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The Effect of Sci-Fi Training (S.A.Q.) with Intensive High-Intensity Training Method on Improving the Defensive Planning Performance of Junior Football Players

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ABSTRACT

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The research aims to improve the defensive planning performance of football juniors using sci-fi training (S.A.Q.) in the method of high-intensity intensive training for football juniors under (17) years old, and the researcher used the experimental method, and the research sample included (32) football juniors. The most important conclusions were that the training program using the S A Q training method in the method of intensive high-intensity training has a statistically significant positive effect at the level of (0.05) on the level of defensive planning performance of soccer juniors under (17) years, and also the usual training program has a statistically significant positive effect on the level of defensive planning performance under study for soccer juniors under (17) years.

Keywords:
(S A Q Training, Intensive Training, Defensive Planning Performance)

1- Research Introduction:

Planning for the training of juniors in various sports activities has become a necessary means to advance the training status of players, as the great scientific progress in the methods of training and preparing players, which was based on the scientific facts provided by various other sciences, whether in the physiological, psychological, social or technological field, which led to the improvement of the implementation of the training process. Planning for training in football is a necessary way to advance the training status of the players, as the content and contents of the training process are determined in an organized way that leads to the highest level of performance during sports competitions. The **basic** foundation of football players has become an essential axis to reach the level of performance of players to the highest sports levels, which enables them to achieve achievements, not only at the local, but also Arab, international and international levels, which has pushed sports coaching scientists. To develop qualitative and multiple training programs for buds and juniors, in an effort to develop the level of the football junior in the various physical, skillful, planning and psychological aspects, and also to reach the best methods of sports training for the football junior, and for this reason, the sports achievements of the various games did not appear spontaneously, but through systematic planning according to the scientific foundations in which innovation plays a lot in order to build the integrated level and achieve achievements in sports tournaments. Coaches, players and specialists are constantly looking for modern training methods with the aim of improving the level of sports performance and gaining competitive advantages, including the Sakyo training used in the sports field, as it improves the efficiency of performance by developing the ability to perform fast movements and has a clear effectiveness in improving the physical, motor and skill abilities of players in many sports events, including football. Hence, the importance of the research has gained towards the use of modern exercises and methods that would achieve positive results that contribute to raising the speed with the methods of offensive pressure and focusing attention when the attacking player is in a state of high pressure from the principle of the best means of defense, which is to attack in the third and front of the opponent's area and force him to stay in his area.

1.2 Research Problem

Through the researcher's experience as a player and football coach, and through his follow-up of the training of some teams in the junior sector in Iraqi sports clubs, he noticed the general neglect of the sector's coaches in the defensive training, and the clear focus on the use of traditional physical training, and offensive technical without the use of intensive competitive training, despite its importance, which may have a negative impact on the defensive planning performance of football juniors under (17) years old.

1-3AResearch Target

1. Preparing the SAKYO training (S.A.Q .) in the style of intensive high-intensity training for football youth under (17) years old.
2. Improving the defensive planning performance of junior soccer players using SAKYO training (S.A.Q.) in the style of intensive high-intensity training through:
3- Identifying the effect of the training program using the SAQ training (S.A.Q) method of intensive high-intensity training on the defensive planning performance of football juniors under (17) years old.

1.4 Forcing the search

1. There are statistically significant differences between the mean of the dimensional measurements of the experimental and control groups in the level of defensive planning performance in football in favor of the experimental group.
2. There are improvement percentages for the distance measurement from the tribal for the members of the experimental and control groups in the level of defensive planning performance in football.

1.5 Research Areas

1-5-1Human Field: Junior Football Under (17) Years at Al-Diwaniya Sports Club for the Riyadh Season 2023-2024

1.5.2Spatial Field : Diwaniya Sports Club Stadium

1-5-3 Temporal Domain: The period from 21/2/2023to 2/5/2024.

3.1 Research Methodology

The researcher used the experimental method using the experimental design of two groups, one experimental and the other controlled, by applying the pre- and post-measurements of both groups, in order to suit the nature of this research.

