

The Effectiveness of Special Exercises of Different Play Areas to Improve Tactical Acts for New Football Players of Al-Sinaa Club

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Abstract: *The first section contains introduction, the problem and its significance and the areas of the study. Football has gained international popularity in the entire world and witnessed many deployments, and this improvement help in improving the quality in technical, tactical and psychological of players, these aspects can lead to a proper acting in the field. The problem of the study comes from the long experience of the researchers who played in all national teams and now as coaches in AL-Sinaa Club, the researcher found that most of the payers are very weak tactical acts because most of the coaches when the train their players they do not focus upon specific areas in the field. So, the present study proposed exercises for specific places in the field to improve tactical acting.*

Section two uses the experimental approach to find out the results, while the sample of the study is randomly chosen of 20 players of Al-Sinaa Football Club distributed into two groups experimental and control group 10 each. To analyze the data depended on the following: test of tactical acts, pilot test and Statistical program of SPSS.

Keywords: *exercises in deferent places of the field, tactical acts*

I. INTRODUCTION

The game of football is one of the most popular games in the world, where there has been a tremendous development in the preparation of players. This development has been characterized by the high level of skill, physical, planning, psychological and mental performance of the players in terms of their abilities and skills and the enjoyment of a good physical level, and develop their collective thinking and ability to organize their movements and, on the basis of this, the correct tactical acts is carried out in each position of the game's positions. The player's motivation is all that is high. The player is effective in the exercise and in the game. It is therefore important that the player has the motivation to improve his or her skill, plan and mind.

Football is a quick decision-making game, just as the player is quick to move. Reach him by observing various positions during the game. The sooner a player is able to act quickly and observe the information that reaches him and his understanding, the quicker he will be able to think of what to do with the desired move at the right time. And this has an effective effect in the proper performance during the game, as there are many football situations and changing situations during the game, which requires the player to focus his attention to observe the situation and then to recognize the positions of the players colleagues and competitors, resulting in his behavior and appropriate action plan is directed

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to performance as good as possible in line with the information and the basic skills, and the condition of good athlete and the speed of reaction and will. Hence the importance of research in the preparation of exercises for different play areas for the development of the tactical acts of the players of AL-Sinaa Football Club.

II. PROBLEM OF THE STUDY:

Through the experience of long researchers in the game of football as they represented all the national teams of youth, Olympic and national coaches currently in AL-Sinaa Football Club found that most players are weak in the act of the plan because most coaches when they put the exercises do not care about the acts of the players because their exercises in limited places in the stadium is not distributed to play areas and how to connect them together, so the researchers' expectations to develop exercises in different play areas for the development of the tactical acts.

III. AIMS OF THE STUDY:

- 1- Preparing exercises for the different play areas for the development of the tactical acts of young payers in football of the research sample.
- 2- To identify the effect of exercises of special areas of the field related to tactical acts.

IV. HYPOTHESES:

- 1- Exercises for the different play areas affect the development of the tactical acts of the experimental group.
- 2- The proposed exercises by the coach are effective in improving tactical acts of control group.
- 3- The special exercises in different paces of the field have the priority in improving the tactical acts of the experimental group.

V. AREAS OF STUDY:

Sample: Players of Al-Sinaa Football Club
 Time: Period from 1/9/2018 till 20/11/2018
 Pace: Stadium of Al-Sinaa Football Club

VI. RESEARCH METHODOLOGY AND PROCEDURES:

1 Research Methodology:

The researchers relied on the experimental method to suit the nature of the problem as the most appropriate and easy to achieve the objectives of the study.

2 Population and Sample of the Study:

The research selected the 30 players of Al-Sinaa Football Club, 3 goalkeepers were excluded, 2 were excluded for repeated frequent injuries and 5 players were excluded for the purposes of the pilot experiment. The sample was 20 players, (10) experimental and (10) control by the random method (drew). The researchers conducted the equivalence between the two groups as shown in table (1).

Table 1: experimental result for players of Al-Sinaa Football

test	Measurem ent unit	Control		Experimental		T value	sig	Significan ce
Tactic al acts	Mark	23.	.7	20.	3.2	1.7	0.0	random
		60	8	50	7	8	7	

3 Study Tools:

Study tools are the means that can help the researchers to collect the data and solve the problem to achieve the results of the study; the researchers have adopted the following means and equipment:

- **Means of Data Collection:**

- Arabic and foreign sources and references:
- International Network (Internet).

- **Instruments and Tools Used in Research (aids):**

The researchers used the following tools:

- Football stadium.

Identification of tests of components of indicators investigated:

The researchers identified the test of the conduct of the plan after presenting it to a group of experts and specialists in football² a set of tests according to their experience and acquainted with the scientific literature on tests and measurement

The test of Tactical act (modified):

Name of test: Act of Tactics for football players (5:86):

Objective of the test: Measure the tactical act of each player

Gadgets: Formal Football Field

Method of performance: The researchers conducted the experimental match between the experimental group and the control group in the stadium of the Al-Sinaa Football Club and the researchers filmed the game through the camera and stored on DVD (DVD) and presented to experts³ specialists in the field of football.

Registration: The total score obtained by the player is calculated as the highest score obtained by the player (45) and the lowest score obtained by the player (15) score, although the form of assessment of tactical acts of the list consists of (3, 2, 1) (5) positions.

