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Effect of Composite Exercises to Improve Skill and Tactical Performance of Junior Football Players

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Abstract
This study addressed scientific progress in sports training and methods used in training process, also pointed the importance of football and it's distinguished position it occupies among sports, age groups was addressed and how to be trained by finding modern training methods suitable for the age group through the development of composite exercises to improve the skills and tactical performance during play, the researcher refers to importance of training for what they offer from similar cases to the game of football, the importance of research lies in knowing the effect of composite exercises in developing skill and tactical performance of junior football players. The research problem lies about low level of performance, The methodology was represented by using experimental method by experimental design of (control and experimental) groups with pre-post tests. The research sample represented by Al Nahdha Sports Club for junior players, their number (28) players, they were divided into two groups (14) players for each group, the application of the approach (12) weeks, by (4) training sessions per week, by total (48) sessions. The study concluded that composite exercises have a positive effect on developing skill and tactical performance of junior football players.

Modern football has witnessed a great and remarkable development in all aspects (functional, physical, skill, and tactical), which led to changing the character of play, as it became characterized by speed, strength, high and distinctive technical performance, as well as thanks to researchers and coaches who invented new methods and the correct scientific foundations in developing composite exercises to raise the general level of their teams and raise them to the highest levels. And the great position that football occupies today compared to other events and sports made it the most widely interested games for segments of society at the official and popular levels, and this game has privacy and fun in the hearts of its followers, so it ranked first in the number of fans and those interested in it, and we note this through the large number of studies and research that it addressed, which contributed significantly to its development, especially in terms of training methods, which made it more fun and interesting.

As sports training scientists have conducted new studies that have greatly assisted in the growth of different kinds of sports activities and the skills of their practitioners, as well as the

game of football and its players, the training process in the field of sports has become a reliable basis for reaching high levels through scientific studies has enjoyed a lot of results of these researches, which had a great impact on the remarkable development that has occurred in the arts of the game in recent years.

For the purpose of mastering the performance of skills and tactics, training must be early, starting with age groups, because the diversity of these skills and plans and their abundance and the possibility of the player to be creative in them must be training early as we know that the process of skill and tactical training is based on reaching the highest levels because no matter how high the level of physical performance of the player and other psychological and voluntary traits, it will not achieve the required results unless all of this is related to skill and tactical mastery and in football today all Team monitoring the movements of the opponent's players and narrowing the spaces on them and not giving them enough time to aspire and think, as a result, investigation is critical, as is understanding the influence of composite exercises on the growth of talent and tactical abilities of young football players.

Problem of Research

That the fun and suspense we find in the Western school and this is what everyone sees in the Spanish, English and Italian leagues etc. and through optimal performance for the implementation of skill and high tactical performance. While the nature of the Iraqi teams' play is dominated by the slowness and traditional style of play, especially for age groups, and due to the lack of interest in modern training methods, including exercises in specific areas, through which emphasis is placed on training skill implementation, decision-making, support, correct movement and coverage, which leads to the achievement of skill and planning duties optimally. It is noted in the Iraqi league matches that there is a weakness in the level of skill performance and the implementation of the tactical duties of young players in the matches, so the researcher was interested in studying this problem by preparing composite exercises to develop skill and tactical performance.

Objectives of the Study:

1. Creating composite activities to improve junior football players' ability and tactical performance.
2. Determine the effect of composite workouts on the development of skill performance among junior football players.
3. Identify the impact of composite exercises on the tactical performance of junior football players.

Hypotheses for research:

1: There are substantial variations in tactical skill performance between the pre- and post-tests and in favor of the post-test in the control group as well as the experimental group.
2: There are substantial variations in abilities and tactical performance between the control and experimental groups in the two post-tests, favoring the group performing the experiment.

Methodology:

The researcher used the experimental method with pre- and post-tests to suit the nature of the research, and the researcher followed the design of the two groups with pre- and post-tests. Society and sample of the research: The researcher relied in the implementation of his research on a sample of football players junior category, as their number reached (28) players, were selected randomly regularly from Al-Nahdha Sports Club. Preparation of the

training curriculum: The training curriculum was applied to the experimental research sample during their training units, as the number of training units reached (48) training units, by (4) training units per week, distributed over (12) weeks, the time of the training unit reached (120 minutes), where special exercises were conducted in the special preparation stage, in the main section of the training unit, which amounted to (80 minutes), the total exercise time was (4560 minutes). The pre-tests of the research sample were conducted after identifying and fixing all conditions for the purpose of evaluating the skill and tactical performance on 3/7/2023. The main experiment was worked on 9/7/2023. The post-tests of the research sample were conducted after identifying and fixing all the circumstances in terms of place, time, tools used, and the assistant work team for the purpose of evaluating the skill and tactical performance, on 11/10/2023. As shown in Table (1)