3-2 : Research Population and Sample:

The research population included football juniors under (17) years old at Diwaniya Sports Club, in the training season 2023-2024, which are (40) football juniors, and this research was conducted on a random sample of (32) football juniors representing a percentage of (45.71%) of the research population, and the basic sample was divided into the following:

- The experimental group of (16) football juniors who carried out the proposed intensive competitive training.

- The control group of (16) junior football players implemented the traditional training program.

A survey sample of (16) football juniors was also selected in order to codify the physical and skill tests used in the basic research experiment.

Table (1)

Moderate distribution of research sample members

Torsion coefficient	Broker	Standard deviation	Arithmetic average	Unit of Measurement	**Variables**
0.76	15.80	0.79	***16.00***	Sunnah	Age
0.93	3.90	0.81	4.15	Sunnah	Training Age
0.65	168.00	6.93	169.50	poison	Total body length
0.83	64.50	4.72	65.81	kg	Weight

It is clear from Table (1) that all the values of the torsion coefficients of the research sample members in growth rates (age, training age, height, weight) ranged between (0.65 : 0.93), i.e. they are limited to (±3), which indicates the moderate distribution of the research sample members in these variables, n = 48.

Table (2)

The Moderate Distribution of the Research Sample in the Physical Variables under Study

Torsion coefficient	Broker	Standard deviation	Arithmetic average	Unit of Measurement	Variables

0.77	38.50	5.11	39.81	poison	Muscular Ability of the Legs	Physical Abilities
0.68	4.77	0.62	4.91	second	Sprint Transition Speed (30m)	
0.64	8.61	0.75	8.77	second	The zigzag running in the Barrow method	
0.57	9.50	3.92	10.25	poison	Flexibility of the torso and thigh	
0.41	10.91	0.88	11.03	One minute	Run 2400m	

It is clear from Table (2) that all the values of the torsion coefficients of the physical variables under study ranged between (0.41 to 0.77), i.e. they are limited to (±3), which indicates the moderate distribution of the research sample members in these variables.

Table (3)
The Moderate Distribution of the Research Sample in the Level of Defensive Planning Performance in Football under Study

Torsion coefficient	Broker	Standard deviation	Arithmetic average	Unit of Measurement	Variables	
0.53	1.09	0.34	1.03	One minute	Attacking the ball and then distracting it	Defensive Planning Performance
0.76	1.16	0.51	1.29	One minute	Choosing the Right Locations	
0.51	1.03	0.47	1.11	One minute	Individual Pressure	
0.45	1.07	0.33	1.02	One minute	Composite defense	
0.88	1.02	0.41	1.14	One minute	Cutting time and distracting the ball from the corner kick	
0.69	1.03	0.39	1.12	One minute	Depth time in defense for defenders	
0.64	1.42	0.42	1.51	One minute	Collective pressure and ball cutting time	
-0.79	2.50	0.57	2.35	number	Cutting the ball off the opponent (1×1)	
-0.92	2.00	0.49	1.85	degree	Attack the ball with a slide in 15 seconds	
-0.58	2.50	0.52	2.40	number	Attack from behind in one minute	

It is clear from Table (3) that all the values of the torsion coefficients for the level of defensive planning performance in the football under study ranged between (-0.92 : 0.88), i.e. they are limited to (±3), which indicates the moderation of the distribution of the members of the research sample in these variables.

3-3 The parity of the two research groups:

The researcher conducted the equivalence between the two research groups (experimental – control) in growth rates, as well as the physical and skill variables under study, as shown in tables (6), (7), and (8).

