

The Effect of Using Competitive Situations Training on the Development of Some Defensive Tactical Performances for Junior Soccer Players

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Conclusion:

Exercises of competitive Situations are the performance of movements in accordance with the laws specified to the exercise of the type of sports activity which the individual specializes, and competitive drills are characterized because they raise the self- motivation to persevere , exert the effort , suspense and strengthen the muscles in the special activity . They contribute to the development of various features of sport necessary for Junior Soccer Player .These exercises also have an important role in different activities in the training season for the various activities . They have an effective impact when linked with the requirements of the competition because they are an important way with the various requirements of components of training. They raise the level of efficiency of the integrated performance of player to achieve a high level to be carried out under different circumstances .Giving trainings for Junior Soccer Players are similar to what

happens in the game from the defensive situations can be of a real indication for all changes to carry out the duties of tactical defensive required of them during the game and the success of Junior Soccer Players may depend on Tactical Performances of certain situations exposed during the competition of trained performances tactical defense similar to what happens during the competition . During the survey of the researcher on many scientific references and previous studies, he found that there is a scarcity of researches which dealt with the training programs Using Competitive Situations to affect Some Defensive Tactical Performances for Junior Soccer Players .Through his experience in football as a coach, The researcher noticed that that coaches are not interested at this stage training on defense than much interest in scoring goals resulting in bad level of tactical defense as changing attack Situations must be matched with the duties of defensive Situations.

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So the researcher conducts this research as a scientific attempt to develop the level of individual performance tactical defensive for Junior Soccer Players through preparing proposed training program using exercises competitive Situations and to identify their impact on the development of some of individual tactical defensive Performances (under discussion) for Junior Soccer Players. This lead to an increase of their ability to implement future defensive plans as required by the Situations of competitive play.

Keywords:

(competitive situation training, Defensive Tactical Performances, sports training, soccer)

Introduction:

Exercises of competitive situations, in short are one of the best methods to stimulate activity of the player and increase motivation and enthusiasm for his performance, because they depends on the dynamics of collective action similar to the performance during the games. to train and increase experience of the players to have a speed in decision-making and appropriate solutions (good behavior) s of different situations according to the positions of colleagues and

rival. They also play an important role to promote the training aspects of the player from the physical, technical skills, tactical and psychological to reach the highest levels.

Research problem:

During the survey of the researcher on many scientific references and previous studies, he found that there is a sacristy of researches which dealt with the training programs Using Competitive Situations to affect Some Defensive Tactical Performances for Junior Soccer Players .Through his experience in football as a coach, The researcher noticed that that coaches are not interested at this stage training on defense than much interest in scoring goals resulting in bad level of tactical defense as changing attack Situations must be matched with the duties of defensive Situations. So the researcher conducts this research as a scientific attempt to develop the level of individual performance tactical defensive for Junior Soccer Players through preparing proposed training program using exercises competitive Situations and to identify their impact on the development of some of

individual tactical defensive Performances (under discussion) for Junior Soccer Players. This lead to an increase of their ability to implement future defensive plans as required by the Situations of competitive play.

Aims of the research:

The research aims at designing a proposed training program using exercises for the development of competitive situations of some individual tactical performances of defense (under the research) to an Junior Soccer Players through:

1 - to identify the impact of the proposed training program using the exercises on the development of competitive situations some tactical performances of individual defense (under discussion) for the Junior Soccer Players.
2 - to identify the impact of the proposed training program using the exercises on the development of competitive situations some tactical performances of individual defense (under discussion) for Junior Soccer Players and according to the Centers for playing three (defense- midfield-attack).

Hypotheses:

1- There are significant differences between pre and

post measurements to develop of some performances of individual tactical defense (under discussion) for the Junior Soccer Players in favor of post- measurement.
2- There were statistically significant differences between the three centers of the game (defense - midfield - attack) to develop some performances of tactical defensive for the Junior Soccer Players.

Procedures:

Research Methodology:

-The researcher used the descriptive style survey in the first basic study through the analysis of the World Cup for clubs in Japan Football 2011/2012.

