

EFFECTIVENESS OF PHYSICAL TRAINING IN IMPROVING OFFENSIVE TACTICS MEANS EXECUTION IN FOOTBALL, UNDER 19 CATEGORY

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Abstract

The study aimed to find out the Effectiveness of Physical Training in Improving Offensive Tactics Means Execution in Football, under 19 Category. We have tried through this study to access to effective training program that serves the sports schools and raise private training process level of the offensive in the game of football, because offensive plans and means of implementation make the team overcome any defensive plan, and provide the opportunity for any team to win the game and, thus, win the admiration of the audience. To achieve this, the researcher relied on experimental design per sample represented in the junior category of the team Widad Mostaganem, whose number 10 main players, has been traced in the league average of three matches before and after the implementation of the training program, where the goal of the researcher was to know the effectiveness of the built physical training to improve the means of implementing the offensive play plans of the football players, and check it out, the researcher used the analysis of the games program in data collection according. To confirm that, and in order to verify the results, the researcher used the following statistical methods: (v) of the samples associated with the percentage and made findings that the physical training Built-positive effective in improving the means to carry the offensive play plans of the football players and on the basis of which the researcher recommends the use of physical training Built because of its effectiveness in improving the physical and technically gifted side and even tactical.

Key words: efficiency, built-training, playing offensive plans.

1. INTRODUCTION:

The development of achievement global sporting in recent decades did not come at random but was an inevitable result of the use of methods of scientific research and proper planning by employing the foundations and principles of modern science in physical education as a science training and physiology and statistics and meeting and sports medicine and other sciences.

And football was, and the first popular game still in the world, and that modern requirements in this game required a large need to develop players in preparation for an integrated and comprehensive all-round physical and skill and tactical, psychological and mental in order to make a difference and achieve excellence, and is not this only through the preparation of plans and programs integrated training and the search for the means of implementation of these plans offensive and private and

improved according to the physical demands force it, speed and distinctive force as quickly, and this confirmed by (Haland, 2003) (Hoff et al 2006) (Dellal et al 2008) that the organization of training programs according to scientific bases working on the development level of the members of the experimental group also undergo a training program codified for two (08) weeks can lead to positive progress and improvement in the variables included in the training program. Because the distinctive character of the performance of the high difference in terms of level of football now is the speed to move the ball and control the movement and speed to deal with it and move it, so is the setup skills based on improved means of implementing the playing plans because all the plan requires a basic or more skill to implement it, so the master skills necessary for the success of private plans and play offensive.

To reach sporting achievement requires finding ways and means of suitable and discover new and modern methods in sports training, such as using the built physical training which is one of the modern training methods in the field of football, where it is through the development and improvement of physical attributes and basic skills as giving exercises skill physical in the same exercise and this confirmed by (Dellal, 2008) will give rise to the integration of the ball in the physical work that allows the acquisition of skill and physical capabilities of the players, and this is what is supported (Impellizzeri, 2006) that the use of exercise training physical Built richer, more complete and more similar to competition from traditional physical training . And it refers to him (Cazorla G et Farhi A1998) as the integration of the physiological side skill and tactical for the football game where the player takes advantage of the transfer process in the development of a private prescription for improving the necessary other qualities in the practice of the game, Due to keep pace with football of technological development and the use of Sciences for their

finding methods and effective methods in the field of training commensurate with the time and place for puberty football player to the highest degree of physical and performance skills, and here lies the importance of research to know the effectiveness of the built physical training to improve the means of implementing playing offensive and its impact on the yield of offensive football players, and how to choose the appropriate exercise and methods and means of training for this purpose in order to keep up with modern training developments.

Research problematic:

To access the performance and result in football, which aims to win requires too many requirements agree, including a high level in an interdependent and overlapping performance of physical and skill capabilities among them, as is the physical and skill capabilities essential foundation upon which the psychological aspect and the physiological and tactical development.

And the fact that the researcher one of the football players and the introduction of the views of the coaches noted that there is a significant weakness in the performance of the means of implementing the offensive game plans which affect the effectiveness of their performance, especially from the offensive, as the majority of the Algerian teams suffer from the apparent decrease in the level of performance, particularly in the last third of the game as lead to early fatigue and slow the case of hospitalization and a few low level of effectiveness of the overall performance focus (physical and technical) that appears through random play and distracting balls and frequent Manipulator broken and slow offensive activities, and not to overcome the defense cases for teams competition.

