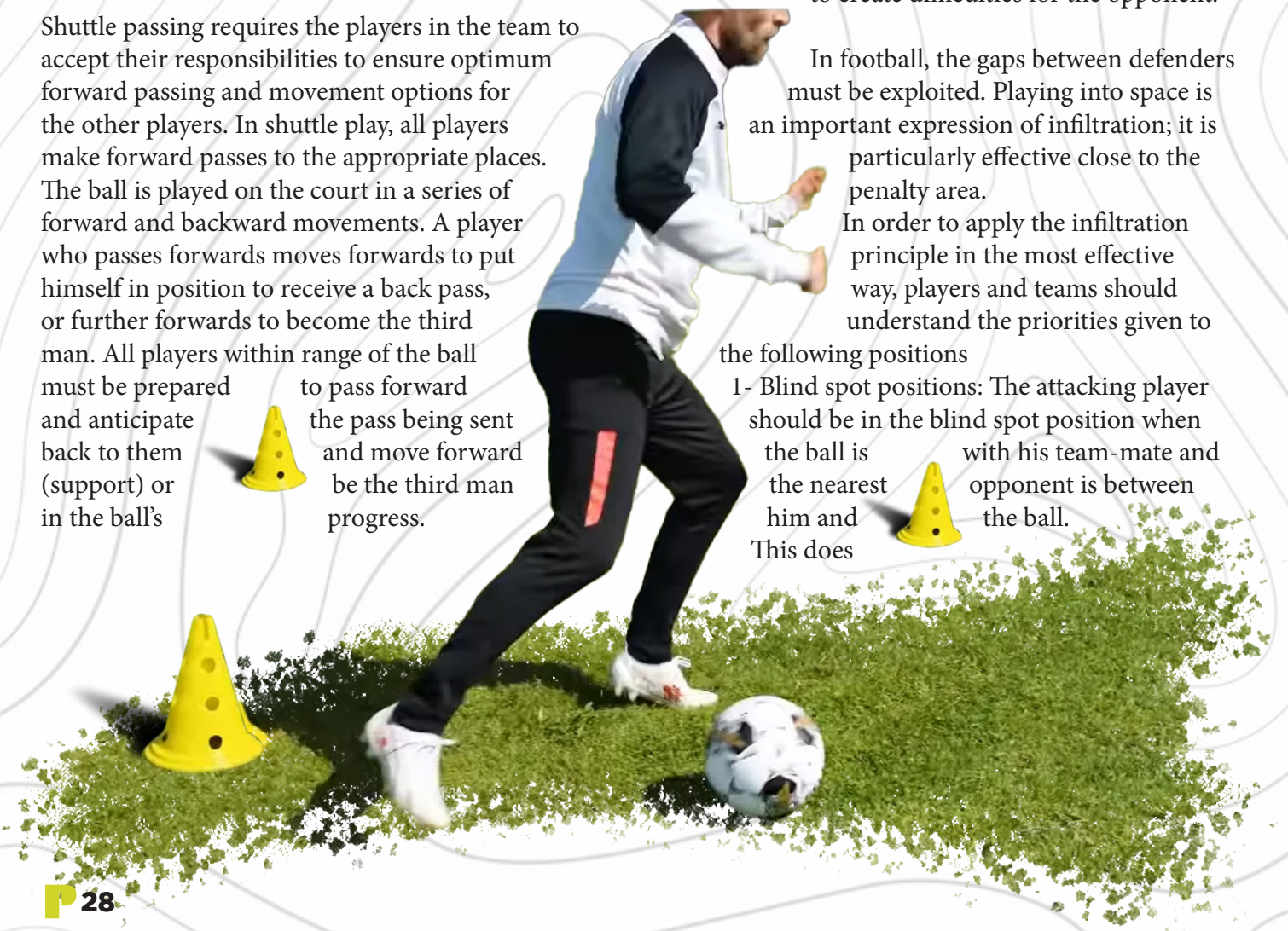
A passing player must realise the separate effects of standing still or moving to another position as a potential receiver. The first is like ice on a lake; it spreads until everything is still. The latter makes the team come alive. Shuttle passing movements require that all players must be given to the player who often infiltrates the defensive space and takes up a position to create difficulties for the opponent.

In football, the gaps between defenders must be exploited. Playing into space is an important expression of infiltration; it is particularly effective close to the penalty area.

In order to apply the infiltration principle in the most effective way, players and teams should understand the priorities given to

the following positions

- 1- Blind spot positions: The attacking player should be in the blind spot position when the ball is the nearest with his team-mate and opponent is between him and the ball. This does



not allow the opponent to watch both the ball and the blind spot player without turning his head 180 degrees. The attacker's blind runs from the blind spots to the areas behind the defenders should generally be behind the defenders and preferably towards the goal.

2- Concealment of intent: It is natural that an attempted infiltration where the intentions are clear will more often fail and will be met with prepared and strong resistance. If intentions are to be concealed, non-direct methods must be used in addition to direct methods.

Defenders prefer to intercept passes when they can. In some cases, the defender's ability to intercept the ball is the true sign of his quality. However, defenders only intercept passes that they know will be played. This means that players in the attacking team who intend to pass must learn to do so without making it obvious by the look in their eyes or the position of their body. Every means must be used to deceive the opposing team as to where, how and when the infiltration will take place. Good attacking players are those who can pass, especially from the tightest of spaces. They draw the flow of the game in one direction while weighing their options from many different directions.

3- Passing and movement: The third priority for successful infiltration in the offence is passing and movement. Passing and movement cannot be separated. If possible, the player receiving the pass should be provided with another positive passing option or create this impression for the opposing team players. Distracting the defending players is an important complementary skill. It is necessary to use the

glamour of the ball.

4- Collective attacking players: Non-direct attacks, i.e. those that are not open, are often the most successful. The passing team increases its options by passing the ball. However, in some situations of the game, there may be moments when the attacking player with the ball needs to move towards the defence, i.e. dribble. The player with the ball must correctly identify this moment to give his team an advantage. This will be derived from his experience and creativity. Defenders are surprised when attacking players intelligently run at them with the ball. Although running with the ball is not smart, it is one of the important ways to improve infiltration in attack.

