

## **The Impact Of a Training Curriculum Using Spaces To Develop Football Offensive Plans**

<sup>1</sup> Assist. Prof. Dr. Dhiaa Hamood Mawlood

<sup>2</sup>Lect. Dr. Zahid Sbhee Adulrazak

<sup>3</sup>Lect. Ahmed Selman Saleh

<sup>1,2,3</sup> Diyala University / college of Physical Education and Sports Sciences

[Dhiaa6894@gmail.com](mailto:Dhiaa6894@gmail.com)

### **Abstract**

As a result of the development of football and branching requirements for the preparation of the team and players called the researchers to find plans to modernize the development of offensive play through the use of general plans implemented by a specific number of players and often take the area of the playground is smaller than that required to implement the basic plans and these plans to create and use vacant spaces. The researchers used the experimental approach to design a single group with tribal and remote standards in order to extract the percentage of development in the attacking football plans. The research sample includes (22) players of the advanced players of Al-Khalis football club participating in the first division qualifying to the excellent season for the season (2018-2019). The research community is the Diyala clubs of 7 clubs (Diyala, Khalis, al mokdadea, Shahraban, Habhb, Baldruz, New Shat). . Prepared by the researchers form and with the assistance of a number of specialists in the testing and measurement in order to know the possibility of players in the exploitation of empty spaces during the implementation of offensive play plans (creating empty spaces and exploitation of the ball, creating empty spaces and exploitation without a ball, the receipt and delivery of the ball in the void, , Time of the attack) in the team and the performance of the players was assessed by a group of arbitrators and specialists with football during the performance in the games. The researchers implemented the training curriculum after presenting it to a number of experts and specialists in the

field of football. The syllabus was applied during the special preparation period and consists of (12) weeks with (5) training modules per week and 20 minutes of the daily training unit. The number of training units was (60) units. After applying the appropriate statistical means and through the results teams between the tribal and remote tests, the researcher noticed significant differences between the two tests and the benefit of the post-test in the tests under study

**Keywords:** free spaces, offensive plans for football

## **Introduction**

As a result of the development of football and the branching of the requirements of the preparation of the team and the players, it was possible to distinguish between the basic plans (principles of play) and the general plans. As we have explained earlier, the main plans are shared by a large number of players and their performance is linked to large areas of the field and their mastery is the main determinant of the cohesion of the team's attack regardless of its success or failure. The team's mastery of these basic plans enables them to start, build and develop attacks more easily and more effectively. The general plans are the plans implemented by a limited number of players and often take up a smaller area of the stadium than the one sought by the implementation of the offensive basic plans. And one of these plans. Creating empty spaces and exploiting. The time of disposal of the ball is directly proportional to the empty spaces, which means that the more empty spaces in which they move, the more time available to him to dispose of the ball and the greater the possibilities and possibility of proper disposal and vice versa. The smaller the empty space in which the striker works, the less time he has to do with the ball, and the less likely he is to act properly. From a defensive point of view, the smaller the empty space in which the defender moves, the less time the striker has to act on the ball and the easier the defender's task in performing his defensive duties and vice

versa. The larger the empty space in which the defender moves against the striker, the more difficult the task of this defender in the performance of his defensive duties and the modern game plans in football aim to increase the number of players involved in the defense when the team loses the ball in order to ensure the effectiveness of the defense on the basis that the narrower the empty spaces between defenders the easier their mission and the more effective ness. It is difficult for the attackers to build and end their attacks. (*Iraqi Virtual Science Library, 2013*)

## **Methodology**

The researchers used the experimental method to suit the nature of the problem to be discussed to achieve the objectives and hypotheses of the research. The pilot approach is "the true test of cause and effect relationships and represents the most honest approach to solving many practical problems scientifically" (*Allawi, 1998*). The researchers adopted the experimental design "using a single group that is subjected to a tribal test to determine their condition and then introduce the experimental variable so that the difference in the results of the two tests is the result of the effect of the experimental variable" (*Elshook, 2004*).

**The research community** is the 7 clubs of Diyala province (Diyala, Al Khalis, Shahrban, Meqdadiya, Habhab, Balad Rose, Jadida Al-Shat) and the researchers chose the pure club in the deliberate manner.

