



ISSN Print: 2664-7281
ISSN Online: 2664-729X
Impact Factor: RJIF 8
IJSEPE 2024; 6(2): 336-340
www.sportsjournals.net
Received: 06-10-2024
Accepted: 09-11-2024

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The effect of exercises of duties and tactical principles of an offensive and defensive composite according to specific spaces in developing the speed and endurance of skill performance

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DOI: <https://doi.org/10.33545/26647281.2024.v6.i2e.145>

Abstract

The study aimed to identify the use of the effect of complex offensive and defensive duties and tactical principles exercises according to specific spaces in developing the speed and endurance of skill performance. The researcher used the experimental method and the research sample was represented by the players of Misan Oil Club, numbering (24) players, who were distributed into two experimental and control groups by simple random draw to be (12) players in each group. The researcher used the statistical program (SPSS), and the most important conclusions were that the method of complex offensive and defensive duties and tactical principles exercises according to specific spaces has a positive effect on shortening the time and effort in developing the capabilities and skills of each separately. Applying complex offensive and defensive duties and tactical principles exercises according to specific spaces with a larger size because of their positive effect serves all performance requirements.

Keywords: Chhani, consumption, fuel-wood, households, Lanchaan

Introduction

The rapid development in football has made it necessary to improve the skill and tactical performance an important matter to enable the football player to perform perfectly under any circumstances of the match. In addition to this development, football is the first popular and beloved game in the world, and football is a type of irregular game in terms of movement and in terms of the short and large spaces in which the players move, as well as in terms of the high and low effort they exert during a single match. The total work effort exerted by the players differs from one age group to another. For example, the age groups of youth differ from advanced players, and they need physical effort in playing, knowing that the movement position on the field for youth is somewhat similar to that of advanced players, but the physical effort exerted on the field remains somewhat different. It has become necessary to conduct scientific research to develop this game in terms of skill, planning and technique in order to advance this field. Successful, distinguished training plans develop, advance and reach the future. The expert in training and the professional is the one who helps the trainees and enables them to improve performance from reality to hope. Training methods are multiple and varied in their approach to the future. Among these modern methods in sports training is the method of exercises of duties and complex offensive and defensive tactical principles according to specific spaces. This type of method depends on a main axis that is represented in that it helps train players to deal with the expected changes, events and developments in the future. As a training method, it does not stop at describing the expected future alternatives only, but rather goes much further by developing the knowledge, abilities, ideas and skills of the players in dealing with these different alternatives from future perceptions, different observations and playing situations. Both Mufti Ibrahim Hammad and Hanfy Mahmoud agree that, "The success of the player's motor performance during the match depends on the degree and level of stability and stability of his motor skills and the extent of his mastery of them, no matter how the circumstances and playing situations change during the match" B. adds.

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CHAREF "Through the continuous exchange of playing positions, the importance of using offensive and defensive skills and the ability to select the most appropriate skills that are consistent with the nature of the changing situation becomes apparent, which allows achieving the main goal of the game of football, which is to score the greatest number of goals against the opposing team and prevent them from scoring against their own goal". Between the playing positions (offensive) and offensive tactics, it means all the individual and collective attempts made by the player or a group of players or the team when they have the ball and try to reach the opposing team's goal and try to score goals in the opposing team's goal using all technical skills, whether individual or collective, such as dribbling, passing, shooting, moving with the ball and without the ball and taking the right place using all legal methods in order to achieve the goals. The researcher's idea in using the exercises of duties and complex offensive and defensive tactical principles according to specific training spaces aims to create playing stations that may occur in the match or are expected to occur during the match to achieve real playing stations that help the players end the match in their favor and avoid playing the wrong roles and thus reflect the negative impact on the result. The goal of using the exercises of duties and complex offensive and defensive tactical principles according to specific training spaces is to bring the players to the stage of mastering and establishing the basic skills and tactical positions during the competition, and training in planned scientific ways and exploiting the available opportunities, which often lead to applying a new idea that no one has ever done before.

