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Riyeadh Mezher Khraibet
College of Physical Education
and Sports Science,
Mustansiriyah University,
Baghdad, Iraq

Rondo-style exercises to develop the tactical behavior of the attacking third for Iraqi youth football players

Riyeadh Mezher Khraibet

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Abstract

The advancement of football depends on everything new that occurs on the scene, and this in turn is reflected in the development of the foundations for building players, from physical, skill, and tactical performance to psychological and mental performance. These foundations for building players cannot be separated one from the other.

Rondo exercises are exercises in possession of the ball for the longest possible period by passing between players at a fast playing rhythm, as well as developing the process of perception and awareness and making the appropriate decision at the appropriate moment. The best ways for the player to reach mastery of all these foundations: Starting with playing in small spaces all the way to... Playing on the playground.

The study also aimed to identify the effect of Rondo training on the tactical behavior of Iraqi youth football team players aged 19 years. To achieve this, the study was conducted on a sample of (16) players participating in the World Cup finals, and the sample was distributed equally randomly into two experimental and control groups. The experimental group underwent the exercises (Rondo) by the researcher, while the control group underwent the program followed by the trainer, where the proposed exercises were applied for a period of (3) months at a rate of (3) training units per week, where the researcher used the experimental group to suit the nature of the study, and after applying Exercises: The tactical behavior test was conducted, and the program used the statistical package (spss) to analyze the results.

After conducting the necessary statistical treatments, the study concluded with "Rondo" exercises on tactical behavior, with statistical significance between the pre-and post-measurements, in favor of the post-measurement.

The results of the study also showed that there were statistically significant differences in the variable of tactical behavior between the experimental and control groups and in favor of the experimental group. The researcher recommended several recommendations, the most important of which are: using Rondo training in developing tactical behavior in various football clubs, schools, and academies in Iraq.

Keywords: Iraq, football players, tactical behavior, attacking third, advancement

Introduction

The game of football is one of the games that has received increasing global interest in all countries of the world, as it has witnessed tremendous development in the preparation of players. This development is characterized by the high level of skill, physical, tactical, psychological and mental performance of the players in terms of their possession of high capabilities and skills and their enjoyment of a good physical level, and the development of their collective thinking and their ability to Organizing their tactical movements, and on the basis of this, the correct tactical behavior is implemented in every situation of the match. The higher the motivation that a player has, the more effective the player is in training and in the match. Therefore, it is important for the player to have his own motivation to improve his skill, tactical, and mental level.

Football is a game of making quick decisions, just as the player is quick to move. Speed of action requires the player's ability to digest the information that reaches him by noticing different situations during the match. The quicker the player is able to act, notice, and understand the information that reaches him, the more he will be able to think quickly and deduce.

Corresponding Author:
Riyeadh Mezher Khraibet
College of Physical Education
and Sports Science,
Mustansiriyah University,
Baghdad, Iraq

What must be done, executing the required move at exactly the right time, as Rondo exercises have a clear impact on the development of performance during matches, and this indicates that tactical skill performance is affected by the factor of place or area on the field, as it requires the player to make quick and appropriate decisions according to the type of performance. In line with the requirements of the team's playing plans, whether in the defensive third, midfield or attacking football, there are many changing situations and situations during play, which requires the player to focus his attention to observe the situation and then realize the positions of his fellow players and competing players, which results in his appropriate tactical behavior, and the tactical behavior is directed to performing as well as possible in harmony with the tactical information and basic skills. The athlete's good condition, reaction speed and will.

The importance of the study

The importance of the study is due to:

1. It is the first study of its kind in Iraq (As far as the researcher knows) that aims to use (Rondo) in youth team training, according to the personal interview with the team coach.
2. The importance of the study lies in the fact that Rondo's training may have an important role in developing the level of the player's tactical performance in the attacking third.
3. Increased interest in Rondo training as one of the factors that helps the player reach the highest levels in terms of tactical performance.

Study problem

The process of sports training in tactical skills is numerous and using various training methods is considered an effective process for improving and developing the level of tactical performance.

Through the researcher's experience as an international player and former coach and currently an analyst in the sports programs for the matches of the Iraqi youth national team, he noticed an inconsistent level in the implementation of the three main cases in football, which are:

The first case: Possession of the ball, how to move with a fast rhythm of play, spreading over all joints of the field, and relying on the first touch of the ball.

