

THE EFFECT OF EXERCISES OF TACTICAL APPROACHES IN THE DEVELOPMENT OF THE MOST IMPORTANT HARMONIC CAPABILITIES AND ITS RELATIONSHIP WITH CONFIDENCE FOR THE YOUNGSTERS BETWEEN THE AGE OF 12-14 YEARS

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Abstract

The research discussed the modern scientific methods in training sports and exercises used which contributed to the development of Harmonic capabilities that increase the confidence of the players, the research problem lies in the lack of using training methods, particularly exercises of tactical approaches in football training so researchers felt to prepare these exercises in a scientific field manner. The research aims to use exercises of tactical approaches in the development of the most important harmonic capabilities and its relationship to self-esteem among youngster's ages 12-14 years. Also touched on the importance of football training and the importance of exercises and researchers touched also to harmonic capabilities to self-confidence and to the age group of players aged (12-14 years). The experimental method was chosen as for suitability and nature of the problem, the researchers used devices and tools pertaining to their work. The researchers then reviewed the results they reached and discussed them and the development. Then researchers concluded that the used exercises have positive impact in the development of the most important harmonic capacity and its relationship to self-esteem among youngsters football.

KEYWORDS: EXERCISES. HARMONIC CAPIBILITIES. FOOTBALL .DEVELOPMENT.

1. INTRODUCTION

The rapid development of this game came as a result of using modern scientific methods in sports training and that contributed to the development of harmonic and skills capabilities and that the success of any process of training depends on the bases own in preparation Integrated Per effectiveness to reach for the high level of performance and the correct understanding of the achievement of the duties entrusted to him physically through coach and create a wonderful performers in tune and streamline the movement of the player individually and collectively, relying on mind reading between the players on the one hand and the coach of the other hand.

The game of football needs to use the exercises of an environmental skills approach to playing condition for reach the learners to correct performance in handling and rolling and scoring and change centers and control the ball and the positions of offensive and defensive and transfer the mechanism of the correct sprinting and attribution

and choose the appropriate locations and possession of the ball etc. The implementation of all these requirements serving the final outcome of the proper building for performance of the team (technical and the tactical), and it is an advanced state of learning by using the principle of the changing and random exercises in an approach environment to the playing condition.

Facilitating the task of the emerging and simplifying the plan in the learning process help to increase adherence between skills education and plan and this simplification of the plan helped him to teach skills performance among variables of playing and increase the sense of existing variables during playing.

Hence lies the importance of research being an attempt to research interest in the impact of the exercises of tactical approaches in the development of interoperability capabilities and then find a relationship between them and the self-confidence of young players between the ages of (12-14) years in football and through application to achieve this goal. As well as experience in the use of these workouts numbers and tactical skill, which is characterized by the rapid application of high precision, and to know the extent of their influence in the development of the speed of the basic skills of football.

2. RESEARCH PROBLEM

Through the experience of researchers in this field , they found that there is a problem in the weakness of the link between motor performance and skill and tactical performance and there is a big difference in the skills performance separately and between their performance during playing and this is what affects a big problem, namely isolation between learning of skills and between their performance through Playing positions which means that learning skills separately from playing variables or competition will lead to weakness in the process of skills performance while performing duties tactically, which has great importance in the outcome of the match or competition and thus lead to weakness in the correct tactical disposition of the skills and taking the appropriate capacity when facing playing situations which are variable and multiple and implementation of the required tactical duties .

3. RESEARCH GOALS

1. Prepare exercises of tactical approaches of football
2. Knowing the effect of tactical approaches in the development of the most important capabilities interoperability among youngsters between the ages of (12-14 years)
3. Knowing the relationship between tactical approaches and confidence of the youngsters football ages (12-14 years).

4. RESEARCH HYPOTHESES

1. There were statistically significant differences between tribal and a posteriori tests of the experimental group in the harmonic capabilities for football and in favor of a posteriori tests.
2. There is a significant relationship between moral harmonic capacity and confidence of the youngsters football aged (12-14 years)

5. RESEARCH METHODOLOGY

The researchers used the experimental method and its relevance to the nature of the search.

6. RESEARCH SAMPLE

a sample research Included on the 18 players from the players of Diyala athletic club junior class football and has chosen the intentional way out of 23 players, as were excluded (3) players as they are sample of the experience exploratory who moved then to the youth category and (2) players are goalkeepers for this ratio the percentage of the sample (78.26%).

