

# The effect of a training program on developing the kinetic speed of the dribbling and passing skills for football junior players

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## **Abstract**

*The study aimed at determining the effect of a training program in developing the kinetic speed of the dribbling and passing skills in football. A football player, in all playing positions during the game, needs ideal speed especially when performing the dribbling and passing skills. This is in order to reach the various competitive playing areas, as well as speeding up the rhythm of the playing. The study was based on an experimental approach whereby the researchers adopted the one-group method. The study was conducted on a sample of (24) players from the football team (Junior level) of Al-Talaba Sports Club. After the implementation of the training program, the results of the pre-tests and post-tests for the variables of the study under research (dribbling and passing) were collected. The researchers treated the results statistically using the statistical package (SPSS). The study concluded that the training program prepared by the researchers had a positive impact on the development of the kinetic speed of the dribbling skills of the study sample. The study recommended focusing on Kinetic speed training when developing training programs because of its positive impact on football players in addition to its great importance during the game. The study also recommended the departure from the traditional methods used in training.*

**Key words:** training program, kinetic speed of the dribbling skills

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## **Introduction**

Football is considered one of the sports that depend primarily on the elements of fitness to perform basic skills (such as dribbling, passing and scoring ....). The player's success in performing any skill necessitates enjoying physical capabilities that contribute to performing that skill during the match perfectly. Dribbling and passing are considered offensive skills through which the team decides the outcome of the match without neglecting other aspects. Types of speed, including kinetic speed, are considered a factor that influences rapid skill performance in training and competitions. Specialists in the field of sports training agree on the importance of kinetic capacity as it is considered "one of the success factors for many motor skills" (Hammadi, 2001, p. 203).

A player who has a kinetic speed can perform all kinds of dribbling and passing quickly and perfectly. Reaching the different and influential opponents' areas depends on all players who are distinguished by a number of different physical and skill elements. One of these skills is the kinetic speed of the dribbling and passing the performing of which is accomplished in the shortest possible time. As a result of the close correlation between physical preparation and skill preparation in football, it has become necessary to pay attention to the elements of physical fitness, particularly kinetic speed, which is among the most influential physical attributes in successfully performing basic football skills.

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Researchers in the field of sports training for football noted that most coaches did not pay attention to the use of training programs of developing kinetic speed, which affected their dribbling and passing performance levels in modern rapid play. Therefore, the researchers proposed a training program to develop the kinetic speed of the dribbling and passing skills for junior football players. This study hypothesises that there are statistically significant differences between the results of the pre-test and the post-test. These differences lie in of the kinetic speed of the dribbling and passing skills for the experimental group.

### The Problem

The kinetic speed of the junior football players is one of the qualities that did not receive enough attention by the coaches of these groups. Since each football skill has its own requirements in terms of kinetic speed, the coaches had to take that into account. The player who has a high kinetic speed is able to improve his skill and planning level as well as to help him learn complex skills. Through the researchers' tracking of the training of junior-level football players, it was observed that there was a weakness in the kinetic speed of most players. This led researchers to tackle this problem and prepare a training program to develop the kinetic speed of the dribbling and passing skills for junior-level players, as a contribution from the researchers and some coaches to advance the level of the game.

### The significance of the study

The significance of the research lies in improving the physical and skill level of the junior football players through preparing a training program to i) develop the kinetic speed of the dribbling and passing skills for the junior football players, ii) enhance the relationships between mental and skill abilities, and iii) to determine the effect of the training program in developing the kinetic speed of the dribbling and passing skills for the junior players Football.

### Objectives of the study

- Preparing a training program to develop the kinetic speed of the dribbling and passing skills for junior football players
- Determining the effect of the training program on developing the kinetic speed of the dribbling and passing skills for junior football players.

### Method of the study

The experimental design used in this study involved a one-group method with two pre-tests and post-tests in line with the nature of the problem.

