

The effect of tactical exercises according to the playing areas in developing Mass attack of Youth football player

Dr. jassim majeed joudah ¹ ,Dr. Maad salman abraham ²

Abstract:

Research objectives: Prepare tactical exercises according to the playing areas to develop the mass attack of the youth football players, and Learn about the impact of the written exercises according to the play areas to develop the mass attack of youth football players. **Conclusions:** In light of the results of the tests, analysis and discussion, the researchers reached the following conclusions: The tactical exercises prepared by the researcher are effective in developing the group attack of the youth footballers, The use of tactical exercises helps the player to get rid of observing the opponent under pressure and improving the scoring skill, Similar tactical exercises that play a positive role in developing the level of offensive performance. **Recommendations:** Adopting the tactical exercises in the training curriculum for the first and excellent grades teams, conducting a similar study for other age groups, Generalizing tactical exercises on the females' soccer teams.

Keywords: tactical exercises , playing areas , Mass attack , football player.

I. Introduction to research:

1-1 Research Introduction and Importance:

Training is a process based on scientific principles aimed at preparing the players for an integrated preparation in terms of physical, skill, tactical and mental development. , And this is done using appropriate methods, methods and means to achieve the highest athletic level. This requires the coach to plan and organize the capabilities of his players, in order to achieve the training goal.

Football is one of the most popular games in the world and wants to be played and watched by young and old. Therefore, care has increased for the game of football, as it has witnessed in recent years a significant development in the physical, skill, tactical and psychological levels to improve the level of sports performance. Studies and scientific research related to the training process have helped a coach to develop

¹ Middle technical university , Technical college of msnagement/ Baghdad . jassimsport70@gmail.com .

² Mustansiriyah university , Student Activities Department .

his knowledge of the variables that can affect the success of the training process and achieve the best achievements. As mastering the tactical aspects works to raise the morale of the players successfully and the preparation is an important aspect in preparing the football player.

Without the players mastering the basic skills, it is difficult for them to implement effective plans, which enables the team to perform well in the game. The player must be characterized by a thorough performance and this requires a comprehensive preparation of the various aspects of the game. The phenomenon that characterizes soccer players is their superior ability to perform delicate tactical performance while on the move. Training exercises in different areas are aimed at building organized attacks that require high physical abilities, enabling the player to perform well during the game. It became the duty of the attackers to play direct, fast, individual, bilateral and collective, as well as the need for free running for most of the team to take the right place to receive the ball and open the gaps to the opponent.

1-2 problem of the research:

Through the follow-up to the field researchers, as well as being former players and coach of this game and a follow-up to the training process, they noticed that there are some coaches who do not use the planned exercises within the curricula of their daily training units in a way that is appropriate to the requirements of the players from the youth teams, which enables them to know their capabilities and capabilities, as the tactical exercises an influencing and important factor in developing their offensive performance.

1.3 Research objectives:

- Prepare tactical exercises according to the playing areas to develop the mass attack of the youth football players.
- Learn about the impact of the written exercises according to the play areas to develop the mass attack of youth football players.

1-4 Research hypotheses:

- There are statistical significant differences between the mean scores of pre- and post-test of the experimental and control groups in favor of the post-test.
- There are statistical significant differences between the mean scores of the post-test of the experimental and control groups and in favor of the experimental group.

1-5 Research areas:

The human sphere: Al-Naft Al-Shabab youth football players for the 2018/2019 season

Time domain: (15/4/2019) until (15/8/2019).

Spatial field: Al-Naft Sports Club Stadium in Baghdad.

II. Research methodology and field analysis:

2-1 Research Methodology:

The methodology is of importance in scientific research. The value of research permits and its results are closely related to the two researchers. The experimental approach enables the design of the two experimental and controlling equivalent groups to suit the nature of the research.

