The effect of tactical exercises in different playing centers on some of the motor abilities of young football players, ages (17-19) years

Muhammed Mussa Lazim Al-Essawi

1. College of Agricultural Engineering Sciences, University of Baghdad, Iraq

*Corresponding author

Abstract

In recent years, the football game has witnessed a great development in different playing styles, and this has become evident in the recent football tournaments. Tactics and plans have played a big role in the results of matches. Modern play has become more difficult and complicated. Then the preparation of the team became difficult, and the training became more complex and difficult. This in turn forced the football training scholars to search for new methods and methods of training, so the training diversified and became close, or even similar, to the actual competition during the match, which led the coaches to resort to collective and planning exercises to develop the physical, motor, and planning aspects, and the research problem was that most of the vocabulary Training curricula for youth soccer teams It became clear not to allocate spatial time in the special preparation stage for such planning exercises, but even that most coaches follow the old methods only in the player acquiring physical fitness and skills in one direction or a specific capacity or ability and this is what we call Now the modern ball (exercise non-economic). The aim of the research was to prepare tactical exercises in the various play centers for youth soccer players of ages (17-19) years. The research hypotheses were statistically significant differences between the results of the pre and posttests of the research sample (control and experimental) in some of the motor capabilities of youth soccer players. Theoretical studies were related to tactical exercises, defensive tactical exercises, offensive tactical exercises and kinetic abilities. The research sample was (16) players from the border club youth ages (19-19 years) and the search tests were the kinetic ability test (accuracy) and the kinetic ability test (agility). The researcher discussed the results that appeared to him in Chapter Four and from the research findings, the tactical exercises in the various playing centers achieved a significant development in the motor abilities (accuracy and agility) of the experimental group when comparing the results of the pre and posttests and from the recommendations of the research is the adoption of completeness plans in the various play centers prepared by the researcher to train football players to develop motor abilities.

Keywords: tactical exercises, playing centers, young football players

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Introduction

In recent years, the football game has witnessed a major development in different playing styles, and this has become evident in the recent football tournaments. Tactics and plans have played a big role in the results of matches. Modern play has become more difficult and complicated. The high physical fitness required and implementation of the tactical moves in defense, midfield and attack have become fast and complex Then the preparation of the team became difficult, in turn, the training became more complicated and difficult, so the game plans varied, and the training became more modern in line with the speed, strength, high fitness required and the mechanism of harmony with the team's planning work.

Modern football requires the player to speed, start, force, jump, receive and deliver the ball, and fast movement to take the blank, cover, support, center goal and direction change (direction of play), and constantly on the field as well as sudden stop, evade, and slide to take the ball from the competitor and all this has forced...
the player to have various capabilities including physical and motor to serve team and tactical team work. This, in turn, forced the training scientists in football to search for new methods and methods of training, so the training diversified and became close, or even similar, to the actual competition during the match, which led to the coaches resorting to collective and planning exercises to develop the physical, motor and planning aspects, and this is what is currently known in football circles. In economic training, as the player develops the kinetic abilities with those tactical exercises in the various playing centers, and at the same time the player trains the requirements and concentrated meals of playing in those exercises so that he gains a large amount of the tactical knowledge needed in the games.

What was added to the importance of the research was the lack of research and scientific studies that touched on the effect of tactical exercises in the various playing centers on the motor capabilities that play a major role in developing the player and improving his performance, as well as the importance of tests for motor capabilities in football in our country and the lack of research in knowing the extent of the impact of exercises. The plans in the various play centers are based on kinetic abilities, which prompted the researcher to develop kinetic abilities in the daily training unit in youth teams.

Research problem

The tactical exercises in the various playing centers in modern football are among the most important pillars of developing the player's level of technical and planning because these exercises are similar to the player's duties in the game, and at the same time they work to improve physical fitness and endure performance and improve and develop motor abilities, as well as developing the basic skills of the game. From the researcher’s follow-up to most of the vocabulary of the training curricula for youth soccer teams, it became clear to him not to allocate sufficient time in the special preparation stage for such exercises, and even that most coaches follow only the old methods of acquiring the fitness and skills of the player and developing a trend. Uh, one, adjective, or specific ability, and this is what we now call the modern ball. The non-economic exercise, so the researcher decided to go into this problem by giving tactical exercises in the different playing centers that have an effect on some of the motor abilities during the training unit.

