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The effect of tactical sentence exercises according to the compression method on some physical variables and the speed of complex skill performance of young football players

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ABSTRACT

The fundamental research question was the breach between the intellectual understanding of the variables and the field existence of the academy substitute, as academies in Iraq in general and the University of Dhi Qar substitute contract an illness various questions, including at the level of allure locale and contest accompanying additional universities, containing at the level of operating allure assignments towards the beneficiaries, as these questions cause a decrease in the level of conduct of allure tasks on account of either laws and priestly directions or on account of the lack of wherewithal and skills necessary to manage allure functions by dealing and directing matters at the academy. The aim of this research search out study the powerful friendship of the administrative climate in crystallizing the connection betwixt professional unity and task creativity and weighing the levels of variables examined. The research was attended on the supervisors filling a place administrative tasks in the management of the University of Thi-Qar the one were intentionally picked, where (214) inquiry was created for one analyst and after resolving the results, it enhanced clear that the administrative humidity has an affect the relationship middle from two points professional unity and task artistry at the level of individual compatibility professionally accompanying welcome institution of higher education and artistry in his work. The most influential pieces of advice search out devote effort to something internal active environments by occupied to organize dependable rules to enhance their levels and level of work and knowledge by professors by construction an administrative culture established the incident of material and cognitive work requirements and improving professional rapport, that is individual of the main indicators. In the character of acting of verdict adjusting factors for the education accompanying the within and outside environments.

1.1 Introduction and relevance of the research.

Football is a popular team game, played by different age groups and of both sexes, both in open and closed stadiums. This game requires players to possess high physical and motor abilities that enable them to carry out the skill and tactical duties required to achieve optimal performance in matches.

In light of the continuous development witnessed by the science of sports training, it has become necessary to pay attention to mental and tactical factors as well as physical and skill aspects, as tactical preparation is one of the most complex aspects of football training. It is noted that tactical training affects the player's ability to make appropriate decisions during play, which contributes to improving his physical and skill performance. The researcher relied in this study on the use of tactical sentence exercises according to the pressure method, as these exercises work to put players in situations similar to the atmosphere of real matches, which increases the speed of their thinking and their ability to make the right decision while playing. The study aims to prepare exercises with a positive impact on the development of some physical abilities and the speed of complex skill performance among young football players.

1-2 Research problem .

Through the researcher's review of scientific sources and the opinions of experts and coaches, in addition to his experience as a player and coach of some governorate teams, he noticed a weakness in the interest in using tactical sentence exercises in an organized scientific manner in line with recent developments in the field of sports training. He also noted that these exercises are rarely applied using the push-up technique, which affects the speed of skill and physical performance of players.

Accordingly, this study came to prepare exercises based on tactical sentences in a compression style with the aim of improving some physical abilities and increasing the speed of complex skill performance among young football players.

1-3 Research objectives .

- 1- Designing tactical sentences exercises in a compression style to develop some physical abilities and speed of complex skill performance.
- 2- Measuring the effect of the prepared exercises on the development of some physical variables and the speed of complex skill performance of players.
- 3- Comparing the results of the pre- and post-tests of the experimental and control groups to see the impact of the proposed exercises.
- 4- Analysis of statistical differences in post-tests between the experimental and control groups.

1-4 Research hypotheses.

- 1- There are significant differences between the results of the pre- and post-tests of the two groups, in favor of the post-tests in some physical variables and the speed of complex skill performance.
- 2- There are significant differences between the post-tests of the two groups in favor of the experimental group that underwent exercises in the compression method.

1.5 Research areas.

- 1.5.1 Human field: Dhi Qar Youth Football Club players.
- 1.5.2 Spatial area: Sumer Youth Sports Center Stadium.
- 1.5.3 Time Range: 1/5/2024 26/12/2024.

2- Research methodology and procedures.

2.1 Research methodology.

In this study, the researcher relied on the experimental method, because it is the most appropriate for the nature of the research, as it allows studying the effect of the independent variable (tactical sentence exercises in the compression method) on the dependent variables (some physical abilities and speed of complex skill performance). The experimental design with two equivalent sets was used to ensure the accuracy of the results¹.