Infiltration depends to a certain extent on the ability of the attacking team's players to play the ball in the areas where shots can be taken. Football is not a monotonous and simple game.

Obviously the desire of defenders is to give the attacking players the minimum amount of space to shoot.

To a large extent, defenders can decide where to move and where to position themselves in order to defend most effectively. This is possible to a large extent, but not completely. But they cannot know with certainty what shapes the opponents have and how successful they will be in using them. Opposing attackers, who have a lot of freedom as to where they pass between, through or over defenders, may have the technical ability to do so. However, the team in possession must practise wisdom and patience in utilising it. As a result, shuttle passing and infiltration are of great value in the organisation of an effective attack.





**Eyüp
YARDIMCI**

FOOTBALL IN THE SWAMP

“Futbolda da, hemen hemen diğer spor branşlarının tümünde olduğu gibi öncülüğü Çinliler yaptılar. Beş bin yıl önce Çinli hokkabazlar topa ayaklarıyla dans ettiriyorlardı ve daha sonra ilk oyunlar da yine Çin’de düzenlendi. Sahanın ortasında bir çit vardı ve iki taraftaki oyuncular ellerini kullanmaksızın topun yere değmesini engelliyorlardı. Bu gelenek, hanedandan hanedana aktarılarak sürdü. Milattan önce yapılmış bazı anıtlardaki rölyeferde ve milattan sonra yapılmış bazı kabartmalarda görüldüğü gibi Ming Hanedanı’na mensup Çinliler bugün Adidas’ın ürettiği toplara benzeyen toplarla oynuyorlardı. Eski zamanlarda Mısırlıların ve Japonların topu tekmeleyerek oyalandıkları biliniyor”.

“In football, as in almost all other sports, the Chinese were pioneers. Five thousand years ago Chinese jugglers made the ball dance with their feet and later the first games were organised in China. There was a fence in the centre of the field and the players on both sides were trying to prevent the ball from touching the ground without using their hands. This tradition was passed down from dynasty to dynasty. The Chinese of the Ming Dynasty played with balls similar to the balls produced by Adidas today, as can be seen in some reliefs on monuments from before Christ and some reliefs from after Christ. It is known that in ancient times the Egyptians and the Japanese kept themselves busy by kicking the ball.

The marble of a Hellenic tomb from five centuries before Christ shows a man striking a ball with his knee. In Antifanes’ comedies, there are pieces that illustrate this: Long ball, short pass, forward ball, etc. It is said that Emperor Julius Caesar was skilful with both feet. Nero could only use one. What we know for sure is that while Jesus and his disciples were dying by agonising on the cross, the Romans played a game very similar to football. Roman legionaries brought this innovation to the British Isles. Centuries later, in 1314,

King Edward II stamped his seal on a royal edict that labelled the noisy ragtag game as the pursuit of big balls, which caused many ungodly evils. At this time the game was now called football and left many victims in its wake. It was also played between mounted bandits.

There were no restrictions in terms of time, players or anything else. One villager against another, kicking and punching the ball, dragging it towards the goal.

In those times, a millstone was also used instead of a ball. The encounters lasted for days and spread over wide areas at the cost of many lives. Kings banned these bloody struggles.

In 1349, Edward III included football in ‘useless and foolish’ games. There were also edicts against football signed by Henry IV in 1410 and Henry VI in 1547. The more football was banned, the more it was played. This only served to confirm the provocative aspect of the ban. In 1592, Shakespeare used football to express a character’s complaint in The Comedy of Errors:

- I’m spinning round and round like this for you... You think I’m



a football? You keep kicking me this way and that. If this is going to last, you'll have to skin me."

Eduardo Galeano, one of the most important names of world literature, expresses the following lines about football in his work "Football in the Shadow and in the Sun": Football was initially ignored and banned in every land where it was played, but then these lands succumbed to the glamour of the football.

The development process of football in Turkey has always been troubled. Unfortunately, a "Football Culture" could not be formed in the territory of the country, since these problems have continued yesterday, today and obviously will continue in the future. The excitement of football, which started in empty plots, was first transferred to neighbourhood and district teams and then to amateur football clubs. The important amateur clubs of a period worked almost like the equity scheme of the big clubs and trained countless star footballers. Today, the prescription for the salvation of our football, which is on the brink of economic crisis, is the "equity" system. For this, order and a permanent system must be brought to our amateur clubs and other leagues. TFF 1st League should be the player financier of Super League and our big clubs should have pilot teams in this league. In these pilot teams, players trained from the equity system of our Super League teams should play. In fact, the other teams competing in this league should have at least 6-7 players who

have been trained from the equity system on the pitch.

The status of the Turkish Cup should be changed and it should be organised in such a way that only TFF 1st League teams can compete and can obtain the highest financial resources from this competition. "Football Infrastructure" practices in developed European countries such as Germany, the Netherlands, Italy or Spain should be studied and integrated into our country.

Young people waiting to be discovered need this kind of practice. With such practices, not only our youngsters but also our clubs in economic crisis will recover. If we do not implement such practices, all leagues below the Super League will turn into a quagmire of footballers and football and our clubs will not be the winners.

When we look at the TFF 1st League today;

EYUPSPOR

Ugur Demirok
Caner Erkin
Ömer Bayram
Robin Yalcin
Murat Uçar
Melih Kabasakal
Mustafa Pektemek
Ahmed Kutucu
Sinan Gumus
Francis Ezech
Adrien Regattin
Fredy
Recep Niyaz
Samu Saiz
Bekir Yilmaz

GÖZTEPE

Kubilay Kanatsızkuş
Mame Diouf
Ahmet Ildiz
Ismail Koybasi
Dogan Erdogan
Atinc Nukan

KOCAELISPOR

Harun Tekin
Gökhan Değirmenci
Enes Sari
Burak Öksüz
Yusuf Abdioglu
Duhan Aksu
Atila Turan
Onur Atasayar
Oguz Ceylan

BODRUMSPOR

Eren Albayrak
Adis Jahovic

GENÇLERBİRLİĞİ

Mustapha Yatabare
Olarenwaju Kayode
Amilton

The league will continue to be full of former footballers who cannot find a chance to play in the Super League, while our youth and national football will continue to lose.