Research objectives

1. Preparing tactical exercises in the various play centers for youth soccer players, ages (17-19) years.
2. Knowing the effect of tactical exercises in the various playing centers on some of the motor abilities of young football players, ages (17-19) years.

Research hypotheses

1. There are statistically significant assumptions between the test results between the two posttest of the two groups (control and experimental) in some of the motor capabilities of youth soccer players.
2. There are statistically significant assumptions between the test results from the dimension between the two groups (control and experimental) in some of the motor capabilities of youth soccer players.

Research fields

- The human field: (16) players from the Al-Houdoud Club for youth aged (17-19) years.
- Domain Temporal: 11/05/2016 until 01/04/2017.
- Spatial field: Playground Al-Houdoud Club.

Defining terms:

The schematic exercises
It is considered one of the modern concepts that depend on tactical performance in modern play. Striped exercises are planning instances that aim to combine tactical play, developing basic skills, and practicing them in similar situations playing.²

**Theoretical and similar studies**

**Theoretical studies**

**The schematic exercises**

In modern football, tactical exercises in various playing centers are among the most important elements of the training unit, and the team trains on tactical exercises at least four training units per week, which is the primary means of training the player and his understanding of the required tactical moves on the field and these exercises are given in the duration of the special preparation At the time of competitions.³

Schematic training can start with one player and scale until the plan is for a group of players and then the entire team.(Topkaya-2004) defines tactical exercises as "those exercises performed by the defense, midfield, and attack players individually or collectively with the ball and without it and with the presence of a competitor or his absence to develop the player's basic capabilities in order to get used to cases similar to playing conditions".⁴ The researcher believes that the tactical exercises in the various playing centers constitute the main structure of the training unit in modern football, as these exercises contain several basic principles of defense and attack, as the player trains where he stands and how he behaves when he gets the ball or when he loses it, in addition to those exercises improved and developed the basic skills and capabilities required for the player, playing and soliciting the ball in these exercises are much more than individual exercises as he touches the ball over and over in these exercises.

The goal of these exercises is to create conditions similar to what happens on the field and to confirm and establish the ability to act tactically during the upcoming matches, and in general can be divided exercises tactical exercises defensive and offensive.⁵

**Defensive tactical exercises**

It is the set of actions and procedures that players perform in the event they lose the ball and the opposing team has it, and its goal is to train players on how to retrieve the ball from the competitor and thwart his attacks and prevent him from scoring goals, the team when it loses the ball is prevented after a state of defense and it does not matter here the location of the ball on the field Therefore, he must defend plans in order to prevent the opposing team from scoring goals, and the most important principles of defensive plans are the following :⁶

1. Get the ball before the striker.
2. Not to divert the striker's face to the defense target.
3. Delaying the attacker.
4. Preserving depth.
5. Maintaining balance.
6. Take a good defense position (the right place).
7. Coverage.
8. Man-to-man defense.

These principles are important and the coach always tries to apply these principles in the tactical exercises. For example, when playing (4 * 4) these principles can be trained, the player trains how the predicates work, how they are given, and when there is a balance in the number of players, and how to get the ball, as the player exercises the way Man-to-man or area defense in these exercises.

**Exercise tactically offensive**
The offensive tactical exercises aim mainly at developing and improving the player's capabilities to score the goal in the opponent's goal before the defense takes the correct positions to prevent the attackers from reaching the goal, and this is related to the movement according to the available space and the very specific time moments in front of the player during the implementation of the move in the games, and training in these The situation means that the coach trains the player to perform the proper tactical performance in the least available space for him and in the shortest possible time and is not more than moments, and this type of training is very important.  

Offensive tactical exercises

The offensive tactical exercises aim mainly to develop and improve the player's capabilities to score the goal in the opponent's goal before the defense takes the correct positions to prevent the attackers from reaching the goal, and this is related to the movement according to the available space and the very specific time moments in front of the player during the implementation of the move in the games, and training in these The situation means that the coach trains the player to perform the proper tactical performance in the least available space for him and in the shortest possible time and is not more than moments, and this type of training is very important.  

Motor capabilities

Motor capabilities are characteristics that the individual acquires from the surrounding environment, or it may be found innately, and develops according to the individual's physical, sensory and cognitive ability through training and practice. These capabilities depend mainly on motor control, then motor control comes through the ability of the central and peripheral nervous system, to Send accurate signals to the muscles in order to accomplish the motor duty.