**The tools used and the means of collecting information:** The research tools mean "the means by which the researcher can collect data and solve his problem to achieve the research objectives, whatever the data, samples and devices" (*Mahgoub, 1988*). The devices and tools used for the search include an HP computer made in China number (1). Sony HDD video camera made in Japan Number 1. Pc396Tian Fu type stopwatch made in China number 3. Hand-type calculator (Kenko) made in China number (1).

Football field. 60. Football number (30). The means of collecting information are: Arabic and foreign means and references, tests and metrics, interviews and observation exploratory experience: researchers conducted an exploratory experiment on Monday, March 5, 2018 on the field of al-Khalis Football Club and on a group of players of al-Khalis Football Club. The purpose of the exploratory experiment was: Knowing the time taken to carry out the test, knowing the validity of the tools used in the research, knowing the extent of the acceptance of the sample for testing, identifying problems and difficulties for the purpose of overcoming them and finding the scientific weight of the test tribal tests used in the research: Researchers prepared a form and with the help of a number of specialists in testing and measurement\* to find the possibility of players in the use of empty spaces during the implementation of offensive play plans in the team and the performance of the players was evaluated by a group of referees and specialists football \*\*, namely (creating empty spaces and exploiting the ball with the ball - Creating empty spaces and exploiting them without a ball, receiving and delivering the right ball in the vacuum, attack time) during the performance of the players for the second group matches of the first division football for the season 2018-2019 in the match of Al Khalis club and Diyala club on 17/1/2018, which was conducted by the team Al Khalis Club, and with one game a week on Thursday. Training curriculum: The researchers prepared a set of exercises based on the plans for creating empty spaces in the stadium see appendix (1). In cooperation with the team coach, the researchers implemented the training curriculum for research on al-Khalis club players and on al-Khalis Football Club stadium during the second group qualifiers for the duration of Saturday 17/1/2018 until Thursday, March 5/3/2018 and consists of (12) weeks (5) training units per week and at a rate of 20 minutes of the daily unit time that was two hours, and the number of training units (60) units. These units included training in

planning exercises by creating empty spaces and exploiting them in attack. **Distance test:** After the completion of the implementation of the training curriculum. The researcher conducted the dimensional test of the research sample on Saturday and 7/3/2018 on the players of Al Khalis Club and on the field of al-Khalis Football Club which is (Creating empty spaces and exploiting them with the ball, creating empty spaces and exploiting them without a ball, receiving and delivering the correct ball in the void, attack time) in a match between al-Khalis club and Diyala Club.

## Results

**The table (1) shows the means, standard deviation and standard error for pre & post, tests of the variables**

variable	test	Mean	Standard Deviation	Standard Error
<b>Creating empty spaces and exploiting them with the ball</b>	before	7.500	0.756	0.267
	after	11.750	0.707	0.250
<b>Creating and exploiting empty spaces without a ball</b>	before	5.750	0.707	0.250
	after	8.875	0.835	0.295
<b>Pick up and deliver the correct ball in the vacuum</b>	before	9.000	0.756	0.267
	after	12.125	0.641	0.227
<b>Attack time</b>	before	20.329	1.414	0.500
	after	29.445	1.865	0.659

**The table (2) shows the difference, mean, deviations and values of (t) Calculated and tabular statistical significance in the test data tribal of the posttest of variables Search**

Search Variables	Measuring Unit	Indication	P P	P S	Values t	
					Tabular	Calculated

<b>Create free spaces and exploit them with the ball</b>	Number	moral	1.389	-4.250	2.08	<b>8.656</b>
<b>Create and exploit free spaces without a ball</b>	Number	moral	1.356	-3.125		<b>6.517</b>
<b>Receive and deliver the correct ball in a void</b>	Number	moral	0.641	-3.125		<b>13.792</b>
<b>Attack time</b>	Second	moral	1.215	-9.116		<b>21.214</b>

\* Value (t tabular is below the significance level (0, 05) and the degree of freedom ( 21 ) is ( 2.08 ).