**Hakan
NERGIS**

THE PROBLEM OF BRANDING IN SPORTS CLUBS

If you say that we have established the sports club, the job is done, you are in a big mistake. The real work starts after establishing the sports club. The established club should have a story, purpose, what its colours represent, social message and slogan. Here I have prepared for you a road map or a guide consisting of 9 items. As you can appreciate, very long articles and texts become boring and cause you to be unable to complete the article after

a while. Therefore, I have kept the contents of the items short and I'd like you to interpret these items as a small contribution to your work on your sports club path. Branding and institutionalisation in sports is an area with very deep details, which we can talk about for days and write pages of articles. Sometimes it is necessary to start with small steps to move forward and here are the 9 items that will make you take those small steps:

1- Clarifying Vision and Mission

Clarifying your vision and mission statement will help you to avoid problems on a long journey in a car and get to where you want to go with the least amount of trouble. The mission should express the main objectives of your club and the vision should express your long-term goals.

2- Determining the Values and Principles of the Club

Values are the phenomena that are important for the club and are constantly on the agenda and constitute the club's core identity. Principles are the indispensable set of rules that determine the functioning of the club both in theory and in practice.

3- Identity Creation

The club should have a logo, colours, shirt designs, communication processes and a story.

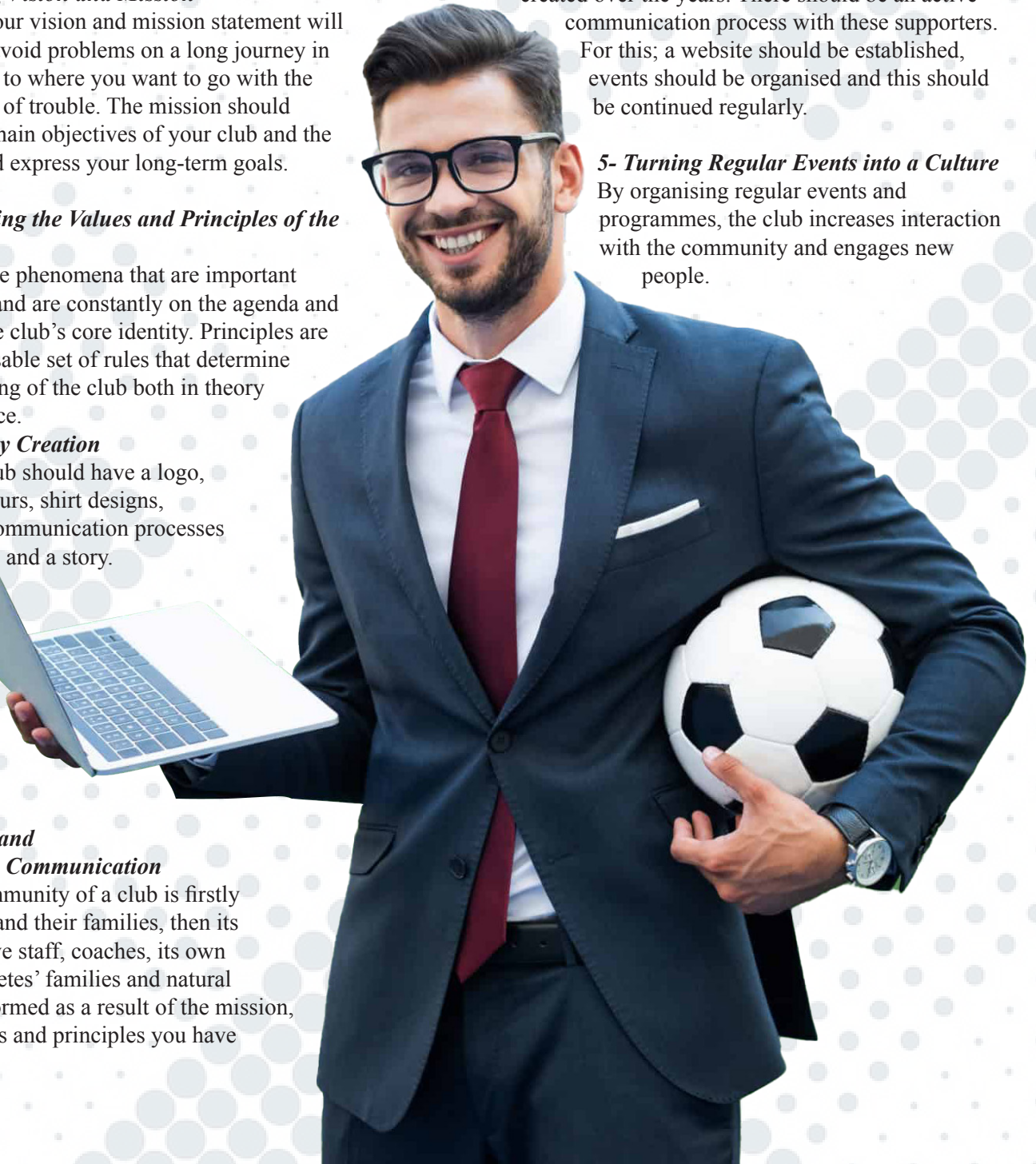
4- Building Community and Maintaining Communication

The first community of a club is firstly its founders and their families, then its administrative staff, coaches, its own athletes, athletes' families and natural supporters formed as a result of the mission, vision, values and principles you have

created over the years. There should be an active communication process with these supporters. For this; a website should be established, events should be organised and this should be continued regularly.

5- Turning Regular Events into a Culture

By organising regular events and programmes, the club increases interaction with the community and engages new people.





6- Cooperation with Volunteers

The club can organise a team from its supporters in projects and social responsibility activities. It can carry out joint works with different clubs and NGOs.

