

Effect of Some Fast Play Exercises to Develop Tactical Performance of Youth Football Players for Baghdad Clubs

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Abstract: Modern training methods in soccer training have contributed to develop of physical and skills abilities in addition to the tactical and psychological aspect and the great development of training process which clearly depends on the special basic demands in promotion preparation of event to reach ideal performance, and football game is characterized by a large number of variables and speed of performance and tactical behavior in different situations, and the problem of research was the lack of use of modern playing methods in football training, the researcher tried to build special tactical sessions according to style of fast play, to develop performance In order to develop some scientific solutions, and one of the most prominent goals of the research is to develop exercises according to the style of fast play, and to identify the impact of these exercises on the efficiency of the tactical performance in football, the research sample was represented by the youth players of Al-Nahda Football Club in the First Division League, who numbered (28) players, where divided for two groups control group and experimental group, each group included (14) junior footballers, and pre-test and a post-test were conducted to identify the results statistically, and the researcher concluded that tactical performance sessions have a positive out come to develop level of tactical aspects.

Keywords: exercise, fast play, tactical performance, football.

Introduction

The nature of sports varies in terms of detail and external appearance, so sports performance is affected by this nature, and football is highlight of those sports are affected by this nature. Football is one of the most popular and passionate games. In the world because of its importance in the hearts of the masses has been interested in many countries of the world superior in football to develop physical fitness, basic skills and the preparation of different tactics for their players, believing that it is the basis on which the preparation and building of players and building them at the global level is based, as this is evident in the role played by physical efficiency in modern football, which is characterized by a fast pace under different playing conditions and requires a high ability of players to maintain effective performance throughout Match time.

The rapid development witnessed by football recently shown result of modern scientific training approach in sports training and technological and intellectual development that contributed to the development of skill and tactical performance, and that success of training approach process depends on the special foundations in the preparation of each event to reach performance to integration, and the game of football is characterized by many variables that require a correct understanding of the duties assigned to the player schematically and create a harmonious performance with the movement of the player individually, where the individual tactical performance is called, and collectively called the collective tactical performance, and depends on

the development of The player understands these variables and quickly responds to them. Hence the importance of the research as an attempt to consolidate the idea of fast tactical play that is consistent with modern playing methods to improve the performance of Iraqi football clubs through the application of tactical exercises, so the researcher decided to study this problem by preparing tactical exercises according to the style of fast play, in order to develop tactical performance.

Method:

The researcher prepared exercises using special method by interval training of intensity repetitive training and the researcher used intensity ranging between (80%-95%) of the maximum value of performance for interval training and intensity (95% - 100%) for repetitive training and took into account in the exercises the development of all tactical and skill aspects using a wide range of exercises that achieve the required goals according to the exercise curriculum, and the carrying out of tactical exercises remained (8) weeks by (3) training sessions weekly, time of each training session is 50-65 minutes, and The total time of the total training units was (1480) minutes. The pre-test was conducted for the members of the research sample before starting the carrying out of training curriculum in order to find level of tactical performance of the research sample through (tactical link test, a composite tactical test, the tactical direction change test), and after the completion of pre-test, the implementation of training curriculum for the research sample was started, then the post-test was conducted on the research sample after the completion of carrying out of training curriculum in order to figure out level of tactical capabilities reached by the research sample.

Results:

Table (1) Results of pre-post-tests for experimental and control groups

Test	Group	Variable	Pre		Post		f-	fh	Calculated (t)	Sig.
			M.	Std	M.	Std				
Tactical Connective	Experimental	time	26.60	2.43	22.49	2.13	4.111	0.164	25.03	Sig.
		Accuracy	9.30	1.889	14	0.943	4.700	0.448	10.48	Sig.
	Control	time	26.89	2.752	26.70	2.782	0.193	0.180	1.069	Insig.
		Accuracy	9.50	2.068	10.10	1.792	0.600	0.267	2.250	Insig.