So felt a researcher studying the problem and developing appropriate solutions through the development of integrated exercises (physical - skill) aimed at improving the means of implementing the offensive play of the players hoping it plans to reach results serve the evolution of this popular sport in the various countries of the world. All of these reasons made him try to solve these problems and that by asking the following questions:

- 1 - Are Built for physical training effectiveness in improving the means of implementing the offensive game plans?
- 2 - Is it possible to overcome the situations play defensive teams by improving the means of implementing the offensive game plans?

Research goals:

- Proposal compact physical training improves the means of implementing the offensive play of the football players under 19 years old plans.
- Recognize the impact of the built physical training by improving the means of implementing the plans to play offensively.

Hypotheses:

- Physical Built-positive in improving the effectiveness of the means of implementing the plans of offensive play.
- Can be overcome on defense cases for teams competing in the event to improve the means of implementing the plans of offensive play.

Research Terms:

Effectiveness: brief glossary known as the effect of the amount of thing.

Built-training: a ball in the integration of physical work which allows the acquisition of technical and physical abilities of the players (Dellal, 2008).

Playing offensive plans: plans that are all the players account is in the performance of the offensive nature (Jones et Drust 2007) It is noteworthy (Monkam et al 2007) that it plans to team members participate either as individuals or groups or collectively as a team.

Field research procedures:

2. RESEARCH METHODOLOGY:

Approach: The researcher used in this study and the experimental method that suits its nature.

The research sample: The research sample was chosen intentional manner represented in Widad Mostaganem team playing in the Western region, and the number (10) of the main players within the team.

Domains of research:

The human domain: in the junior category representing Widad Mostaganem.

Spatial field: research completed in:

- Training program has been applied in Benslimane Stadium, and was analyzed at the headquarters of the team.

The time domain: experimental work on the two main stages have extended the period of two:

Phase I: was the completion of the exploratory experiment, which lasted from 15/09/2013 to 30/10/2013, which coincided with the beginning of the period of interviews Western tournament, and this phase included the following steps:

- Prepare interviews and inquiries with officials in the field of specialist training period for players
Football

- Research period in the preparation of built-in training program to improve the means of implementing the offensive play plans

- The period of preparation and tactical skill tests for the research sample which will be held by the experience.

Phase II: This phase consisted in the experience of the application of basic research, where extended from 28/09/2014 to 31/01/2015. During this time period, was filmed and analysis for 3 consecutive matches in the competition phase from 28/09/2014 to 10/11/2014.

The imaging and analysis for 3 consecutive matches in the competition dimensional stage has been following the implementation of the training program built directly any of 03/01/2015 to 17/01/2015

Table (01) illustrates the calendar imaging and analysis of games and a posteriori

Date of First games analyses	periods / games
27 / 09 / 2014	First game WAM OMA
04 / 10 / 2014	Second game MCBH-WAM
11 / 10 / 2014	Third games WAM USM

Date of Later games analyses	periods / games
03 / 01 / 2015	First game OMA WAM
10 / 01 / 2015	WAM-MCBH Second game
17 / 01 / 2015	Third game USM WAM

Main study:

Stage imaging matches:

researcher used video devices and of the latest cameras of the type (Numerical) and number 03, the first central camera of the great kind location in the middle of the field , remaining two of the small type (Digital Numerical) easy to navigate and carry them and their location on both sides of the pitch, The functions of these similar to portray the entire game tape.

Also hired a researcher specialized team with experience in the field of photography, and above them, and dealt with the football games, and he has brought the researcher team work composed assistant professors and not less experience for 04 years training for the purpose of objective analysis of offensive aspects of which are the means of implementing the offensive game plans after Prepare technical cards for each player.

Before filming official matches, the researcher with specialists and team work filming a friendly trial which took place in Benslimane Stadium between the team (WAM) and the team (CRBB), to find out the difficulties that may face a researcher at the imaging mode or in how to analyze games and focus on the means of implementing the plans of offensive play, also organized a working meeting with them before shooting was a detailed explanation of each course and methods of analysis, with the display more than once and a private pilot the interview tape. After the completion of the friendly interview depiction and analysis and adjust search variables, the researcher basic study and then filmed three consecutive matches in the competition stage, then the training built the program proposed application of the sample at a rate of 3 servings a week, the time of each share from 90 minutes to 120 minutes and after 3 months was re-shoot 3 consecutive matches in the competition stage dimension.