2.2 Research community and sample.

The research community was deliberately selected from the players of Dhi Qar Youth Club participating in the First Division League for the sports season (2023-2024), which numbered (34) players. While the number of members of the sample (24) players, were divided into two equal groups, the experimental group (12 players) underwent the training program using exercises sentences tactical style pressure and the control group (12 players) was training on the training program that depends on the coach, the researcher conducted homogeneity and parity between the two groups, Pre-tests were conducted to compare physical and skill abilities among the sample members, which ensured that there were no statistically significant differences between the two groups before the start of the implementation of the training **Shows the results of homogeneity and equivalence of the two groups**

Wajih¹ Mahjoub: The Origins and Methods of Scientific Research, 1st Edition, Amman, Dar Al-Minhaj, 2001, p. 289.

* Tabular value of (T) is equal to (2.06) with a degree of freedom (24) and a level of significance (0.05).

| Calculated T values | Control group | | | Experimental Group | | | Variables | |
|------------------------|--------------------------------|-------|--------------|--------------------------------|-------|--------------|-------------------------------------|--------------------------|
| | Coefficient of variation | +_p | Going to- | Coefficient of variation | +_p | Going to- | | |
| 0.84 | 12,22 | 7,17 | 57,15 | 12,82 | 7,68 | 58,26 | Weight/kg | Physical measurements |
| 0.53 | 0,14 | 0,19 | 1,61 | 0,23 | 0,16 | 1,56 | Length/m | |
| 0.73 | 5,57 | 0,911 | 16,11 | 5,65 | 0,907 | 16,04 | Age/Year | |
| 0.34 | 10.71 | 1.10 | 10.27 | 12.64 | 1.32 | 10.44 | Speed power of the two legs/m | Physical variables |
| 1.43 | 3.44 | 1.17 | 33.95 | 3.30 | 1.10 | 33.29 | Performance tolerance/sec | |
| 1.3 | 6.81 | 0.28 | 4.11 | 5.27 | 0.21 | 3.98 | Transition speed/s | |
| 0.22 | 2.69 | 1.32 | 48.91 | 2.83 | 1.41 | 49.76 | Skill Compound I/S | Skill tests |
| 1.13 | 4.01 | 0.61 | 15.20 | 3.49 | 0.54 | 15.46 | Skill Compound II / s | |

2.3 Research tools and data collection methods.

The researcher relied on a set of means to collect data, including:

- 1- Scientific sources: Review previous studies and specialized books in the field of sports training and football.
- 2- Tests and measurements: A set of tests is designed to measure physical variables and the speed of complex skill performance of players.
- 3- **Tools used in the tests:** (football field. legal footballs. Time and speed measuring devices. Measuring tapes and distance determination rulers. Small and large targets to test the accuracy of passing and shooting. Whistles to give start and end signals in tests).

2-4 Field research procedures.

2.4.1 Identification and testing of physical variables.

- **Identify physical variables.** Due to the large number of physical abilities and in order to limit the most important of football players, the researcher has prepared a special questionnaire form to poll the opinions of experts and specialists to determine the most important physical abilities and tests and the form was presented to (12) experts within the competence of (sports training, tests and measurement, football) and in the light of the results of the

questionnaire form was nominated physical abilities that obtained a percentage (higher than 60%) The physical variables were chosen, namely (strength characterized by speed, transitional speed, performance endurance and two tests for the speed of complex skill performance).

2.4.2 Physical tests.

- Test the strength characteristic of speed ⁽¹⁾.

Test name: Speed characteristic force.

Purpose of the test: to measure the strength characteristic by speed of the muscles of the legs.

Tools: tape measure, fixing a distance of (25 m).

Method of performance and measurement : The laboratory stands on the starting line, which is based on the right foot to lead by three partridges in the foot, followed by three partridges with the left foot and for the largest possible distance and not touching any part of the body other than the foot of the partridge to the ground, the distance is measured for the largest distance traveled by the right leg, followed by the left leg, and the recording is done by collecting what the laboratory piece with the right and left leg .

