



The effect of exercises similar to fast play on the development of tactical performance and its relationship to scoring accuracy for football players for the junior category

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ABSTRACT

Football is individual of ultimate common entertainment in the planet and allure type depends on the strength of adeptness of the performer all along depiction, an done of ultimate main lineaments of new play is accuracy and speed in the exercise of ability efficiency just before a extreme understanding of offensive game plans, that demands consideration to up-to-date preparation designs in consideration of exploit the individual facial characteristics of each performer Andin all risking positions, the research aims to Preparing exercises identical to fast play in expanding the tactical acting of the younger type, and labeling the impact of exercises in cultivating strategic accomplishment, the scientist secondhand the exploratory approach following in position or time separating the research sample containing (28) performers into two control and exploratory groups by (14) performers each group, the (SPSS) program was used to resolve the results statistically, and the researcher decided the believeableness of the effect of the exercises In the incident of strategic efficiency, so the scientist advises obey to the use of strategic plans in evolving strategic efficiency and veracity of nick in their preparation syllabuses that would raise the offensive level

Keywords:

Fast play,
tactical conduct,
cut veracity,
soccer,
junior.

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1- Introduction and the significance of research:1.1 Introduction: Football is individual of ultimate well-known plot in the realm and the type of soccer depends on the scope of adeptness of the performer all the while conduct, and one of ultimate main countenance of new play is veracity and speed in the exercise of ability depiction to reach a extreme understanding of offensive game plans, that demands consideration to new preparation plans that have all the abilities for undertaking preparation in the competition and accompanying extreme adeptness in accordance with leading preparation educational programs in spite of the gadget of the game except in many nations of the experience, This is on account of the confidence on the sciences had connection with the athletic field, whose main aim search out raise the material level and abilities, taking into account the particularity of each game in agreements of tangible capabilities and fundamental abilities and their connection to the strategic facet, so the performer must have high-ranking tangible skills so that able to have or do implement the distinctive fundamental abilities that It began to cultivate in allure preparation glossary, that has enhance very various from individual group to another, in addition to the number of performers and common people various individual distinctnesses inside the alike crew. Due to the increase in the districts of the field, this requires the performer extreme tangible necessities that allow him to fill the field fast and needs acting positions, either these positions are offensive or watchful, and the performer's position and position inside the group imposes on him not expected constant in the habit of efficiency in conditions of commonness of movement and the character of custody the globe inside the field of play, and it changes in accordance with the changes that happen all the while the game, as it stands the character of the transfer The antagonistic performer, the sphere, the campaign, management and amount of force in what way or manner complements all along play to complete activity the necessary motor and ability burdens in accordance with various risking positions, and on account of the various condition of acting on the field in soccer and allure link to play centers and the composition of play lines and orders of individual play in allure composite foundation. 1.2 Research question: Being one of the employees engaged of soccer and a adherent of the Iraqi soccer league and due to the expeditious happening in the game of soccer, it has happened set on coaches to develop their performers in accordance with new preparation educational programs and means to meet these necessities because this game is from speed and accompanying many variables and fast in the way that the speed of change from explanation to attack and with the order reversed, and fast play and change accompanying and outside the sphere seen with the coaches of subordinate crews defect in Some strategic facets in constantly

preparation or within their preparation educational programs, that surpassed to defect in their depiction in conditions of strategic assignments, that produced ruling class not to depend these exercises akin to fast play in their preparation, that influences their levels inside the field of play, which leads to the performer not devoting in expanding succeed veracity beyond the candidate's aim or harmless play positions beyond the aim and not misusing their potential in risking

.1.3 RESEARCH OBJECTIVES:

- 1- Preparing exercises related to fast play in expanding the strategic acting of football performers for the younger classification.
- 2- Identify the effect of exercises identical to fast play in evolving the strategic accomplishment of younger soccer performers.
- 3- Identify the connection of exercises akin to fast toy with achieve veracity for subordinate soccer performers

.1.4 RESEARCH HYPOTHESES: In light of the objectives of the research, the scientist adopts:

- 1- There are statistically meaningful dissimilarities 'tween the pre- and post-test of the exploratory and control groups and probable the post-test.
- 2- There are statistically meaningful distinctnesses middle from two points the post-tests of the exploratory and control groups and approving the exploratory group.