Analysis stage matches:

After the completion of filming bar every game, the researcher with work analysis team after collecting a set of standardized tests to measure and means of implementing the offensive play plans from group sources and scientific referentials, with the use of the Internet, and in coordination with some of the professors and doctors and trainers specialized in football, have been adjust the tests to assess the means of implementing the plans of offensive play marked by the shooting and passing, dribbling and running the ball, where they are recording the correct number of points or attempts or failed each test, and evaluate the performance of the player in all tests for each of interviews which are analyzed.

Divided objective observation to analyze the game into three types:

- 1 - Observe and analyze the performance of a given player.
- 2- Observe and analyze the performance of a group of players.
- 3- Observe and analysis of the entire team.

Basic points that should be the focus when our analysis of the games before evaluating the tests are as follows:

- Offensive plans and general (basic).
- Focusing on position 1 against l offensive

- Focus on the correction shooter
- Focus on short and long scrolling
- Running with the ball

Scientific bases for testing:

I chose a researcher at Al-Durra Fish Connect program specialist in interviews analysis and includes this program all methods of evaluation points already touched upon, one of the frontrunners global programs in locomotion analysis and the presentation of the section and return the sum of the Masters of the arbitrators, where the researcher did not find any difference between Arbitrators data that the program is characterized by honestly and objectively and with high accuracy in the presentation and slow the skill and ability remedied plus blogging in paper record.

Statistical methods:

The researcher used: Percentage, arithmetic mean, standard deviation, the significance test (v).

View and analyze search results: Through the research hypotheses and method of statistical significance refers to the results of the experiment researcher within the pro tables:

Table (02) View and analyze test results of kicking:

statistic proof	S classify	Level of proof	Degree of independence	S counted	Estimation derivation		Counting average		
					after	before	after	before	
referencial	2,22	0,05	09	4,07	2,04	1,32	6,90	3,70	successful
referencial				3,97	1,22	1,43	2,54	8,90	unsuccesful

Table (02) shows the value (v) Student calculated and tabular correction in the test sample to Find The value of (t) calculated amounted to 4.07 of successful attempts and 3.97 for the failed attempts of the two largest (T) Driven estimated 2.22 at the significance level of 0.05 and 9 degrees of freedom, and this indicates the presence of significant difference between the results of pre and post tests It is for post-test, and this is due to give a researcher great importance to this skill in the training built program, and this shown by (Teodoresescu ;L 1977) that the correction in the games is the process of making a decision.

So the coach should be given the freedom to show their abilities to the correction with optimized use of guidance, where it should differentiate the player between the technical performance of the correction and the use of correction as a means of implementing the plans Individual offensive is the actual application of technical performance during the match.

Table (03) View and analyze test results of passing:

statistic proof	S classify	Level of proof	Degree of independence	S counted	Estimation derivation		Counting average		
					after	before	after	before	
referencial	2,22	referencial	09	5,30	8,24	9,46	72,20	53,90	successful
referencial				4,62	6,70	7,21	21,50	49,60	unsuccesful

Table (03) shows the value of (t) calculated in tabular and passing research sample test

The value of (t) calculated amounted to 5.30 of successful attempts and 4.62 of the attempts failed and the two values are greater than (c) Tabulated ,estimated at 2.22 at the significance level of 0.05 and 09 degrees of freedom, and that means the difference between pretest and post test is a difference moral and statistically significant and is in favor of the post test, and this is due to confirm researcher on the scroll in its training program built skill due to its use throughout minutes, and this shown by (Bangsbo2008) that the scroll of the most important arts sport of football at all because he is the most commonly used throughout the playing time and more 80 percent of the cases in which the player gets the ball, be disposed of scroll while the disposition of

the rest of the ratio of 20 percent either by running the ball or dribbling or correction due that the team consists of 11 players,

Table (04) View and analyze test results Shuffle:

statistic proof	S classify	Level of proof	Degree of independence	S counted	Estimation derivation		Counting average		
					after	before	after	before	
referencial	2,22	refrence	9	6,45	3,55	2,98	19,60	15,70	successful
referencial				4,46	2,62	3,11	8,40	18,60	unsuccessful