7. IDENTIFY RESEARCH VARIABLES

After seeing the Arabic sources and Masters and dissertations of doctorate and some scientific research that have been used and contained on how to and the importance of harmonic capabilities and tests and measurement of self-confidence and the fact that "tests of the most important means of evaluating the players whether to stand at the level of their abilities (physical, motor, emotional, mental) and their level of skill for activities specialized that they practice "(Bastawisi, 1996: 288) .

8. MEASUREMENT OF SELF-CONFIDENCE

This measure originally set (Rubin Philly) in 1986 and Promising Arabic image (Mohammad Hassan Allawi) and consists of measuring (13) paragraph , the athlete will answer on paragraphs of the list on a scale consisting of (9) scores and grades are (9,8,7 , 6,5,4,3,2,1) determine the degree of confidence which is characterized by athletic player and less on the Richter scale (13) degrees and the degree of neutrality (65) degrees and higher degrees are (17) and the correction of scale is done through grades collected by player on the collection of paragraphs and the closer the total scores of the top class of \$ (117) also the player characterized by degree bigger than the capacity of self-confidence. Table 1 shows the values of reliability coefficient for the measurement of Self-confidence for football players.

Table 1 represents the values of reliability coefficient for the measurement of the self-confidence of the soccer players

rank	Psychological skills	Stability
1	Self confidence	0.81

9. TRIBAL TESTS

Tribal test have been done for the sample search after determining and fixing all the conditions in terms of place and time and the tools used and the support staff and so on Monday, 11.11.2014 .

10. THE MAIN EXPEIMENT

The approach has been applied to research sample through their training units and in the days and times allocated to them, as the number of modules (36) and a training module and by (3) training units per week spread over 12 weeks as the time module (90 d) and exercise time was between (1 d - 15 d), has been working in the main experiment on Monday, 18/11/2013 and completed on Thursday 02/27/2014 .

11. POSTERIORI TESTS

Posteriori tests were done for the research sample after determining and fixing all the conditions in terms of place and time and the tools used and the support staff and so on Monday, 03/03/2014

12. STATISTICAL METHODS

The researchers used statistical methods appropriate to deal with the resulting data through pre and post -tests by the system (spss).

13. DISPLAYIN THE RESULTS, ANALYZING AND DISCUSSED THEM

Showing results of synergy indicators of football in the pre and post- tests of a research sample of and analysis

Table 2 shows the values of the arithmetic means and standard deviations for pre and post tests and difference of arithmetic means and the proportion of development for tests of loco-motor indicators of football

Tests	Unit of measurement	Pre- test		Post-test		Difference between means	The proportion of development
Compatibility between the eye and the two legs alternately	Sec	8.797	1.067	7.662	0.898	1.135	12.902%
Compatibility between the eye and the two legs alternately right-footed soccer	sec	11.712	1.307	9.509	1.022	2.203	18.809%
Compatibility between the eye and the two legs alternately left-footed soccer	sec	11.537	1.172	9.966	1.065	1.571	13.916%
Compatibility between the eye and the two legs alternately pedicures football	sec	13.068	2.006	11.196	0.653	1.872	14.325%

It is found from the table (2) the values of arithmetic means and standard deviations and difference of arithmetic means and the percentage of development in the pre and post- tests of Harmonic capacity of football under discussion, for the purpose of knowing significance of differences between pre and post- tests of the indicators of harmonic capacity under discussion, the researchers used the appropriate statistical laws for data processing according to the data shown in table 3.

Table (3) shows the values of arithmetic means of the differences and sum of squares of the standard deviations from the average value of these differences and calculated and tabulated (T) and the significance of the differences between pre and post tests for indicators of Harmonic capacity tests

Tests	Unit of measurement			Calculated T	Tabulated T	Significance of differences
Compatibility between the eye and the two legs alternately	sec	1.135	1.026	4.695	2.11	significant

Compatibility between the eye and the two legs alternately right-footed soccer	sec	2.203	1.221	7.652	2.11	significant
Compatibility between the eye and the two legs alternately left-footed soccer	sec	1.570	0.953	6.985	2.11	significant
Compatibility between the eye and the two legs alternately pedicures football.	sec	1.872	1.706	4.656	2.11	significant

Value of tabulated (T) (2.11) at the level of significance (0.05) and the degree of freedom (17)

Table 3 shows us the values of arithmetic means of the differences and the sum of squared deviations of the differences from the average of those differences and the value of calculated and tabulated (T) and the significance of the differences between pre and post tests for tests of Harmonic capacity indicators under discussion

The value of calculated (T) in all the tests and that their value is greater than the value of Tabulated (T) (2.11) at the level of significance (0.05) and the degree of freedom (17), and this means that there were significant differences between pre and post tests and in favor of post-test