The kinetic ability refers to the extent of the individual's efficiency in performing the basic motor skills, such as running, handling and scoring, as this concept (Scott and French) emphasizes when he indicated that the kinetic ability refers to the achievement in the basic kinetic skills such as running, jumping and others, while others indicate that the kinetic ability is the functional state of the organic systems, And physical measurements such as height, weight, bone structure, obesity and the motor componenets necessary for physical performance such as strength, speed, agility, flexibility, and others. 

Research methodology and field procedures

Research Methodology

The researcher adopted the experimental approach to suit the nature of the research.

Research community and sample

The research community included the Borders Club for youth football ages (17-19) years of the season (2015-2016), which included (16) players after excluding the goalkeepers from the research sample.

Means and tools used in the research

- (10) people.
- Regular number (7).
- Number (10) balls.
- Whistles
- Goals
- Tape measure
- Burke
- (4) colored banners of various colors.
- Stopwatch.
Means of collecting information

- Arab and foreign sources and references.
- Personal interviews.
- Assistant Work Team.

Define the tests

Through polling expert opinions and personal interviews according to the expert opinions form, physical tests have been identified, which is (the kinetic ability) by more than (75%).

Motor power test (accuracy)

- The goal of the test: Measurement of kinetic accuracy (measure the accuracy of handling)
- The tools used: an area of (40 * 40) m in the football field, signs of height (30) cm, number (9), footballs, number (8), tape measure, whistle.
- Performance description: The test center is assigned a point (A), as the laboratory stands and (2) meters from the four sides. We put balls against the points BCDF and put at a distance of (15) meters from the balls. (1) meter, the test begins with a whistle, and the laboratory begins going from the center to point B balls, then handles with his right foot trying to enter the ball between the two people, and so it continues to rotate to point (C) then (D) then (F). After the cycle ends, the laboratory enters the ball between the two people
- Starting from point (B) with his left foot, then on F, D, C (Figure 1).

![Figure 1: Motor power test (accuracy)](image)

Score registration is given to each laboratory (8) four attempts on the right foot and four on the left foot. In the event of entering the ball he is given one score and when it is not entered or collided with the people he is given a zero and the total score of the test (8) degrees. And give the laboratory two attempts between them (1) one minute and record the best attempt.

Motor ability test (agility)

- Name of the test (Agility Test)
- The goal of the test: to measure agility
- The tools used: an area of (40 * 40) m in the football field, a whistle, a stopwatch, human characters number (5) height (1,50) m rings or hoops diameter (50) cm number (2), number contraindications (3), height (30) cm, lists or columns height (1,50) m number (4), football number (1), tape measure.
Performance description: The laboratory stands at the starting point indicated in Burke and with it a ball (Figure 2) that is far from the first human person (3) A.D. On hearing the beep, the scale begins to turn on the clock and the laboratory begins rolling and winding between the five characters the distance between the person and the second (1,5) M, then roll the ball to the left side a distance (5) m to find in front of him (two collar) the radius of each (50 cm) and the distance between them (2) m, then he spins the ball from the right side (a full turn) then rolls the ball a distance (5) m to find In front of him is a barrier of height (30) cm. He enters the ball from between the barrier and jumps from above the barrier and turns to the left to find four columns height (1.5) m in front of him. Also (1.5 m) who shall maneuver until the end point which marked the starting point and when the timer stops the clock. The laboratory is given two attempts between them (1) one minute, and the best attempt is recorded.

Search procedures

Pre-test

Through testing and then identifying the kinetic ability of each player from the research sample, then the auxiliary team conducted the pre-test for the control and experimental groups, at four in the afternoon on Saturday 5/11/2016.

The test was conducted for the control and experimental groups at the Border Club Stadium. The researcher recorded the observations and conditions accompanying all the tribal tests in terms of time, place, tools, devices, and the method of implementing the tests to create the same conditions when conducting the post tests.

Main experience

The researcher relied in its preparation on some scientific sources and references, in addition to taking the opinions of a group of experts in the game of football, and the researcher took into account the use of prepared exercises and the level of physical ability of the research sample, the tools used, the method of implementation and economic conditions. The training curriculum also included the following parts.

- The stomach exercises were for the youth group.
- Continuing the application time for the exercises prepared by the researcher for a period of (8) weeks.
- The number of training units per week (3) training units on days (Saturday, Monday, Wednesday).
- The total training units totaled (24) training units.
- The training time for the training group ranges between (45-50) minutes.
- The researcher used the method (high intensity interval training).
Post-test:

The post-tests for control and experimental research samples were conducted after the completion of the main experiment, at four in the afternoon on Saturday, 7/1/2017, and the researcher took into account the availability of the same conditions, and the location of the tribal tests to avoid the variables of conditions on the post-tests of the research samples.

