

# The Effect Of Rapid Training With The Ball On The Development Of Dribbling And Change Of Direction For Emerging Football Players

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**Abstract :** *The development that took place in the game of football in the various fields of physical, skill and psychological preparation called on researchers to research the delicate matters of the game in order to develop it even to a small extent in order for these teams to outperform their counterparts in these areas.*

*Through the researchers' observation of the local teams in the game of soccer for being former players and coaches in this field, it was found that there is a weakness in a number of skills among the emerging players, and among these skills is the dribbling skill and the change of direction with the ball, unlike what is found in the global teams of the game.*

*The aim of this research is to identify the effect of quick exercises with the ball on developing dribbling and changing the direction of the players of the football school of Hebahab Sports Club for the junior group (14-16) years in football. The researchers used the experimental approach to suit the nature of the study. Special exercises were prepared for the experimental group at (3 training units) per week (Saturday, Monday, Wednesday) for a period of (12 weeks). Quick exercises with the ball were introduced in the main section at an average of 20 minutes of the daily training unit time. The number of training units was (36 units), as the researchers prepared exercises that depend on speed in their implementation with the ball and in which direction is changed. The researchers used the method of high intensity interval training (90-100) because the method is consistent with the development of the speed characteristic of the players. After statistical treatments, the study concluded that rapid exercises with the ball had an effect on dribbling and changing direction for young soccer players and in statistical significance in the tests prepared by the researchers, tribal and post-test, and for the benefit of the post-test. And experimental and for the benefit of the experimental group.*

**Key words:** *fast ball training, dribbling as direction changes.*

## 1. INTRODUCTION:

Football is the most popular game at the local and international levels, which helps in preparing players well in terms (physical, skill, psychological and planning) if appropriate training programs are prepared for them according to their physical potential and capabilities on sound scientific foundations and rules. On the physical, skill, written and psychological qualities that the player exerts in order to achieve the best levels and reach the achievement. And the professional preparation of football players has become a concern of the technical equipment in preparing and planning the training season through codified programs and

placed on scientific foundations for the players to reach the highest possible level of skillful and tactical performance in football, which is the performance of skill exercises at high speed with the ball for the attacking player is the most important. The skillful qualities that a modern soccer player should have and at the higher levels so that he can dodge the defender player quickly and skillfully by changing the direction due to the presence of the appropriate space and crossing the lines of defense, and these exercises must be applied in the daily, weekly, monthly and annual training plans.

Football is one of the team games that depend on the element of speed, which is represented in rapid and sudden starts and stops, acceleration and sudden change in directions, all of this is done at very high speed and transition speed is the player's ability to perform a movement duty in the shortest possible time by moving using the maximum force and the highest possible speed. An example of this is running quickly for a specific distance or from one place to another, with or without the ball, and the definition of transitional velocity is "overcoming a certain distance in the shortest possible time" (Al-Baik, 2015, 82).

Hence the importance of research in developing rapid exercises with the ball in developing the skill of dribbling and deception, as well as changing the direction of the player's movement during the attack for young football players.

Research problem:

Through the researchers' observation of the local teams in the soccer game for being former players and coaches in this game, it was found that there is a weakness in a number of skills among the young players, and among these skills is the speed skill in implementing dribbling, deception and changing direction, unlike what is found among players of global teams.

The reason may be due to the lack of use of training curricula based on sound scientific foundations and modern training methods that develop all physical and skill aspects, and researchers believe that the lack of interest in modern training methods and the focus on traditional methods, and from here the research problem appeared, which can be summarized by the following question: What is the effect of exercises Quick with the ball on dribbling and directional change for budding soccer players.

research aims:

1- Preparing quick exercises with the ball and implementing them with a training curriculum for young football players.

2- Knowing the effect of quick exercises with the ball in developing the skill of dribbling and changing direction for young football players.

Research hypotheses:

1- There are statistically significant differences between the pre- and post-tests for the experimental and control groups in the tests used in the research and in favor of the post tests.

2- There are statistically significant differences for the control and experimental groups in the dimensional tests in favor of the experimental group.

Research areas:

- The human field: players of the football school of Hebaheb Sports Club for the junior category (14-16 years) in football.

- The temporal domain: the period from 1/6/2019 to 1/12/2019

Spatial field: the football stadium of Hebahab Club.