7- Sustainability and Continuous Improvement

All processes of the club should be ready for short, medium, longterm and unforeseen problems and manage and plan their processes in this context. While ensuring this, it must also be in a state of readiness for innovations and change.

8- Training Programmes and Infrastructure Management

The club should organise training programmes for athletes, coaches, parents, managers and supporters outside the field training. Infrastructure in sports clubs is a

system established to develop young talents and prepare them for professional level. This system should offer training and development opportunities to talents in all sports branches at an early age. The infrastructure should help young athletes to develop basic skills, to gain an understanding of team play and to mature physically, technically and tactically.

9- Planning Advertising, Marketing, Sales and Sponsorship Processes

The four areas in item nine, which are interconnected but at the same time need to function differently from each other, should be well planned. If you have already started to think about these four areas, you are on the right track. We may write a more extensive article on this subject in the coming days. For the time being, I would like to take this opportunity to wish success to all our sports clubs.





**Mehmet
KARADERELİ**

Set an example for young athletes: *Avoid Harmful Habits*

Social media is of great importance for young athletes both as a communication tool and as an interaction platform. However, it should not be forgotten that the content that young athletes share on social media has a great impact on their followers. In particular, sharing content with alcohol or smoking may have negative effects on young people and may lead them to harmful habits.

Athletes are role models not only on the field but also on social media. Their followers often admire athletes and take their lifestyles as an example. Therefore, it is important for athletes not to share content with alcohol or smoking on social media to help young people adopt a healthy lifestyle.

Alcohol consumption and smoking are important factors that negatively affect the performance and health of athletes. Alcohol slows down the recovery process of muscles, inhibits protein synthesis and may adversely affect the hydration of athletes due to its water retention. Smoking, on the other hand, impairs lung function, reduces aerobic capacity and decreases performance by

reducing
the amount
of oxygen
circulating in the
body.

It is important
for athletes
not to share alcoholic and
smoking content on social
media in order to send
a positive message
to young people.

It is among the responsibilities of athletes to promote a healthy lifestyle and set an example for young people. Therefore, the content that athletes share on social media should inspire followers to adopt a healthy lifestyle.

In conclusion, it is important for young athletes not to share content with alcohol and smoking on social media to promote a healthy lifestyle and to stay away from harmful habits. Athletes acting responsibly on social media and being a positive role model for young people will increase the overall health and well-being of the society.



DO YOU KNOW THESE?

1

On 30 May 2012, according to the Guinness Book of World Records, the longest voluntary breath-hold was recorded by a German athlete named Tom Sietas. The athlete, whose lung volume is 20 per cent larger than that of a normal person, held his breath motionlessly underwater for 22 minutes and 22 seconds.

2

In the 1930 World Cup final, both teams wanted to play with their own ball at the start of the match. Therefore, the first half of the match was played with the ball brought by Argentina and the second half with the ball brought by Uruguay. Argentina, who played with their own ball, closed the first half of the match 2-1 ahead. Uruguay won the match 4-2 and became the first winner of the FIFA World Cup, then called the Jules Rimet Cup. The next day was declared a holiday in Uruguay.

3

Ronaldo Luis Nazario de Lima, nicknamed El Fenomeno, scored 88 of the 414 goals he scored during his career by beating the goalkeeper. Ronaldo, who quit football in 2011, still holds this record.

4

The shortest player in NBA history is Muggsy Bogues with the height of 1.60 metres. Bogues played 889 games in the NBA and only 39 of his shots were blocked.

5

King Louis X of France was one of the people who were supposed to play tennis. At that time, people played tennis with bare hands instead of rackets. King Louis loved playing tennis so much that he was the first person to build the first indoor tennis court.

6

In 1995, Tim Henman became the first tennis player to be disqualified from Wimbledon. The reason for his disqualification was quite embarrassing. During the match he played, he couldn't control his anger and the ball he threw in anger hit the face of the girl who was collecting balls. Realising his mistake, he apologised many times and even gave her flowers to forgive him. However, this did not prevent his disqualification.

7

Marathon running was inspired by the famous Greek messenger Pheidippides, who ran about 25 miles from the Marathon Plain to Athens to deliver the news of the Greek army's victory over the Persian army. However, Pheidippides tragically collapsed and died of exhaustion shortly after delivering the important news.

8

Basketball player Rasheed Wallace holds a distinguished record with 317 technical fouls in his career.



2023-2024 SEASON EUROPEAN LEAGUES GAME SETUP SCHEME EXAMPLES

In every period of football, there have been tactics and game plans that have been trending for a certain period of time, which most teams have tried to implement in their own way. Especially when we look at the last 10-12 seasons, it is clearly seen that the game has started to be built from further back. This has increased the intensity of the press in the forecourt, and teams have started to play in a more crowded and compact manner against the intense press. Teams have used different methods such as single deep playmaker, false fullback, false nine, etc. to increase the compactness of the game set-up.

As every thesis has an antithesis, these methods have also found an antithesis in the football world. Technical staff tried different attempts to write a new thesis. One of these theses is the deep play setup by forming a quadrilateral with four players in the centre. In order to better analyse this scheme, let's try to examine it with 9 match examples from 6 teams that use the deep play setup most frequently:

Manchester City

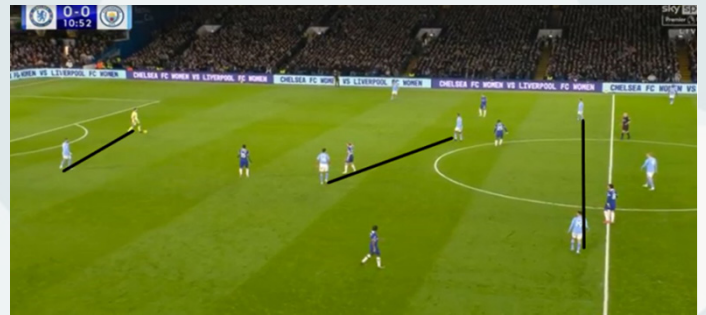
Nowadays, Manchester City is one of the teams with a

high percentage of possession for many years. Therefore, they are one of the teams that make the most use of the central quadrilateral structure mentioned in the introduction. In order to better explain Manchester City's game setup scheme, I have chosen three matches they played in the first half of the league as an example.