Statistical means

The researcher used the following statistical methods:

- Mean.
- Standard deviation.
- Pearson correlation.
- (T-Test) for the corresponding samples.

Results

Table 1: Shows the mean, standard deviation and value (t) of the search variables

<table>
<thead>
<tr>
<th>Motor capabilities</th>
<th>Units</th>
<th>Pretest</th>
<th>Posttest</th>
<th>(t) calculated</th>
<th>Significant value*</th>
<th>Moral significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accuracy</td>
<td>Degree</td>
<td>5.50</td>
<td>5.40</td>
<td>0.287</td>
<td>0.780</td>
<td>Non sig.</td>
</tr>
<tr>
<td>Agility</td>
<td>Degree</td>
<td>17.786</td>
<td>17.887</td>
<td>0.956</td>
<td>0.364</td>
<td>Non sig.</td>
</tr>
</tbody>
</table>

*Meaningful if the value of sig ≤ 0.05.

It is evident from Table (1): There are no significant differences between the results of the pre and posttests of the two research groups for the motor abilities (accuracy, agility) for the youth football players, as the value of Sig. reached to accuracy (0.780) which is greater than (0.05) and reached (sig) for agility (0.346) which is greater than (0.05).

Table 2: Shows the mean, standard deviation and value (t) of the search variables

<table>
<thead>
<tr>
<th>Motor capabilities</th>
<th>Units</th>
<th>Pretest</th>
<th>Posttest</th>
<th>(t) calculated</th>
<th>Significant value*</th>
<th>Moral significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accuracy</td>
<td>Degree</td>
<td>6.55</td>
<td>6.69</td>
<td>0.561</td>
<td>0.002</td>
<td>Sig.</td>
</tr>
<tr>
<td>Agility</td>
<td>Degree</td>
<td>19.891</td>
<td>19.631</td>
<td>0.970</td>
<td>0.160</td>
<td>Sig.</td>
</tr>
</tbody>
</table>

Table (2) shows: the presence of statistically significant differences between the results of the pre and posttests of two experimental research groups for the motor capabilities (accuracy, agility) for youth football players, as the value (sig) of accuracy (0.002) and the value (sig) of agility (0.160).

Conclusions

1. The schematic exercises in the different playing centers achieved a significant development in the motor abilities (accuracy and agility) of the experimental group when comparing the pre and post test results.
2. The schematic exercises in the various playing centers achieved a significant development in the motor capabilities (accuracy and agility) in the post-test of the experimental group compared to the control group.

Recommendations
1. Adoption of tactical exercises in the various playing centers prepared by the researcher to train soccer players to develop motor capabilities.
2. Giving great importance and role to the tactical exercises in the various playing centers in the football players training unit.

First exercise (Figure 1)

- The goal of the exercise: agility, accuracy, adaptation to changing situations, and anaerobic endurance.
- Equipment and tools: A stadium measuring 20 * 15 and marked with a number of 8/10 balls
- The number of players: 8 players and the use of goal protectors, number 2
- Method of performance: Two players from Al-Azraq against two players from Al-Ahmar and focus on handling, support, coverage and scoring. We can use the colleagues who are standing at the sides to handle and receive, and after 2.5 minutes the places of the players are changed.

Appendix 1

- The goal of the exercise is balance, agility, accuracy, motor linkage and adaptation to changing situations.
- Equipment and tools: Stadium 10 * 10 m, two small goals 1 * 1 m, balls number / 7.

Number of players 2

- How to play: Inside the box, the players play 1 * 1 and each player tries to score to the opponent’s goal.

Figure 3: Number of players

The second exercise (Figure 2)

- The goal of the exercise: motor linking, agility, accuracy.
- The tools used: half of the soccer field, (7) person, (1) goal, (7) balls.
- The number of players: Ten players and the assistance of a goal protector of (1).
- Method of performance: At point A, there are 6 players standing, A handles to player B and runs to occupy his place and B handles the ball to C and occupies his place then C handles the ball to the right wing area to run D to the ball and rolls it and turns it into E the starting point in order to target the man C occupies place D, while D occupies place E after scoring and returns E with the ball to point A to stand behind a group of 6 players. Thus, the exercise continues.
Figure 4: Second exercise

References