5 RESEARCH AREAS: 1.5.1 Human field: player and Al-Naft Sports Club in soccer for the subordinate type. 1.5.2 Time range from 1/10/2024 to 15/1/2025. 1-5-3 Spatial region: Al-Naft Football Club Stadium situated in your neighborhood.

2- Research Methodology and Field Procedures:

2.1 Research Methodology: The investigator selected the exploratory approach by plotting two together groups (control and exploratory) accompanying pre- and post-experiment, as the profit of the research and allure results are carefully had connection with the approach trailed apiece analyst, so the investigator secondhand the exploratory approach in the style of two equivalent groups for its rightness to the character of the research.

2.2 Research culture and sample: The process of selecting the research sample and accumulating dossier and facts for the research society established the wonder or question preferred for one investigator for welcome research, that is to say, to pick a sample that shows the original society that he is studying really. The research society was depicted apiece junior of the lubricate sports soccer club, numbering (28) performers, and the research sample was picked in a deliberate habit, that was depicted by all the performers of the lubricate soccer club for the subordinate classification, place the research society was represented 100% completely, and the research sample was detached into two control and exploratory groups, and the analyst likewise fashioned equality betwixt

two together research groups in agreements of ability and strategies in the research variables.

3.3 Means and tools:

- 1- International Information Network (Internet)
- 2- Football Field
- 3- camera
- 4- Signs of different height
- 5- Whistle
- 6- Stopwatch.
- 7- Tape measure .
- 8- Football

2.4 Tests used in research:

In order for the researcher to determine what the football player needs from skill or tactical tests to rely on, he surveyed many literature and scientific studies in the skill and tactical aspect to identify the most important of them for football players.

1- Scoring test from movement:¹

Objective of the test: to measure the accuracy and scoring ability of movement.

Test instruments: distance tape, goal segmentation tape, electronic stopwatch, balls

Number 6, whistle.

Performance specifications: (6) signs are placed for a distance of 2 meters between one sign and another, and the last sign is at a distance of 2 meters from the penalty area line of the goal without the goalkeeper, the goal is divided into three parts, the first part is 1 meter away from one of the posts, as well as the second part of the other post, And the third part in the middle and a distance of 6 meters there is a line on the side away from the first sign a distance of 2 meters, the player begins to roll between the signs from the starting line to the last sign and when he passes the last sign he shoots at the goal, and the shooting must be from outside the penalty area and in the case of not scoring strongly is repeated attempt and when repeated again is a failed attempt.

Test Registration:

- The player is given when shooting on the first and second parts on the side (two points), while the player is given one point when scoring in the third part (middle), and during the exit of the ball outside the goal, the player is not given any point and
-

is considered a failure, each player is given 4 attempts, two attempts for the right foot and two for the left foot. The final score time is calculated for the best attempt of the two.

2- Delivery and handling test on a small target:²

Test objective: Measure delivery and handling accuracy

Tools: 5 signs, 5 balls, 5 small targets with a width of 1 m m and a height of 50 cm, a distance tape, a whistle.

Performance Specifications:

Five players stand in a cross line with a distance between one player and another 2 meters, and for each of the five players there is a small goal and the distance between each player and the opposite goal is 3 meters, and the player stands in the middle of the distance along the crossline and the corresponding targets with a width of 2 meters, and when they hear the start signal, the players sequentially give handling to the tested player, who extinguishes and controls it within the area and without coming out and rotating the ball to the left and sending The ball is in the form of handling towards the small goal, and moves to be in front of the number 2 player to complete the test player by receiving the ball from the five players and shooting it towards the five goals and so on for the rest of the players, the five players are allowed to handle the ball in different positions (ground, medium height, high)

Registration:

To receive the ball and put it out, one degree is given by mastering the skill of suppression within the specified area at a distance of 2 meters, and a degree is not given in the event that the ball goes out of the area, but the correct handling is given a degree for handling that hits the target, and no degree is given in the event that the target is not hit.

2-5 Exploratory Experiment:

The preliminary experiment was transported on a sample of (4) performers from the subordinate pupils sports club from the professional sports team not belonging to the major league clubs for the soccer season 2024-2025 from Baghdad

Governorate, and the tests accepted establish 17/10/2024 at four o'clock the teatime and at the Student Sports Club Stadium, so that experience moment of truth it takes to implement the tests, and to recognize the troubles that concede possibility face The investigator and experience the feasibility of whole crew on by means of what to use the designs and forms in addition to the efficiency opportunity that the tests take.