Performance endurance test. Purpose of the test: Measuring performance endurance (5×30 m ball).

Tools used: stopwatch , metric tape measure, legal football, flat and barrier-free space area, start line and finish line.

How to perform: The player stands behind the starting line and under his control the ball and when giving the signal to start running the ball at full speed back and forth five times until the end. Scoring:- Time is recorded in seconds and the nearest tenth of a second . The ball rolling test shows a distance of 30 meters × 5 times.

Transition speed test⁽²⁾.

- ❖ Test name: Run (30m) from the start of the start
- ❖ Purpose of the test: to measure the transition speed from the beginning of the aircraft.
- ❖ Tools used: stopwatch, three parallel lines drawn on the ground, the distance between the first and second lines is ten meters and between the second and third lines is thirty meters.

⁽¹⁾ Qais Naji Abdul-Jabbar, Bastawisi and Ahmed: Tests and Principles of Statistics in the Mathematical Field, Baghdad, Higher Education Press, 1987, p. 346.

⁽²⁾ Special National Olympics : the adjusted formal laws of the special National Olympics, Washington, 2002–2003, p62 .

Performance specifications: The laboratory stands behind the first line and when hearing the start signal, it starts running until it reaches the second line, as the watch is turned on until the third line passes Registration: The time it took the laboratory to travel a distance of (30m) from the second line to the third line is recorded by the Mikati and the registrar.

2.4.3 Identification of football complex skills and tests.

The researcher has designed some tests that measure the speed of performance skill complex consistent with the sample and research procedures and thus will be scientific tests benefit from the community and the sample of the research and thus reached the following tests:

- The first composite skill test.

Test name: Measuring the speed of football composite skill performance for the following skills:

(Handling, receiving in a specific space, quick rotation after receipt, handling accuracy)*.

Test instruments:(10) balls, wall with height (1 m) and width (2 m), tape measure, dyes, small target width (1 m) and height (1 m).

Performance method: With the start signal, the laboratory kicks the first ball as quickly as possible with the wall that is (3 m) away from the starting line and after receiving it rotates inside a rectangle of width (2 m) and length (1.5 m), then the player scores towards a goal away (7 m) and then repeats the other nine balls, as shown in Figure (1).

How to score: The total time of the performance of the ten balls is recorded, a time of 0.3 seconds for each wrong pass is added to the goal, a time of 0.3 seconds is added for each wrong pass to the wall, a time of 0.3 seconds is added for each wrong

receipt, and the final score = total time + time of errors.