Discussion of the results of tests of the harmonic capacity indicators of football:

Through the presentation and analysis of results in the previous tables noted that there are significant differences with statistically significant between pre and post tests for the research sample in indicators of synergy and for the benefit of post-test

and This shows the extent of the effect of exercises of tactically approaches which introduced in the training curriculum of the research sample, in the development of harmonic capacity indicators that a football player needs, and this was confirmed by (Qasim lazam, 2004: 46) "The movements carried out by the footballer require sufficient strength and accompanied at an appropriate speed and good flexibility and compatibility, and high compatibility So performance will be nice and consistent and consistency is precisely the concept of agile player

For the success of a football player in the integration of several basic skills in one frame and change of speed and direction, and this is referred to by (Hanafi Mahmoud 1994.60) " a football player needs to use his entire body for performance with the utmost perfection with the ability to change direction and speed in easy and smooth way, and the football player needs agility and compatibility to try to succeed in the integration of several basic skills in the context of one of skill or change to another or change of speed and direction

Through this , the researchers argue that the effect of exercises of tactically approaches in the development of compatibility indicators through morale differences that emerged in the post tests, through the development of the research sample and their Harmony in the performance of such workout but it is a modern style in football training especially in the Iraqi environment and this refers to by (Qassim Hassan Hussein 1990.14) "Any sporting activity related with functionality hardware of the athlete especially muscular compatibility where required many

adaptations such as neuromuscular adaptation . adaptation happens by doses of motivation, training and adjustment for each type of training which leads to increase readiness of the body or organic systems on the type of training and a willingness ,adaptation leads to increase capabilities of the compatibility of each movement or skill through this research see that exercises contributed to increase the capacity of the players on the right skills performance as a result of the development of harmonic capacity indicators and this is consistent with what pointed him (Ali Salloum 0.2004: 146) "The more mistakes that freshmen did it is the inability to compatibility during performance of movements by involving muscles not required when performing movements causing disorders of movement so will be more confused

the researchers argue that exercise they chosen is similar to what happens in the game so that the player is restricted to specific area of pitch not fluent throughout the training module and this is what actually happens in modern football and considered a basic necessities for a football player to be able to keep the ball and move right between rows of competitors as well as to create opportunities for himself and for his team-mates, and this was confirmed (Mufti Ibrahim, 1994: 38) "as the football player must has the ability to determine the right place where can send the ball in a timely fashion in the required speed on according to the speed and distance each of his colleague who send the ball to him as well as giving the other team.

Display and analysis of self-confidence among a research sample

Table (4) shows the arithmetic mean and standard deviation of the results of self-confidence.

Name of club	Arithmetic mean	Standard deviation
Research sample	65.92	7.34

The table (4) shows the results of self-confidence as it reached the arithmetic mean (65.92) and the standard deviation of (7.34)

Displaying and analyzing the results of self-confidence with motor accordance: In order to achieve the goal which is identifying the nature of the relationship between self-confidence and synergy, Table (3) were presented and which shows the results of the correlation coefficient when compared to the tabulated value of (0159) between the degree of freedom (17) and standard error (0.05) , a sample research were presented the correlation coefficient was (0,422).

Table (5) shows the correlation coefficients among a research sample for the variable of self-confidence with synergy

Name of club	Value of calculated R	Value of tabulated R	Degree of freedom	Level of error	significance
Research sample	0.422	0.159	13	0.05	significant

Discussion the results of the level of self-confidence:

This can be explained in that the age level and cultural level of the players gives a positive dimension to their judgments about their abilities to complete the tasks assigned to them, as well as the experiences of success have had an important role in raising the level of self- effectiveness for the players, and the results of link on the significant correlation coefficients when compared to the tabular value (0159) with level of error (0.05) and the degree of freedom (17) and through the experience of researchers in the field of football, they attribute the emergence of correlations between self-confidence and harmonic capacity to exercises of tactical approaches that increase their personal convictions to perform all the tasks entrusted to them seamlessly , and behind outstanding performance will be the wishes of powerful and good causes and highly motivated by these players as said (Pandora 1977: 55) " whenever the level of self-efficacy higher , the achievement in the performance will be well and increase the likelihood of motivation players to make greater efforts to succeed in the task ", as indicated by the results of Tesler and Schwarz (the players with high self-confidence be at able to face the difficulties in life for

themselves without having to rely on the help of others and motivation to achievement stronger compared to those with self-efficacy of low-lying.