Table (4)
The significance of the differences between the control and experimental groups in growth rates (age - training age - height - weight) under study

Value of "T"	Control Group (n=16)		Experimental Group (n=16)		Unit of Measurement	Variables
	on	M	on	M		
0.94	0.61	**15.70**	0.57	**15.90**	Sunnah	Age
0.43	0.58	3.90	0.69	4.00	Sunnah	Training Age
0.57	6.03	167.25	5.91	168.50	poison	Total body length
0.71	4.00	64.00	3.66	65.00	kg	Weight

The tabular value (v) at a significant level of 0.05 = 2.042 It is clear from Table (4) that there is a non-statistically significant difference at the level of (0.05) between the control and experimental groups of the pre-measurements in growth rates (age - training age - height - weight), which indicates the equivalence of the two groups in these variables under study.

Table (5)
The Significance of the Differences between the Control and Experimental Groups in the Physical Variables under Study

Value of "T"	Control Group (n=16)		Experimental Group (n=16)		Unit of Measurement	Variables
	on	M	on	M		
0.31	4.52	38.00	4.71	38.50	poison	Muscular Ability of the Legs
0.49	0.49	5.02	0.52	4.93	second	Sprint Transition Speed (30m)
0.21	0.71	8.84	0.66	8.79	second	The zigzag running in the Barrow method
0.64	3.13	9.25	3.25	10.00	poison	Flexibility of the torso and thigh
0.45	0.68	11.23	0.79	11.11	One minute	Run 2400m

The tabular value of (v) at a significant level of 0.05 = 2.042 It is clear from Table (5) that there is a non-statistically significant difference at the level of significance (0.05) between the control

and experimental groups of the pre-measurements in the physical variables, which indicates the equivalence of the two groups in these variables under study.

Table (6)

The Significance of the Differences between the Control and Experimental Groups in the Level of Defensive Planning Performance in Football

Value of "T"	Control Group (n=16)		Experimental Group (n=16)		Unit of Measurement	Variables
	on	M	on	M		
0.41	0.19	1.05	0.21	1.02	One minute	Attacking the ball and then distracting it
0.63	0.25	1.39	0.27	1.33	One minute	Choosing the Right Locations
0.42	0.31	1.17	0.34	1.12	One minute	Individual Pressure
0.51	0.21	1.09	0.22	1.05	One minute	Composite defense
0.37	0.20	1.16	0.24	1.13	One minute	Cutting time and distracting the ball from the corner kick
0.76	0.17	1.21	0.19	1.16	One minute	Depth time in defense for defenders
0.84	0.25	1.57	0.27	1.49	One minute	Collective pressure and ball cutting time
0.56	0.28	2.25	0.31	2.31	number	Cutting the ball off the opponent (1×1)
0.81	0.39	1.69	0.42	1.81	degree	Attack the ball with a slide in 15 seconds
0.95	0.52	2.19	0.57	2.38	number	Attack from behind in one minute

The tabular value of (T) at a significant level of 0.05 = 2.042 It is clear from Table (6) that there is a non-statistically significant difference at the level of significance (0.05) between the control and experimental groups of the pre-measurements in the level of defensive planning performance in football, which indicates the parity of the two groups in these variables under study.

3.4 Data Collection Tools

A. Devices and tools used in research:

- Rastamir device to measure the height and total weight of the body.
- Wooden ruler inserted in centimeters to measure elasticity.
- Stopwatch.
- Tape measure.
- **A football field with its tools.**

B. Physical Tests under Research:

The physical abilities related to the level of defensive planning performance in the football under study, which are suitable for the age stage of football juniors under (17) years old, were identified, as well as the physical tests that measure these abilities through a survey of experts in the field of football through the personal interview Annex No. (1).

Table (7) shows the results of the expert opinion survey form in determining the physical abilities related to the defensive planning performance, as well as the most important tests that measure it, which obtained an approval rate of (80%) or more.

Table (7)

The percentage of each physical ability and the most important tests that measure it according to expert opinions N = 10

Expert Opinions	The most appropriate tests	t	Expert Opinions	Physical Abilities	M
90%	**Vertical Jump from Stability**	**1**	**100%**	**Muscular Ability of the Legs**	1
100%	**Sprint 30m from high start**	**2**	**100%**	**Transitional speed**	2
90%	**Zagzaga running in the Barrow method of fitness**	**3**	**100%**	**Agility**	**3**
90%	**Run 2400m**	**3**	**100%**	**Respiratory cyclic endurance**	**4**
90%	**Bend the torso forward from standing**	**5**	**100%**	**Flexibility of the torso and thigh**	**5**

It is clear from Table (7) that the special physical abilities, as well as the most appropriate tests that measure them, which have obtained expert approval of 80% or more.