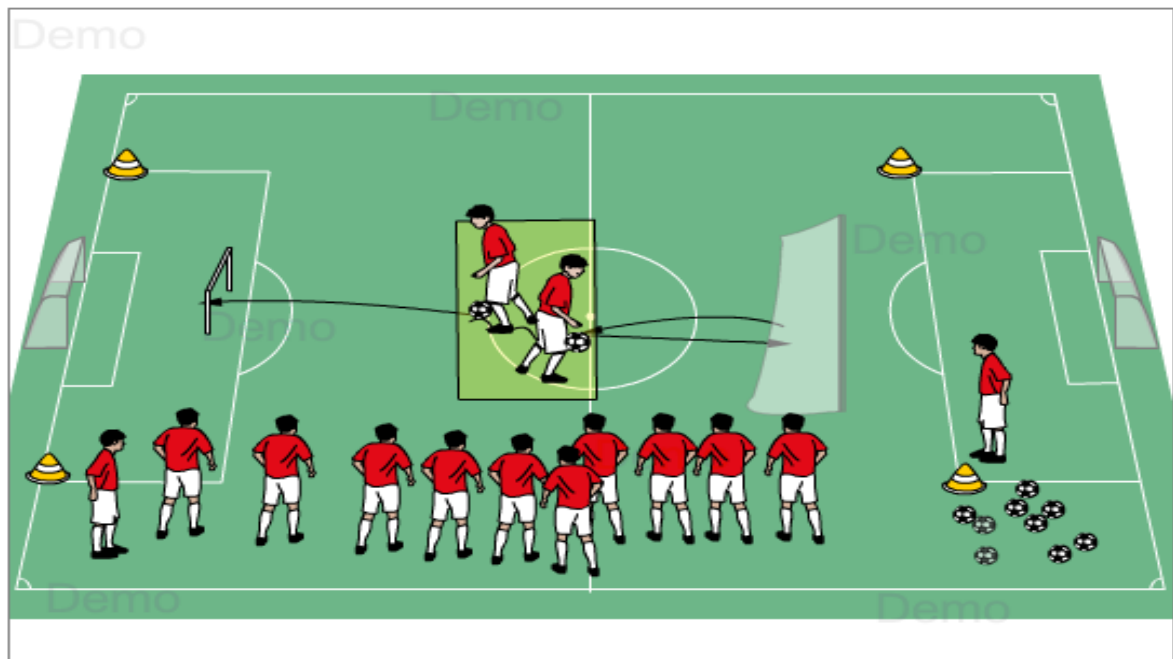


Figure 1

The first composite skill test shows

- The second composite skill test.

Test Name: Measuring the composite football skill performance for the following skills:

(Handling, receiving in a specific space with fast rotation, fast running with the ball, then handling and receiving, scoring accuracy)

Test instruments: (3 balls), wall with height (1 m) and width (2 m), tape measure, paints, small target width (1 m) and height (1 m).

How to perform: With the start signal, the tester as quickly as possible handles the ball (5 handlers) in a row to the wall that is (3 m) away, then begins to rotate the ball inside a rectangle of width (2 m) and length (1.5 m), then the player runs fast for a distance of (4 m), then the player performs handling before entering a second rectangle with a width (2 m) and length (1 m) with another wall with the same measurements, then receiving it inside the rectangle, and then the player scores towards the target, which is a distance of (7 m) as shown in Figure (2).

How to score: The player makes three attempts and takes his best attempt (a time of (0.3s) is added to the total time in case of wrong handling, a time of (0.3s) is added in case of wrong scoring).

