Specific tactical exercises according to cerebral sovereignty and their impact on the development of the tactical aspects of young football players

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Abstract

The research objectives to identify the effect of specific tactical exercises according to cerebral sovereignty on some of the schematic aspects of young football players. The researchers used the training method for its suitability and the nature of the research. The sample consisted of the Hit Sports Club consisting of (24) players divided into two control and experimental groups for each group (12) Player and the pre-tests were conducted after that the program was applied from (8) weeks and each week contains (3) training units, meaning that the total units for each program are (24) units so that the educational part of the main section of the training unit is in terms of isolation and a difference in the presentation mechanism as well. We explained above, and the players are integrated in the performance of exercises in the application section of the main part of the training unit, and then the researcher used the appropriate statistical means in order to reach the results and the most important conclusion was the remarkable success of the method used in the process of offering and explaining exercises, as brain mastery facilitated the process of acceptance and awareness of the players of the exercises Although it contains subtle and somewhat complicated details.

Keywords: Tactical exercises, cerebral and sovereignty

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Introduction

The rapid development that takes place in the world of sports training, especially in the game of football, has forced interested researchers and coaches to research and create advanced training methods to keep pace with this progress and rapid development and by testing specific and modern exercises that are appropriate for the target age group and work to raise the level of players. In particular, kinetic exercises that are in the form of brief playing postures that instill training thinking and plans developed by the coach for the players, as they work to develop the tactical aspects on the field.

Finding tactical exercises that are sophisticated and age appropriate is critical. Young people need focused and specific exercises that work on developing players. The idea of this research is to introduce specific tactical exercises that consist of a group of movements and express a brief training position on the field that resembles the position of playing during matches, but what is new in the research is that these exercises are presented to the players each according to his cerebral orientation. A choice that has a cerebral orientation called cerebral sovereignty. There are people whose cerebral dominance is right, meaning the right cerebral lobe is dominant and dominant, and vice versa.\textsuperscript{1}

These brain instructions require that trainers and researchers take them into consideration when proposing or training anything so that the response and interaction with the new thing is fast and effective. Their responses to
visual and kinetic instructions are greater than verbal responses, and this information makes it possible for coaches to determine the mental orientation of each player, and the training and training offer is intense according to this principle in order to benefit and perception in a large and good way for all players and this is the importance of research.²

It has been noticed in recent times, especially in the field of sports training for football in Iraq, that coaches train players on the physical and then skill aspects of each one separately, and the training is not integrated only in short times of the training session. In the same manner, there is a great discrepancy between players in the process of perception and understanding of the content of the exercise and its goal for that through the researchers and based on the great development and the high direction towards focused planning training and giving a wide training space within the training sessions. These exercises were characterized by the process of directing them by the coach to the players, each according to his orientation and his ability to cerebral comprehension.

**Research objectives**

- To recognize the effect of specific tactical exercises according to cerebral sovereignty on some of the schematic aspects of young football players.

**Research hypotheses**

- There are statistically significant differences between the pre and posttest for some of the schematic aspects under study for football players.

**Research fields**

- The Human field: Junior Hit Sports Club players.
- Spatial field: The Hit Football Club Stadium.

**Research Methodology**

The researchers used the training approach for its suitability and the nature of the research.

**The research sample**

The research sample consisted of (29) players from the Hit Sports Club for junior football, representing the research community, and (3) players were excluded for their participation in the reconnaissance experiment and two players as goalkeepers, where the main sample consisted of (24) players who were divided into two control and experimental groups randomly for each Group (12) players.

**Devices and tools used in the research**

- Toshiba Data Show.
- White display curtain.
- Calculator type.
- Legal football, count (10).
- Standard tape.
- (10) characters.
- A soccer field.
- Stopwatch.
- Whistle.
Choose the linear aspects

A group of harmonic and kinetic abilities were presented to a group of experts and specialists in the aspects of sports training and football. (3) abilities were chosen as clear and indicative indicators on the tactical aspects of the stadium, and these abilities obtained (80%) and above according to the percentage of consensus among the experts, namely Rapid response speed, motor linkage, and adaptation to changing situations.

Graphical aspects tests

After displaying a set of tests for each ability, there was agreement with (80%) and above on these tests.

- Rapid Response Test.
- Kinetic binding test.
- Adaptation test to changing situations.

Pilot study

On 8/24/2019, the researchers conducted an pilot study on a sample of the original community, numbering (3), in order to ensure the suitability of the paragraphs of the scale of cerebral sovereignty with the level of awareness of the emerging players targeted for the study as well as the extent to which players accept the topic of theoretical explanation and pictorial explanation alike and what the tools are The procedures to be provided and the time taken for the purpose of preparation and a good and integrated preparation to conduct the main experiment.