2-2 Research community and its sample:

The researcher often resorts to determine his research community based on the phenomenon or problem that he chooses for his research. In other words, the researcher selects a sample in which he sees that it represents the original community that he is studying in an honest way. "(Allawi and Radwan: 2000: 222). A research sample was chosen in a random manner from the research community, which number (225) players representing Baghdad's Premier League clubs in the youth age group (18-19) and the number (9) teams (Baghdad, Al-Zawra, Al-Talaba, Air Force, Oil, Borders, Electricity, Al-Hussein) represent the Premier League for the youth category for the football season 2018/2019. One of the clubs was chosen as an experimental and controlling group, the Oil Club. The athlete, who numbered 24, each group divided 12 players for the control and the experimental groups, and the sample ratio was 10% of the parent community.

2-3 Means, equipment and tools for work:

2-3-1 Method of gathering information:

It was represented by: (survey form, personal interviews, assistant team, tests and measurement, data registration form, Arab and foreign sources and references).

2-3-2 Equipment and tools for work:

It was represented by (rubber ropes to determine the target area, Bork material, small five-centimeter characters to determine the handling accuracy, 15 footballs, 16 characters at various heights from (30-80 cm), Sony video camera, electronic stopwatch number / 3 Small personal calculator).

2-4 determining the tests to work in the research:

The two researchers approved the standardized tests for football tactical side, as follows:

- Linkage tactical and scoring test (Naji Kazim: 2010: 73-75).
- Compound Tactical and Scoring Test (Naji Kazim: 2010: 81-81)

2-5- the pilot study:

The pilot study was conducted on a sample consisting of (12) players from Al-Hussein Sports Club from the Youth League Clubs for the football season 2018/2019 from Baghdad Governorate. The tests were conducted on the date of 18/4/2019 at four o'clock in the afternoon and on the Hussein Sports Club stadium, and that Know the time taken to carry out the tests. The difficulty that researchers may face, and their

knowledge of the ability of the assistant working group on how to use the devices and tools, as well as the time it takes for the tests.

2-6 -The main experience:

The two researchers with the help of the team's assistant, applied written tests to the main adult sample(24) players, at exactly four o'clock in the afternoon on (Monday and Tuesday) corresponding to 22-23 / 4/2019, and after completing the tests, the equivalence of the control and experimental groups in the pre-tests was extracted using the (T) test for non-independent samples. Linkage tactical and scoring test was conducted on the first day, and on the second day, Compound Tactical and Scoring Test was conducted.

2-6-1 Homogeneity of two research groups.

Table (1)

Means, standard deviations, and the calculated (t) value of pre-test for control and experimental groups in (tactical) tests

result	Sig	T	الضابطة		التجريبية		Tests	No
			SD	mean	SD	mean		
Not significant	0.529	0.261	1.443	94.083	1.676	63.916	Linkage tactical and scoring	1
Not significant	0.781	0.394	1.044	65.000	1.029	64.833	Compound Tactical and Scoring	2

Because all the values of ((P-Value, symbolized by the symbol (Sig)) are greater than the approved level of significance, which is determined by (0.05), which indicates that there is no significant significance between the two groups, which means here the two groups are equal in the study variables.

2-6-2 Preparing tactical exercises:

The researchers prepared tactical exercises after reviewing previous studies and scientific sources in sports training. And taking into account the development of all plans, using a large group of exercises that achieve the required goals, which took a period of implementation (10) weeks for the period from 27/4/2019 to 12/7/2019. It is a sufficient period to cause a change in the sample population, as f Costel Wilmore (1994), cited in Abu Al-Ella Ahmed: (1996: 32) states that most of the changes resulting from the training usually occur during the first period of the program within 6-8 weeks. Since the period is two and a half months were sufficient for the emergence of development, and at the rate of (3) training units per week carried out on days

(Saturday, Monday and Wednesday) through the main section and the unit duration lasted (40) minutes distributed on (3) exercises for the duration of each exercise (10) minutes and repeated for a period one (2) minutes were allocated between one exercise and the other at rest (4) minutes. The researchers took into account the diversity of the planned exercises according to the playing areas. Likewise, the planned exercises should be similar to the play cases. The complex exercises were started by organizing one individual plans and then two group plans in the unit During the six weeks, but during the remaining four weeks, the exercises become group plans during the special preparation phase.