Study population and sample:

The research sample selected for the purpose of the study consisted of 32 junior players from Al-Talaba Sports club, who were (14: 16) years old as of (2019-2020) football season. The sample consisted of (24) players selected in a random fashion. (8) players were excluded from the sample with (5) of them for trial purposes, and the remaining (3) were goalkeepers.

Table (1): shows the normal distribution of the research sample in terms of the kinetic speed of the dribbling and passing skills.

Skewness	Median	Standard deviation	mean	Unit of measurement	Number	Statistical parameters Variables
-1.297	13.25	0.185	13.17	Second	24	Dribbling
0.258	15	0.464	15.04	number	24	Passing

Looking at Table (1), it is clear that the value of the skewness coefficient was between ( $\pm 3$ ), and thus the sample is normally distributed. The tests of the research variables were selected by analyzing the content of the sources and the scientific references. These tests are standardized tests that have been used by researchers for a similar sample and as follows:

Zigzag dribbling and passing between (6) back & forth poles. (William, 1981,60).

Bench-ball passing for (30) seconds. (Nagy, 2002, 72).

After analyzing the content of scientific sources and by conducting a personal interview, (12) drills were selected (described in Appendix No. (1)), which suits the sample in terms of speed and time of performance.

In order to control the variables of the main experiment and to accurately implement the experiment without difficulties, the researchers have conducted four exploratory experiments with the help of the supporting team. The first experiment conducted on (17/8/2019) was to identify the drills used by the experimental group in training. The second experiment on (24/8 / 2019) was for the skill tests for (5) players of the research sample, who were excluded from the main experiment. The aim of this experiment was: i) to verify the supporting team and their proficiency in carrying out the skill tests, and ii) to verify the validity of the devices and tools.

The third experiment was conducted on (30/ 8/2019) and was intended to determine the maximum values for the entire sample. The fourth experiment conducted on (09/05/2019) was intended as a training program. After analyzing the content of scientific sources as well as previous studies, a training program was prepared in its final form as shown in Appendix No. (2), which is based on scientific foundations. A set of important points were taken into consideration when implementing the training program. These run as follows:

- Starting all general preparation training programs to prepare all the muscles of the body, then the special preparation ones for the muscles involved in performing the training program.
- Determining the maximum values for all the employed dribbling and passing drills.
- Determining the intensity of the drills through analyzing the content of the sources and consulting experts in the science of sports training. An intensity of (85 -100%) was chosen for the experimental group.
- Mini-sessions were implemented through three intermediate courses for a period of nine weeks (three per each intermediate session). The ripple of the kinetic load in the intermediate cycle was (1: 2) according to the intensity.
- Each mini-session consists of (3) training programs per week (Saturday, Monday and Wednesday) with the experimental group performs (27) training programs.
- The training method used in the training program is (repetitive).
- It was ensured that each training program included dribbling and passing drills.
- The number of drill repetitions was set to (6), and the rest intervals between repetitions was set to (1: 4). These were determined by exploratory experience and by consulting scientific sources, i.e. rest intervals between repetitions through the return of the heart rate indicator (90: 100%) z / s was deemed sufficient to restore healing of the players. Rest interval between one drill and another was (2) minutes, which was incomplete. The pulse indicator had an important role in determining rest between repetitions.

Pre-tests, which included dribbling and passing tests, were conducted on the experimental group on (7/9/2019) to assess the levels of the sample members prior to conducting the main experiment and implementing the training program. The implementation of the training program started on (14/9/2019) until (10/30/2019) whereby the experimental group performed the drills prepared by the researchers. The drills consisted of (3) training programs per each (weekly) mini-session for (9) weeks. It was divided into three intermediate sessions. Accordingly, 27 training programs were completed. This program was implemented by researchers in the main part of the training program as well as in the special preparation stage.

After conducting the training program, the researchers carried out the post- tests on (11/22/2019) using the same procedures for the pre-tests and with the assistance of the supporting team. For statistical treatment, the SPSS package was used.