The importance of the research is evident in the use of exercises of duties and complex offensive and defensive planning principles according to specific spaces. It may be a positive and fruitful initiative that is a basic foundation from which others can start and learn to develop and raise the training level, achieve accomplishment, and reach the specific and desired goal of the training process. Scientific planning in general and sports training programs in football in particular are effective means that lead to progress in the level of the category and teams in all sports, especially football, which still faces many reasons that hinder the progress of the game. This is due to several obstacles, including the lack of use of standardized training programs based on scientific foundations. It is difficult to reach a high and prestigious level in the sports field in general and football in particular unless a sport planning is based on solid scientific foundations and programs in the field of football. Mastering the basic skills of the game is considered one of the most important factors that achieve the team's goals and objectives of winning and triumph. Recently, interest has begun in the form and quality of the players' motor activity in the field of football during matches, which clarifies the importance of the need for a special type of training that is consistent with the nature of skillful and motor performance and changing and rapid playing situations. Also, the player's possession of various forms of motor performance that are similar to the requirements of the match allows him to make better choices according to real scenes that push his ability in the field and avoid unexpected surprises and implement plans in different places and directions that occur during the competition and then achieve the speed of distinguished performance with accuracy and consistency in implementing the skillful and

tactical duty. This study, whose importance lies in the developments in training, has a major and sensitive role in the field of player development, as it is the means by which players can acquire skill capabilities such as performance endurance, speed of skill performance, and various game plans, which contribute to raising their level to the maximum degree. This can only be done through the preparation of standardized and sound training programs. In light of the above, in addition to the researcher's field experience and his careful observation of the governorate's teams and others for age groups in the lack of use of training developments, duties exercises and complex offensive and defensive tactical principles according to specific spaces, which are among the most important foundations that must be taken into account when training. From this, the researcher reached the definition of the subject of his study in the effect of duties exercises and complex offensive and defensive tactical principles according to specific spaces in developing the speed and endurance of skill performance.

Research objectives

1. Preparing a training program to develop the development of speed and endurance of skill performance in football.
2. The effect of duties exercises and complex offensive and defensive tactical principles according to specific spaces in developing the speed and endurance of skill performance in football.

Research hypotheses

The researcher prepared special guesses to solve the problem of this study and achieve the goal and in order to complete the research procedures:

1. The training program has a positive effect on developing the endurance and speed of skill performance in football
2. There are statistically significant individual differences between the pre-tests and post-tests in favor of the post-test for the two groups

Research areas

1. **Human field:** Misan Oil Club team for the 2021-2022 sports season
2. **Time field:** From 3/3/2021 to 7/6/2022
3. **Spatial field:** Football field in the College of Physical Education and Sports Sciences, University of Misan

Research Methodology and Field Procedures

Research Methodology

In order to reach a solution to the current research problem, the experimental method was adopted, which is defined as "a type of research in which the researcher controls one or more variables to make a deliberate and controlled change to the specified conditions and explains the results of this change." In accordance with the independent research variable (planning sentences according to the area) and in accordance with its hypotheses, the experimental design with two equal experimental and control groups was adopted with strict precision in the pre- and post-tests.

Research population and its samples

The available research population is defined as "the community that refers to the available number of the

targeted research community that the researcher can refer to directly to extract sample items from it".

The boundaries of the research community are represented by the players of Misan Oil Club, numbering (25) players for the sports season (2021-2022), who are officially registered in the union's records. They were all selected for the research procedures using a comprehensive enumeration method at a rate of (100%) without excluding any of them.

Tools, devices and means used in the research: As required by the research, its tests and its experiment, the following tools, devices and means were adopted:

Scientific research methods

- Arab and foreign sources.
- Official websites on the Internet.
- Direct individual interviews.
- Observation and experimentation.
- Paper questionnaires to survey the opinions of specialized experts.
- Various paper forms to record data and test results.

Devices and tools used in the research experiment

1. A portable laptop calculator, type (LENOVO), made in China, number (1).
2. A digital electronic stopwatch, type (Sport Timer), made in China, number (1).

Video camera (z5) for recording long and short films consisting of a recording cassette, a processor, and a temporary and permanent storage memory (for filming tests) type ((Sony, Japanese made, and number (1)

- Compact laser discs (CD) for storing filming tests, Chinese made.
- Leather metric tape measure.
- Colored adhesive tape with a width of (5) cm.
- Legal soccer field dimensions.
- Legal soccer balls, number (14), Chinese made.
- Plastic cones, height (15) cm, number (12), Turkish made.

Field research procedures

First: Performance speed test (1)

Test name

Skill performance speed Purpose of the test: -Measuring the speed of skill performance in soccer, Tools used:- (Soccer balls, number 6, a specific area for conducting the test, a field area of 10 m, a stopwatch, a whistle, Performance method The tester stands at a distance of 10/m When hearing the whistle, the player begins to handle the ball with the wall at maximum speed for 10/second, Method Recording: Calculating the number of passes)

Second

Performance endurance test: Test name: Measuring performance endurance Skill running test 5 x 30 m back and forth with the ball.