2-6-3 After-tests for the research sample:

The post-tests were conducted for the research sample taking into account the same conditions. To conduct the pre-test as much as possible after the completion of the pre-test in order to determine the level of tactical performance of the research sample and for the period of Saturday and Sunday for the period from 7/15/2019 to 16/7 / 2019, bearing in mind that the tactical and scoring connectivity test was conducted on the first day, while on the second day, the combined scoring and scoring test was conducted.

2-6-4 Post tests of the research sample:

Post tests were conducted for the research sample, taking into account the same conditions of conducting the pre-test as much as possible after the completion of the pre-test in order to determine the level of linear performance of the research sample and for the period of Saturday and Sunday for the period from 7/15/2019 to 16/7/2019, as Linkage tactical and scoring test was conducted on the first day, and on the second day, the Compound Tactical and Scoring test were conducted.

2-7- Statistical means:

The researchers used the statistical bag (IBM SPSS Vr24) to extract the statistical treatments of the following laws (mean, standard deviation, simple correlation coefficient (Pearson), test (T) for independent samples, (T) test for non-independent samples).

III. Presenting, analyzing and discussing the results:

The researchers presented, analyzed and discussed the results as follows:

3-1 Display the results of (test) for control and experimental group tests in the pre and post- tests:

For the purpose of identifying the significance of the differences between the pre and post -tests in the schematic tests and for the experimental group, the researchers used the test (T. test) for non-independent samples as shown in Table (1).

Table (1)

Shows the mean, standard deviations, and the calculated value of (T) for the pre and post tests for the experimental group in (tactical)

result	Sig	T	Post test		Pre test		Tests	No
			SD	mean	SD	mean		
signif icant	0.000	13.619	1.215	71.750	1.676	63.916	Linkage tactical and scoring	1
signif icant	0.000	7.583	0.668	68.083	1.029	64.833	Compound Tactical and Scoring	2

From the results in Table (1), the results of the mean (Linkage tactical and scoring) in the pre-test (63,916) with a standard deviation of (1.676), while the mean in the post-test (71,750) with a standard deviation (1.215), and the value of (T) The calculated was (13.619) with the level of significance of Sig (0.000) which is smaller than (0.05) which is the approved level which indicates the presence of significant differences in favor of the post test.

While the mean (Compound Tactical and Scoring) in the pre-test reached (64,833) with a standard deviation of (1.029), while the mean (in the post-test) reached (68.083) with a standard deviation (0.668), while the calculated value of (T) was (7.583) with Sig (0.001) which is less than (0.05) that is approved level, which indicates that there are significant differences in favor of the post test.

3-2 - Presenting the results of (test) for tactical tests and for the control group in the pre and post - tests:

For the purpose of knowing the significance of the differences between the pre and post tests in the tactical tests for the control group, the researchers used the test (T. test) for non-independent samples, as shown in Table (2).

Table (2)

Shows the mean, the standard deviations, and the calculated value of (T) for the pre and post tests for the control group in (tactical)

result	Sig	T	Post test		Pre test		Tests	No
			SD	mean	SD	mean		
signific ant	0.000	14.600	1.193	70.166	1.443	64.083	Linkage tactical and scoring	1
signific ant	0.003	2.455	1.831	66.583	1.044	65.000	Compound Tactical and Scoring	2

From the results in Table (2), the results of the mean (Linkage tactical and scoring) in the pre-test (64.083) have a standard deviation of (1.443), while the mean in the post-test (70.166) reached a standard deviation (1.193), and the value of (T) was (14.600) and at the level of significance of Sig (0.000) which is smaller than (0.05) which is approved level which indicates the presence of significant differences in favor of the post test.