Research methodology and field procedures:

Research Methodology:

The researchers used the experimental method for its relevance and the nature of the research, and the experimental method is "an intentional and controlled change of the specific conditions of the reality or phenomenon that is the subject of the study" (Obaidat et al., 2004, 240).

The research sample:

The research sample was deliberately chosen, and they are the players of the football school of Hebahab Sports Club, junior category (14-16) years, whose number is (24), and the sample is “the part that represents the original community or the model on which the researcher conducts the whole and the focus of his work” (Mahjoub, 2002, 164), and after excluding (4) players who are goalkeepers, the players were divided into two control and experimental groups, and each group had (10) players. The researchers conducted homogeneity and parity of the research sample in the variables (age, height, mass, training age) and the dribbling tests and the change of direction with the ball for the two research groups.

Devices and tools used in the research.

- HP computer (laptop) made in China, number (1).
- Sony HDD video camera, made in Japan, count (1).
- Stopwatch type (Pc396Tian Fu), made in China, number (3).
- Hand calculator type (Kenko) made in China, number (1).
- Signs and signs, count (60).
- Football, count (30).
- An electronic scale for measuring mass, made in China, count (1)
- tape measure
- Burke
- whistle
- Two (5) height signs of 1.5 m.

Tests used in the research: -

First test: - Test the player's movement with the ball by performing dribbling and passing from one side.

Purpose of the test - dodging test (deception)

After viewing the sources, the researcher did not find a standardized test to measure the skill of evasion (deception).

The research took the opinions of experts in the field of football and the tests (see Appendix (1)) and after the researcher reviewed the test conducted by the researcher (Nibras Kamel Hedayat, 69,2004)

The researcher approved this test. Which was a design score of 10 degrees as the player performed the skill of dribbling (deception) with a fixed defender for the whole group. The performance is evaluated by photographing the performance of the players with a video camera, and the performance is presented to three experts to evaluate the performance (see Appendix (2)), as each expert gives a score by displaying the performance of the players on the (Data Show) device, and then extracting the arithmetic mean of the three degrees.

Performance description: - As the player moves from the point (start) to the point (the end) with the performance of the dribbling movement (deception) with the ball and on one side when facing the opponent (defender) himself for all players and after completing the performance of the movement the performance is evaluated.

The second test: - A player's change of direction with the ball (modified) test: - (Naji Kazem Ali, 75,2010)

Goal - change the player's direction with the ball.

-Used tools / football / football field / measuring tape / stopwatches / 5 markers with a height of 1.5 m as a competitor / a hock / whistle.

- Description of the performance / a site for each player is assigned a square area of 2 meters with Albork material to receive and deliver the ball, and a sign with a height of 1 meter is placed in the middle of the distance between each square as an opponent

The test is carried out by five players in their predetermined positions and their positions are exchanged after the end of each attempt. The test begins when player No. (1) receives the ball from the right of the center of the field with handling from the coach who is three meters away. He dribbles the person (1.5 m) with one or two touches, then changes direction to the opposite direction, then handles the ball to player No. (2) directly, who is 15 m away from him, and goes to the place of player (2). The player (2) dribbles the person (1.5 m) with one or two touches, then changes direction to the opposite direction, then handles the ball to player No. (3) with the direct who is 15 m away from him and goes to the place of player (3). Then the player (3) dribbles the person (1.5 m) with one or two touches, then changes direction to the opposite direction, then handles the ball to player (4) who is 10 m away from him and goes to the place of player (4). The player (4) dribbles the character (1.5 m) with one or two touches, then changes direction to the opposite direction, then handles the ball to player (5) who is 10 m away from him and goes to the place of player (5). . The player (5) dribbles the character (1.5) with one or two touches, then changes direction to the opposite direction, then handles the ball to player (1) who is 15 meters away and goes to the place of player (1). The test ends.

Registration / three performance evaluation experts (see Appendix (2))

- Two scores are given to a player who receives and delivers with a dribbling movement and a change of direction inside the square.

- One score is given to a player who receives and delivers directly without dribbling and changing the direction inside the square.

A score of zero is given to the player who receives the ball and delivers it outside each square.

