

# The effect of attacking tactical skill exercises in the skills of dribbling and shooting for youth football players

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## Abstract

*The exercises skills tactically had a role positive in the development of the level of performance skills, basic and implementation represented the evolution of the time of this performance and accuracy of through the link between the speed and accuracy clear when the application of performance tests of the three 0 The exercise used was a quality good and oriented and progressive, which brought about the change. Effective and efficient in the implementation of the performance of technical skills essential that reflected on the results of the groups experimental in tests posteriori. The mastery of skills reel foot on according to a plan thought provides an opportunity for the team beneficiary of them because the perfectly skills essential when implementing the performance of the tactical year, as the repetition of regular helped to improve and develop the application of skills for the implementation of these tests the basic 0 of the use methods different exercises skills tactically attacking and not to rely on style one. The importance of mastering the skills is the vehicle as the most connected inhabitants and play in during the games from the born player and the team. Attention must be paid to the skills most related to the requirements of play to achieve the skill requirements for the planned performance to achieve positive results. We emphasize on training offensive tactical skills throughout the general and special preparation period and for competitions at different rates.*

**Key words:** *writing skills, scoring skills, handling skill*

## Introduction

Aesthetic Cannot find thrill and fun of football game they enjoy the player and the viewer through fast performance and basic tactical skills and accuracy required in addition to the performance of physical and mental and these important things the process of training and continuing them are skills tactically and how to train because they need times To me and his ongoing since The first preparation periods until the end of the competitions, and through the experience of the researcher as a coach and player for the national teams and clubs, observing the youth teams and looking at some of their curricula, it was found that most of our teams, especially young people, lacked and weak interest in training these important planning skills that express the coach's thought and the potential of the players . sufficient and does not conform with the size of the skills and their impact on all stages of the general preparation, special competitions, simple and marred by weak

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performance and lack of precision, to the lack of emphasis on the perfected of the practice and interdependence performance tactical completed the overall level of the team to achieve good results, that all exercises emphasize skills essential qualities of physical neglect Skill schematic, that training methods Different attitude side of the negligence of an important and influential is an imbalance process full training and the right to football and here felt the researcher of this study the problem and develop appropriate solutions through the development of special exercises for the skills of tactical offensive in the development of the speed of some of the basic skills and accuracy of football for youth.

*The research aim is to* 1. The preparation of exercises of tactical skills for offensive players of youth football. 2- Identify the effect of offensive tactical skills exercises on rolling and scoring skills.

*The researchers hypothesized* 1- there are statistically significant differences between the pre and posttests of the two research groups (experimental and control) in the skills of rolling and scoring. 2- There are statistically significant differences between the post- tests of the two research groups (control and experimental) in the skills of rolling and scoring.

### **Literature review**

Sport has great importance in the lives of peoples and countries and competition has become in obtaining many results and championships by relying on the sciences that are strongly linked to the building of sport in general and in particular. Countries that follow steady steps through planning and programming for sports science are the ones that obtain distinctive achievements and results, and a ball game. The foot is very important, especially in the lives of peoples and their leaders, and it is the first in the world, and certainly the interest in it differs from other sports by linking the science of training with the sciences of physiology, movement and other sciences. The basic principles of physical, skill, linear, psychological and mental training are the basis from which the whole process starts. All of these foundations are very important and they are poured into one mouth, and because of the importance of planning preparation because of its great importance for differential games, including football, because it is the largest container that contains all of the above principles and foundations, and it is the one that seeks the thought, understanding and experience of coaches and ball experts, that special exercises have tactical skills and link them With some linear sentences, and then the schematic performance occurs in its general form, just as basic skills need accuracy, mastery, and knowledge, as well as for general skills. Planning and counting special exercises are influencing the planning performance to develop the ability of players with the speed and accuracy required by the football player to overlap basic skills, planning and physical and even psychological qualities (Thamer, 1975) These features are also good and bad when used and their interconnectedness gives aesthetics, suspense and understanding, reaching the planned performance. Complete with scoring goals in the most wonderful way possible, and the plan is to provide players with the ability to perform different game plans as well as information and knowledge related to them sufficiently to enable them to behave well in the various and changing situations during the matches (Muhammad, 1994) The level of players' performance varies from one to the other. Those who master basic ball skills that help planning skills are skilled preparation is one of the important aspects in preparing a soccer player and aims mainly at mastering the basic skills of the game. Without the players mastering the basic skills well, it will be difficult for them to implement the plans effectively, which will not enable the team to perform well. In the match (Throap, 1982) Where it is best suited to achieve my plans performance at a high level that differs from others peers and applies what the coach wants from him perfectly, so the importance of research is highlighted by developing special exercises for offensive tactical skills and their impact by developing the