1- Chelsea 4 - 4 Manchester City - Premier League- 12.11.2023

Pep Guardiola didn't give up on his deep set-up in this match despite Chelsea's high pressure up front. At the start of the match, M. City looked like a classic 4-2-3-1, but thanks to the high mobility during the match, the team formation changed according to the actions in the game. On paper, Dias and Akanji formed a double stopper line, with Rodri and Bernardo as double centre-backs and Alvarez as a striker-back in front of them.

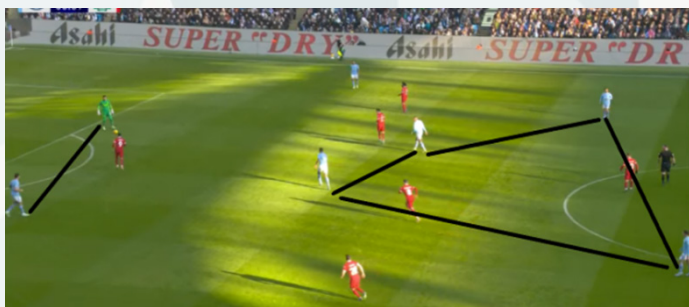
M.City Game Set-up Diagram



However, this structure changed completely in the set-up sequences. In order to increase the intensity in the centre, Guardiola pulled left-back Akanji into the midfield next to Rodri to form a double pivot in the centre. With Akanji coming forward, Ruben Dias' left-sided passing support was cut off, which undermined the transfer of play from right to left. For this, Ederson stepped forward like a left stopper and positioned next to Dias: Thus, a 4+2 structure was created. Bernardo, with Akanji as the second centre-

back, moved one line forward to form the 3rd line with Alvarez, thus creating a 2+2 structure in the centre.

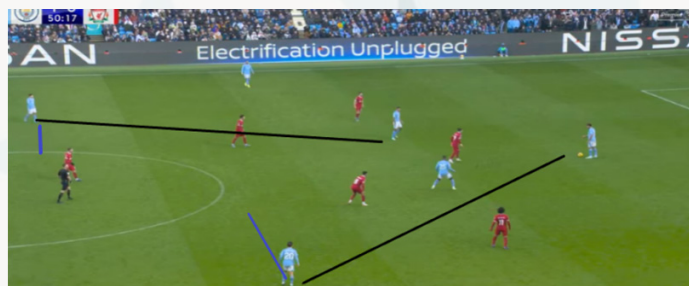
Example of M.City game setup sequence, 2+2 structure



2- Manchester City 1 - 1 Liverpool - Premier League- 25.11.23

When we look at another example of Manchester City's big game, we see that the same scheme is used in the game set-up. With Ederson shifting one line forward, Akanji and Bernardo move one line forward in the centre respectively, forming the 2+2 structure in the centre in the Chelsea match:

Manchester City's structure in the centre during the set-up of the game



When we look at what this structure has brought to Manchester City:

1. As the intensity is concentrated in the centre, the forward end, especially the Manchester City wing players, match their opponents one-on-one and find space. Players like Foden, Doku, Haaland increase the counter threat with their speed in these areas.
2. Due to the counter-attack threat posed by Manchester City up front, the opposition stoppers can't get down the middle to press, so Manchester City, with Ederson as the second stopper, have numerical superiority in the centre of the 1st and 2nd zones.
3. During the set-up, the first line of the central quadrilateral, Rodri and Akanji, were positioned narrowly, so Liverpool players had to position themselves narrowly

to mark them. With the Liverpool players in a tight position, Bernardo and Alvarez slipped to the line to create space for themselves and set up play from this area.

In the Manchester City set-up, the first line of the quadrilateral is narrow, while the second line is wider.

Average positioning of players in their respective first zones in Manchester City's 1st zone



Barcelona

Barcelona, although not as much as Manchester City, has a game structure with high mobility and tries to establish the game from the first zone. For this reason, they also use a 2+2 structure in the centre in order to get rid of the high press of the opponent while setting up the game from the deep block.



Barcelona 1 - 2 Real Madrid - La Liga- 20.10.23

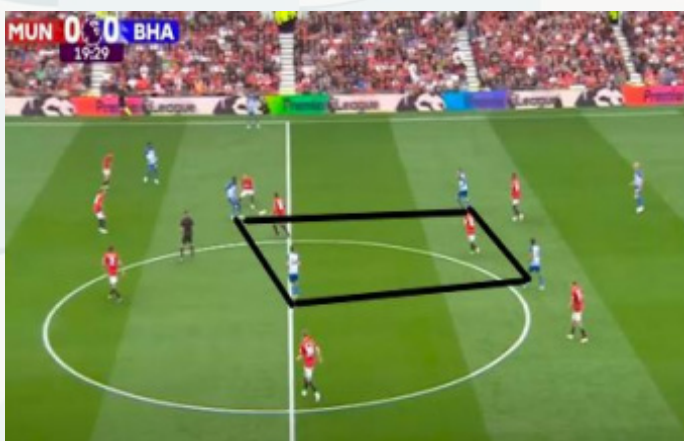
During the formation of the game, Xavi placed the 3 stopper line of Araujo, Christensen and Martinez in front of the goalkeeper. He positioned Balde and Cancelo in the centre line as side-backs to provide width. Thus, he created space in the centre by opening Real Madrid players to the line. In front of the centre-backs, Gavi - Ilkay duo formed the double centre-back line. In front of this duo, Felix - Fermin formed a square formation in the centre. Ferran was at the far end.

Examples of Barcelona game setup schemes



Brighton

Brighton is one of the teams to utilise the deep block this season in the most radical way. They set up the game from the back, concentrating on the centre like the other teams, using a 2+2 quadrilateral structure in the midfield. Let's look at the Manchester United and Marseille matches as an example...