2.6 Pre-tests:

The investigator, by way of the helper work group, used the strategic and ability tests to the main research sample, that enumerated (28) performers, at accurately four o'clock the period after 12 noon and before sunset on 10/20/2024 at the Al-Naft Sports Club Stadium, and after accomplishing the tests, accumulating and tabulating dossier The sameness of the control and exploratory groups was gleaned in the pre-tests of the research sample utilizing the (T) test for independent samples.

Significance level	(v) Calculated	Standard error	Post-tests		Pre-tests		Unit of measurement	Variables
			on	Going to	on	Going to		
0,000	6,4	0,127	0,63	14,01	0,75	14,8	Tha	Scoring test of motion
0,109	1,7	0.214	0,44	12,4	1,03	12,7	Tha	Receive and handling test on a small target

A significant difference at the rate of error $\geq (0.05)$ and in front of the degree of freedom (16) knowing that the tabular value ($T = 2.16$)

Through the presentation and analysis of the results, significant differences have emerged in the tactical tests in the two pre-tests of the control group, despite the different exercises, which indicates the development of this variable after the main experiment, and the researcher attributes the development of the scoring variable from the movement for the control group to the approach of the coach who prepared it, which works on the evolution of the player's level depending on his experiences, Since football needs to raise the level of performance and make the player gain the ability to run with the ball and then score.

3-2 Presentation and analysis of the results of the pre- and post-tests of the experimental group and discuss them in Table (2).

Table (2)

Shows the statistical parameters, the calculated and tabular value of (T), and the level of significance for the pre - and post-tests of the experimental group

Significance level	(v) Calculated	Standard error	Post-tests		Pre-tests		Unit of measurement	Variables
			on	Going to	on	Going to		
0,000	7,8	0,112	0,461	13,5	0687	14,42	Tha	Scoring test of motion
0,000	10,4	0,086	0,693	11,39	0,68	12,29	Tha	Receive and handling test on a small target

A significant difference at the rate of error $\geq (0.05)$ and in front of the degree of freedom (16) knowing that the tabular value ($T = 2.16$)

The development in the experimental group is due to the use of exercises similar to fast play in the development of the tactical performance prepared by the researcher during the continuation of the scientifically organized training process, and the development that had a positive impact on the development of the tactical aspects that relied on the abundance and diversity of exercises.³

Skills training takes a large share of the time of the training units that enable the player to improve his level, as these exercises were characterized by realism, and since the game of football requires the player to make different and varied movements throughout the time of the match for the purpose of mastering skills, including the skill of scoring, and these exercises helped the members of the research sample to develop that the player benefits from during his performance MAKTOOF, N. (2023), which positively affected the improvement of their level by improving The basic skills, which come using the rationing of the training load to simulate the level of

Ismail Qasim Jawad: The **effect of special exercises using devices and tools to develop motor response speed**, University of Baghdad, 2012, p. 109.

intensity of performance during the match, and the scoring characteristic is characterized by the need to enjoy accuracy as well as repetitions for several times in order to lead to the correct performance quickly and raise the player's skill ability and mastery of the skill of running with the ball and then scoring.

3-3 Presentation and analysis of the results of the post-tests of the control and experimental groups as in Table (3)

Table (3)

Shows the statistical parameters, the calculated and tabular value of (T), and the level of significance for the post-tests of the control and experimental groups

Significance level	(v) Calculated	Standard error	Experimental Group		Control group		Unit of measurement	Variables
			on	Going to	on	Going to		
0,000	7,8	0,112	0,461	13,5	0,75	14,8	Tha	Scoring test of motion
0,000	10,4	0,086	0,693	11,39	1,03	12,7	Tha	Receive and handling test on a small target

A significant difference at the rate of error $\geq (0.05)$ and in front of the degree of freedom (16), given that the tabular value ($T = 2.16$)

3.4 Discussion of the results:

Through the presentation and analysis of the results of the tests shown in the previous tables, statistically significant differences appeared, which indicates a clear development in the bearing of the skill performance of the players, and the researcher attributes these differences to the effectiveness of the exercises in the training units that have been applied according to the formations of offensive play during the training units through the exercises prepared by the researcher, which It was characterized by composition, diversification and continuous change throughout the implementation of the daily training units, and the nature of the

exercises prepared by the researcher using a training method through exercises similar to fast play within practical foundations and taking into account comprehension in understanding the tactics according to the type of sport practiced, which appeared through the presentation and analysis of the research results.