speed of some basic skills for youth in football that were not previously used in the tactical performance of football.

*The tactical skill* : is the first technical mechanism and the basis for the performance of the tactical integrated basic skills means maneuverability and stability of individual movements or collective assault was or defensive according to the positions of variables play and performance speed and accuracy employing the possibilities of technical players and the disposition of the reel.

### Methodology

*Research Methodology*: The researcher used the One experimental method - style groups) experimental and control (to the appropriate nature of the research)

*Research community and appointed*: chose the researchers the research community purposively a youth category for the province of Baghdad under 19 years of football and the chosen sample random by lottery the way they are industry players club sports and divided into experimental and control group two groups and the number (30) players were excluded goalkeepers and was the players (20) players in the tests out of a total of (24) and (4) players were excluded due to absence and injury.

*Equality of the two sets of research* :To achieve this, the researcher conducted Walt equivalently research sample table below shows the equality of the two groups in the surveyed variables.

**Table (1) Statistical treatment of the control and experimental groups for the purpose of equivalence**

|               |                | Experimental group |      | Control group |      |                   |                     |                    |                  |
|---------------|----------------|--------------------|------|---------------|------|-------------------|---------------------|--------------------|------------------|
| The variables | measuring unit | The pretest        |      | The pretest   |      | Degree of freedom | Values T Calculated | Significance value | indication       |
|               |                | O-                 | P    | O-            | P    |                   |                     |                    |                  |
| Scoring       | D / sec        | 1.53               | 0.29 | 1.48          | 0.23 | 18                | 0.875               | 0.426              | Non-legal entity |
| Rolling       | sec            | 22.17              | 2.3  | 21.50         | 2.17 | 18                | 0.930               | 0.514              | Immoral          |

Significant when the value (sig) Younger than 0.05 Error level (0,05) And the degree of freedom (18)

*Devices and tools* : Hand-held Casio digital electronic stopwatches 1/100 of a second. Number (3) Electronic Calculator (laptop) Type (HP Number (1). Camera (digital) Goals and half a football field, 10 foot balls, Number of (24) signs Supports (24) training jerseys of different colors. Count D (20) (3) whistles.

### Tests used

- The first test / scoring test for a goal divided into squares. The purpose of the test: To measure scoring speed and accuracy towards target.
- The second test / rolling test between (10) back and forth signs. The purpose of the test. A measure of the ability to roll speed and accuracy by changing direction. ( Mufti, 1994 )

*Exploratory experiences* :conducted researcher Wen with the team; Two experiments on (4) players from the research community of players Youth Industry Club has this experience on 2 and 3 / 7 /201 9 was intended to make sure the hardware validity and utilities and the adequacy of the auxiliary work team and the extent of their understanding of carrying out the measurements and tests and To ensure the ease of application of the tests and their suitability at the sample level. Knowing the obstacles that may arise and avoiding errors

and interference in work. Calculate the time required to carry out the tests. Ensure that the time of the training unit is executed at the specified time. Ensuring the times set by the researcher when implementing the training unit exercises. Ensure the interval time set by the researcher between one and another and another group. Ensure the intensity of the exercise by measuring the working time to the rest time, which is the best indicator to identify the intensity after exercise.

*The pre -tests :* a. the pre-test was conducted for the two groups of research sample individuals before starting to implement the exercises prepared by the researchers on Wednesday 3/7/2019 at six in the afternoon and lasted 75 minutes.