C. Defensive Planning Performance Tests: Annex (4)

A form has been prepared that includes the tests for the defensive planning performance in football, in order to identify the skill tests that measure those skills, through an expert opinion poll form. Annex No. (3)

Table (8) shows the results of an expert opinion poll in determining the most appropriate skill tests that measure the level of defensive planning performance in the football under study, which obtained an approval rate of (80%) or more.

Table (8)

Percentage of each defensive test according to expert opinions N = 10

Expert Opinions	Skill tests	t
90%	**Test to attack the ball and then disperse it**	**1**
90%	**Test Choosing the Right Locations**	**2**
90%	**Individual Pressure Test**	**3**
100%	**Composite Defense Test.**	**4**
100%	**Test static position plans from the corner kick.**	**5**
90%	**Test depth in defense.**	**6**
100%	**Group Stress Test**	**7**
90%	**Test to cut the ball from the opponent (1×1) 5 attempts**	**8**
100%	**Test to attack the ball with a slide in 15 seconds**	**9**
90%	**Test attacking from behind in one minute.**	**10**

It is clear from Table (8) that the defensive planning performance tests in football under study, which have obtained expert approval with a percentage of (80%) or more, are as follows:

First Survey Study:

The researcher conducted the first survey study from 9/10/2023to 19/10/2023, on the survey research sample, consisting of (16) football juniors under (17) years of age from the research community, and outside the main research sample, and aimed to identify the following:

3-5 Conducting Scientific Transactions (Honesty – Consistency) for the Tests under Research Scientific Transactions (Honesty – Consistency) for the Tests under Study:

First: The Honesty Factor:

The validity coefficient for physical and skill tests was found using the peripheral comparison method by calculating the value of the average differences between the upper half and the lower half of the scores of the survey sample consisting of (16) soccer players under (17) years of age from the research population and outside the main research sample, and the significance of the differences between the upper half and the lowest half in the physical and skill tests under study was calculated, and the two tables (9) and (10) show this:

Table (9)

The Significance of the Differences Between the Upper and Lower Half in the Physical Variables Under Study

Value of "T"	Lower half n = 8		Top half n = 8		Unit of Measurement	Variables
	on	M	on	M		
2.53*	3.18	35.25	2.93	39.38	poison	Muscular Ability of the Legs
3.87*	0.29	5.29	0.27	4.71	second	Sprint Transition Speed (30m)
2.33*	0.36	8.97	0.41	8.49	second	The zigzag running in the Barrow method
2.51*	2.23	6.75	2.62	10.00	poison	Flexibility of the torso and thigh
2.43*	0.41	11.59	0.45	11.03	One minute	Run 2400m

The tabular value of "T" at the level of 0.05 = 2.145 * D at the level of 0.05 It is clear from Table (9) that there is a statistically significant difference at the level of 0.05 between the top half and the lowest half of the physical tests under study, in favor of the top half, which indicates the validity of these tests.

Table (10)

The Significance of the Differences Between the Upper and Lower Half in Defensive Planning Performance Tests

Value of "T"	Lower half N =8		Top Half N =8		Unit of Meas	Variables
	on	M	on	M		

					urem ent	
2.88*	0.19	1.28	0.16	1.01	One minut e	Attacking the ball and then distracting it
2.45*	0.21	1.49	0.19	1.22	One minut e	Choosing the Right Locations
2.66*	0.25	1.41	0.31	1.01	One minut e	Individual Pressure
3.01*	0.17	1.27	0.14	1.02	One minut e	Composite defense
2.96*	0.18	1.33	0.16	1.06	One minut e	Cutting time and distracting the ball from the corner kick
3.49*	0.15	1.41	0.17	1.11	One minut e	Depth time in defense for defenders
3.36*	0.21	1.69	0.19	1.33	One minut e	Collective pressure and ball cutting time
2.73*	0.26	2.00	0.41	2.50	numb er	Cutting the ball off the opponent (1×1)
3.21*	0.33	1.38	0.39	2.00	degre e	Attack the ball with a slide in 15 seconds
2.81*	0.39	1.75	0.45	2.38	numb er	Attack from behind in one minute

