



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2023; 8(2): 191-194

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www.theyogicjournal.com

Received: 12-09-2023

Accepted: 27-10-2023

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The impact of specialized exercises using assistive tools on the development of certain defensive movements in young soccer players

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Abstract

The importance of research in raising the defensive level of young football players comes through the development of auxiliary tools during training that work to increase the movement of the defender in carrying out his motor duty, and also work to increase the necessary defensive skills of movements and changes of direction, as well as cutting and possessing the ball, and other necessary skills. in the football game. The objectives of the research were: 1- Preparing special exercises using tools to help develop some defensive moves for young football players. 2- Identifying the effect of using special exercises using tools to help develop some defensive moves for young football players. The most important conclusions were:

The use of exercises with the presence of auxiliary training tools that are of great importance in raising and developing some defensive moves for young soccer players. The most important recommendations were: 1- Adopting exercises according to auxiliary training tools because of their great importance in raising and developing some defensive moves for young soccer players.

Keywords: Defensive moves, player, soccer, youth

Introduction

Scientific innovation has its clear touches in building a person by providing him with the necessities of life, and these innovations are diverse, including industrial and engineering, including sports. In the sports aspect, innovation comes through scientific studies and research that work to build the athlete physically, skillfully and tactically by providing the necessary supplies for training and the required tools and devices which helps the success of the performance and any sporting event. The football game is one of the team sports games that is considered the first game in the world because of its wonderful mixture of technical, skillful and tactical creativity and great competition, and this did not come spontaneously, but through practice, continuous training and the use of tools and devices It is known that any sports game, including football, cannot separate attack and defense during training and play, but sometimes it requires us to pay attention to one side rather than the other, either for the purpose of raising the weak level or advancing the level for the better, and for this reason defense is the most important element in some Sometimes it prevents the competitor from scoring goals and the attack becomes the opposite, and here the required goals can be achieved while depriving the opponent. Hence the importance of research in raising the defensive level of young soccer players through the development of auxiliary tools during training, which works to increase the movement of the defender in the implementation of his motor duty It also works to increase the necessary defensive skills, such as movements and change of direction, as well as cutting and possessing the ball, and other necessary skills in the football game.

Research problem

Defensive performance develops through training and the use of available methods and methods, and this development can be increased when scientific innovations are developed through the use of advanced and modern tools that work to an additional degree in raising the level of skill performance.

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Through the researcher’s experience, as he specializes in the training aspect and the game of football, he found that not using training tools during training will not enable us to raise the level of performance, especially defensive performance and defensive movements. Therefore, the researcher decided to experiment with exercises using assistive tools that increase the movements and defensive skills of young football players.

Research aims

1. Preparing special exercises using tools to help develop some defensive moves for young soccer players.
2. Identify the effect of using special exercises using tools to help develop some defensive movements for young football players.
3. Identify the results of the differences between the pre and post-tests of the control and experimental groups in developing some defensive moves for young soccer players.
4. Identifying the results of the differences in the post-tests between the control and experimental groups in developing some defensive movements for young football players.

Research hypotheses

1. The existence of a positive effect by using special exercises using aid tools in developing some defensive moves for young soccer players.
2. There are significant differences between the pre and post tests and in favor of the post tests for the control and experimental groups in developing some defensive

moves for young soccer players.

3. There are significant differences in the post-tests between the control and experimental groups and in favor of the experimental group in developing some defensive moves for young soccer players.

Research areas

Human field: Maysan Youth Football Club players

Spatial field: Maysan Olympic stadium extension

Time range: the period from 1/15/2022 to 3/29/2022.

Research Methodology and Field Procedures

Research Methodology

The nature of the research problem is what determines the appropriate approach that the researcher relies on to achieve his goals, so the researcher used the experimental approach in the manner of two equal groups with two pre and post tests for its suitability to the nature of the research problem.