*Main experiment* (design and rationing exercises tactical skills offensive) the researcher Wen prepare training bass use training mode pulsation low - intensity training, the researcher used the severity ranging from (65 % - 80 %) of the maximum value of the performance and the number of exercises tactical skills offensive (16) and varied in order to achieve the objectives required by the Platform for exercise, and display t exercise on a group of specialists in sports training and football and took some of their observations put the platform in its final form as in Annex (3) for the purpose of application. The implementation of the planned skills training took (12) weeks at a rate of (3) training units per week, the time of one training unit (30-50 minutes), within the main section of the training unit, and the total time of the total training units reached (1332) minutes start implementing units, autumn on Saturday, 6/7/2019 and ended on the SAT corresponding to 28 / 10 /2019.

*Dimensional tests :*a. the pre-test of the two groups of research sample members was conducted before starting to implement the exercises prepared by the researchers on Wednesday 3/7/2019 at six in the afternoon and lasted 75 minutes.

**Results**

**1. Statistical treatment of the pre and post tests for the control and experimental groups:**

**Table (2) Statistical treatment of the pre and post tests for the control and experimental groups**

| The variable              | Unit of measure | The pretest |      | Post test |      | The degree of freedom of | Values T Calculated level of | Significance value | indication |
|---------------------------|-----------------|-------------|------|-----------|------|--------------------------|------------------------------|--------------------|------------|
|                           |                 | O-          | P    | O-        | P    |                          |                              |                    |            |
| <b>Control group</b>      |                 |             |      |           |      |                          |                              |                    |            |
| Scoring                   | D / sec         | 1.48        | 0.23 | 1.55      | 0.26 | 9                        | 2.33                         | 0.059              | Immoral    |
| Rolling                   | sec             | 21.50       | 2.17 | 20.87     | 2.93 | 9                        | 0.82                         | 0.362              | Immoral    |
| <b>Experimental group</b> |                 |             |      |           |      |                          |                              |                    |            |
| Scoring                   | D / sec         | 1.53        | 0.29 | 1.87      | 0.21 | 9                        | 4.25                         | 0.010              | moral      |
| Rolling                   | sec             | 22.17       | 2.3  | 18.70     | 1.91 | 9                        | 8.56                         | 0.000              | moral      |

Significant when the value (sig.) less than 0.05 Error level (0,05) And the degree of freedom (9)

The researcher attributes that development to the fact that building exercises in particular has been based on a scientific method in regulating training loads that are commensurate with the level of the members of the research sample. The principles of training science were relied upon in the formation of the exercises used

and included in the special exercises that led to the development of the level as a result of the adaptation that occurred to the players. for soft s use this researcher through the use of rationing exercises especially intensity training and the evolution in the skills tactically and basic skills it has a clear impact in the evolution of the players level variables performance by selecting training on special exercises fit the nature of the sample," (Hanafi, 1998) Choosing the appropriate exercises enables the coach to develop the skill and harmony qualities and at the same time work on the player's mastery of the skills.

**2. Statistical treatment of the post -test for the control and experimental groups**

**Table No. (2) Statistical treatment of the post-test for the control and experimental groups**

|               |                | Control group |      | Experimental group |      |                   |                          |                    |            |
|---------------|----------------|---------------|------|--------------------|------|-------------------|--------------------------|--------------------|------------|
| The variables | measuring unit | Post test     |      | Post test          |      | Degree of freedom | Values T Calculated sig( | Significance value | indication |
|               |                | O-            | P    | O-                 | P    |                   |                          |                    |            |
| Scoring       | D / sec        | 1.55          | 0.26 | 1.87               | 0.21 | 18                | 4.21                     | 0.018              | moral      |
| Rolling       | sec            | 20.87         | 2.93 | 18.70              | 1.91 | 18                | 2.71                     | 0.037              | moral      |