The tabular value of "T" at the level of 0.05 = 2.145 * D at the level of 0.05 It is clear from Table (10) that there is a statistically significant difference at the level of 0.05 between the scores of the top half and the lowest half in the defensive planning performance tests under study, and in favor of the top half, which indicates the validity of the physical tests in what they measure.

Second: Stability coefficient : The researcher used the method of applying the test, and reapplying it again to calculate the stability coefficient, by applying physical tests, and defensive planning performance tests on the members of the survey sample, and then reapplying it again on the same sample with a time interval of (10) days from the first application of the physical and skill tests under study, and the simple correlation coefficient was calculated between the results of the first and second applications, and the two tables (11) and (12) show this:

Table (11)
Stability coefficient for the physical tests under study n = 16

Value of "R"	Second Application		First Application		Unit of Meas urem ent	Variables
	on	M	on	M		
0.753*	4.31	39.00	4.57	38.00	poiso n	Muscular Ability of the Legs

0.891*	0.52	4.89	0.49	4.94	second	Sprint Transition Speed (30m)
0.899*	0.57	8.77	0.61	8.81	second	The zigzag running in the Barrow method
0.746*	3.29	10.25	3.14	9.50	poison	Flexibility of the torso and thigh
0.862*	0.64	11.11	0.72	11.16	One minute	Run 2400m

The tabular value of "t" at a level of 0.05 = 0.497 * D at a level of 0.05

Table (11) shows that there is a statistically significant correlation at the level of 0.05 between the results of the first and second applications of the physical tests under study, which indicates the stability of these tests when making the measurement.

Table (12)

Stability coefficient of defensive planning performance tests under study n = 16

Value of "R"	Second Application		First Application		Unit of Measurement	Variables
	on	M	on	M		
0.897*	0.19	1.01	0.24	1.03	One minute	Attacking the ball and then distracting it
0.852*	0.22	1.24	0.25	1.29	One minute	Choosing the Right Locations
0.827*	0.36	1.09	0.31	1.11	One minute	Individual Pressure
0.841*	0.15	1.01	0.19	1.04	One minute	Composite defense
0.825*	0.21	1.11	0.22	1.15	One minute	Cutting time and distracting the ball from the corner kick
0.863*	0.26	1.09	0.24	1.13	One minute	Depth time in defense for defenders
0.799*	0.18	1.36	0.21	1.42	One minute	Collective pressure and ball cutting time
0.771*	0.25	2.63	0.29	2.25	number	Cutting the ball off the opponent (1×1)
0.758*	0.42	2.00	0.49	1.75	degree	Attack the ball with a slide in 15 seconds
0.769*	0.55	2.44	0.51	2.31	number	Attack from behind in one minute

The tabular value of "t" at a level of 0.05 = 0.497 * D at a level of 0.05
Table (12) shows that there is a statistically significant correlation at the level of 0.05 between the results of the first and second applications of the physical tests under study, which indicates the stability of these tests when making the measurement.