Research community and sample

The research community was determined by the intentional method with the players of Naft Maysan Club for the season (2022-2022), which are (30) players. The main players, who numbered (20) non-goalkeepers, were selected and divided into two control and experimental groups, each group numbering (10) players, and the two groups were homogenized and equal, as shown in Table (1)

Table 1: It shows the homogeneity of the two samples (the control and the experimental) and their equivalence in the research variables

Search variables	The control group			Experimental group			Calculated (v) value	significance level
	S	A	Coefficient of difference	S	A	Coefficient of difference		
weight (kg)	70.56	1.89	2.678	70.66	1,689	2.39	0.047	Insignificant
length (cm)	172.65	3.47	2,009	172.84	3,746	2,167	0.11	Insignificant
Feet movement in defense / sec	18,879	0.45	2,383	18,747	0.478	2,549	0.605	Insignificant
Speed with change of direction in ball/second	18,794	0.67	3,564	18,855	0.698	3,701	0.189	Insignificant
Possession of the ball in the 6 yd/deg area	3.145	0.21	6.677	3.174	0.274	8.632	0.252	Insignificant
Cut the ball from the opponent/score	2.475	0.23	9,292	2,468	0.325	13,168	0.053	Insignificant

The value of the tabular T at the degree of freedom (18) and under a probability of error of 0.05 was = 2.552.

Means of collecting information

Data collection methods

1. Arab and foreign sources.
2. The tests used.
3. The Internet.

Tools and methods used

- Footballs
- football stadium
- ruler
- Measuring tape
- Medical scale
- Medicine balls - Rubber ropes - Rubber balls - Signs.

Field research procedures

Define search parameters

The researcher, depending on the sources and references, identified the search variables with football defensive moves and skills.

The tests used: (The tests quoted from the study of Ali Radhi Ghadeeb) (Ali, 2020) [4]

Testing the movement of the feet in defense (Youssef, 2009)

Speed test with a change of direction with the ball (modified) (Commission Technique Dep Artemennatale, 2009)

Ball possession test in the L6 yard area (Faisal, 1997) [6]

The Opponent's Cut Test (Modified) (Faisal, 1997) [6]

Exploratory experience

The researcher conducted an exploratory experiment on 1/25/2022 on some members of the original sample to find out the appropriateness of the exercises for the sample members, by applying some exercises and rationing the exercises used to know the intensity, volume and comfort required for their performance.

Main experience

Pre-tests

Pre-tests were conducted on the two research groups (experimental and control) before starting to implement the training units, in order to determine the skill and physical level of football in the research sample. The tests were conducted on 1/30/2022 at Maysan Olympic Stadium.

Training units

Exercises used: Suggested exercises were prepared using different aids and included the following:

1. Medicine balls weighing (2 kg) (3 kg) (4 kg)
2. Rubber ropes (4 meters) and (5 meters) long.
3. Signs with a height of (50 cm), number 6
4. Rubber balls for balance.

The training period was (8) weeks during the special preparation period and before the competitions, and consideration was taken (in terms of intensity, size and rest) for the purpose of developing football defense situations.

The exercises were applied in the main section of the main trainer’s program to the experimental group, while the control group relied on the trainer’s exercises during the same period specified for the experimental group. The number of training units during one week was (2) two units, as for the nature of the exercises used.

The intensity ranged from (90-100%) using the high-intensity interval training method, and the volume was dependent on the intensity according to time and rest according to the pulse.

The exercises were applied from the period 1/31/2022 to 3/28/2022.

Post-tests

The post-tests were applied, as the researcher took into account that they should be at the same time and place in which the pre-tests were conducted to ensure correct scientific results and on 3/29/2022.

Statistical Methods

The researcher used the statistical package (17 SPSS. Ver) on the electronic computer to process the results to achieve the research objectives and hypotheses.

Presentation, analysis and discussion of the results

Presentation and analysis of the results of the pre and post-tests of the control group in the research variables:

After emptying the data of the pre and post-tests of the control group from the researcher, and processing them statistically, it is shown as in Table (3).

Table 3: It shows the arithmetic mean and the calculated and tabulated (t) values for the pre and post physical variables of the control group

The exams	The control group			
	S Tribal	S after me	standard error	Calculated (v) value
Feet movement in defense / sec	18,879	17,452	0.578	2,468
Speed with change of direction in ball/second	18,794	17,235	0.624	2,498
Possession of the ball in the L6 yard/degree area	3,145	4,569	0.478	2,979
Cut the ball from the opponent/score	2,475	3,756	0.357	2,817

The tabular value of (t) at the degree of freedom (9) and below the level of significance (0.05) = 1.883

Presentation and analysis of the results for the experimental group in the search variables:

Table 4: It shows the arithmetic mean and the calculated and tabulated (t) values for the pre and post physical variables of the experimental group

The exams	experimental group			
	S Tribal	S after me	standard error	Calculated (v) value
Footwork in defense/sec	18,747	16,112	0.842	3,129
Speed with change of direction in ball/second	18,855	16,135	0.867	3,137
Possession of the ball in the L6 yard/degree area	3,174	5,689	0.791	3,179
Cut the ball from the opponent/score	2,468	5,623	0.886	3.56

The tabular value of (t) at the degree of freedom (9) and below the level of significance (0.05) = 1.883

Presenting, analyzing and discussing the results of the post physical tests between the control and experimental groups.