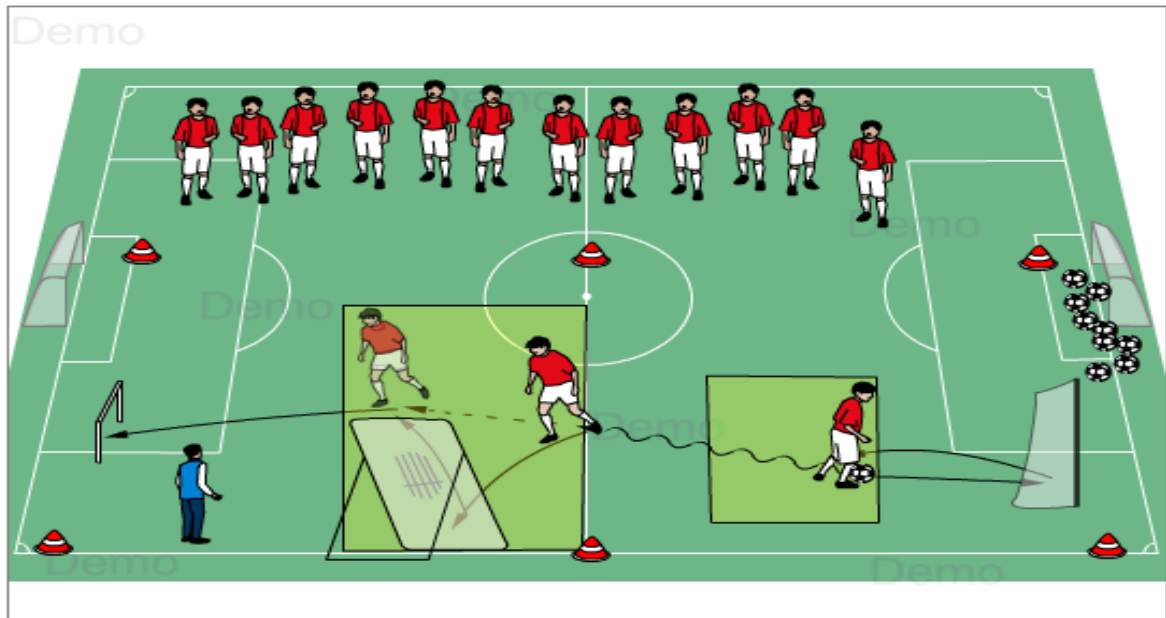


Figure 2
The second composite skill test shows

2.4.4 Exploratory experiment: The researcher conducted an exploratory study on a small sample similar to the research sample, and the tests were conducted physical variables and tests of the speed of performance skill complex and the objective of the exploratory experiment: (Identify the suitability of tests for the sample, ensure the readiness of the tools, identify the time taken by each test as well as the total tests The researcher also conducted a training unit on some of the players of the research sample and the presence of the training staff of the team and the assistant team, and the aim was :(Ensure that the training unit is implemented on time, ensure the times set by the researcher when performing the exercises in the training unit, ensure the intervals of intervals, ensure the intensity of the exercise through appropriate repetitions and match them with the pulse).

- **The research took into account the exercises of the tactical sentences:** to be prepared according to the determinants and logical standards in sports training in football, especially since the players are the youth category and these determinants were as follows:

- The contents of the tactical sentence exercises in the compression style should be easy to apply and free of complexity.

- The contents of the tactical sentences exercises should be appropriate to the physical and motor characteristics of the research sample, their level, training age and time, as well as their gender.
- Appropriate to achieve the nature of the exercises sentences tactical style compressor of the objectives desired in this research and suits the availability of tools and material capabilities and be characterized by flexibility, suspense and excitement in implementation.
- **The** tactical sentences exercises also included a group of compression style positions for offensive and defensive game plans, and the focus was on the mechanisms of application of the knowledge and guidance that the players receive from the coach.

2-5 Field experience.

2.5.1 Pre-tests.

The pre-tests were conducted on 7/6/2024 at the Sumer Youth Center Stadium and in the presence of the assistant staff., where the initial data of each player was recorded before the start of the implementation of the training program.

2.5.2 Application of the program: After conducting the pre-tests, the training program began to be applied to the experimental group on 10/6/2024. The program included tactical sentence exercises in a compression style, where the focus was on improving the speed of moving the ball and implementing quick passes under pressure, enhancing the ability to make quick decisions in different playing situations, Applying offensive and defensive situations similar to what happens in actual matches The implementation of the program continued for 8 weeks, at a rate of 3 training units per week, bringing the total units to 24 training units.

2.5.3 Post-tests: The post-tests were carried out on 14/8/2024 under the same conditions in which the pre-tests were conducted, to ensure the accuracy of measurement and the credibility of the results.

2-6 Statistical Analysis: SPSS program was used for statistical processing, where the differences between the results of the pre- and post-tests were analyzed using the T-test to measure the significance of the differences between the two groups.

Chapter Three

3- Presentation, analysis and discussion of the results .

3-1 Presentation and discussion of the results of physical and skill tests of the experimental and control groups.

(2)

Shows arithmetic means, standard deviations, calculated T value and statistical significance

In the results of the complex physical and skill tests before and after the experimental group

| Significance level | Calculated value (T) | Go away | | southern | | Physical variables |
|--------------------|----------------------|---------|-----------|----------|-----------|--|
| | | +p | -Going to | +p | -Going to | |
| Mora l | 3.53 | 1.21 | 12.92 | 1.32 | 10.44 | Characteristic force speed of the two legs/m |
| Mora l | 2.58 | 0.97 | 31.45 | 1.10 | 33.29 | Performance tolerance/sec |
| Mora l | 7.72 | 0.13 | 3.12 | 0.21 | 3.98 | Transition speed/s |
| Mora l | 4.28 | 1.12 | 46.22 | 1.41 | 49.76 | First / Second Skill Test |
| Mora l | 4.90 | 0.41 | 13.97 | 0.54 | 15.46 | Second / Second Skill Test |

* Tabular value (T) is equal to (2.18) with a degree of freedom (12) and a level of significance (0.05).