## Results:

Table (2) shows the statistical parameters, the value of (sig) and the significance level for the results of the pre-tests and post tests for the research variables of the experimental group.

Result	(sig)*value	Post-test		Pre-test		Unit of measurement	statistical parameters variables
		±	-S	±	-S		

Significance	0.00	0.22	11.00	0.185	13.17	second	Dribbling
Significance	0.00	0.59	17.00	0.464	15.04	number	Passing

We can see from Table (2) that there are significant differences between the pre-tests and post-tests among the members of the research sample and in favor of the post-test in the variables under discussion.

### Discussion

From what was presented in Table (2), there was a significant development in both dribbling and passing skills when comparing the pre-tests and post-tests of the experimental group, particularly in the post-test of the group that relied on repetition in the training. The researchers attribute this result to the scientific principles implemented in the repetitive method in the training programs. This is confirmed by (Ismail *et. al*) who note that the training of football players "is characterized by scientifically-based planning, organization and continuation, which ensures with it the positive impact on the players' level, and their continued progress in various aspects of football such as the principle of gradual increase in the level of training load, and the correct timing of its repetition (Ismail and others, 1989, 172). The researchers can also ascribe this significant development to the effectiveness of the training program in the development of the level of performance of the dribbling and passing skills for the players of the study sample. "The success of training programs is measured by the extent of progress achieved by the individual athlete in the type of sport activity practiced through the physical and functional and skill levels" (Al-qutt, 1999, 12). This is in addition to the main reason for the development of the research sample players, which is the principle of gradual and organized increase in the degree of training load of skill drills. This is implemented in a way that suits the players' abilities and skills in the training program whereby the degree of training load is increased from one week to another, and from one intermediate course to another . Then, the required adjustment is achieved. This is in agreement with (Abdel-Fattah and Sayed) who state that: "The gradual increase in the training load by determining the time length gives rise to adjustment provided that this increase is either very large or very small" (Abdel-Fattah and Sayed, 2003, 33). Matvivev (1981) highlights the gradual distribution of training load in accordance with the level of the study sample. In addition, the drills that take up some of the training programs time due to their effective impact in raising the individual's efficiency in other attributes, especially speed, strength and agility (..... , 230). Allawi and Abdel-Fattah ( 2000) emphasized that "increased training load must occur in a gradual manner and at time intervals that allow physiological adaptation to occur. These intervals range from weeks to months, in order to achieve an increase in the training load" (Allawi and Abdel-Fattah, 2000, 28). In the current research, the gradual increase in training intensity was in the training weeks (first, second, fourth, fifth, seventh, and eighth), through the use of ripples in the training load movement (2: 1) in small (weekly) sessions. This was done with an eye on the principle of continuity in the training process for a period of (9) weeks, which is consistent with (Salama, 2000) who states in this regard that "two basic factors must be taken into account in the principle of gradual increase in training load: the gradual increase and continuation of training and that the success of the training program depends on the application of this principle when moving from one training stage to a more advanced one "(Salama, 2000 , 29). In light of the above, researchers attribute the significant result to the application of the scientific rules and principles of repetitive training, which was effective in the positive development of the dribbling and passing skills. This was done by relying on the high intensity used in the training program, the number of repetitions, as well as appropriate rest intervals between the groups, which were sufficient to well restore recovery for the players through the return of the pulse rate to between (90: 100%) beats / minute. All this contributes towards averting a significant decline in the level of performance of football skills due to restoring Phosphagenic energy resources , as well as the removal of a large portion of lactic acid in the muscle. This is what Al-Hayali referred to by stating that "the method of repetitive training is one of the best training methods used in restoring phosphagenic energy system to its natural sources, with the removal of a large part of lactic acid, which in turn leads to the continuation of repetitions by players with the same specific times "(Al-Hayali, 2007, 134). Using the repetitive training method in skill training may have led to the development of muscle groups involved in skill performance, and this is what Allawi agreed on noting that "using repetitive training with different drills lead to development of different muscle groups "(Allawi, 1997, 228). The use of the repetitive method in training the kinetic speed of the basic skills, i.e. performibg it in a short time is the best training method to achieve the desired goal, which

is developing the speed of the players' performance in these skills. Judging from the tests conducted on the study sample represented by -Talaba Sports Club (Junior level) (14-16 year) and in light of the goals of the study, and the information gleaned from the statistically-proven results, the following conclusions were reached:

The experimental group has made a noticeable improvement in the research variables of the study (dribbling and passing). This is due to the effectiveness of the training program using the repetitive training method, as well as the skill drills, which had a positive effect in developing the kinetic speed of (dribbling and passing) employed in the research. In addition, building, organizing and producing the drills had a psychological effect on the research sample and contributed to increasing the desire of players to participate and commit to the training program. Accordingly, the researchers recommend the use of the training program and the rules of the repetitive training method to develop the kinetic speed of the basic skills of football, i.e performing them in the shortest possible time. Further similar studies on other playing positions, organized games, as well as age groups are necessary.

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## Appendices

### Appendix (1): drills used in the training program:

#### First: Dribbling drills

The goal of exercises: improving the dribbling speed.

**Drill (1):** The player tries to defeat two defenders, who exert a little pressure on the attacker. After that, the player

maneuvers his way into the central field and then gives a direct shot at the goal. Then the player turns around the goal, picks a ball, performs dribbling between mini-goals and then gives a shot at the other goal.

Training Points: Placing goalkeepers in the goals, two groups at the same time, increasing the speed of drill with the head up in order to assist vision and pay attention to space while performing one-to-one attacking style using a weak foot.

**Drill (2):** three cones making a triangle are placed in front of each player.

Training points: emphasizing the use of both feet, paying attention to increased performance, diversifying interception movements at each cone, performing the drill at the triangle with two players simultaneously and in opposite directions.

**Drill (3):** Two groups (6 players each) perform dribbling in the playing field (20 x 10) m, while (6) players form a half-positive defense to force the attackers to get rid of the opponent with various types of movements.

Training points: Emphasizing the use of both feet; the simultaneous performance of both groups; encouraging the player to raise the head to observe the space and the opponent; encouraging the protection of the ball; performing dribbling using the part of the foot that is away from the opponent.

**Drill (4):** The player kicks the ball performing a zigzag dribbling through (5) mini-goals with a width of (1 m), the distance between one goal and another is (2 m). Then dribbling through (5) flags with the distance between one flag and another is (2 m). Training points: Emphasizing the use of both feet; working with three groups simultaneously; using various movements at the cones and flags, encouraging the protection of the ball using the body, carrying out the drill with two players in the opposite direction.

**Drill (5):** Each player performs dribbling from the beginning (Pole 1) to (Pole 2), then returning to the beginning, and dribbling to (Pole 3), then returning to the beginning, and dribbling to (Pole 4), then back to the beginning. The distance between the poles is (5 m). Upon completion, the player places the ball at the starting line for the next player to perform, and so on with all players. Training points: The player performs the turning of the ball at each sign with a different movement; performing the drill as a relay race; emphasizing the use of both feet; working with several groups simultaneously; increasing the speed of performance, emphasizing vision and raising the head up.

**Drill (6):** Two defenders stand in the middle of the playing field (20 x 10 m). The attackers stand at the end of the field with a ball each. The attackers try to penetrate the playing field from one end to end without the defenders touching it. Training points: Emphasizing the use of both feet; working with two groups simultaneously, encouraging raising the head and watching the playing field; taking the risk of crossing the defenders while using all tricks to get rid of them.

### **Second: Passing drills:**

The goal of the drill is to improve the speed of the football passing skill.