While the mean of (Compound Tactical and Scoring) in the pre-test reached (65,000) with a standard deviation of (1.044), while the mean in the post-test (66,583) with a standard deviation (1.831), while the calculated value of (t) was (2.455) Sig (0.003) is smaller than (0.05), which is approved level, which indicates that there are significant differences in favor of the post test.

3-3 Discussing the results:

The researchers believe that the significance of the differences that appeared in favor of the post-tests in the experimental group tests confirms the sobriety and peace of the planned exercises prepared by the researchers, which contributed to raising the level and developing their tactical performance as the skill level of the players is the pillar upon which the tactical side is built. The training exercises had the training units contained and were performed by the players in similar conditions to play and repeat as indicated by (Mufti Ibrahim: 2014: 235) "All exercises are used and stipulate the end of the exercise by scoring the goal of the defender goalkeeper to ensure an important principle in football is the result of a match determined With goals that are scored against the opponent's goal, which supports the offensive tendency of the team players, by working focused towards the goal of the opposing team and ending the attack through skills, tactical rules, plans or duties of the centers or the way of playing.

And that the team's investment and possession of the ball as well as its importance for the players assigned to carry out the tactical duties in a better location, as its safety, accuracy and arrival in the right time and place provide the best opportunity for the player to score, "Careful handling is one of the most important characteristics of a good player that must be practiced by the team, for being those The technical means or method by which the ball is transported and delivered towards the teammate or the opponent's goal as quickly as possible during the match "(Saad Menem: 2012: 320).

These exercises contributed to the development of the players 'skills, the speed of their movements and transfers on the field, and the improvement of their collective performance in a way that guarantees them the speed of moving to the competitor's stadium and creating scoring opportunities in his net. Rapid handling and the transition to achieve a fast-paced position express the real interconnectedness of players in one team. Evidence for this is that the team worked as one cooperating group and therefore must not be underestimated when training and be used intelligently and with the goal and this rule to reach the team with perfect performance and in most cases the easiest and fastest way to get the ball to the opponent's goal "(Emad Samir: 2014: 213).

In addition to all the above, the researchers believe that Compound Tactical and Scoring included the rapid transfer of the ball and without the ball and the change of direction to take a suitable position. The adoption of rapid movement without a ball, as well as the speed of handling and high accuracy in performance, secure the goal of the opponent in the shortest possible time and is among the vocabulary of the tactical side that players perform in training for its application in the match. And the training curriculum that youth teams are subject to is the reason behind the decline in the skill and tactical level of players of youth teams. "The coach can place his players in the program with content that suits their skill level and that the skill level largely determines the plans that can be included in the training program" (Mufti Ibrahim: 1997: 330).

3-4- Display the results of (T. test) of tactical tests for the experimental and control groups in the post test:

For the purpose of comparing the results of post tests for two groups, the experimental and the experimental groups, and to know which one is the best in development in football. The test (T) was used for the two independent samples to know the significance of the differences between them and as shown in Table (3)

Table (3)

The mean, standard deviations, and the value of (t) for the post test of the control and experimental groups in a tactical skill

result	Sig	T	Experimental		control		Tests	No
			SD	mean	SD	mean		
signific ant	0.001	3.220	1.193	70.1667	1.215	71.750	Linkage tactical and scoring	1
signific ant	0.003	2.665	1.831	66.583	0.668	68.083	Compound Tactical and Scoring	2

From Table (3) for post- tests and of the control and experimental groups, a significant effect is observed in the test (Linkage tactical and scoring) for the two groups, and this is evident through the differences between the mean of the two tests, as the mean of the experimental group reached (71.750), while the mean of the control group reached (70.166) and the value of the calculated (T) test was (3.220) At the level of significance of Sig (0.001) which is smaller than (0.05), which is approved level, that indicates the presence of significant differences in favor of the experimental group.