Table (3)

Shows arithmetic means, standard deviations, calculated T value and statistical significance

In the results of the physical and skill tests composite before and after the control group

| Significance level | Calculated value (T) | Go away | | southern | | Physical variables |
|--------------------|----------------------|---------|-----------|----------|-----------|--|
| | | +p | -Going to | +p | -Going to | |
| Mora l | 2.38 | 0.82 | 11.44 | 1.10 | 10.27 | Characteristic force speed of the two legs/m |
| Mora l | 2.35 | 0.82 | 32.55 | 1.17 | 33.95 | Performance tolerance/sec |
| Mora l | 2.21 | 0.20 | 3.66 | 0.28 | 4.11 | Transition speed/s |
| Mora l | 5.76 | 1.18 | 44.76 | 1.32 | 48.91 | First / Second Skill Test |
| Mora l | 5.56 | 0.47 | 12.84 | 0.61 | 15.20 | Second / Second Skill Test |

* Tabular value (T) is equal to (2.18) with a degree of freedom (12) and a level of significance (0.05).

3.1.1 Discuss the results of physical tests and skill compound pre-post research groups experimental and control: Through the presentation of tables (2) and (3) it is clear that there is a remarkable development in the results of the post-tests and before and in favor of the post-tests for both groups and attributes the researcher the development of the control group for the exercises prepared by the coach in a scientific manner appropriate to the capabilities and capabilities of the players and the commitment to the application of exercises by the control group helped the players to Improved their results significantly, as the researcher attributes this development and improvement in the results of the two groups to the two methodologies used by the researcher and the coach, which had a positive impact on the players, and that the use of the experimental group of tactical exercises in the compression method helped them receive and absorb information to respond appropriately to the changing situations in the plans of defense and rapid attack and is characterized by flexible tactical sentences, which were clearly reflected in the activation of mental processes to make appropriate decisions when moving, moving or switching positions In a timely manner and that the application of these various exercises in a practical way helped them to achieve more knowledge and this is confirmed by Qasim Lazam "that the player can identify the tactical duty by observation and analysis of the status of the match and then the player to solve the duty intellectually" Then he puts the kinetic solution, which is the actual image in which the tactical performance appears by choosing the methods of solution and taking the rapid in multiple and different playing situations in football" ⁽¹⁾ , The training focused on the plans play style pressure helps players to implement a movement or group of movements ball during performance creates a vacuum when there is a good option and all the exercises sentences tactical development of the player technical and physical side and this is confirmed by Mohamed Mahmoud "The thinking and application of sentences plan work to process the information that is done by sense and perception and that mental activity is tried and applied in practice "⁽¹⁾.

Table(4)

**Shows arithmetic means, standard deviations, calculated (T) values, and statistical significance
For physical and skill tests composite after between the experimental and control groups**

⁽¹⁾ Qasim Lazam Sabr: the foundations of learning and teaching and its applications in football , University of Baghdad, Baghdad, 2005, p 229.

⁽¹⁾ Mohamed Mahmoud Bani Younis: Physiological Psychology , Dar Al-Fikr Al-Arabi, Cairo, 1994, p 113.

| Significance level | Calculated t(t) value | Control group | | Experimental Group | | Physical variables |
|--------------------|-----------------------|---------------|-------|--------------------|-------|--|
| | | +_p | Q- | +_p | Q- | |
| Mora 1 | 4.45 | 0.82 | 11.44 | 1.21 | 12.92 | Distinctive force in speed of the legs/meter |
| Mora 1 | 3 | 0.82 | 32.55 | 0.97 | 31.45 | Performance tolerance/sec |
| Mora 1 | 7.84 | 0.20 | 3.66 | 0.13 | 3.12 | Transition speed/sec |
| Mora 1 | 3.10 | 1.18 | 44.76 | 1.12 | 46.22 | First / second skill test |
| Mora 1 | 6.27 | 0.47 | 12.84 | 0.41 | 13.97 | Second Skill Test |

Tabular value (T) (2.06) at degrees of freedom (24) and under probability error (0.05).