The second case: Losing the ball, which leads to the team losing the ball quickly shrinking and trying to narrow the distances and work on correct coverage by the defenders.

The third state: It is the moment between loss and possession and vice versa, so it requires excellent physical, skill and tactical performance in accordance with what was mentioned above. All of these three states develop through the use of Rondo exercises.

Which, as a result, had a negative impact on the performance of our teams, especially in rebounding balls

(whether they were for us or against us) and the correct application of tackles with a fast pace of play.

Objectives of the study

1. Preparing exercises in the "Rondo" style to develop the tactical behavior of the attacking third of the youth football team players.
2. Identify the effect of Rondo-style exercises to develop the tactical behavior of the attacking third of youth football team players.

Study questions

1. What is the effect of Rondo-style training on developing the tactical behavior of the attacking third of the youth football team players in the experimental group?
2. What is the effect of the traditional training program prepared by the coach on the tactical behavior of the attacking third among members of the control group?
3. Are there statistically significant differences in the tactical behavior of the attacking third among members of the experimental and control groups in the post-measurement?

Areas of research

1-6-1 The human field: Players of the youth football team participating in the 2023 World Cup finals held in Argentina

1-6-2 Time frame: The period from 2/15/2022 until 5/15/2023.

1-6-3. Spatial area: Al-Shaab Sports Stadium, the supposed stadium for holding the national team's training.

Chapter II

Research methodology and field procedures.

Research methodology

The researcher used the experimental method in one of its forms because it suits the objectives of the study by designing the experimental and control groups with pre-and post-measurement due to the nature of the problem.

2-2 The research community and its sample

The research population consisted of (25) players from the youth team participating in the 2023 World Cup finals held in Argentina. As for the research sample, they were randomly distributed into two equal groups, the first experimental and the other control, with (8) players for each group, and (3) goalkeepers were excluded. The remaining (6) were used in the exploratory experiment, and before starting to implement the exercises, equivalence was conducted between the members of the two groups in the pre-measurement of the variable under study, using a t-test for two independent groups (Independent t-test), and the results of Table (1) show this.

Table 1: Results of a t-test for two independent groups for equivalence between the experimental and control groups

Variable	Measuring unit	Experimental group N=8		Control group N=8		T-Test	Sig
		Deviation	Middle	Deviation	Middle		
Tactical action	degree	195.62	5.62	194.37	4.17	0.50	0.62

Means of collecting information

The researcher used the following methods to complete his research requirements, as follows:

1. Arab and foreign references and sources.

2. International Information Network (Internet).
3. Personal interviews.

Devices

1. Camera canon 5D
2. Drone Cam (Phantom Drone)
3. Electronic distance measuring device.
4. HP computers (4)

Tools used in the research

1. Whistle.
2. Registration form.
3. Adidas stopwatches (3).
4. Cones of different heights (50).
5. Small moving targets.

Research variables**Planned Action Test (Computerized) (3:96)**

Test name: Tactical behavior in the attacking third of football players

The goal of the test: to measure the tactical behavior of each player.

Tools: calculator, closed room.

Performance method: The player sits in front of a table with an HP calculator in front of him, where the coach displays the positions of the player's tactical behavior. The player presses the start button and the program displays the positions sequentially, each position for seven seconds, and the number of positions is 70 positions.

Instructions: The grade is distributed among four options, the highest option is (4) grades and the lowest option is (1) grade.

Scoring: The total correct score obtained by the player is calculated, noting that the highest score obtained by the player is 280.

The reconnaissance experience

To determine the suitability of the tests, the response of the research sample, the duration used to perform the training unit, and how to implement it, to avoid errors, to uncover the obstacles facing the implementation of the tests and the training curriculum, and to determine the duties of the assistant work team, the exploratory experiment was conducted on a sample of (6) players over two days at four o'clock in the afternoon. On Wednesday, 12/21/2022, at Al-Shaab International Stadium, errors were detected, addressed, and solutions were developed. Intensity ratios for training in the Rondo style were also set by testing members of the exploratory experiment sample by extracting the rate by multiplying the maximum intensity by the rate to be trained on, and then dividing it by 100.

The aim of the exploratory experiment

1. Verify the accuracy and safety of the devices and tools used.
2. The suitability of testing the plan's behavior for the sample and identifying the difficulties the sample faces in its application.