Table (1) shows the design of the two groups with pre- and post-tests

Groups	Pre-test	Independent variable	Post-test
Experimental	Measuring Skill level And tactical performance	Special exercises	Measuring Skill level And tactical performance
Control	Measuring Skill level And tactical performance	coach's approach	Measuring Skill level And tactical performance

3- Result:

Table (2) shows mean, standard deviation, and standard error of the skill tests of the control group

Skills	Test	M.	St.d	St.error
Scoring	Pre	18	0,221	0,077
	Post	19	0,620	0,118
Dribbling	Pre	28	0,119	0,013
	Post	27	0,344	0,129
Skill performance	Pre	15	1,723	0,334
	Post	17	2,013	0,828

Table (3) shows mean of difference of means, Square deviations of differences, calculated (t), and tabular (t) of control group

Statistical factors / Skills	mean of difference of means	Square deviations of differences	(t) value		Sig.
			calculated	tabular	
Scoring	1,811	0,215	11,606	2.44	Sig.
Dribbling	1,225	0,833	5,488		Sig.
Skill performance	10,002	2,723	10,477		Sig.

degree of freedom (13) at level of significance (0.05)

Table (4) shows mean, standard deviation, and standard error of skill assessments for the group that was experimental

Skills	Test	M.	St.d	St.error
Scoring	Pre	18	0,248	0.566
	Post	21	0,620	0,175
Dribbling	Pre	29	0,256	0,063
	Post	27	0,256	0,083
Skill performance	Pre	15	0,828	0,029
	Post	18	1,940	0,055

Table (5) shows mean of difference of means, Square deviations of differences, calculated (t), and tabular (t) of experimental group

Statistical factors / Skills	mean of difference of means	Square deviations of differences	(t) value		Sig.
			calculated	tabular	
Scoring	2,124	0,685	13,000	2.44	Sig.
Dribbling	2,743	0,315	23,381		Sig.
Skill performance	19,142	0,224	28,529		Sig.

tabular value of (T) is (2.44) under level of significance (0.05) and freedom degree (13).

Table (6) displays the mean, standard deviation determined (T), tabular (T), and importance for the control and experimental groups' skill assessments.

Skills	control		experimental		calculated (T)	tabular (T)	Sig.
	M.	St.d	M.	St.d			
Scoring	19	0.557	21	0.248	2.379	2.44	Sig.
Dribbling	27	0.463	27	0.620	5.943		Sig.
Skill performance	17	2.813	18	0.256	6.719		Sig.

Tabular (T) value (2.44) under level of significance (0.05) and freedom degree (26).

Table (7) shows mean, standard deviation, and standard error of tactical performance of control group.

Variable	test	M.	St.d	St.d error
Tactical performance	pre	15.031	1.258	0.364
	post	17.722	0.937	0. 424

Table (8) displays the mean of difference means, standard deviation, computed (T), and tabular (T) tactical efficiency comparing pre-post tests of the control group

Statistical factors / Skills	mean of difference means	Square standard deviation	(T) value		Sig.
			calculated	tabular	
tactical performance	2,749	1,589	6,080	2.44	Sig.

tabular (T) of (2.44) under level of significance (0.05) and degree of freedom (13).

Table (9) shows mean, standard deviation, and the experimental group's tactical performance standard mistake

Variable	Test	M.	St.d	St.d error
tactical performance	Pre	14.600	0.548	0.247
	Post	33.144	4.845	1.045

Table (10) shows mean of difference of means, standard deviation, calculated (T), tabular (T), of tactical performance between the pre-post tests of experimental group

Statistical factors / Skills	mean of difference means	Square standard deviation	(T) value		Sig.
			calculated	Tabular	
tactical performance	19.149	4.591	16.317	2.44	Sig.

tabular value of (T) of (2.44) under level of significance (0.05) and freedom degree of (13).

Table (11) shows mean, standard deviations, calculated (T), and tabular (T) of the post tests of tactical performance of the control and experimental groups

skill	Control		experimental		calculated (T)	tabular (T)	Sig.
	M.	St.d	M.	St.d			
tactical performance	17.103	0.611	33.943	4.645	13,051	2.44	Sig.

tabular value of (T) of (2.44) under level of significance (0.05) and freedom degree of (26).

Discussion:

Based on previous tables of information, the significance of the moral differences between the findings of the post-tests of the experimental and control groups is in favor of the experimental group, and the investigator attributes the causes for the variations and the overall variables to the reality that the aim of skill preparation is to learn and understand all of the essential abilities of the game, as good application of skills enables preparation with the smallest amount of effort and does not expose the researcher to the risk of failure. and in the match of football, the player can only apply the needed skill performances by learning all

components of the talent, which influences the players' tactical and physical ability by emphasizing the training to perform the skill or giving enough time in order to master it well, as the preparation for skill performance is the training basis for the tactical application, so the need to develop each skill of performance skills in the form in which this skill is used and in changing tactical situations, so the preparation of skills and plans is an integrated project and work in which all team members participate according to their potential.