- The researcher used the experimental method because it is Suitable for the nature of this research by using the experimental design for one group . through pre intermediate and post measuring.

The research sample:

The first basic sample of The research sample:

-Agama for seven Teams from different world schools who reached the finals of Football World Cup in Japan 2011-2012.

The second basic sample of The research sample:

The program was applied on basic sample of The Research for Junior Soccer Players. Under the age of the sixteen in Aluminum Sport Club in Qena consisting of twenty players.

Data collection tools:

Firstly: the hardware and tools:

A - devices used in the research.

- Device Alrstamitr to measure the length.
 - Balance of medical standards for measuring weight.
 - Stopwatch
 - A computer.
 - A measurement tape
 - L C D TV L-G type 24 inches
 - G V C video set has the ability to fix the picture and slow motion .
 - T.V. receiver set (true man mark)
 - Al Jazeera Sports card to receive encrypted sports channels broadcast the World Cup for clubs in Japan for season 2012/2013.
 - VHS video cassette tapes PANASONIC to record the matches for three hours.
- B - tools used in the research.**
- A group of legal soccer balls
 - medical balls
 - Suppositories
 - (4) small goal
 - Banners and flags

-whistle

Secondary: the researcher used the method of scientific observation tool to collect data through the analysis of games recorded on tapes visual display (videos) to determine the attempts renderings individual tactical defensive (under discussion) using a Form analysis prepared for this purpose, where the watching visible records is on of the important means to follow up the performance because it gives a detailed description for both the player and the team during the competition.

Thirdly:

The researcher conducted the reference survey and content analysis - within the limits of the researcher from scientific references and previous studies in this field and the network of information "Internet" (1) (2) (3) (4) (5) (7)(13) (14) (19) (21) in order to determine individual tactical defensive renderings (under discussion).

Fourthly: the forms

- The researcher designed and used of questionnaires from specialists and experts ten members of football through a personal interview, as well as electronic means of communication to one another through the (Internet - E-mail),

attachment () and these forms are as follows

- Form inventory and specification of individual tactical defensive performance under -16 year attachment ().
- Form analysis for the tactical defense of individual under -16 attachment ().
- Form of a questionnaires of experts and specialists to determine the suitability of the proposed training competitive situation of the attachment ().

Procedures of the research:

- The pre. measurement were conducted on the sample of the research from 01/04/2013 until 08/04/2013. Recording and analysing games for the team .
- The proposed training program was applied from 20/04/2013 to 28/06/2013 for ten weeks consisting of , four (4) training unit a week.
- The intermediate measurement were conducted on the sample of the research from 27/5/2013 to 3/6/2013 Recording and analysing games.
- The post measurement were conducted on the sample of the research from 1/7/2013 to 8/7/2013 Recording and analysing games. They are

carried out with the same method of the pre measurement.

Statistical Analysis:

The arithmetic mean, standard deviation, coefficient of sprains, median, range, correlation coefficient, the percentage, the value of the Chi-Square, analysis of variance, LSD.

Presentation and discussion of the results:

Table (1) that there are differences indicate statistically between the pre measurement and post measurement in favor of the post measurement. and there are differences between intermediate measurement and post measurement in favor of the post measurement. In performance individual tactical defensive (under discussion) in the successful and failed attempts and in the areas of the game (1) and(2) and (3) in the defensive third of the pitch, and in the game areas (4) and (5) and (6) in the third of the pitch East, and in the areas of the game (7) and (8) and (9) in the third of the field of attack.