Ensure the validity of the computers

The exploratory experience showed the following:

1. The validity of the devices and tools used in the research.
2. Adapting exercises into parts and applying skill tests.

3. The efficiency of the assistants in performing their task while conducting and applying the test.

Pre-test

The pre-tests were conducted on (12/25/2022) and included the following:

Recording the age, height, and weight of the study sample members.

Planned action test.

The main research experience

The proposed exercises were applied to the study sample for a period of (3) months, with three training units per week (Saturday, Monday, Wednesday), meaning a total of (36) training units. The number of training units prepared by the researcher in the Rondo style was (36). Training module in:

The first month, each day is a training unit distributed by two training units prepared per week, and the third day is dedicated to merging the two training units prepared by the researcher, for the purpose of stabilizing the work of the two units and bringing the players to the training mechanism in a way that is appropriate for the sample.

As for the second month: It consists of (7) training units prepared in the same context as the first month, but with one training difference, which is training (3×6 Rondo) inside the squares, which needs to be repeated throughout the week (3 training units).

As for the third month: Which consisted of training matches, which were prepared by the researcher in the amount of (8) training units, and each unit was divided into two together and throughout the week (3 training units).

The exercises were prepared according to the Tactical Pad program, which consists of squares or rectangles and according to specific areas with distances, times, repetitions, and rest times for one exercise, and with training loads prepared for this method. These distances gradually increase until they reach an entire field in order to reach the training matches similar to the match. This is because these exercises must be given gradually to suit the age stage (educational-training-competitive) up to the training match.

The total time of the training unit took (90) minutes, and the researcher took (30) minutes to apply the Rondo exercises, and they were applied to members of the experimental group during the time period from 12/28/2022-3/1/2023. The regular program was applied to the control group in Same time period.

Posttest

The post-tests were carried out after completing the proposed exercises on (3/3/2023) at four in the afternoon and at Al-Shaab International Stadium, taking into account the same conditions that were conducted in the pre-tests.

Statistical methods

The SPSS statistical package was used to extract the results.

Chapter III**Presentation of the study results**

This chapter includes a presentation of the results that were reached after the researcher collected the data using the study tool and then processed it statistically to answer the questions.

First: The results related to the first question, which states: What is the effect of Rondo-style training on developing the tactical behavior of the attacking third of the youth football team players in the experimental group.

To answer the first question, the researcher used the paired t-test to indicate the differences between the pre-and post-measurements for members of the experimental group, and the results of Table No. (2) show this.

Table 2: Results of the t-test for pairs to indicate the differences between the pre-and post-measurements in the Planned Behavior Test among members of the experimental group (N=8)

Variable	Measuring unit	Experimental group N=8		Control group N=8		Media difference	T-Test	Sig
		Middle	Deviation	Middle	Deviation			
Tactical action	Degree	195.62	5.62	208.12	5.93	12.50	4.41	0.00

Discuss the results related to the first question

The results of the t-test for pairs in Table (2) showed that there were statistically significant differences in the tactical behavior test between the pre-measurement and the post-measurement, and in favor of the post-measurement. The researcher attributes the reasons for the significant differences to the fact that Rondo-style exercises are important in developing tactical behavior. The experimental group in this age group had a good level of field experience, in addition to “the total football method requires long periods of training and playing until the team reaches a good level of application and high harmony between the players in the team and to adopt these” (6:132).

“Training in the Rondo style requires mastering its advanced concepts, increasing and intensifying training on it, increasing its effectiveness, and working to make the team work and move as a single bloc on the field. The goal to be achieved is through applying the concepts and vocabulary of fast play, speed of handling the ball while changing

positions, accuracy of passes, tactical flexibility, and exchange.” The roles between the players and that the concept of performance be closest to realism, in different circumstances and with the same efficiency” (1:58), This is reflected in the tactical behavior of the players, as many studies have shown that a large percentage of the players’ success and development in performance depends largely on the diversity of training in the training unit, which in turn led to the development of the tactical behavior on the field, and since the tactical behavior is linked to the development of physical actions. For the players, which came through the player’s good behavior on the field, and accordingly, “reaching high levels depends on taking care of the numbers (Mental, skillful, and physical) in an equal and harmonious manner. In addition, the player reaches the mechanism for dealing with tactical situations on the field through implementing game plans as well as confrontation.” Different positions on the field and speed in performance and execution” (10:69).