S.A.Q. Practice Program:

Sake training is suitable for all sports, whether team or individual, its interest in developing special physical fitness such as the ability to change directions and move from acceleration to slowing down smoothly, in addition to anticipation, clarity of mind and speed of reaction, all of which are key keys to achieving athletic excellence in any sport. Q.A.S training can be used in the physical warm-up part because of its dynamic and flexibility.
Training Program:
1- Developing the level of defensive planning performance using the SAQ training (S.A.Q) in the method of intensive high-intensity training for football juniors under (17) years old.
The researcher has taken into account the scientific foundations that must be taken into account when developing the training program, based on what he mentioned, which are as follows:
1. Determine the objective of the training program and the objectives of each stage of its implementation.(50:3)
2- The suitability of the training program and its contents of the trainings for the selected age stage. (53:6)
3- Gradual increase in load, appropriate progression, wavy shape, and guidance for the specified training loads.(10:1)
4- Paying attention to the rules of warm-up and preparation.(27:2)
5- The program included a set of sakio training in the style of intensive high-intensity training (4:32)
6- Taking into account the individual differences between the players. (75:4)

Training Program Planning:

Table (13)
Content of the Proposed Training Program

Content	Variables	t
12 weeks	Program Duration.	1
3 Training Modules	Number of training units during the week.	2
36 Training Units	Number of training units during the program.	3
90 mins-100 mins	The time of the training module without warm-up and conclusion.	4
(15 Q), (5 Q)	Warm-up and closing time.	5
540 minutes	Total warm-up time during the training program.	6
180 minutes	The total time to complete the training program.	7
1140 minutes	The total time of the special physical preparation part.	8
1170 minutes	Total time for the skill preparation part.	9
1125 minutes	Total time for the planning setup part.	10
3435 minutes	The total time of the training program without warm-up and conclusion.	11
Sakyo Workouts	Method used	12
Medium – High – Maximum	Training loads.	13
(1:1) Medium to High Pregnancy Week	Formation of the periodic pregnancy cycle.	14

3-6 Basic Study:

Tribal Measurements:

Tribal measurements were conducted for the members of the experimental and control groups from 22/10/2023to 25/10/2023 AD, and these measurements included age, height, weight, measurements of physical variables and the level of defensive planning performance in the football under study.

Dimensional measurements:

The dimensional measurements were made for the members of the experimental and control groups in the level of defensive planning performance in football, from 20/1/2024to 23/1/20241 in the same places where the pre-measurements were taken, with the procedure of taking into account the same instructions and conditions followed in the pre-measurements.

3-7 Statistical Methods under Research:

The researcher performed statistical treatments using the SPSS program through the following statistical methods:

4. Present, discuss, and interpret the results

4-1 Presentation of Results:

Table (14)

The significance of the differences between the pre- and post-measurements of the experimental group in the level of defensive planning performance in football N = 16

Value of "T"	Telemetry		Tribal Measurement		Unit of Measurement	Variables
	on	M	on	M		
4.11*	0.15	0.79	0.21	1.02	One minute	Attacking the ball and then distracting it
3.84*	0.19	1.01	0.27	1.33	One minute	Choosing the Right Locations
4.02*	0.17	0.84	0.34	1.12	One minute	Individual Pressure
3.59*	0.16	0.82	0.22	1.05	One minute	Composite defense
3.71*	0.17	0.86	0.24	1.13	One minute	Cutting time and distracting the ball from the corner kick
4.16*	0.14	0.91	0.19	1.16	One minute	Depth time in defense for defenders
3.29*	0.19	1.23	0.27	1.49	One minute	Collective pressure and ball cutting time

6.34*	0.37	3.13	0.31	2.31	number	Cutting the ball off the opponent (1×1)
3.81*	0.31	2.25	0.42	1.81	degree	Attack the ball with a slide in 15 seconds
3.52*	0.39	3.00	0.57	2.38	number	Attack from behind in one minute

The tabular value of (v) at a significance level of (0.05) = 2.131 * D at a significance level of (0.05)

It is clear from Table (14) that there is a statistically significant difference at the level of 0.05 between the pre- and post-measurements of the experimental group in the level of defensive planning performance in football in favor of the telemetry.