Manchester United 1 - 2 Brighton
Brighton started this match with a 4-2-3-1 formation, but the team's distribution changed considerably during the set-up from the back: Full-backs Tampley and Veltman were deployed further up the line. Thus, they drew the Manchester United players who were marking them away from the Brighton's first zone. Stoppers L. Dunk and Van Hecke were positioned narrowly in front of the penalty

area. In front of this duo, Dahoud and Pascal Groß, in a double centre-back role, formed the first line of the quadrilateral. Welbeck went deep and formed the second line of the quadrilateral with Lallana, thus forming the quadrilateral in the centre. Mitoma and Adingra, on the other hand, moved to the centre at the forward end, creating a counter threat by making runs to the edges and into the spaces vacated by the M. United stoppers who were pressing Welbeck.

2-Brighton 2 - 2 Marseille - Uefa Europa League- 05.10.23
Brighton used the same formation scheme as in the Manchester United match. With two centre-backs and a double centre-back, the midfielders were positioned narrowly, while in front of them the centre-back and the deep lying striker helped to break up the opposition's front line press with linking play. Here again, Dunk and van Hecke were in the centre-back tandem, with Dahoud and Pascal Groß on the first line of the back four and Fati and Welbeck in front of them.

Aston Villa

Although Aston Villa do not prefer to dominate the game too much this season, according to the dynamics of the match, in some sequences, they use the set-up from the back and take possession of the ball. The structure they use during the game set-up is similar to other teams:
Aston Villa 1 - 0 Arsenal - Premier League- 09.12.2023
Aston Villa played from deep in this match, using a 2+2 structure with four players in the centre. Of course, in order for this structure to be the most functional, some changes were required in the layout in the field. For this, firstly Torres - Carlos - Konsa formed a triple stopper line. In front of them Luiz and Kamara took on the role of double centre-back. For the second line of the quadrilateral, McGinn moved from the right edge to the centre, next to Tielemans, thus creating a 2+2 structure in the centre. Digne took the space vacated by McGinn on the right flank. On the left flank, Bailey matched one-on-one with the opposition full-back. Especially Watkins and Bailey tried to make frequent runs behind the defence to exploit the gaps left behind by Arsenal's pressing up front.

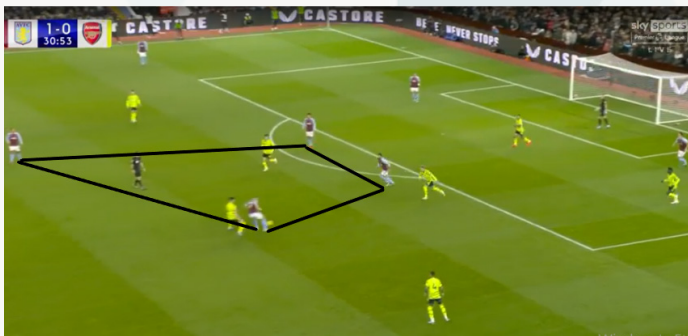
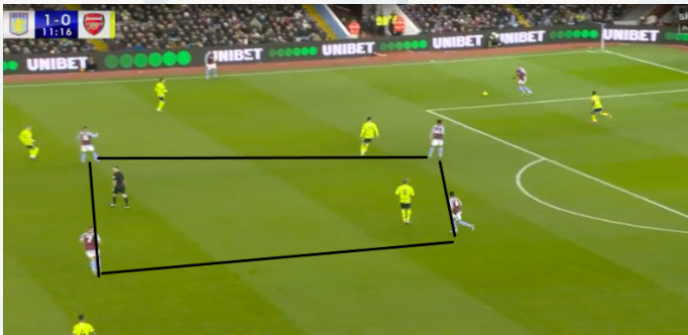
Aston Villa deep block game setup scheme examples



Real Madrid

Talking about dominating play, of course, we couldn't leave out the Purple and Whites. Ancelotti also uses the 2+2 structure in the centre from time to time while playing deep under pressure. For this, let's look at their first Champions League match against Napoli.

Napoli 2 - 3 Real Madrid Champions League 03.10.2023
Real Madrid set up the game from the back, with the duo of Nacho-Alaba positioned narrowly in front of the goalkeeper, receiving the first pass. In front of the stopper duo, Kroos and Tchouameni are the double centre-backs. In front of this duo, Bellingham and Valverde positioned a little wider to form the centre quadrilateral. In this field formation, full-backs Camavinga and Carvajal were deployed wide on the line, but they did not go forward and position themselves in the opposition half. In this way, the Vini-Rodrygo duo in Real Madrid's forward line used the width in the opposition half by constantly stretching out to the edges and making runs into the centre.



Real Madrid Game Setup Diagram Real Madrid Set Game Structure

The difference between Real Madrid and other teams in this field layout is that as the game approaches the opponent's half, Tchouameni moves to the stopper line and becomes the 3rd stopper, Vini-Rodrygo moves to the edges, Bellingham comes to the fore, with Bellingham coming to the fore, Camavinga moves to the centre and supports the midfield. Thus, Vini-Rodrygo duo will give width to the set play, Bellingham will increase the goal threat by getting closer to the goal and with Camavinga moving to the centre, the intensity of the centre will be ensured both in the return balls and in the counter-attack.



Bayern Munich

Bayern Munich 2-2 Leipzig Bundesliga 30.09.2023
Leipzig are one of the teams that have been characterised by their intense forecourt press in recent years, so this match was an important test for Bayern in terms of game set-up. Tuchel didn't give up the double centre-back formation in the centre like the other teams:

When the ball came to the left sideline during the game set-up, the centre-backs Upamecano and Kim-Min Jee were positioned to the left and right of the goalkeeper to create passing angles for the first line. In the 2nd line, Goretzka and Kimmich were the double pivots. In the 3rd line, the formation varied depending on which side the ball was on:

With the ball on the left sideline, Davies and Coman approach the Bayern 1st area, they give width to the play from the line. In front of the two centre-backs, Kimmich - Goretzka form the first midfield line. In front of them, Kane comes deep and forms a double line with Musiala. So we can see the 2+2 structure in the centre again.