Significant at the error ratio of $\leq (0.05)$ in front of degree of freedom (9) Tabular value (T) = 2.262

Table (2) Results of the two post- tests of the control and experimental groups in the tactical linking test

Test	Variable	Pre-test		post-test		Calculated (t)	Sig.
		mean	Std	mean	Std		
Tactical Connective	time	26.70	2.782	22.49	2.13	3.301	Sig.
	Accuracy	10.10	1.792	14	0.943	2.109	Sig.

Significant at the error ratio of $\leq (0.05)$ against degree of freedom (18) Tabular value (T) = 2.101

Table (3) Results of the differences between the pre- and post-tests of the trend change test for the two control experimental groups

Test	Group	Variable	Pre-test		Post-test		f-	fh	Calculated (t)	Sig.
			mean	Std	mean	Std				
Change direction	Experimental	time	28.05	2.308	23.47	1.958	4.583	0.306	14.94	Sig.
		Accuracy	11.50	2.173	14.70	2.173	3.200	0.696	4.598	Sig.
	Control	time	28.56	2.30	28.52	2.348	0.047	0.058	0.799	in Sig.
		Accuracy	10.30	2.00	10.70	1.567	0.267	0.167	1.598	in Sig.

Significant at the \leq error ratio (0.05) in front of the degree of freedom (9) Tabular value (T) = 2.262

Table (4) Results of the post-test of the two groups in the change of direction test

Test	Variable	Pre-test		Post-test		Calculated (t)	Sig.
		mean	St.d	mean	St.d		
Change direction	time	28.52	2.348	23.47	1.958	4.472	Sig.
	Accuracy	10.70	1.567	14.70	2.173	3.714	Sig.

Significant at the error ratio of $\leq (0.05)$ against the degree of freedom (18) Tabular value (T) = 2.101

Table (5) Results of the differences between the pre- and post-tests of the composite tactical test for the experimental and control groups

Test	Group	Variable	Pre-test		Post-test		f-	fh	Calculated (t)	Sig.
			mean	St.d	mean	St.d				
Complex tactical	Experimental	time	39.64	3.046	35.27	3.683	4.37	0.423	10.329	Sig.
		Accuracy	12	1.633	14.70	1.252	2.7	0.367	7.364	Sig.
	Control	time	40.091	2.727	40.028	2.606	0.063	0.63	1.015	Insig.
		Accuracy	11.1	1.197	11.60	1.265	0.5	0.373	1.342	Insig.

Significant at the \leq error ratio (0.05) in front of the degree of freedom (9) Tabular value (T) = 2.262

Table (6) Results of the post-test of the two groups in the composite tactical test

Test	Variable	Pre-test		Post-test		Calculated (t)	Sig.
		mean	St.d	mean	St.d		
Complex tactical	time	39.54	2.602	35.27	3.683	3.652	Sig.
	Accuracy	11.60	1.265	14.70	1.252	3.545	Sig.
	Time- Accuracy	6.249	1.050	7.76	0.541	4.827	Sig.

Significant at the error ratio of $\leq (0.05)$ against the degree of freedom (18) Tabular value (T) = 2.101

Discussion:

Results by Table (1) is indicates significance of differences between pre- and post-tests and in favor of post-test of two groups, and this indicates that the exercises of organized and coordinated tactical performance according to the time of performance and accuracy had a significant impact, which indicates the improvement of the level of accuracy according to the time of performance and success in the application of the tactical reality, that the implementation of this tactical test requires mastery of the transfer of the ball using fast handling accurately, quick transition and control to obtain the ball and the appropriate place to perform and implement the skill plan, it means The need to pay attention to the implementation of the tactical aspect with basic skills when implementing this performance, method of playing ball when changing position to apply a certain attacking or playing back position is important in obtaining playing space in team events and running with ball, which is playing of using parts of foot to touch the ball on ground and it is under control of footballer.