Table (15)

The significance of the differences between the pre- and post-measurements of the control group in the level of defensive planning performance in football N = 16

Value of "T"	Telemetry		Tribal Measurement		Unit of Measurement	Variables
	on	M	on	M		
2.39*	0.12	0.93	0.19	1.05	One minute	Attacking the ball and then distracting it
2.51*	0.17	1.22	0.25	1.39	One minute	Choosing the Right Locations
2.26*	0.15	1.01	0.31	1.17	One minute	Individual Pressure
2.44*	0.13	0.96	0.21	1.09	One minute	Composite defense
2.79*	0.14	0.99	0.20	1.16	One minute	Cutting time and distracting the ball from the corner kick
2.63*	0.12	1.07	0.17	1.21	One minute	Depth time in defense for defenders
2.48*	0.15	1.39	0.25	1.57	One minute	Collective pressure and ball cutting time
3.95*	0.31	2.75	0.28	2.25	number	Cutting the ball off the opponent (1×1)
2.77*	0.25	2.00	0.39	1.69	degree	Attack the ball with a slide in 15 seconds
2.41*	0.34	2.50	0.52	2.19	number	Attack from behind in one minute

The tabular value of (v) at a significance level of (0.05) = 2.131 * D at a significance level of (0.05)

It is clear from Table (15) that there is a statistically significant difference at the level of 0.05 between the pre- and post-measurements of the control group in the level of defensive planning performance in football in favor of the telemetry.

Table (16)

The significance of the differences between the two dimensional measurements of the experimental and control groups in the level of defensive planning performance in football

Value of "T"	Control Group N = 16		Experimental Group N = 16		Unit of Measurement	Variables
	on	M	on	M		
2.81*	0.12	0.93	0.15	0.79	One minute	Attacking the ball and then distracting it
3.19*	0.17	1.22	0.19	1.01	One minute	Choosing the Right Locations
2.91*	0.15	1.01	0.17	0.84	One minute	Individual Pressure
2.62*	0.13	0.96	0.16	0.82	One minute	Composite defense
2.64*	0.14	0.99	0.17	0.86	One minute	Cutting time and distracting the ball from the corner kick
3.36*	0.12	1.07	0.14	0.91	One minute	Depth time in defense for defenders
2.58*	0.15	1.39	0.19	1.23	One minute	Collective pressure and ball cutting time
3.04*	0.31	2.75	0.37	3.13	number	Cutting the ball off the opponent (1×1)
2.43*	0.25	2.00	0.31	2.25	degree	Attack the ball with a slide in 15 seconds
3.73*	0.34	2.50	0.39	3.00	number	Attack from behind in one minute

The tabular value of (T) at a significant level of (0.05) = 2.042 * D at a significance level of (0.05)

It is clear from Table (16) that there is a statistically significant difference at the level of 0.05 between the two dimensional measurements of the experimental and control groups in the level of defensive planning performance in football in favor of the experimental group.

Table (17) Percentage of Improvement of Distance Measurement from Tribal for the Experimental and Control Groups in the Level of Defensive Planning Performance in Football

Control group n = 16	Experimental group n=16	Variables

Improvement rates	After me	Before me	Improvement rates	After me	Before me	
12.91%	0.93	1.05	29.11%	0.79	1.02	Attacking the ball and then distracting it
13.93%	1.22	1.39	31.68%	1.01	1.33	Choosing the Right Locations
15.84%	1.01	1.17	33.33%	0.84	1.12	Individual Pressure
13.54%	0.96	1.09	28.05%	0.82	1.05	Composite defense
17.17%	0.99	1.16	31.39%	0.86	1.13	Cutting time and distracting the ball from the corner kick
13.08%	1.07	1.21	27.47%	0.91	1.16	Depth time in defense for defenders
12.95%	1.39	1.57	21.14%	1.23	1.49	Collective pressure and ball cutting time
22.22%	2.75	2.25	35.51%	3.13	2.31	Cutting the ball off the opponent (1×1)
18.34%	2.00	1.69	24.31%	2.25	1.81	Attack the ball with a slide in 15 seconds
14.16%	2.50	2.19	26.05%	3.00	2.38	Attack from behind in one minute