When the ball moves to the right, Davies overlaps the line, when Davies gets to the line, Coman slides into the centre to form the second line in the middle with Musiala. As Coman moves to the centre, Kane moves back to the far end. Kimmich and Goretzka again double up in front of the centre-backs.

As a result, when we analyse these examples, we see that most of the structures in the game setup are basically similar, but even though the structure is similar, the purpose of using this structure may vary from team to team: Sometimes teams bring their centre-back deep and use him in the link-up, thus drawing the opposing stopper deeper and gaining numerical superiority in the midfield, sometimes they use the space in the opposing half with medium-long distance passes by insistently passing in their own first zone and getting the opponents towards them, and sometimes they use the 2+2 structure in the centre in order to settle into the set play in a healthier way. Each team aims to achieve its goal by using the most

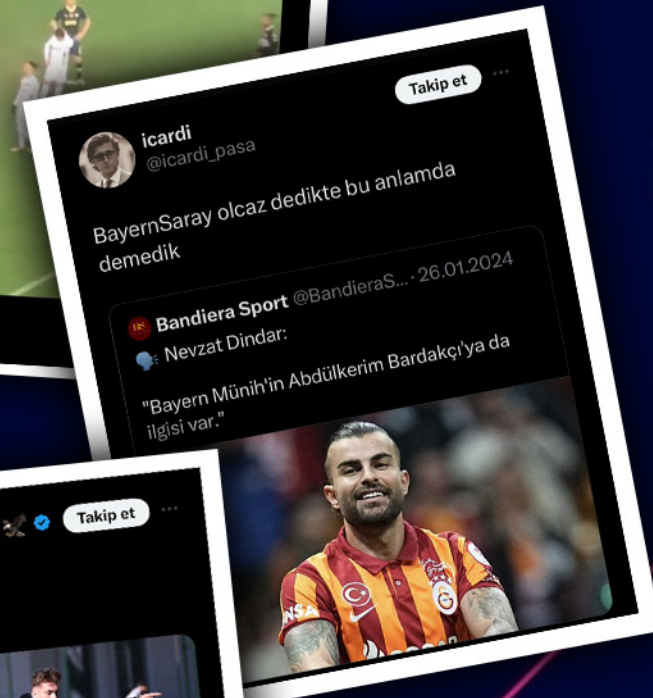
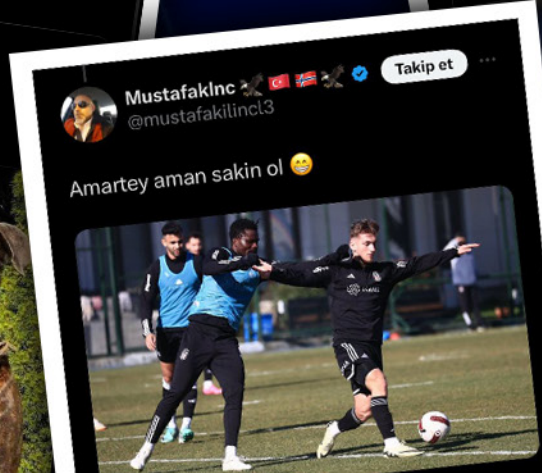


suitable structure among this diversity. Opposing teams also plan to write an antithesis to this thesis with the most suitable defence methods, thus the tactical library of the game has been expanding.