the areas of the game			1	2	3	4	5	6	7	8	9	
performance individual tactical defensive	Number Of performance individual	attempts	٢٤	٢٤	٢٤	٢٤	٢٤	٢٤	٢٤	٢٤	٢٤	
Selection of appropriate sites defender	1	successful	١٤,٩٦	٧,٢٤	٨,٠	١٥,٦	١١	٦,١٦	١٨,٣٢	٢٧,٩٢	٢٨,٨	
		failed	٢٤,٨٤	٩,٨	١٠,٤	٢٢,٦	٢٥,٤	١٤,٦٤	٢٠	٢٩,٠٤	٢٨,٢	
	2	successful	١٠,٠٨	٦,٦٥	٦,٢	١٥,٢٧	٦,٦١	١٦,٠٨	٢٤,٨٢	٢٠,٥٢	٢٢,٧٨	
		failed	٢٨,١٢	١٧,٥	١٢,٢	٢٨,٩٧	٢٨,٢	٢٦,٠١	٢١,٢٢	٢٥,٦٢	٢٥,٥٢	
	3	successful	١٢,٢٩	٦,٧٥	٦,٧	٩,٧٨	٦,٢	١١,٨٦	٢٢,٦٩	١٧,٤٢	١٩,٥	
		failed	٢٥,٩١	٦,٦	٨,٢	١٤,٨٦	١٠,٥	٢١,١٢	٢٠,٦	١٢,٦	٢٥,٠٨	
Surveillance	4	successful	١٠,٩٢	١١,١	٩,٩	١١,٢٨	١٥,١	٨,٨٢	٢٥,٧	٢٥,٤٥	٢٧,٩	
		failed	٤٩,٦١	٤١,٩	٢٤,٤	١٢,٠٢	٦,١	١٨,١٢	٢٩,٨	٢٢,٦٧	٢٦,٩٢	
	5	successful	١٢,٨٤	١٤,١	٨,٢	١٥,٦٠	٢٧,٧	٢١,١٧	١٤,٠٢	١٢,٧٥	١٨,٢	
		failed	٢٢,٧٤	٢١,٢	١٢,٩	٩,٠٨	٦,٦٤	٦,٤٠	٢٧,٢٦	٢٢,٦	٢٤,٢٢	
	6	successful	٧,٧٠	٤٥,٧	١٠,١	٥٥	١٠,٨	٥٢,٥٦	٦,٦	٦,٧	٧,٠١	
		failed	٢٩,٦٢	١٨,٩	٧,٢	١٢,٨١	٦,٢	٦,٩٢	١٦,١٨	١٠,٢٢	١١,٥٥	
pressurising	7	successful	٢١,٣٠	٤٠,٨	١٧,٢	١٩,٢٢	١٠,٢	١٨,٠٦	٥١,١٢	٦,٠١	٧٤,١٧	
		failed	٤٥,٦٨	٦٩,٢	٥٤,٢	٢١,٩٨	٢٦,٨	٥٤,٠٤	٨٦,٦٧	٨٦,٦٧	٩٨,٢٢	
	8	successful	١٥,١٨	٧,٩	٧,٢	١٢,٥١	٢١,١	٧,٤٨	١٩,٧	٢٠,٢٢	٢١,٧٧	
		failed	٢٧,٦٦	٢٠,٨	٤٩	١٢,٧٤	١٢,٤	١٩,٠٧	٤٦,٠٢	٤٦,٠٢	٥٥,٥١	
	9	successful	١٤	١١,١	٦,٤	١٥,١٥	٢٦	١١,٢	٢١,٩٧	٢٢,٥٨	٢٢,٧	
		failed	٢٨,٩	٢٢,٨	٥٢,٨	١٢,٢٢	١٢,٧	٢٠,١٧	٤٥,١	٤٥,١	٥٤,٥٥	
	10	successful	١٢,٤٠	٦,٧	٦,٢	٢٠,١٤	٢٦,٤	١٢,٢٢	١٢,٢	١٦,١٩	٢٨,٢٦	
		failed	٢٧,٥٢	٢٢,٦	٤٤,١	٦,٢٢	٦,٧	١٢,١٨	٢٦,٧٤	٢٦,٧	٤٥,٨٧	
	Coverage	11	successful	٧,٥٠	٧,٥	١١,٧	٢٥,٧٩	٥٨,٥	١٩,٩٤	١٠,٩٠	١١,٢٠	١٠,٢٢
			failed	٢٢,٥٦	٢٧,٢	٢٥,٨	٥,٩٤	٦,٥	٧,٤١	١٩,٦٦	٢١,٨	٢٢,١١
12		successful	٦,٧٦	٦,٤	٩,٢	٢٢,٥٢	٥٠,٥	١٢,٢٩	١١,٤٧	٨,٦٤	١٠,٨٨	
		failed	٢٢,٩٤	٢٥,٥	٢٤,١	٥,٠٥	٦,٦	١١	٢١,٤٧	٢٥,٤١	٢٢,٨٢	
13		successful	٥,٩٨	٦,٢	٩,١٨	٢٢,٠٨	٦٢,٤	١٢,٩٦	٩,١٦	٩,٨	١٢,٠٢	
		failed	٢٤,٦٢	٢٦,١	٢٤,٦	٨,٨٤	٦,٥	١١,٦٨	٢٤,٥	٢٨,٨٨	٢١,٩٤	
14		successful	٥,٢٥	٦,٦	٧,٢	٢٤,٠٦	٧٦,١	١٢,٦٨	٦,٦٢	٧,٥	٨,١٨	
		failed	٢٤,٢٥	٢٤,٢	٢٤,٢	٦,٢٧	٦,٨	١٠,٢٥	١٨,٧٥	١٧,٥٦	٢٠,١٨	