Table (17) shows that there are improvement rates for the distance measurement compared to the pre-measurement of the experimental and control groups in the level of defensive planning performance in football, where the improvement rates for the experimental group ranged between (21.14% - 35.51%), and the improvement rates for the control group ranged between (12.91% - 22.22%). Improvement rates of the distance measurement from the pre-test for the experimental and control groups in the level of defensive planning performance in football

4-2 Discussion of the Results:

The results of Table (16) and Figure (1) indicated that there is a statistically significant difference at the level of 0.05 between the pre- and post-measurements of the experimental group in the level of defensive planning performance in football in favor of the telemetry. The researcher attributes the improvement in the level of defensive planning performance in football among the members of the experimental group to the effectiveness of the proposed training program using Sakyo training in the method of intensive high-intensity training , which included various defensive planning exercises that resemble the different situations that occur during the match, as the researcher took into account during the defensive planning exercises that they take on a competitive character so that the player can exploit his physical and skill abilities with his colleague and competitors, and through situations similar to what happens in the match, which contributed to improving the defensive planning performance of football juniors under (17) years old.

Sakyo Workouts It is characterized by stimulating in the soul the motivation towards perseverance, exerting effort and the suspense factor, and working to strengthen the muscles working in the type of specialized activity, and contributes to the development of the various special voluntary traits necessary for the player, and also has an important role in all stages of the training season for various sports activities, and that its effect is effective when it is related to the requirements of the competition because it is an important means with multiple requirements for the components of the training situation, and it also works to develop the level of efficiency of the integrated performance of the player. It brings it to the sporty form so that it is performed under various conditions.(123:5) Thus, the validity of the hypothesis of the first research, which states: " There are statistically **significant differences between the averages of the pre- and post-measurements of the**

experimental group in the level of defensive planning performance in football in favor of the averages of the dimensional measurements."

The results of Table (17) also showed that there is a statistically significant difference at the level of significance of 0.05 between the pre- and post-measurements of the control group in the level of defensive planning performance in football in favor of the telemetry.

The researcher attributes this remarkable improvement in the level of defensive planning performance among the members of the control group to the presence of the scientifically and practically qualified coach during the implementation of the training unit, and his ability to develop the physical, skillful and defensive planning abilities of football juniors because of his knowledge of their importance in developing the various technical aspects of the juniors.

Any training program based on scientific foundations leads to the development of the player's training status and the high level of performance of the players (55:6), (63:1), but the amount of improvement is the difference between one program and another**,** and the codified training in terms of methodology, capabilities, and abilities of the players, and the level of the coach who performs the implementation leads to positive results in the development of the physical, skillful, and planning abilities of football players.

Thus, the validity of the second research hypothesis, which states: "There are statistically significant differences between the averages of the pre- and post-measurements of the control group in the level of defensive planning performance in football in favor of the averages of the dimensional measurements."

5. Conclusions and recommendations

5.1 Conclusions

In light of the purpose and assumptions of the research, and based on what the results of the research showed, the researcher reached the following conclusions :

1- The training program using Sakyo training in the style of intensive high-intensity training has an impact on the level of planning performance .

3- There are statistically significant differences between the mean of the dimensional measurements of the experimental and control groups in the level of defensive planning performance in football in favor of the experimental group.

4- There are improvement percentages for the distance measurement from the tribal of the experimental group in the level of defensive planning performance in the football under study, ranging between (21.14% - 35.51%).

5- There are improvement percentages for the measurement of the distance from the tribal of the control group in the level of defensive planning performance in the football under study, ranging between (12.91% - 22.22%).

5.2 Recommendations:

In light of what the research results have shown and what has been extracted from those results, the researcher recommends the following:

1- Using the training program using Sakyo training in the method of intensive high-intensity training to develop the level of defensive planning performance for football juniors under (17) years old.

2- Paying attention to planning training using sakiyo training at an early age as much as possible so that the football player's planning thinking increases.

3- Using the skills tests under study to evaluate the level of defensive planning performance of football juniors under (17) years old.

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