Scale of cerebral sovereignty

After taking the opinion of experts and specialists and agreeing to the paragraphs of the cerebral sovereignty scale presented to them, at a rate of (80%) and above, the researchers distributed the scale forms to the main research sample (the experimental group only) and after answering the paragraphs, unpacking the data and processing them statistically, it was found that there are (4) players from Right-handed sovereign and (8) left-handed sovereign.

Field research procedures

Pre-tests

The researchers conducted the pre-tests on the experimental research sample in its two sections, as well as the control, at the same time and the same procedures and conditions.

Training program

The researchers gave the training program to the trainer and he implemented the curriculum paragraphs on the experimental sample of the left and right brain dominance alike under the supervision of the two researchers, and he applied his program to the control sample. The difference in the implementation of the program between the two experimental departments was in the educational part of the main section of the training unit where it was He displays pictorial models in the form of a video in which he demonstrates the implementation of the exercise in pictures for the right-brain masters players and, in cooperation with his assistant, provides a theoretical verbal explanation of the mechanism for the implementation of the exercise for the left-hand players, and the goal of this division is for all players to have the same opportunities for justice in the quick perception of the exercise and each according to his mental acceptance. In the right-hand group, their perception and responses are clear and quick to the objects presented in pictures, while the left-handers have a quick perception and response to verbal theoretical matters, and thus we achieve justice and equal opportunities in perception, and this aims mainly at field, skill and planning development. The program was based on the following steps:
1. Implementation of the program started on 9/1/2019 and ended on 12/20/2019.
2. The exercises selected were qualitative and sophisticated, and they are the same for all the trial players, but the right-handers are presented with the exercises in pictures, and the left-handers explain the exercise to them in theory.
3. The program consists of (8) weeks and each week contains (3) training units, meaning the total units for each program are (24) units.
   - The time of each training unit is (90) minutes, and the main section of the unit is (60) minutes, which are divided into educational and practical
   - The educational part of the main section of the training unit is about isolation and a difference in the mechanism of presentation as we explained above, and the players merge in the performance of exercises in the practical section of the main part of the training unit
   - The experimental and control group is trained at the same time, but each on a side in the main section only, either in the preparatory and final part of the training unit.

**Post tests**

The researchers conducted the post tests with the working team assisting on the experimental sample in its two parts and the control sample at the same time and the same conditions and sequence that was done in the pre-tests.

**Table 1.** Shows the presentation of the results of the pre and post tests for the experimental group of the variables under study

<table>
<thead>
<tr>
<th>Variables</th>
<th>Units</th>
<th>Pretest</th>
<th>Posttest</th>
<th>Mean diff.</th>
<th>SD diff.</th>
<th>(t) value*</th>
<th>Type of significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Motor response</td>
<td>Sec.</td>
<td>17.701</td>
<td>14.102</td>
<td>3.599</td>
<td>1.038</td>
<td>12.036</td>
<td>Sig.</td>
</tr>
<tr>
<td>Motor connectivity</td>
<td>Sec.</td>
<td>27.505</td>
<td>23.716</td>
<td>3.789</td>
<td>1.294</td>
<td>10.158</td>
<td>Sig.</td>
</tr>
<tr>
<td>Adapt to changing situations</td>
<td>Sec.</td>
<td>30.009</td>
<td>27.853</td>
<td>2.156</td>
<td>1.111</td>
<td>6.737</td>
<td>Sig.</td>
</tr>
</tbody>
</table>

*Tabular (t) value (2.201) below the level of significance (0.05) and the degree of freedom (12 - 1 = 11).

**Table 2.** Shows the presentation of the results of pre and post tests in the control group with the variables under study

<table>
<thead>
<tr>
<th>Variables</th>
<th>Units</th>
<th>Pretest</th>
<th>Posttest</th>
<th>Mean diff.</th>
<th>SD diff.</th>
<th>(t) value*</th>
<th>Type of significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Motor response</td>
<td>Sec.</td>
<td>18.012</td>
<td>17.401</td>
<td>0.611</td>
<td>0.675</td>
<td>3.149</td>
<td>Sig.</td>
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<tr>
<td>Motor connectivity</td>
<td>Sec.</td>
<td>27.103</td>
<td>26.352</td>
<td>0.751</td>
<td>0.535</td>
<td>4.876</td>
<td>Sig.</td>
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<tr>
<td>Adapt to changing situations</td>
<td>Sec.</td>
<td>27.226</td>
<td>26.993</td>
<td>0.233</td>
<td>0.177</td>
<td>0.983</td>
<td>No sig.</td>
</tr>
</tbody>
</table>

*Tabular (t) value (2.201) below the level of significance (0.05) and the degree of freedom (12 - 1 = 11).
Table 3. Shows the presentation of the results of the post-tests for the control and experimental groups for the variables under study.