Table (04) built value (v) value calculated in tabular Shuffle test sample Search: The value (v) was calculated was 6.45 successful attempts and 4.46 of the attempts failed and the two values are greater than (c) Tabulated estimated at 2.22 at the level of 0.05 and the degree of freedom 09 which shows that the pre-test and post-test there are two significant difference results, which for the benefit of post-test, and this is due to the effectiveness of the built-training program, which led to improved dribbling skill through the implementation of training modules based on their content to merge Ball in physical effort skill to control the ball and thus Shuffle use as a means of implementing the offensive game plans, so it has deliberately to strengthen this skill (Assad, 2008) that the Shuffle is one of the techniques influential and exciting football, and on that basis should know the player the basic rules of evasive even work out a Wayne elude, and when elude.

Table (05) View and analyze test results of running with the ball:

statistic proof	S classify	Level of proof	Degree of independence	S counted	Estimation derivation		Counting average		
					after	before	after	before	
referencial	2,22	0,05	9	5,07	3,87	2,96	18,90	13,80	successful
referencial				3,11	2,47	3,44	8,54	14,70	unsuccessful

Table (05) shows the value of (t) calculated and tabular in a test run with the ball for the research sample: that the value of (t) calculated amounted to 5.07 of successful attempts and 3.11 of the attempts failed and are the two values greater than (c) Tabulated estimated at 2, 22 at the level of 0.05 and the degree of freedom 9 which shows that the pre-test and post-test results there are two significant differences, which for post-test, and this is due to the focus of the training program is built on the integration of the ball in the physical and skill and tactical work than control skill Ball and running in all directions and that's what he referred to (Louis 1992) that run with the ball of individual skills, as used by the player in order to progress towards the opponent goal, (Di salvo et al 2007)that the skill of running the ball is the basis of mastering dribbling skill which is considered as a means of implementing the offensive play plans, and must be the coach that consolidates the concepts of tactical and technical use of the skills of playing and excessive use the ball, especially in the attacking third of the breach or Shooting on goal and scrolling to a colleague.

Table (06) Exposé and analysis of the average overall rate of successful attacks and targets registered for two tests:

Number of goals scored by the team			Average of successful offensives	
after	Before		after	Before
8	3		58%	28%

Table (06) shows the proportion of successful attacks and the number of goals scored by the team in both tests (pre and post): Through the results Entries in the table above we note that the percentage of the average overall rate of attacks successful in 3 games (pre-test) has reached 28 percent either in the test Dimensional has the percentage of successful attacks 58 percent, an average improvement rate of 30 percent between the two tests, sees researcher that this improvement rate in the increase of successful attacks demonstrate improved level of implementing offensive play plans due researcher that improvements to the effectiveness of the built physical training followed with The research sample according to proper scientific methods by adopting the style of the link between the skills to get a player who is fluent in more than skill and linked with each other and perform skill sentences and major tactical for the benefit of the team, which generate the members of this group a state of adjustment on exercise which integrates the ball and adopted the appropriate intensity and comfort appropriate and in accordance with the frequencies to suit the abilities and capabilities of young players (the research sample).

Discuss the first hypothesis:

that suggest that physical training built a positive impact on improving the means of implementing the plans of offensive play. The findings of the researcher through tables number (2.3, 4, 5), which results suggest the presence of statistically significant differences between pre test and post for post-test after the experience in the following skills (correction, scrolling, dribbling, running the ball) and attributed researcher This positive effect of the effectiveness of the built physical training due to its available duplicates mobility influential in the time periods in a row, as well as through the integration of the physical side, where that improve athletic performance and the ability to implement the various motor skills, is the one expected from the training physical Built for program requirements and this as pointed out by (Lambertin., 2009) and using the built-in exercises using the ball (Built-physical training) richer and more complete than the traditional physical training (Impellizzeri, 2006). (Lambertin, 2000) that built an important and essential physical training in the physical attributes and the development of the development of even the physiological and skill and tactical qualities during the performance of physical activity. As well as indicated , that the ability to victory and achievement of results depends on getting above attainable standard of physical and tactical and technical skills and intellectual capacity so it must be built on the foundations of a scientific approach and structured training programs.