It is noticeable that there is a significant effect on the test (Compound Tactical and Scoring) for the two groups, and this is evident through the differences between the arithmetic mean of the two tests, as the mean of the experimental group reached (68.083), while the mean of the control group reached (66.583) and the value of the (T) test calculated It reached (2.665) and the level of significance of Sig (0.003) which is smaller than (0.05), which is approved level, which indicates the existence of significant differences in favor of the experimental group.

3-5 Discussing results:

The researchers believe that the significance of the differences in the post tests, which were all in favor of the experimental group, reaffirms its safety, scientific and validity of the planned exercises prepared by the researchers. For the stability of the level or its development is mainly due to the schematic exercises, which were subjected to each one separately, the effectiveness of the tactical exercises of the experimental group and the correct progression in the difficulty of the exercises and their repetition and conducting them in conditions similar to the conditions and requirements of play, all contributed to giving the players self-confidence and mastery of the complex skills and implementation of the planned performance in the required manner.

The importance of developing the individual performance of skills does not stop in a skill sentence chart, but rather than something, as training in developing skill sentences increases the player's ability to creativity to produce performance that is consistent with the situations and requirements that exist during the game (Abdullah Al-Lami: 2012: 122). The development of linear performance is certainly dependent on the time of rapid performance, achieving the required accuracy within a specific time, and achieving complementarity between the skillful and tactical sides, contributing to the results produced by the dimensional tests for both groups. The linkage between two or more skills gives importance to each of them in the performance of the skill that follows and enables the player to invest them effectively, which reflects a high and distinguished level of performance in addition to enabling the player to make the right decision to face the positions and requirements of playing under competition conditions.

IV. Conclusions and recommendations:

Conclusions.

In light of the results of the tests, analysis and discussion, the researchers reached the following conclusions:

- 1- The tactical exercises prepared by the researcher are effective in developing the group attack of the youth footballers.
- 2- The use of tactical exercises helps the player to get rid of observing the opponent under pressure and improving the scoring skill.
- 3- Similar tactical exercises that play a positive role in developing the level of offensive performance.

Recommendations

- 1- Adopting the tactical exercises in the training curriculum for the first and excellent grades teams
- 2- Conducting a similar study for other age groups
- 3- Generalizing tactical exercises on the females' soccer teams.

References:

- 1- Abu El-Ela Ahmed: Carrying Training and Athlete Health, Cairo, Dar Al-Fikr Al-Arabi, 1996.
- 2- Saad Moneim Al-Sheikhly and Hah Fal Khurshid Al-Zahawi: Football Training, Principles and Applications, Sulaymaniyah, printed by Yu Nad, 2012.

- 3- Muhammad Hassan Allawi and Muhammad Nasreddin Radwan. Measurement in Physical Education and Sports Psychology, Cairo: Dar Al-Fikr Al-Arabi, 2000.
- 4- Mufti Ibrahim Muhammad: Encyclopedia of Education and Training in Football, Training Programs Planned for Football Teams Part 1, The Book Publishing Center, Cairo, 1997.
- 5- Mufti Ibrahim Muhammed: Attacking the dualist schematic groups in football: 1st floor, Cairo, Dar Al-Kitab Al-Hadith, 2014.
- 6- Emad Samir Al-Hakim: Psychological preparation in the sports field, 1st floor, Cairo, Dar Al-Fikr Al-Arabi, pp. 88, 2014.
- 7- Abdullah Hussein Al-Lami: Football Learning and Training - plans and planning, 1st edition, Al-Taif Press 2012, p. 122
- 8- Nagy Kazem Ali: The effect of exercises in the style of fast play in developing the pace and accuracy of performance in football, doctoral thesis, College of Physical Education, University of Baghdad, 2010.
- 9- Wadia Yassin and Hassan Muhammad: Statistical Applications and Computer Uses in Physical Education Research, Mosul, Dar Al-Kutub for Printing, 1998.