**Significant when the value (sig.) less than 0.05 Error level (0,05) And the degree of freedom (18)**

In addition to the fact that the exercises were similar to the positions and situations of play, and this led to the development of the players even in matching their movements with the ball and then performing the skills without errors, "since the greater the interest in providing similar exercises for competition positions, the better the players could be taught the correct skill (Hanafi, 1998) and through pregnancy different became a performance with a good mechanism and moving to acquire skills as fast and accurate , "Luca n the ripple training using tensile d use method of training pulsation high repetitive and training are other great speed and precision exercises skills tactically " that the development rapid performance and high precision skills development core that came as a result of the use of these new actors which developed scientifically valid and structured to emphasize the correct performance and accustom All depends players on the rapid disposition of the skills tactically appropriate e in a timely manner as this importance, "as the player knows to think and aims quickly, the slow Thinking and hesitating allows the defending competitor to intervene to corrupt the scoring (Muwaffaq, 1990) . The researcher attributes the existence of significant differences to Yen skill tests of basic to special exercises carried out in the main part of the experimental group adopted on the basis of universal principles of science training and were taking into account the specificity of effective access to the adjustment taking into account the increase in pregnancy in a scientific and logical progression it and all these principles have led to the success of the exercise skills tactically and Art level For the basic skills of the experimental group 0, the researcher recommends the moral results in all the above exercises for the planning skills, which contained a lot of diversity in their use, which affected the development of the skill of scoring, rolling, security, and rapid execution with high accuracy . T the fact that the skills development of the motor is always associated with raising the level of interoperability capabilities , as is the presence of cod Rat factor facilitating skills development, (Taha, 1989) and through m our review of the tables all of which can be observed significant differences in the tests skills that serve to achieve the skill of

scoring speed and high precision, if gave exercise special for their skills v tactical ability to motor connectivity, and the ability to link the basic skills overlapping with the tactical skills to reach the performance of tactical full through the diversity of sentences tactically to stimulate the players and increase their motivation to progress and raise their level, scoring its importance in the exercise daily and did not without training , without Scoring has a share in it and because these exercises are designed with an atmosphere similar to real play, and this is consistent with (Salem, 1988) when he says that "scoring training must be formed on the goal in such a way as to match the real conditions that occur in matches as much as possible, such as if the exercise contains some sudden situations or variables that are In it, we find the player surrounded by defenders from several directions to try to block roads in front of him or to possess the ball and disperse it from between his feet, as the accuracy Active role in the scoring , which cannot succeed what turned on the players of the experimental group through performance for the exercises tactically accurately scoring and when training on these qualities must take into account the other example , by developing precision can develop the speed and this is not adopted by many of the trainers in the preparation Their players are based on this. The dual and mutual development formula is what is characterized by the modern training process (Muhammad, 1993) The player's mastery of the duties within the special exercises prepared by the researcher pushes him to training and to play with greater enthusiasm and to reach the highest technical levels and be a winning card with a trained hand to implement his ideas and plans. a praise competition that (Mohammed, 1994) that "the full perfection of motor skill from where it is the ultimate goal of the process of preparing tactical skill founded it to reach the highest levels of sports, whatever reached the level of physical qualities of the individual athlete and an important characterized by congenital and involuntary features, it will not It achieves the desired results unless all of this is related to mastery in sports motor skills. There are significant differences in favor of the post-test of Group A. The pilot, as e n exercises continuous tactical skills and the intensity and size training based on sound scientific basis had an effective impact on the development of this test, which appeared on teamwork between the players during the performance of this test led to the development of the ability to perform better. Also, special exercises, which mainly relied on regular repetition, helped to improve and develop the application of special skills, and in order to overcome this, it is necessary to develop the planning skills that make up the basic skills, and this means increasing the adequacy of the work of implementing these written skills and increasing the coordination among them according to what the basic skill performance requires. Some mention that to reach a good alignment of the movement, this is achieved through exercise and repetition, and the movement becomes more accurate and the individual is more in control of the performance while performing the good tactic without errors (Essam, 2003). Also, special exercises helped develop the connection to the planning skills, which in turn was reflected on The compatibility between them, as it is known in football that when implementing any skillful planning performance in which you participate in addition to the above, the researcher sees that the planning skills cannot succeed unless the basic skills are performed with accuracy and high speed and the implementation of the planning duty in football and the researcher prefers the moral results in all the above to the exercises The book, whose vocabulary contains many exercises for implementing rapid writing skills, which aim to achieve rapid progress and relevance Start between skills, accuracy in execution and speed, as an exercise is almost not devoid of these rapid skill plans and under a similar atmosphere with the atmosphere of real play as the researcher designed these exercises according to the style of play and to repeat these exercises all this led to the development of the time of implementation of the planned performance of the players because the continuation of the application It is imperative for them