There have been significant differences between the pre- and post-tests and in favor of the post-and for both the totalfigs, which indicates the development of this variable after the main experiment, and the researcher attributes the development in the skill of scoring from movement, receipt and handling on a small goal to the fact that football needs these basic skills depending on the different conditions, situations and variables of playing football.⁴

The exercises prepared by the researcher with the continuation of the process of training organized scientifically to improve performance to give the player the ability to accuracy and speed of scoring and these exercises helped the members of the research sample to develop that the player benefits from during his performance, which positively affected the improvement of their level, which comes using the rationing of the training load by performing many iterations characterized by the scoring characteristic to install the correct performance quickly and raise the player's skill ability through Developing the mental side because scoring needs accuracy and speed.⁵

The researcher attributes the development of the experimental group to the exercises prepared by the researcher accurately to improve the player's capabilities in terms of attack for the purpose of increasing the effectiveness of the player, as the development is due to the researcher's approach, which depends on the development in the science of training to focus on the player's performance with extreme accuracy and codified in line with the privacy of the game of football and to know the possibility of players, especially in terms of tactics, to contribute to their development.⁶

The development in the dimensional results of the two groups, which relied on exercises that contributed to raising the levels of the player in terms of desire and

Abdul Moeen Sobhi: **The Effect of Using Some Devices and Aids in Teaching Some Basic Skills in Football**, Master Thesis, College of Physical Education, University of Mosul, 1997, p. 22.

Imad Kazem Al-Atwani: **The Impact of a Proposed Training Program on Developing the Skill of Scoring in Football**, Master's Thesis, College of Physical Education, University of Baghdad, 1999, p. 15.

competition between each group in terms of tactical performance and its relationship to the accuracy of scoring for the experimental and control groups and in favor of post-tests.⁷

The researcher believes that the development of the experimental group is due to the focus and regularity in exercises similar to play, which made an improvement in the level of the player with fast performance and intensity less than the maximum.⁸ This led to the creation of a state of mastery of scoring accuracy among the players, and this is what the game of football requires, which is characterized by fast performance.⁹ As well as the exercises prepared by the researcher, who prepared them based on the sciences of physical education and with extreme accuracy and codified in line with the specificity of the game of football, taking into account the proper timing of the occurrence of recovery¹⁰ recovery, through which he was able to raise the gradual increase in the training load within the training rhythm, the positive results shown by the post-tests are due to the effectiveness of the exercises prepared by the coach for the control group, which included those exercises that help the player that would work to improve the player's level skillfully and strategically.¹¹

4. Conclusions and recommendations:

4.1 Conclusions:

- 1- The exercises similar to the games used by the researcher have a positive impact on the development of scoring accuracy for junior football players.
- 2- Exercises similar to play led to the development of tactical performance.
- 3- The players' mastery of offensive performance helps to develop more complex offensive plans on the opponent.

Recommendations:

Whiteng Ardof: Shum Summaries Series: **Theories and Problems in the Psychology of Learning**, (translation) Adel Ezz El-Din Al-Ashwal and others, Cairo, McGrawhill Publishing House, 1981.

Nahida Abd Zaid Al-Dulaimi: **Fundamentals of Motor Learning**, 1st Edition, Najaf, Dar Al-Diaa for Printing and Design, 2008, p 69.

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Muwaffaq Majeed Al-Mawla : **Modern Methods in Football Training**, 1st Edition, Amman, ¹⁰ Dar Al-Fikr for Printing and Publishing, 2000, p. 161.

Omar Fadel Yahya: **The relationship of motor response speed with football skills for Al-Karkh Club players**, Master's study, University of Baghdad, 2016, p. 128.

- 1- Emphasizing the use of exercises similar to play in developing tactical performance and giving them great importance in their curricula, especially in the period of special preparation and competitions for football age groups to develop the attack.
- 2- Focusing on the development of the physical aspect as the basis for building the skill and tactical side.
- 3- Develop skills that have not been statistically related to the mentioned tactical abilities and pay attention to the rest of the skills required by the game of football.
- 4- Conducting similar studies using exercises with other training methods.

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