**Drill (1):** The team is divided into two groups; the first group with balls and the second group without balls, all move within a specific area (20 x 30 m). The balls are exchanged provided that the recipient calls out to the player with the ball as a signal to request the ball. Training points: working with three groups simultaneously; emphasizing the key to passing and receiving; increasing the speed of performance; diversifying passing types; implementing the blocking move before receiving; employing the playing space and the number of players; focusing on the accuracy as well as the use of various parts of the foot in passing and receiving.

**Drill (2):** A group of prepared players is divided around a radius of (10) yards and each player has his own ball. Two executing players stand in the middle of the circle and call out any player to receive the ball and return it to him from the second time, (first time to control the ball while the second to pass it back) and so on with all players, provided that the executing player does not work in a sequential manner after an adjacent player but rather diversify the passing directions and perform the work in two groups. Training points: First touch playing by the executing player is required; focusing on the accuracy of the technical performance and increasing the rhythm of the drill.

**Drill (3):** The prepared player who stands (10 yards) away passes the ball to his fellow executing player, who moves

in a specific area of (5) yards. The executing player is required to attack the ball and return it back, then turn and run to the last sign, and repeat the drill. Then, work is exchanged with the fellow players, and in several closely-positioned groups. Training points: focusing on the key to carrying out passing; playing with two touches and then one touch; increasing the passing length and running back; increasing the rhythm of the drill; focusing on the accuracy and weight of the pass; emphasizing communication and vision.

**Drill (4):** The first player passes the ball in the air to the second player, who tries to prepare the ball while in the air, whether by head, chest, or foot for the third player inside a small square of (2 × 2 m). The third player's duty is to receive the ball with a touch and turn with the second and then pass The ball to the first player with a third touch, and so on each player repeats the drill (10) times. Training points: working with several groups simultaneously; focusing on the key to carrying out passing; playing under with drill conditions, increasing the rhythm of the drill; focusing on the accuracy and weight of the pass; emphasizing communication and vision.

**Drill (5):** Three players perform in a square (10 x 10 m) with one ball. The ball is passed to a player, who moves to occupy some space. Training points: proper passing to the receiving player's foot; focusing on accuracy and weight of the pass; good balance and follow-up; encouraging bodily tricks, before passing; perfect passing, which makes it easier for the recipient to pass if desired; increasing drill rhythm; playing with one touch; setting the number of touches in ( 20) seconds.

**Drill (6):** Four players participate in the drill. These players are distributed on the corners of a stadium (10 × 10 m) identified by using four poles. Player (1) passes the ball to player (3), then runs to Pole (B). At the same time, player (2) passes the ball to player (4) and runs to Pole (A). Player (3) passes ball to player (2) and runs to Pole (C), while player (4) passes the ball to player (1) who runs to Pole (D). The drill continues non-stop for (20) seconds. Training points: Performing the drill as a competition, one-touch play; focusing on accuracy and weight of passing; good balance and follow-up.

**Appendix (2): The training program used in the research for the first (weekly) small session**

Total load time	Total drill time	Rest between drills	Rest between repetitions	Repetitions	Intensity	Drill time	Drills	Skills	Day
25.32	6.33	2	40	6	%80	s10	(1)Drill	Passing	Sat
	6.33	2	40	6		s10	(2)Drill	Passing	
	6.33	2	40	6		s10	(1)Drill	Dribbling	
	6.33	2	40	6		s10	(2)Drill	Dribbling	
25.32	6.33	2	40	6	%90	s10	(3)Drill	Passing	Mon
	6.33	2	40	6		s10	(4)Drill	Passing	
	6.33	2	40	6		s10	(3)Drill	Dribbling	
	6.33	2	40	6		s10	(4)Drill	Dribbling	
24.82	6.33	2	40	6	%85	s10	(5)Drill	Passing	Wed
	6.33	2	40	6		s10	(6)Drill	Passing	
	6.33	2	40	6		s10	(5)Drill	Dribbling	
	5.83	2	40	6		s5	(6)Drill	Dribbling	