<table>
<thead>
<tr>
<th>Variables</th>
<th>Units</th>
<th>Experimental group</th>
<th>Control group</th>
<th>(t) value*</th>
<th>Type of significance</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Mean</td>
<td>Mean</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>SD</td>
<td>SD</td>
<td></td>
<td></td>
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<tr>
<td>Motor response</td>
<td>Sec.</td>
<td>14.102</td>
<td>17.401</td>
<td>6.130</td>
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<td>1.893</td>
<td>1.305</td>
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<tr>
<td>Motor connectivity</td>
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<td>23.716</td>
<td>26.352</td>
<td>4.707</td>
<td>Sig.</td>
</tr>
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<td></td>
<td></td>
<td>1.630</td>
<td>1.826</td>
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<tr>
<td>Adapt to changing situations</td>
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<td>27.853</td>
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<td>2.444</td>
<td>Sig.</td>
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<td></td>
<td></td>
<td>1.992</td>
<td>1.901</td>
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<td></td>
</tr>
</tbody>
</table>

*Tabular (t) value (2.074) below the level of significance (0.05) and the degree of freedom (12 + 12 - 2 = 22).

Discuss the results

In Table (1) it becomes evident that the value of (t) calculated for the research variables in the experimental group (kinetic response, kinetic linkage and adaptation to changing situations) is greater than the tabular value of (t) of (2.201) that the computed is greater than the tabular and this means that there are significant differences. Statistically and for the benefit of the post-tests of the experimental group, the researchers attribute the reason for this to the fact that the chosen tactical exercises and the method of presenting them to the players were very effective and made the players aware of the details of the double exercises. Therefore, progress occurred in the level during the training program period and the players of the experimental group were divided according to their brain orientations. The players helped in order to accelerate in raising their levels well and adequately according to the results. Therefore, prior planning in developing the training curriculum and the selected exercises and in any method given to the players to suit their ages, levels, and their ability to accept what is presented to them. It also helps to raise the athletic level, great training process lies. The extent of its relevance to sound scientific planning, for each training unit and for each training paragraph, in a manner that guarantees benefit of training in player and team building.

From Table (2) that the value of (t) calculated for the variables (kinetic response and movement link) is greater than the tabular value of (t) of (2.201) under a degree of freedom and a level of significance (0.05). This means that there are statistically significant differences in favor of the post-test. With the changing conditions, the calculated value of (t) of (0.983) was smaller than the tabular value of (t) of (2.201), which means that the differences are not statistically significant. The researchers attribute the reason for the existence of statistically significant differences for the variables of the speed of response and the motor link to the approach. Which was put by the coach had a positive and somewhat good result, which means that the vocabulary of the curriculum is the main section of the training unit, good organization, commitment, and working times were good in helping to raise the level of players. The development of players in the ability of modern tactical performance depends on the application. The ideal trainer for the vocabulary of his training and programs that is reflected in the development of their discovered references.

Either about the reason for the existence of non-statistically significant differences for the adaptation variable with the changing conditions, so the researchers attribute the reason to the difficulty of this variable, which includes many interrelated mental and kinematic vocabulary and details, and requires mental perception, high training and complex specific exercises in order to raise the tactical level of the players while playing. In Table (3) it appears that the value of (t) calculated for the three research variables is greater than the tabular value of...
(t) which is (2.074) under the level of significance (0.05) and the degree of freedom (22). This means that there are statistically significant differences in favor of the post-tests of the training group. Because the values in the above table represent time, and the smaller the time, the development is better, and according to what is shown in the above table, the means for the variables in the experimental group are smaller than the values of the arithmetic means of the control group. The level of players by enabling them to perceive accurate details of performance and linking movements during performance on the field, so this development and raising the level compared to the control has been higher and larger and this makes these exercises good, effective and appropriate with the ages of the youth to enable them to accurately control the movement movements and speed of their performance. And an actor, the mixed tactical aspect is very important for the players and for each team, where the development of the tactical side means the progress of the team in the skillful and other aspects, and this is to raise the team’s chances of winning matches points out that "football tactics is an important and very effective element in effective play and is the most important key to winning over the opposing team."

Conclusions

1. That the tactical exercises developed by the researchers were positive and effective and significantly raised the level of the players.
2. The tactical exercises were appropriate for the ages of the players, as they were accepted and applied and the goal behind them was achieved.
3. Remarkable success of the method used in the process of presenting and explaining exercises, as brain mastery facilitated the process of players’ acceptance and perception of the exercises, despite the fact that they contain precise and somewhat complicated details.
4. It is important to give the tactical aspects to the other and enough time in the training unit because of its role in making the players get used to and develop on the field in the process of linking the movement sentences on the field and this is what appeared in the results.

References