14. CONCLUSIONS

1. Tactical approaches exercise have a positive influence in the development of harmonic capacity among youngsters of Diyala Club for football aged (12-14 years).
2. Using exercises within the training curriculum at the stage of preparing has a positive impact in the development of effective motor, skills and tactical performance.
3. Self-confidence has an important role in providing what could be provided by the player during the games.

15. RECOMMENDATIONS

Through the findings of researchers which comes including:

1. Researchers recommend the adoption of special exercises in a compound style within the training curriculum for the special football players.
2. Attention must be paid to this exercise because it helps effectively the players with skillfulness.
Building training curricula dealing with psychological qualities for handball players and linked to performance of skills of the players.
3. Emphasis on the extent of the strong relationship between the coach and the player to assess the mental state of the player and self-confidence and control them and to overcome all the negatives that can result.
4. The modern methods of raising the level of self-confidence among the players through encouragement and inspire the spirit of enthusiasm and morale before the matches are important things that should be cared by the coach.

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APPENDIGES

Appendix1 1: Shows sample from exercises of tactical approaches

Exercise (1) (handling + rolling + scoring)

Exercise regulated between the halfway line of the yard to the goal where player (a) handled the ball to player (b), which handled it to (c), which passes it to the player (d) and then rolling the ball toward the goal.

Exercise (2) (rolling + handling + scoring))

the exercise regulated from the middle of the pitch and putt the ball between two fixed columns and the distance between them (14:00) and then works with the coach and then handling the ball roll away between other three fixed columns then scoring.

Exercise (3) (rolling + handling + scoring)

the exercise regulated from the middle of the pitch and in the form of two sets of players and the player of the group (1) handles the ball to the player of the group (2), which wheeled out between three fixed columns then played counter-productive to the player (1) which runs to the front after receiving the ball and then scoring.

Exercise (4) (handling + rolling + scoring)

Same as the previous exercise, but this time the player from group (2) work for Handling with coach

Exercise (5) rolling + handling + jogging and spin the ball

the exercise regulates inside the box 20× 20 m, where the players stand in two opposite sides, and the distance between them 10-15m , each group consists of five players and two fixed columns placed on the sides and the distance between them 10-15m, the ball with the player (1) and starts the exercise that the player (1) runs with the ball to the right until reaching the column and spins around it and then pass the ball to (6), which runs with it around the column which is on the right hand and pass the ball to (2) and stands behind the group.

Exercise (6) (handling + rolling + scoring)

Exercise starts from the halfway line. Handling the ball from the player (a) to the player (b) then one-touch return the ball to the player (a) and then handling the ball again from player (a)nto the

player (c)which Wheel the ball then handling it to the(b) which is responsible for scoring to the goal. The exercise repeated with another player with switching the centers of players.

Exercise (7) (handling + rolling + scoring)

The exercise regulated from the middle of the pitch and the player (a) runs to receive the ball which coming to him from (c) during running and then ran the ball between the three winding columns and scoring towards the goal. And the player (b with d) do the same exercise.

Appendix 2: Shows list of state of sports confidence

Design: Robin Philly

Translation: Mohammad Hassan Allawi

Draw a circle around the number that you think you deserve actually "in your self-confidence at the moment of pre-subscription in athletic competition directly compared with ideal player from your point of view . and who deserves the highest level of sport confidence before participation in the competition directly, which amounted to (9) degrees .

rank	statements	degrees								
1	during performance of motor skills which is necessary to achieve excellence through sports competitions	1	2	3	4	5	6	7	8	9
2	In the ability to make critical decisions during athletic competition	1	2	3	4	5	6	7	8	9
3	In the ability to perform under the stress of competition	1	2	3	4	5	6	7	8	9
4	The ability to implement successful plans in the competition	1	2	3	4	5	6	7	8	9

5	The ability to focus well in order to realize success	1	2	3	4	5	6	7	8	9
6	The ability to adapt to playing different positions in order to realize win in the competition	1	2	3	4	5	6	7	8	9
7	In in ability to perform goals related with competition	1	2	3	4	5	6	7	8	9
8	In ability to be successful "in competition	1	2	3	4	5	6	7	8	9
9	In the ability to think and to respond successfully during the competition	1	2	3	4	5	6	7	8	9
10	The ability to meet the challenge during the competition	1	2	3	4	5	6	7	8	9
11	In the ability to be successful, "based on the preparation for this competition	1	2	3	4	5	6	7	8	9
12	In ability of continuing the good performance to be a good successful in the competition	1	2	3	4	5	6	7	8	9
13	In the ability to try to succeed, even if the opponent stronger than me	1	2	3	4	5	6	7	8	9