The value of Chi-Square (χ^2) ranged at the 0.05 level is (5,99)

- It Is clear from Table (1) that there are differences indicate statistically between the pre measurement and post

measurement in favor of the post measurement. and there are differences between intermediate measurement and post measurement in favor of the post measurement. In performance individual

tactical defensive (under discussion) in the successful and failed attempts and in the areas of the game (1) and (2) and (3) in the defensive third of the pitch, and in the game areas (4) and (5) and (6) in the third of the pitch East, and in the areas of the game (7) and (8) and (9) in the third of the field of attack.

- These results agreed with the findings of each of the "**Amer Allah Bisatti**" (1994), "**Imad Abbas** (2005)," "**Wafa Abdul Majeed**" (2005)," "**Marwan Ragip**" (2009)," "**Mohamed Ashraf Mohamed**" (2010), where it is important to use training shapes that are close to the form of competition during defensive action to acquire of these forms as early as possible to make full use of the time in training on these performances. (6 : 43), (9: 14),(23: 54), (17:4), (15: 12)

- The researcher attributed the existence of these statistically differences to the proposed training program using drills of competitive situation which had its effective role in the development of individual tactical defensive performances (under discussion) of the

players. These results agreed with what was said, "**Mohammad Hassan Allawi** (2002) of that competitive training is the secret of progress for the player and must be designed carefully and should contain exercises to perform the attack and defense. There should be an interest of the basic kinetic exercises that resemble the condition of the game . These exercises should include the element of (competition. (16 : 97)

- These results also agreed with results of with the studies of the "**Ihab Salah Mustafa**" (2001) (13), "**Ahmed Mamdouh Zaki, Mamdouh Ibrahim**" (2002) (4),, "**Bedier Alsid. Bedier**" (2006) (8), "**alsid . Ali Ibrahim**" (2010) (5)," "**Ahmed Atef Shabrawy**" (2012) (1), which concluded that the training program using exercises of competitive situation develop tactical performances.

-From the above discussion, the validity of the first hypothesis which states "There are significant differences between pre and post measurements to develop of

some performances of Junior Soccer Players in favor of individual tactical defense of post - measurement." (under discussion) for the

Table (2) any significant differences between the three centers of the game (defense - midfield - attack) to develop some performances of tactical defensive for the Junior Soccer Players(under discussion) in different areas of the game

the areas of the game	Players centers	Mean	L. S. D.			F
			defence	center	attaque	
defence zone	defence	3.850		0.267*	0.363*	3.323
	center	3.583			0.097	
	attaque	3.486				
center zone	defence	12.0690		2.002	2.47	4.427
	center	10.0670			0.465	
	attaque	9.6020				
attaque zone	defence	3.083		-1.870	-2.100	3.220
	center	4.954			-0.230	
	attaque	5.183				