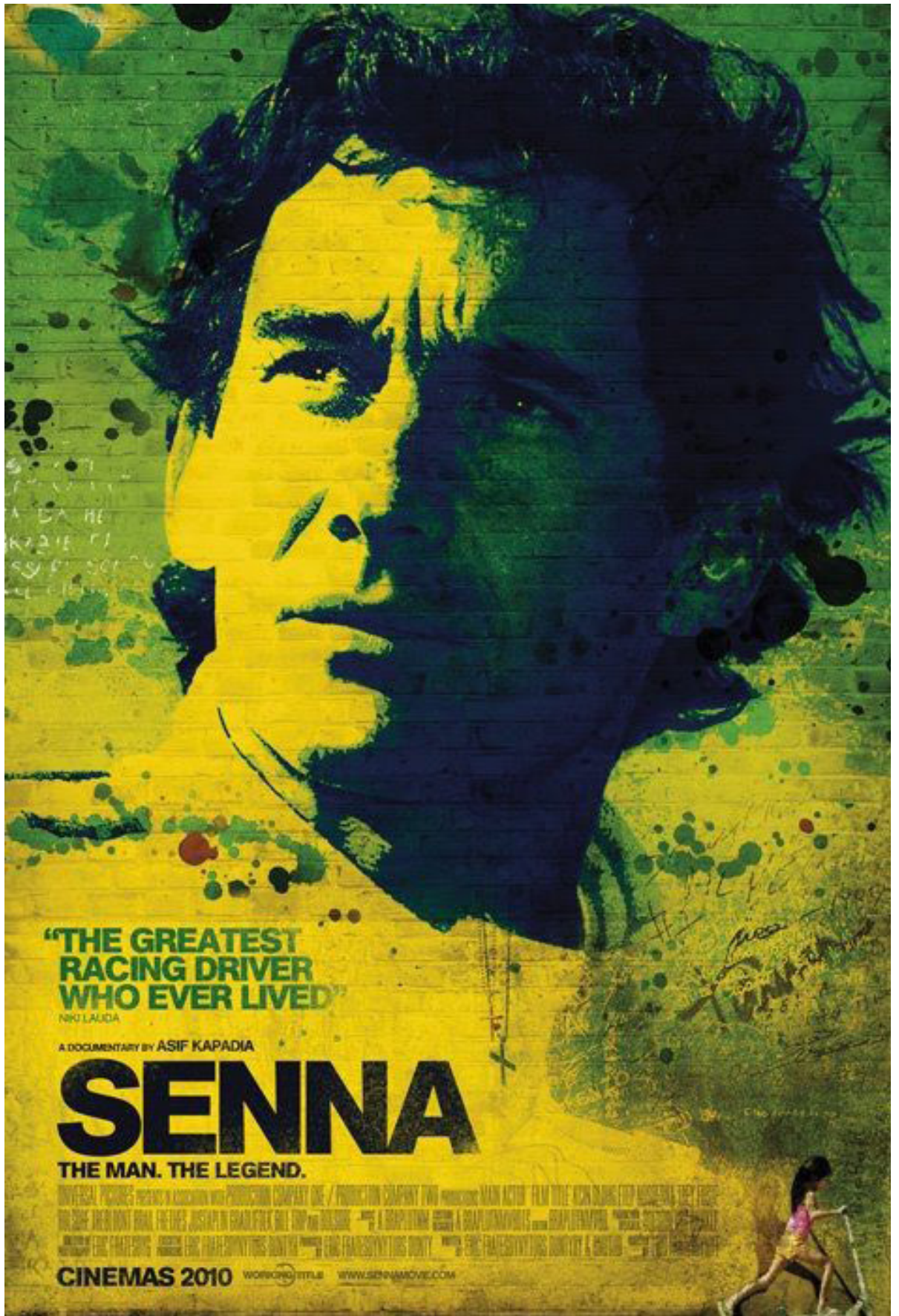


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DIARY

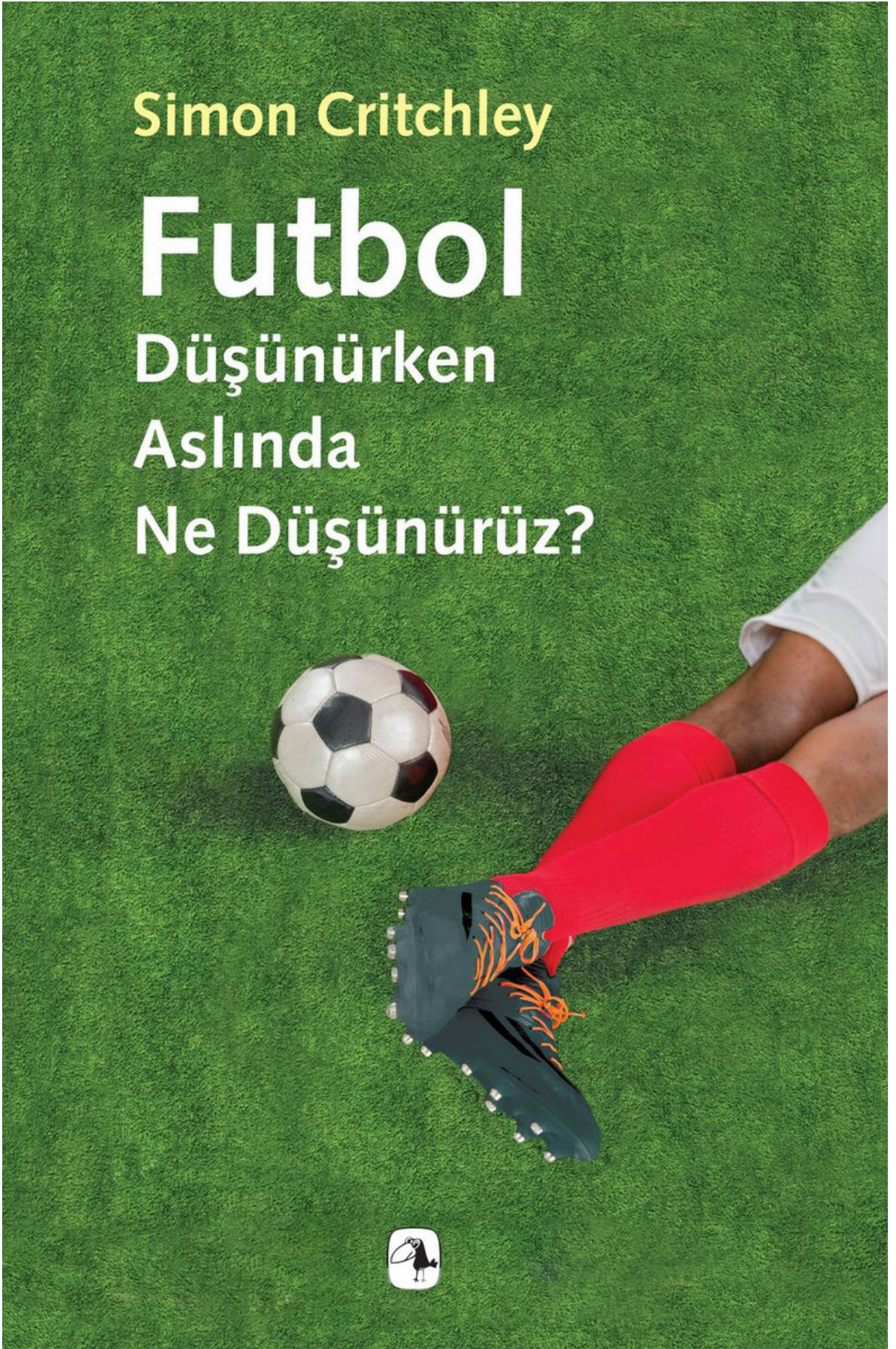


FILM SUGGESTION



Senna (2010)

This documentary film about the life of legendary Brazilian racer Ayrton Senna, who lost his life in an accident at the Tamburello corner on lap 7 while leading the 1994 San Marino Grand Prix, tells the story of Senna's Formula 1 career, which started in the mid-80s, and his struggle with his strongest rival, French World Champion Alain Prost, and also includes the difficulties brought by politics to sports.



What Do We Really Think About When We Think About Football? - Simon Critchley

Simon Critchley does not attempt to write a philosophy of football, he wants to make a phenomenology of this beautiful game. Critchley examines in a detailed and striking way how football, the "ballet of the working class", unfolds before us a completely different order of time and space, how it stages identity and non-identity, and how spectators participate in the game.