Purpose of the test

Measuring performance endurance in football, Performance method:- The player stands behind the starting line and the ball is under his control, and when the signal is given to start, he runs with the ball at his maximum speed back and forth five times until the end, Recording: The time is recorded in seconds and the nearest tenth of a second)

Exploratory experiment

Gentlemen experts in the field of scientific research often emphasize the necessity of conducting an exploratory experiment for the tests used in research because it is a preliminary study conducted by the researcher on a small sample before conducting his research (), in order to obtain the necessary results and information to benefit from when conducting the main experiment, and on this basis, the researcher conducted an exploratory experiment on Friday and Saturday, corresponding to 1-2/6/2022, on players from outside the sample, and it was repeated after two weeks, and through it the following goals were achieved. (Standing on the extent of the difficulties facing the researcher, identifying the safety of the devices The tools used in the research, identifying the adequacy of the assistant work team, adjusting the timings and repetitions necessary to implement the tests, standardizing the intensity of the exercise volumes applied by the experimental group)

The main experiment

The main experiment began on 6/25/2022 and will last (10) weeks, as the last training dose ended on Thursday 8/30/2018, during which the experimental group applied conditional competition exercises at a rate of two doses per week during Mondays and Thursdays, during which the sample is trained during these two days on the same training goal, as conditional competition exercises were applied with auxiliary means at a rate of (4) exercises in one training dose, as the intensity of the exercises was maximum, which is consistent with the nature of the exercises and their goal, and with repetitions (3) repetitions for each exercise, with a rest of (2 minutes) and (3 minutes) between each exercise and the other. The exercises were applied with the help of a specialized translator for the deaf and dumb, and as for the control group, the regular exercises prepared by the trainer to develop coordination were applied during Mondays and Thursdays.

Table 1: Shows the arithmetic means, standard deviations, calculated (t) value, and (sig) score in the pre- and post-performance speed and endurance tests for the experimental and control research groups

Test	Group	Pre-test		Post-test		F	SF	(T) Calculated	Score (Sig)	Significance
		S	A	S	A					
Speed of performance	Experimental	10	0.894	12.83	0.753	2.833	0.408	17	0.000	Functional
	Control	10.17	0.753	11.33	0.816	1.167	0.983	2.907	0.034	Functional
Endurance of performance	Experimental	31.33	2.676	27.07	1.276	4.26	2.978	3.504	0.017	Functional
	Control	31.09	1.539	30.2	1.74	0.892	0.251	8.701	0.000	Functional

Post-tests

After the main experiment was completed and the compatibility exercises were applied to the experimental

group, the post-tests were applied in a manner similar to the pre-tests that were previously applied in order to know the

level that the players reached with the research variables during Saturday and Sunday, corresponding to 1-2/9/2022.

- Statistical methods: The researcher used the SPSS statistical package to extract and process the statistical coefficients.
- Displaying the results of the differences in the pre- and post-performance speed and endurance tests for the experimental and control research groups.

The results of Table 1 show that there are statistical differences between the pre- and post-tests for the speed and endurance of skill performance for the experimental and control groups, in favor of the post-tests, as indicated by the (Sig) values, which are less than (5%). Through what was presented in Table 6 which shows the results of the pre- and post-tests in the performance endurance and performance speed tests in football for the experimental and control groups, we find that there are significant differences in favor of the post-tests for the control and experimental groups in the (performance endurance) tests and (performance speed) tests. The researcher attributes this development to the exercises prepared by the researcher for the experimental group, as well as to the training method followed by the coach and used with the control group. The good and prior planning of the training program prepared according to correct scientific foundations and appropriate to the players' abilities and ages has a clear impact on achieving the goals of the training process for which it was prepared. This is supported by (Abdullah Al-Lami: 2004) ^[7] that "the curriculum is a pre-planning process for sports training, as planning for sports training processes is considered one of the important and necessary foundations to ensure work on raising the sports level" (1). (Afaf Abdul Karim: 1993) also confirms that "traditional learning depends on the positivity of the teacher's role in making all decisions from planning, implementation and evaluation in what the goal includes The year of the lesson, determining the behavioral

objectives, determining the procedures for managing the classroom and organizing the tools, as well as determining the appropriate time needed to achieve the objectives (2). "Also, Muwaffaq Majeed and Kazem Al-Rubaie confirm that "one of the most important foundations for sports progress and improvement in level depends on the progress in the intensity of the loads that players carry out during their implementation of the training curriculum" (3). The researcher also attributes the development achieved in the research variables to the players' physical and skill capabilities and their previous experiences and information in enhancing good skill and tactical performance, in addition to the feedback and error correction processes that the player obtains during training, as they complement the players' abilities to achieve the required motor performance with high fluidity, especially in the effectiveness of football due to the many variables during performance such as fast running, changing direction, deception, creating space, balancing, support and the like, all of which require quick thinking and making the appropriate decision or through directives and as quickly as possible, and this is what (Ezzat Mahmoud Kashf, 1991) confirms that "achieving high-level achievements requires the appropriate and continuous amount of physical and skill preparation" As for the control group that used the method followed in training, the development achieved was to a lesser degree than the development obtained by the experimental group in all research variables Performance tolerance and speed of performance in research. Youssef Lazem (2002) confirms that "carrying out the training process to raise the level and achieve accomplishment is no longer random, but rather has become dependent on planning according to scientific foundations and using training methods and means in order to achieve the educational, psychological, physical, functional and skill goal" (1). Displaying the results of the differences in the post-performance speed and endurance tests between the experimental and control groups