## Discussion

In light of the results reached in table (1) and (2) for plans to create free spaces in and without the ball, exploit them, attack time and the correct number of them. There were significant differences between the two tests and for the post test. Researcher Wen attributes these results to the training curriculum prepared by the researcher, and this appeared through the time of disposal in the ball, which was a relatively large time before the implementation of the training approach and the time of possession of the ball, as the time of disposal in the ball is directly proportional to the free space. "This means that the more empty spaces that move the increased time available to him in the disposition of the ball and increased the likelihood and the possibility act properly by. and vice versa , as it the smaller the free space where the attacker runs the lack of time available to him to act in the ball and less likely and the possibility yeh act properly by "(u Internet) . " Modern football plans for football aim to increase the

number of players involved in defense when the team loses the ball in order to ensure the effectiveness of the defense on the basis that the shorter the spaces between the defenders, the easier their mission and the greater their effectiveness, as the task of the attackers in their attacks becomes difficult and ends." (Internet) Therefore, the researcher, Wen, implemented through his training units to develop plans to implement and create free spaces and exploit them. It should be noted that plans to create free spaces are not implemented effectively except in the case of defenders pressing the attackers heavily since in the event that the defenders do not pressure the attackers there are definitely free spaces already available to the attackers . It has been possible to divide this type of plan into (creating free spaces and exploiting them individually, and creating free spaces and exploiting them collectively). And are these plans through: creating empty spaces and exploit control of the ball in the following movement direction, creating empty spaces cold pass and then tapped behind or the side of the defender, create space - free movement in the direction of the colleague or side and then Wallace quickly return to exploit, create a surveyor of free And exploiting it by dribbling and creating free space by missing the ball.

Through the foregoing , the researcher Wen that the training of curricula that rely on free space plans create should focus on the trainer at training, including: efficient scrolling of the player , which will create a free space, a trend quickly line the course of the ball following in the direction of a pass colleague, Early identification of the type of control that the player uses, provided that it is appropriate for the strength and height of the next ball, that the player who will direct the ball's mechanism during control and the serious performance of camouflage and the previous deception of controlling the ball is determined by moving the entire body of the player in the direction of camouflage and then quickly turns Towards real control J

which is the direction of the next move, which intends to player performance.

## **Conclusions**

- 1- The training introduced by the researchers in the training curriculum that depends on the plans for creating free spaces helps in the development of these plans and their exploitation in the game through the results reached by the researchers.
- 2- These exercises gave the attackers a great opportunity to find enough space to move and give more time to take the ball and repeat these sentences more than once in the game.
1. 3 - The exercises introduced by Alba urges helped to increase the attack time by receiving and delivering the correct ball in performing the attack, by taking possession of the ball for a longer period of time and using the free spaces to reach the goal better.

## **References**

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## **Appendix (1) Striped exercises to create free spaces**

- *Exercise 1:* The attacking player (a) has a ball and teammate (b) is monitored by defender (c). Player (B) runs to the side, and the defender player (C) runs the succession of this space, called (empty space). It must be noted that plans to create and exploit empty spaces are not implemented effectively except in the case of defenders pressing the attackers under great pressure, as in the case of non-pressure Attackers Defenders There are definitely free spaces already available for attackers .
- *Exercise 2:* - The attacking player (a) creates the free space by pulling the defending player (c) away from this space so that the player, his fellow player (b) can take advantage of this space by passing towards the goal.
- *Exercise 3:* - The attacking player (a) creates the free space and exploits it when it is opposite to the colleague of player (b) with the ball to take advantage of this space and pass towards the goal.
- *Exercise 4:* - The attacking player (a) creates the free space by playing one touch (double bus) with the player's colleague (b), and then there is space to pass towards the target.
- *Exercise 5:* The attacking player (a) has the ball. Player B's teammate creates the free space by crossing it behind Player C's defender. Player A plays the ball (Over Lab) over defending player C because there is free space left to pass towards the target.
- *Exercise 6:* - Attacking players ( A, B, and C) open and run over the width, length, and spread of the stadium, to create empty spaces between attacking players, and it will be difficult for defending players to defend against attackers scattered over a large area.

- *Exercise 7:* - Attacking players (A, B, and C) open and run around the pitch and spread to (forward, show, and leaning ) to create empty spaces between attacking players, and it will be difficult for defending players to defend against attackers spread across a large area.