Table 3: Results of the t-test for pairs to indicate the differences between the pre-and post-measurements in the variable of tactical behavior among members of the control group (N=8)

Variable	Measuring unit	Experimental group N=8		Control group N=8		Media difference	T-Test	Sig
		Middle	Deviation	Middle	Deviation			
Tactical action	degree	194.37	4.17	202.50	3.77	8.12	8.88	0.00

Discussing the results related to the second question, which states: What is the effect of the traditional training program prepared by the coach on the tactical behavior of the attacking third among members of the control group.

Table (3), the results of which showed a significant positive impact of the traditional program followed on the tactical

behavior that was studied, and the researcher believes that the reason for this development is due to the nature and contents of the traditional program to which the control group was subjected, followed by the trainers of the Steps Foundation, as well as the regularity in Training that gives the player a certain amount of tactical performance.

Table 4: Results of the t-test for pairs to indicate the differences between the two post-post measurements in the variable of tactical behavior among members of the experimental and control groups (N=16)

Variable	Measuring unit	Experimental group N=8		Control group N=8		T-Test	Sig
		Middle	Deviation	Middle	Deviation		
Tactical action	Degree	208.12	5.93	202.50	3.77	2.26	0.04

Discussing the results related to the third question, which reads: Are there any statistically significant differences in the tactical behavior of the attacking third among members of the experimental and control groups in the post-measurement?.

The results of the t-test for two independent groups in Table 4 showed that there were statistically significant differences in the test of tactical behavior between the experimental group and the control group, in favor of the experimental group.

The researcher believes that the use of Rondo exercises helps in the correct positioning of the player on all lines of the field and leads to high skill and tactical performance and a faster pace of play. This is what the researcher agrees with

“Dia Naji Abboud” that the Rondo is to improve the complex skill and tactical aspects, awareness and perception through its use. In squares (10).

Likewise, “the Rondo-style training had a positive impact on the players by following the method of suspense and excitement in the training, which led to the players not getting bored of it, but rather they had a high desire to perform it” (9:225)

The researcher adds that continuing the Rondo exercises, especially in the attacking third and in all playing areas, will provide the players with a wide field of vision to enable them to choose the best solutions for behavior on the field.

If the importance of tactical behavior becomes clear, sound players (offensive and defensive) are the decisive factor for

winning the match, as the elements of physical fitness and a good technical level of playing skills are complete, in addition to the fact that the tactical behavior, which is called (tactical intelligence), is closely related to the player's mental abilities and influence in different playing situations. " (8:189) In football, there are a number of changing situations and situations during play that require the player to focus their attention to observe the situation and then realize the positions of his fellow players and competitors. Which makes the player think about how to move, and as a result his tactical behavior, and the tactical behavior is directed to the level of mastery that is consistent with the tactical information, basic skills, the athlete's new condition, the speed of reaction, and his will. Also, "the goal of the playing style in different areas is to develop the player's ability to solve the tactical playing problems that arise." It may appear during play and teach him how to choose the appropriate response to it" (7:158). Thus, we have placed the player in a position similar to playing situations, because developing technical and tactical performance at the same time helps the player control the course of play by linking skills and tactics.

The fourth chapter

Conclusions

In light of the objectives and hypotheses of the study and based on what the results of the study showed, the following conclusions can be reached:

1. The proposed Rondo-style exercises have a statistically significant positive effect on developing the tactical behavior of youth team players.
2. Both the proposed Rondo-style exercises and the traditional codified program led to the development of the tactical behavior under study, but the Rondo-style exercises were significantly superior to the traditional program.

Recommendations

In light of the objectives and results of the study, the researcher recommends the following:

1. Distributing the results of the current study to youth football coaches, as well as to applicants in Iraqi football clubs and schools, to benefit from them in preparing training programs, and to provide reference values for the measurements under study to evaluate training programs and the training status of young people.
2. Using Rondo-style exercises to develop the tactical behavior of Iraqi youth football league clubs.
3. Conducting studies similar to the current study on various other group and individual games to study exercises in the Rondo style in developing tactical behavior among young people.
4. Conduct studies similar to the current study on different age groups and genders.
5. The necessity of building Iraqi standards for the tactical behavior of young people in football, to be based on them in the sports selection of talented people and the construction and evaluation of training programs.

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