Table 5: It shows the results of post-tests between the control and experimental groups in the search variables

Search variables	The control group		Experimental group		Calculated (v) value	significance level
	S	A	S	A		
Feet movement in defense / sec	17,452	0.423	16,112	0.512	6,063	moral
Speed with change of direction in ball/second	17,235	0.324	16,135	0.423	6,214	moral
Possession of the ball in the 6 yd/deg area	4,569	0.243	5,689	0.325	8,296	moral
Cut the ball from the opponent/score	3,756	0.542	5,623	0.623	6,789	moral

The value of the tabular T at the degree of freedom (18) and under a probability of error of 0.05 was = 2.552.

By observing the results above, we found that there are significant differences between the pre-tests and post-tests and for the control and experimental groups, and in favor of the post-tests with tests of defensive movements and defensive skill performance in football, that is, there is a development in defensive performance using any exercises for the control group or suggested for the experimental group. The reason for the development of the control group is due to the program drawn up by the coach and the exercises for defense, and this is considered one of the principles of sports

training science that helps in the development of any skill, and this is confirmed by (Saad Mohsen Ismail, 1996) [11], where he states, “The training program inevitably leads to the development of achievement if It was built on a scientific basis in organizing and programming the training process, using appropriate graded intensities, as well as using optimal repetitions” (Saad, 1996) [11]. As mentioned by Marwan Abdel Majeed and Muhammad Jassim Al-Yasiri (2010) [8], “The goal of the sports training process is to bring the individual athlete to the highest level of athletic achievement in the event

or activity in which the athlete specializes” (Marwan, 2010) [8]. As for the experimental group, the reason for its development is due to tests. The defensive movements and skills used include the proposed exercises and the use of auxiliary tools exercises codified by the researcher and applied correctly by the research sample, taking into account all the training conditions and principles. This is what Muhannad Abdel Sattar confirmed, “that there is a scientific fact that must be taken into consideration, which is that the exercises used in the training curricula It leads to the development of performance as it is built on scientific foundations in organizing the training process, using the appropriate load, observing individual differences, and under good training conditions and under the supervision of specialized trainers, where training programs that are codified and organized according to scientific foundations work to develop the physical and skill level of the players” (Muhannad, 2001) [10]. The experimental group developed more than the control group for several reasons, including the exercises proposed by the researcher with the codified training tools used according to the training objectives, which are defensive movements, which the researcher believes have an effective impact on the experimental group in a way that serves the goals that every trainer working in this field wants to reach. These exercises have addressed an important point, which is paying attention to the parts that are capable of correct performance, in addition to the fact that they bring pleasure, psychological comfort, and achievement to those who practice them, and thus have a better effect on developing the proposed skills, and this is what is confirmed by (Jassim Muhammad Nayef, 1986) [7] “that exercises are It is one of the most important means that brings the athlete to the highest levels in achieving good motor performance and achieving high achievement, whether in the sporting field or other areas of life” (Jassim, 1986) [7].

Conclusions

1. The use of exercises with the presence of auxiliary training tools that are of great importance in raising and developing some defensive moves for young soccer players.
2. Specialized exercises for the type of skill determine the use of the required tools, as in football defense skills.

Recommendations

1. Adopting exercises according to auxiliary training tools because of their great importance in raising and developing some defensive moves for young soccer players.
2. Emphasis on specialized exercises for skill quality as they help raise the level of skill performance, including

defensive performance in football.

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Supplements

Accessory (1)
 Sample exercises with aids
 First week intensity: 90%
 Training module: 1, 2 Total time: 30-35 minutes

Comforts		The size	Exercises and events	Time	Sections of the training unit
Between aggregates	Between iterations				
Pulse back 110-120 zd/min	Pulse back 120-130 zd/min	10th x 3 30 seconds x 4 20s x 3 15s x 4	1. Pulling a rubber rope tied to the torso and the other direction to the target pole, and the movement is back and forth in different directions. 2. Climbing and descending on the rubber ball while maintaining balance. 3. Throwing a medical ball up three times and landing it on the ground and then running between the pillars. 4. Putting weights on the arms and legs, then launching on the ball and hitting it.	40 sec 60 sec 40 sec 60 sec	Main section