Table 2: Shows the arithmetic means, standard deviations, calculated (t) value, and (sig) score in the post-performance speed and endurance tests between the experimental and control groups

Test	Pre-test		Post-test		(T) Calculated	Score (Sig)	Significance
	S	A	S	A			
Speed of performance	12.83	0.753	11.33	0.816	3.308	0.008	Functional
Endurance of performance	27.07	1.276	30.2	1.74	3.554	0.005	Functional

The results of Table 2 show that there are statistical differences in the post-test for speed and endurance of skill performance in football between the experimental and control groups in favor of the experimental group, as indicated by the (Sig) values, which are less than (5%). The researcher attributes the reason for these differences to the nature of the exercises prepared by the researcher and implemented by the experimental sample, in addition to the fact that the development of intensity leads to an increase in adaptation processes, and this included the functional aspect, which is employed for physical and skill performance, which caused the development that occurred, in addition to the training method used, the content of the exercises, and the method of their implementation. In addition to choosing exercises similar to the type of competition and the characteristics of the game of football, this is supported by (Mahmoud Abdullah *et al.*, 1991) that "giving exercises according to the correct scientific method enhances the increase in the work efficiency of the muscle

groups involved in performing various motor skills and physical abilities that the player acquires during training" (1). The researcher attributes the development achieved in the performance endurance tests and the speed of skill performance in football for the experimental group to regularity and good drive in applying the vocabulary of the special exercises, as regularity and using the exercise time in the correct way leads to raising the level and achieving the goals of each training unit during the performance, especially if the exercise is characterized by gradual progression from easy to difficult and from simple to complex, and this is what is indicated by (Hamdi and Yasser Abdel Azim: 1997) ^[11] "Organized practice of training is a goal for developing the athlete's thinking on how to gradually reach the goal, because good organization is one of the foundations for achieving goals" (2). The researcher attributes the development achieved by the research sample, especially the experimental group, as a result of the link between basic and complex skills with and without the ball,

which helped in the development of the performance of the skill aspect. This is supported by (Kamal Yassin and Muhammad Ali Faleh, 2015) ^[13] that “the player who does not master the basic skills is forced to focus on the ball and the way it is played more than focusing on the tactical aspect, and this is reflected in his lack of focus on the movements of his colleague or opponent, which undoubtedly affects the accuracy of implementing the tactical aspect” (3). (Youssef Lazem Kamash: 1999) ^[15] also adds that “the basic and complex skills are made up of several factors that the player uses in the match, such as individual skills, team play, and knowledge of the rules of the game. Therefore, football requires the player to perform the basic skills with the utmost speed and accuracy and the ability and high capacity to change his direction with the ball” (4). The researcher also addressed the exercises that mostly end with scoring, which creates the inclination and motivation to implement them, which also contributed to developing the level of endurance and speed of performance. This is what the manager of the English national teams (Garris Hughes, 1999) ^[5] emphasizes: “When winning the ball from the opponent, the player must play forward and end with a shot on goal within five passes. Through statistics of (109) international matches, it was proven that (87) goals were scored after an attack consisting of five passes” (1).

Conclusions and Recommendations

Conclusions

1. The exercises of the duties and the complex tactical principles, offensive and defensive, according to the specified spaces, have a positive effect on developing the speed and endurance of the skill performance in football
2. The method of exercises of the duties and the complex tactical principles, offensive and defensive, according to the specified spaces, has a positive effect on shortening the time and effort in developing the capabilities and skills of each separately.

Recommendations

1. Emphasizing the application of training exercises of the duties and the complex tactical principles, offensive and defensive, according to the specified spaces, has a positive effect on developing the speed and endurance of the skill performance in football
2. Applying the exercises of the duties and the complex tactical principles, offensive and defensive, according to the specified spaces, has a positive effect on the tactical aspect and other skills in football
3. Applying the exercises of the duties and the complex tactical principles, offensive and defensive, according to the specified spaces, with a larger size, due to its positive effect that serves all performance requirements.
4. Conducting similar research and studies using conditional competition exercises.

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