Attribute Researcher reason to adopt exercise special skills on according to sound scientific methods, through the adoption of binding method between the skills to get a player who is fluent in more than one skill performance and link them with each other and perform skill sentences and major tactical for the benefit of the team, which generate the members of this group a state of adaptation to exercise which was adopted at the appropriate intensity and appropriate comfort and according duplicates, commensurate with the abilities and capabilities of young players (Straighten the research sample), as well as the lack of difficulties when performing these skills, and the possibility of young players due to redundancy in the performance, and this was confirmed by (Tealman,R , 1990) that it was essential that "the player up to skill performance automatically through the permanent repetition of the performance and the use of various exercises and which is characterized by change requirements and external factors during exercise as the existence of a competitor, or more, for example, as well as in experimental games. The development and improvement made in the performance skills (correction and dribbling, and scrolling, and run with the ball) and shown by the results, did not come by chance or at random, but rather was the result of training resulting in the skills referred to in advance to reach this stage of the level of improvement, which confirms the high potential of the exercises in the development of the level of performance and work on improving in side skills to members of the experimental group, as well as what progress can be attributed researcher reasons to organize training method followed with this group, as the organization of the training process gives a fundamental impact on improving the performance level that is consistent with the capabilities of the players, it is through good preparation for the training venue and supplies necessary it will get positive results in the process of understanding and improving the skill level of the players, which is reflected in the results tables number (2.3, 4, 5) and say that the first hypothesis have been achieved with the results of similar and related studies.

Discuss the second hypothesis: that suggests it can be overcome on defense cases to the opposing team in the case of improving the means of implementing the offensive game plans.

Through statistical treatment that produced the presence of statistically significant differences between pre test and post test results of the research sample and in favor of the post test differences, the test of successful attacks and objectives recorded as shown in the table (06), and we explain this to confirm a researcher at the units built physical training to improve and means of implementing the offensive play plans that have become all the way making goals as Statistics confirm that more than 40 percent of goals scored in international and world championships were by fixed positions any scrolling shooting skill then followed by dribbling and running the ball skill This is consistent with Ghazi Saleh Mahmoud study 2000, entitled analytical study compared the level of basic skills in football clubs between Baghdad and the provinces.

As can be seen from the results of Tables number (2.3, 4, 5), improvement in the means of implementing the offensive play plans and to reduce failed attempts between the two tests (pre and post) and this Results Table (06) through the high proportion of offensive attempts successful and that an estimated 58 percent in the post test after it was 28 percent in the pre-test by improved 30 percent, with increasing the number of registered 3 goals targets in the tribal games to 8 goals in a posteriori matches and, this, to the effectiveness of the built physical training manifested in increase

successful offensive attempts resulting in an increase to score goals in the games, a posteriori (Kennekens, 2010) that the performance level is associated with a positive level of tactical skills that have been rehearsed. Therefore we say that the second premise of the research have been achieved and this associated with the results of the studies.

3. CONCLUSIONS:

Within the limits of the approach used, and the proposed training units, the sample that have been applied by the study was reached following:

- 1- That use the built physical training has a positive effect in improving the means of implementing the plans to play Offensive.
- 2 - That the difference between the pre-test and post a statistically significant for post-test in Test correction and scrolling dribbling and running the ball.
- 3 - it turned out by trainers lack of aspiration and knowledge of the ways in which training It must be applied in the training.
- 4 - The majority of trainers, on training programs during the training season is not available they have built-in physical training.
- 5 - Most do not pay attention to the means of implementing the offensive game plans in their programs training.
- 6 - Our analysis of the a posteriori that matches successful offensive attempts ratio increased with increase Score goals compared with the proportion of successful offensive attempts and goals recorded when Analysis of the tribal games, and that after the implementation of training modules for training physical built.

4. SUGGESTIONS:

- 1 - Relying on training program for physical training built for different sports disciplines And private collective games.
- 2 - The universal use of the built physical training on all sports groups and both sexes.
- 3 - To focus on the use of physical exercise during a special skill categories training modules Age and the forms that fits
- 4 - Administrative management in clubs give adequate attention to the age groups under 19 years old through tools used for application modules as needed trainer.
- 5 - To attend Internships analysis on how to take advantage of the games technological means in the training process.

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