3-1-2: Discussing the results of physical tests and skill compound dimensional - dimensional research groups experimental and control: Through the presentation of the results of Table No. (4) it is clear that there is a clear development in all the results of physical tests and the speed of performance skill complex sample experimental group **and attributes the researcher** This development to the quality of the exercises prepared by the researcher, which was applied by the compression training method and the quality of the exercises of the tactical sentences, which were similar to the cases of play that occur during the matches and very close to the capabilities of the players and appeared clearly in the results of physical abilities and the speed of the complex skill performance, **the researcher also attributes** the reason for the development of the experimental group to the nature of the exercises included in the tactical exercises in the compression method, which was focused on the performance of the largest number of repetitions during a specific period of time in turn Working to excite the largest number of motor units as a result of rapid muscle contractions and the player's ability to link well between the elements of strength and speed under pressure helped to develop these physical and skill qualities as he points out (Qasim Hassan Hussein 1998) "As the development of physical qualities does not depend on the

development of muscle strength and speed only, but depends on the player's ability to integrate more than these two elements" ⁽¹⁾.

And the development of the quality of performance endurance to the effectiveness of the exercises sentences tactical style compression and chosen by the researcher in the daily training units as these exercises varied with a balance in the rest periods between the repetitions of performance and rationing the training load commensurate with the requirements of the performance of the players, and this required that the exercises that aim to develop the endurance of performance in the play of the ball comprehensive short and medium distances when applying sentences plan, whether offensive or defensive, because the game of football calls for The player should have the ability and ability to play for as long as possible during the match, because the player implements many multiple and different situations depending on the conditions of play, such as quick starts and at variable levels, whether in training or in the match, so the player must have a high degree of performance tolerance for the tactical sentences in order to carry out his duties with high efficiency throughout the time of the match and this requires the player to work aerobic and anaerobic muscle, **The researcher also attributes** this development to the exercises of the tactical sentences in the compression method of performance speed and what it included from the strength exercises characterized by speed and transitional speed, which were in conditions close to what happens during the match with appropriate time and repetitions with giving rest times commensurate with the working times as well as "exercises aimed at developing the speed of skill performance such as handling speed and scoring speed when the players of the experimental group and this is confirmed by (Essam Abdel Khaleq 1999) "The speed of the football player is the starting point That is, the ability to accelerate and start quickly from a standing position or from slow movement, and in multiple cases the player must be fast in a short distance and suddenly switch from defense to attack" ⁽²⁾.

Chapter Four

4. Conclusions and recommendations

4.1 Conclusions: 1- Tactical sentence exercises with compression method have proven effective in improving some physical abilities and speed of complex skill performance in young football players.

2- The compression method had a positive effect on the development of passing speed, handling, and scoring under pressure.

⁽¹⁾ Qasim Hassan: **Jumping and Jumping Activities**, Amman, Dar Al-Fikr, 1998, p. 145.

⁽²⁾ Essam Abdel Khaleq: **the science of sports training** , Cairo, Dar Al-Maaref, 1999, p 118.

3- The results of the research reflect the importance of applying exercises similar to real playing conditions, as they contribute to improving the performance of players in terms of physical, skill and tactics.

- 4.2 Recommendations:**
- 1- The need to adopt tactical sentence exercises in a compression style as an essential part of training programs for young footballers.
 - 2- The importance of qualifying coaches and developing their knowledge on how to design and implement tactical exercises that suit the level of players.
 - 3- Conducting future studies on other age groups, such as juniors and advanced, to know the impact of these exercises at various levels.
 - 4- Integrate tactical analysis exercises into the daily training of players to enhance the speed of decision-making in different situations on the field.

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