The results of Table (2) indicate the significance of the differences between the post-test of the two groups and in favor of the experimental group, and the researcher believes that the reasons for development are due to figure out of proposed exercises, training process depends on its organization, which created a development in performance of footballers through the harmony of these exercises with capabilities of members of research sample and their abilities, and as a result their positive development, as training way is moving organized process that earns player knowledge, ideas or opinions crisis to perform work or achieving a specific goal as well as achieving goals and adapting to work and what is provided to individual of certain information, skills or mental trends of a crisis in the organizational point of view to achieve the goals of the, that the performance of exercises characterized by quick and new reactions is one of the most

important means of effectiveness in influencing the development of each of the variables for the type of activity practiced.

Researcher mentioned that skill be included in the test linking needs the player speed in moving, moving and pounce on the ball with a focus on not making mistakes during the performance, so increasing accuracy in correction requires the development of mastery of correction and technical performance with the repetition of the presence or absence of a defender and the performance of scoring in the conditions of the match, as well as determining the place to receive the appropriate ball and emphasizing the right decision about the time of correction and correction at the appropriate distance, that The special exercises were directed exercises that worked to develop the overall compatibility and adequacy of movement that the player benefits from during the performance of the skill, which positively affected the improvement of the skill level, and that the exercises used for the special had a clear impact on the development in them by increasing the adaptation of the players and this is what was evident in the rapid tactical performance tests, which also require mastery of the skill side, As the development of the skill side of the performance of this test well, as well as mental and intellectual compatibility between the players and a sufficient amount of speed, accuracy and agility because the exercises contain a diversity in the exercises used, whose impact was clear in all tests under study.

Table (3) indicates there are significant differences among the pre-post tests and in favor of the post-test in the test of change of direction in side of the experimental, and researcher believes that tactical training adopted by the researcher that these exercises are effective in acquiring and developing technical performance, special skills and simple tactical preparation within the special exercises, but it is a basic rule for physical and skill preparation to give the player greater effort for his high efficiency. As well as the gradient repetition and difficulty of performance, which was confirmed by the researcher ensured access to the kinetic mechanism and control of speed and accuracy together during the implementation of these tactical tests among the tactical cases used by the researcher, which helped to link the variables that have a role in the implementation of successful and effective tactical performance such as performance time, rapid mobility and achieving appropriate accuracy, that the reason for the development that occurred in the trend change test, whether between the pre- and post-tests of the experimental group or between the post-tests For both groups and in favor of the experimental on the other hand, And to the special exercises used by the researcher in the exercises that he applied to the members of the experimental group, which greatly affected the process of rapid tactical implementation of this test, as well as the mastery of this distinctive performance with speed and accuracy needs from the player to fast movement and appropriate strength according to the state of play for a good implementation or a correct pass through which to ensure that the opponent does not control the ball or the goalkeeper reaches it, and this is what the researcher aspired to achieve.

Table (4) indicates there are significant differences between results of post-tests of control and experimental groups in side of post-test of the experimental group in the test of changing the direction of the variables of time and accuracy, that giving accuracy exercises and linking them to the speed of performance and skill exercises in the main part of the training unit can positively affect the mastery of the tactical performance of football, as the football player must have the ability to determine the appropriate place where he can send the ball to him At the right time and at the required speed according to the speed and distance of both his fellow consignee as well as members of the other team, The effectiveness of special exercises and the exercises it contains to develop the level of tactical performance by emphasizing the fast performance time and achieving the required accuracy within this time and according to the integration of the application of the required technique and tactics, which proved its positive impact through the results obtained by the researcher, as the more the ability to perform skills develops high and accurate with control of complex motor duties and compatibility, Whenever a footballer can control the movements he performs with his body parts during the performance.