- It Is clear from Table (2) that there were statistically significant differences between the three centers of the game (defense - midfield - attack) to develop some performances of tactical defensive for the Junior Soccer Players(under discussion) in different areas of the game. The researcher attributed this to positive effect to the suggested training program using drills of competitive situations, which helped to have understanding and integration among the players of defense and the center ,during changing

positions of the game to follow and observe the movements of attackers or to cover defender for himself.

- These results also agreed with results of with the studies of the "**Hassan Abu Abdo**" (2010) The choice defender for the right place for the movement of the ball is the basis of successful defense in an effective manner through the application of the field movet competitor and the duties of replacement in less time as possible, which leads to confusion of the opponent to help to fail attack attempts. (11 :208).

- And agree these results with what was said, "**Ibrahim Shaalan and Amr Abu Almagd**" (1996) that rely on the defense forces could be the team to organize the attack without delay and be successful, and linked to self-esteem and confidence of the players and the team to a large extent by force defense team, is not limited proficiency requirement plans defense players in defense and midfield line alone, but applies to the attackers, especially in re-ownership of the ball and taken away from the opposing team. (12: 22)(

- These results also agreed with results of with the studies of the "**Siraj Mohamed Abdel Moneim**" (2000), (21), "**Ahmed Mohamed Munir Abdul Ghani** (2005) (3)," **Nihad Ibrahim Saeed Al Ajami** "(2008), (20)," **Mohamed Shawky kishk, Nihad Ibrahim Al-Ajmi**"(2008), (19)," **Ahmad Rajab Amin** "(2012) (2), with the results of the current study in paying attention to the training of all team players at different positions on the individual

defensive tactical performances in all areas of the game.

- This is confirmed by both the "**Stephen Nijo Seko Stephen Negoesco** (1993), and **Martin Pedrnsky Martin Bidizensky** (1996) that modern football imposed on the whole team performance of the roles and duties of the defense when the ball is lost and the team can defend any number of players (1-2 - 3) or more according to the positions of the player changing. Good defense system for the team mainly depends on the existence of information on how to defend individually and allows them to take ocaions and suitable places according to the presence of the ball to be away from t he anticipated problems resulting from errors of the , defense and the ability of attackers of competitive teams , giving players the team 's ability to start a counter - attack when seizing . (22: 111) (18 : 73) (booth and Nihad(

- From the above discussion ,the validity of the second hypothesis which states " There were statistically significant differences between the three centers of the game (defense - midfield - attack) to

develop some performances of tactical defensive for the Junior Soccer Players"

Conclusions:

- 1- The training program is designed using exercises for the development of competitive situations some tactical renderings of individual defense (under discussion) for Junior Soccer Players.
- 2- there are a statistically significant differences between the pre measurement ,intermediate measurement and post measurement in the development of individual tactical defensive performance (under discussion) in the defensive third of the pitch in favour of post measurement.
- 3- There are a statistically significant differences between the pre and intermidate measurements to develop individual defensive plan under the research in the third centre of the pitch in favour of the post measurement.
- 4- There are a statistically significant differences between the pre intermediate and post measurement to develop the individual tactical defensive performance under the research in the third attack

of the pitich in favour of the post measurements.

Recommendations:

In Dae results of conclusions that have been reached advanced researcher with the following recommendations

- 1 – Application of the proposed training program using exercises of competitive positions (under discussion) because of their active role in the development of individual tactical defense plan in all areas of the game as individuals and groups.
- 2 - Guided by the assessment form to analyze tactical performances of individual defensive plan for junior during the games as it is an essential factor in winning games and that the researcher designed.
- 3 - The training will be on the defensive aspects by using individual defensive performances in various areas of the game according to the team's defensive plan.
- 4 - Conducting similar studies for individual tactical offensive performances for different stages of the junior team football.

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