to implement at the lowest appropriate time during the game, and the researcher therefore agrees with (Michel) that the basis of team play is evidence of understanding and harmony between the players on the field and the team whose players are not good at mastering the basic skills and applying them to achieve a specific strategic goal among them. He cannot perform the duties assigned to them. On the field, on the contrary, we find the teams whose players master the types of skills do not miss many opportunities and this positively affects the play. In addition, the aim of implementing special exercises on the experimental group is to enable the members of this group to enjoy participation in playing seriously and to assimilate the technical performance model of skills through play and schematic knowledge and assimilate it (Al- Rabei, 1991) and that the speed and accuracy that was associated with the schematic exercises affected The performance of the basic skill by rolling and mastering the rolling led to the diversity of its use and the linking of agility and lightness that is characteristic of the experimental in addition to the movement from one place to another with the performance of exercises led to the smoothness of rolling in all the activities of the match and the application of the tactical skills that the rolling enters into and the method of moving the ball when moving to apply a position Offensive or defensive specific one of the important methods in obtaining the playing space in team activities and running with the ball (Muhammad, 1994), which is the art of using parts of the foot to roll the ball on the ground while it is under the control of the player (Mufti, 1997) and this is what the researcher confirmed during the application of skills The quick offensive tactics included in his training curriculum. The researcher attributes the reasons for the differences that appeared in the basic skill test of rolling to T Organizing exercises and their effectiveness. The training process depends on organization, which created a state of development in the level of the players 'performance through the harmony of the proposed exercises with the capabilities and capabilities of the players, and this is what the experimental results showed. As for the results of the control group, which all indicated no significant differences, the researcher thinks that the reason for this It is the adoption of the curriculum followed by the control group on a single pattern in developing and developing basic skills during exercise units, which depends on double and triple exercises without a standardized load, as well as imprecise regulation in the performance of exercise units and moving away from the studied scientific approach in their implementation and in order for the trainer to develop the capabilities of For his players and raising their training status, he must reach the external limits of their physical and skillful ability. "The trainer can place for his players in the program content that suits their skill level, and the level of skills determines to a large extent the plans that can be included in the training program" (Mufti, 1997). Necessary and the player needs to implement the game plans, handling and rolling are among the most important basic principles of the game of football and their mastery depends to an extent The player's great success and prominence, and mastery of this skill depends on the player's technical abilities and experience gained from training and competitions, and the player who mastered it can move the ball to a better position and can open gaps in the opponent's ranks. This is what the control group members did not apply. This is why the results of the skill tests were not in the post-tests. Good compared to the results of the experimental group.

### **Conclusions**

1. The exercises of writing skills had a positive role in developing the level of performance of basic skills and their implementation represented by the development of the time of this performance and its accuracy through the link between speed and accuracy clearly when applying the performance of the three tests.

2. The exercises used were of good quality, targeted and progressive, which brought about effective and effective change in the implementation of the technical performance of the basic skills that were reflected on the results of the experimental group in the post-tests.
3. The mastery of tactical skills of offensive football on according to a deliberate plan provides an opportunity for the team beneficiary because the basic skills perfectly, when the implementation of the tactical performance as the regular repetition helped to improve and develop the application of skills to implement these basic tests.
4. The necessity of using different methods for training different offensive tactical skills and not relying on one method.
5. The importance of mastering complex offensive tactical skills, as they are most related to the course of play during matches by the player and the team.
6. Attention must be paid to the skills most related to the requirements of play to achieve the skill requirements for the planned performance to achieve positive results.
7. Emphasis on skills training tactical of the offensive throughout the preparation of the year's competitions and various proportions of.

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