Through the achievement of the objectives and hypotheses of the research, the researcher notes the development in the studied skills to the special exercises according to specific areas that were introduced into the training curriculum, which consists of more than one basic skill and through the process of continuous and continuous training in the content of these exercises, which consisted of (48) training units and these led to increase the player's abilities to perform what is required of them from the technical performance of that skill, which is the fruit of the player's experience in implementing this and as a result of the practice of training The skills, the process of repetition and the good organization of these exercises during the training units and under the conditions of play led to the development of that skill .

The design and planning in giving these exercises for the specific areas according to well-studied scientific foundations is the best way to develop the level that makes the players able to obtain the best results and this makes planning training juniors for a long time, and the guidance is binding to obtain satisfactory results, so you must work on preparing juniors in a scientific and thoughtful manner that makes them able to accept training curricula and giving more.

The investigator attributes the cause of growth to the organization of particular tasks based on particular regions; the training process is dependent on its organization, which created a stage of improvement in the level of ability of the players through the harmony of these exercises with the skills of the research sample members and their skills, and as a result, their development has been beneficial as well as achieving the goals and hypotheses of the research notes the researcher development in the level of skill of running with the ball to arrange special exercises according to specific areas using devices and tools such as signs, cones, barriers and small goals and these exercises have specific dimensions on Geometric shapes such as squares, triangles, circles, and training in such areas gives the player high confidence in playing as a result of work similar to what happens in matches, as training using exercises according to specific areas is one of the effective methods in developing the ability to perform the correct skill according to specific areas that work to increase the accuracy and speed of performance of skills by juniors because of their effective impact on the development of the player physically, skillfully, strategically and psychologically and for all age groups, so most football schools resorted to it Modern in football.

The investigator recognizes an improvement in the stage of scoring skill for particular exercises based on specific regions, in which the distance is determined in order to apply the vocabulary of the exercise, sensation, and good perception of what these exercises include from enlarging the distances in those geometric regions, as well as the perception of the sense of distance while aiming the ball at the objective whenever the player. Therefore, increasing the ability to accuracy in passing, running with the ball and scoring requires the development of mastery of technical performance with the repetition of the presence or absence of a competitor and the performance of scoring in conditions similar to the situations of the match, and determine the place of receipt of the ball with an emphasis on making the right decision about the appropriate time to shoot.

The investigator observes the players in the experimental group performing exercises in the form of high-intensity interval training and the emergence of clear superiority among the experimental group's players. The investigator attributes this to the methodology he then followed when developing the terms of the exercise components using scientific principles

and the correct progression in re-exercises and practice. which resulted in the competence of the players' abilities and the use of instructional techniques provided the players with an atmosphere similar to real play while increasing motivation toward training; additionally, the goal of implementing particular exercises in the experimental group To enable the players in this group to enjoy playing seriously and to absorb a model of technical execution of skills via play as well as tactical information and assimilation.

Furthermore, the investigator indicates that growth is related to the efficacy of specific workouts and ability exercises included in training units using an exact scientific technique. As the right formation of a soccer player necessitates that the ball is the main axis in training, the development of technical skill in the hands of the competitor, and the ability to play, and this necessitates the availability of body strengthening in built technical and tactical training and the exercises selected by the researcher in particular exercises, The majority of those are like what happens in a match, such as a player being confined to a particular region of the playing field that does not deviate from it all through the training unit, and this is exactly what really occurs in modern football, like the player being confined to a particular region in the middle of the field, which was connected with speed exercises and with accuracy, which have in turn helped to the growth of this tactical performance, which is one of the essential necessities.

The researcher attributes the implementation of game plans, which require mastering the transfer of the ball using fast and accurate passes to obtain the ball and increase the effectiveness of appropriate decision-making and correct movement. And support in carrying out and implementing the edict, either in protection or attack plan as the transfer of the ball when the player moves or the team line to apply a certain offensive or defensive position of the necessary methods in obtaining the playing space in football and running with the ball, and the researcher believes that the exercises he chose are similar to what happens in the match. As a result, the player is obliged to perform out tactical responsibilities in a specified region of the field during their training unit, and this is what actually happens in modern football, and this is one of the basic necessities for the football player to be able to maintain the ball and the correct movement between competitors, as well as create appropriate opportunities for him and his teammates.

Conclusions:

Particular tests had a positive effect on the improvement of abilities and tactical performance for younger players of football, and making use of particular tasks inside the training program during the phase of particular preparation has a positive impact on the development of skill and tactical performance and has a great impact on the character of harmony and spirit of cooperation and perseverance in the performance of exercises. The training of age groups, especially the junior category, gives a positive impact and clear and rapid development with the availability of fun and excitement in the exercise.

Recommendations:

In light of the results reached by the researcher, he recommends the adoption of special exercises within the training curricula for juniors in football, and special exercises must be paid attention to because they help effectively develop the level of players skillfully and strategically, and the researcher recommends the need to conduct research and studies using special exercises for other samples and for different games.

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