Pilot Test:

The researchers conducted the pilot test on 5/9/2018, a mini-experiment of the basic experience, which must meet the same conditions and conditions in which the main experiment, as possible, so that the results can be taken. The aim of the experiment was to:

- 1- Ensure the validity of the test.
- 2- Identify the errors and obstacles expected in the implementation of the experiment
- 3- Ensure the validity of the devices and tools used in the search.
- 4- Identify the time it takes to conduct the test and exercises

Pre-tests

Pre-tests were conducted on 10/9/2018 at the Stadium of Al-Sinaa Football Club in a match between the experimental group and the control was filmed and stored on CD (CD) and then presented to a group of experts to assess the behavior of the players.

The Experiment:

The researchers conducted the main experiment on 12/9/2018 on the players of Al-Sinaa Football Club was (3) units weekly, three days on Sunday, Tuesday and Thursday, the time of the training unit (25 to 30 minutes) depending on the

nature of the exercise and repeat from the main section of the training module note The training unit is (90) minutes and the number of units (18) units. The researchers took care of the exercises in the scientific bases as well as the variety of exercises and their use from easy to difficult.

Post-tests

The tests were carried out on 14/11/2018 in Al-Sinaa Football Club to conduct a match between the experimental group and the control and was filmed and stored on CD (CD) and then presented to the same group of experts in the tribal test to evaluate the tactical acts of the players and the researchers took care of the same tests conducted by pre-tests.

Statistical Means:

The researchers used the ready-made program (SPSS) in the statistical bag to process the data and obtain the results.

The Results and Discussion:

Result and Discussion of the Experimental Group:

Table 2: results of test

test	Pre-test		Post-test		T	si	Significa		
								value	g
Tactical acts	20.50	3.27	25.60	1.34	2.90	1.41	5.47	0.01	Significant

VII. DISCUSSION:

Table (2) shows that there are differences in the results of the pre-test and post testing in favor of the post-test of the experimental group and the researchers attributed this to the exercises prepared and the diversity of the exercises by the researchers had a clear effect in the development of the tactical acts of the players. "Several studies have shown that A large proportion of the players success and development in the performance depends greatly on the diversity of training in the training module, which in turn led to the evolution of the behavior of the plot inside the stadium "(4: 231), and this was reflected by the difference in the level of performance of players during the match between the two groups, The conduct of the plot is arranged Therefore, reaching the high levels depends on the care of the preparation (mental, skill and physical) in an equal and harmonious manner, in addition to that the player reaches the mechanism to act in the positions of the line in the stadium from during the exercises in all the different play areas, both defense and attack contributed to the player to develop the necessary to implement the plans to play as well as face different positions in the stadium and speed up performance and implementation, adding that the researchers continue to exercise, both physical or skilled in all areas Playing field players will form a broad vision to enable them to choose the best solutions to act inside the stadium.

4-1 Result and Discussion of the Experimental Group:

Table 3: Mean, Standard deviation, and t-value

test	Pre-test	Post-test			T	si	Significa
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							value	g	n
Tactical acts	23.60	4.78	24.80	1.37	1.20	0.51	2.44	0.03	Significant

Discussion:

Table (3) shows that there are statistically significant differences in favor of the post-test. The researchers attributed this to the fact that the approach employed by the trainer was the effect of developing the tactical act, which was evident in the match between the two groups because the players have the ability to receive the exercises which increased their ability to increase their actions in the field.

4-3 Discussion the Results of Experimental and Control Group:

Table 4 : Waited mean and Standard deviation of t-value of post-test

test	Control		Experimental		T value	sig	Significance
Tactical acts	24.80	1.37	25.60	1.34	2.46	0.02	Significant

Discussion of Results:

Table (4) shows that there are differences of the experimental group to test the tactical act and attributed the researchers to this difference that the experimental group to follow the effectiveness and efficiency of exercises carried out according to the correct scientific bases that take into account the positions and places of players and repeat and exercise in all areas of play reflected in the development and the specificity of training that characterized this group to the evolution of their tactical acts as the players feel that they have undergone exercises in all different play areas, which made them aware of the stadium and can act to postpone the stadium comfortably if the importance of insistence "The ability to act correctly (offensive and defensive) is crucial to winning the game as the fitness and good technical skills of the game are completed" (1: 133). Moreover, the schematic action called "schematic intelligence") Is strongly related to the ability of the player mental and influential in different situations of play as there are in the football a number of situations and situations changing during the game requires the player to focus attention to observe the situation and then to recognize the positions of fellow players and competitors, which makes the player thinks how to move and consequent tactical acts, Tactical act directs as much to perfection in line with the basic information and tactical skills sports and new condition and the speed of the reaction and the will of him "(2:13)

VIII. CONCLUSIONS.

- 1- The various exercises developed by the researchers have a significant impact in the development of motor acts of Al-Sinaa Football Club players.
- 2- Through the match that was conducted for the two groups evolved the level of conduct of the plot of the experimental group after winning the group in the match in the second game.

IX. RECOMMENDATIONS.

- 1- The present study recommends using these exercises on young players (17/19) years old or beginners by the trainers because of the positive level of action plan.

2- Use the style of diversity in the exercise to introduce fun and suspense in the hearts of players, which generates the rush of players and will reflect positively on the conduct of the plan.

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