Table (5) indicates that there are significant differences for the general tactical performance test, which is time and accuracy, between the pre- and post-tests in favor of the post-test of the experimental group that used the special tactical exercises, that significant difference between pre-post tests shows the impact of using tactical performance exercises by focusing on the performance time and the correct technical implementation of the basic movements, and that these exercises had a significant impact on achieving speed in performance at the expense of decreasing the time of this performance as well as achieving the appropriate required accuracy. For this quick performance, the researcher believes that the tactical exercises used and applied to the experimental group worked to raise the necessary muscle fibers or raise the necessary number of fibers, which led to increased adaptation and rapid reactions to them, because the muscle when exposed to an influence, it may be affected in its entirety or may be affected by part of it. This naturally depends on the distinctive intensity of this exciter, and this confirms that the exercises that were used were of good quality, directed and ascending, which reflected positively on the results of the test, and for this the researcher believes that the tactical exercises ultimately pour into the ball into the goal, and that all the activities carried out by the team must serve this goal, and this is not an easy work because it requires to determine the specificity of the skill and proficiency in scoring and the ability of the team's players to accurately hit the target and escalate its capabilities and sufficiency. And raise the level of ambition, improve their skill levels and make the highest effort to win.

Table (6) indicates there are significant differences in side of post-tests of experimental in variables of tactical performance of this test, and the researcher returns that the reason for this development in the post-test in the level of tactical performance is due to the great impact caused by the exercises designed by the researcher, which implicitly affected the skill performance and its reflection on the good implementation of the tactical performance, fast play and increasing the accuracy of performance and that its choice had a positive impact on the success of the proposed exercises and its impact on improving the level of Performance time and accuracy, especially with regard to achieving accuracy at the moment and the appropriate speed, as the focus and application of tactical performance based on the technical foundations of special skills with increasing speed is one of the distinctive characteristics of good skill performance, that training programs are measured by the extent of progress achieved by the individual athlete in the type of sports activity practiced through the level of skill, physical and functional and this depends on the adaptation achieved by the individual with the training program that he applies. As for the positive impact of exercises on the accuracy of performance, the performance of the members of the experimental group was characterized by the development of accuracy, which was focused on during the application of special exercise vocabulary, as accuracy in football means harnessing all the technical potential of all skills and controlling motor performance and controlling it towards directing it to implement basic skills, as there may be good technical performance and accompanied by good tactical performance as well, but the result is failure to hit the target, and the reason is the lack of mastery and control required to achieve accuracy. Good and the required time with the difficulty of performance on the opponent, so the important thing is to master the correction as a final stage of what distinguishes the player of excellent tactical and technical performance.

Conclusion:

The exercises of the composite tactical preparation had a positive effect in developing level of skill and speed of its implementation, represented by development of time of this performance and its accuracy, and this is indicated by moral differences between pre- and post-tests of experimental group, and exercises that were applied had a positive role in development of accuracy and time, as improvement in this indicator appeared due to application of correct repetition during tactical performance, that exercises used had a positive role in developing speed of performance and required accuracy. Special exercises effective and effective change in implementation of skill and technical performance of skills of tactical performance and effectiveness of this implementation in application of tactical performance, mastery of link

between speed and accuracy was clear when applying tactical performance of four research tests on members of experimental group, Mastering football skills according to a well-thought-out plan provides an opportunity for beneficiary team to develop quick offensive tactical plans, as regular repetition has helped to improve and develop application of skills for the implementation of these tactical tests.

Recommendations:

The need to develop some skills of young footballers, as well as use of different methods of different tactical performance exercises and not to rely on one method, and it is recommended to master the complex offensive skills as the most to the way of play during matches, must be to the skills most related to the requirements of play to achieve the skill requirements of tactical performance to achieve positive results, and the need to work on selecting exercises that are more realistic and more able to respond to playing conditions and the need for them. Combining the training of basic skills and physical and tactical abilities in the exercises due to their strong interdependence in the rapid and accurate tactical implementation, and it is recommended to gradually give the players the tactical aspects to absorb and master them well.

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