- The score that the player gets in each of the five squares is collected by three experts for two degrees for each square. The total score is (0-10). The arithmetic means of the three experts 'score is taken.

Training curriculum.

The researchers prepared a group of quick exercises with the ball by interviewing a group of experts in the field of football (see Appendix (1)), and by using the method of training high intensity interval (90-100), which includes the following:

1- The training curriculum began on Saturday (15/6/2019) and ends on Saturday (7/9/2019).

2- The time for applying the exercises prepared by the researchers (20 minutes) in the main part of the training unit time. The time of each exercise was 10 minutes (600 seconds). Repeat each exercise 9 times with a time of 30 seconds, 30 seconds rest between repetitions, and 60 seconds rest between exercises.

3- The number of training units (3 units) training days (Saturday, Monday, Wednesday).

4- The total training units amounted to (36) training units for a period of (12) weeks.

5- Training units' time ranges from (90-120 minutes).

Post- tests:

On Monday (9/9/2019), the researchers conducted the posttests of the research sample for the control and experimental groups for the tests of dribbling and changing direction with the ball and under the same pretest conditions.

Presentation and discussion of the results of the pre- and post-tests:

Displaying the results of the pre- and post-tests for the dodge and change of direction for the control group:

| Table (1) the statistical parameters of the results of the pre - and post- test for evasion and the change of direction for the control group |                |          |     |           |     |                           |               |              |
|---|----------------|----------|-----|-----------|-----|---------------------------|---------------|--------------|
| Variables   | measuring unit | Pre-test |     | Post-test |     | The value of T calculated | The tabular T | Significance |
|   |                | A        | STD | A         | STD |                           |               |              |
|   |                |          |     |           |     |                           |               |              |

|  |             |      |      |      |      |       |       |      |
|--|-------------|------|------|------|------|-------|-------|------|
|  |             |      |      |      |      |       | value |      |
| The movement of a player with the ball by performing dribbling and passing from one side | Degree 0-10 | 3.57 | 0.36 | 5.08 | 0.38 | 8.658 | 2.26  | Sign |
| The player's direction of movement changes with the ball                                 | Degree 0-1  | 5.2  | 0.32 | 6.7  | 1.68 | 2.63  | 2.26  | Sign |

The tabular (t) value of (2.26) at a degree of freedom ( $10 - 1 = 9$ ) with a percentage 0.05  
Display results of pre - and post- tests of the dodge and change direction for the experimental group:

Table (2) the statistical parameters of the results of the pre - and post- test for evasion and change of direction for the experimental group

| Variables  | measuring unit | Pre-test |      | Post-test |      | The value of T calculated | The tabular T value | Significance |
|--|----------------|----------|------|-----------|------|---------------------------|---------------------|--------------|
|  |                | A        | STD  | A         | STD  |                           |                     |              |
| The movement of a player with the ball by performing dribbling and passing from one side | Degree 0-10    | 3.58     | 0.26 | 5.91      | 0.12 | 24.42                     | 2.26                | Sign         |
| The player's direction of movement changes with the ball                                 | Degree 0-10    | 5.4      | 0.29 | 7.5       | 1.23 | 5.22                      | 2.26                | Sign         |

The tabular (t) value of (2.26) at a degree of freedom ( $10 - 1 = 9$ ) with a percentage  $\leq 0.05$   
Display the results of the dimensional tests of the control and experimental groups for evasion and change of direction.

Table (3) the statistical parameters of the results of the post-tests for the control and experimental groups of evasion and change of direction

| Variables  | measuring unit | Control group |      | Experimental group |      | The value of T calculated | The tabular T value | Significance |
|--|----------------|---------------|------|--------------------|------|---------------------------|---------------------|--------------|
|  |                | A             | STD  | A                  | STD  |                           |                     |              |
| The movement of a player with the ball by performing | Degree 0-10    | 8.658         | 0.38 | 24.42              | 0.12 | 118.86                    | 2.10                | Sign         |

|  |             |      |      |      |      |       |      |      |
|--|-------------|------|------|------|------|-------|------|------|
| dribbling and passing from one side                      |             |      |      |      |      |       |      |      |
| The player's direction of movement changes with the ball | Degree 0-10 | 2.63 | 1.19 | 5.22 | 1.87 | 3.509 | 2.10 | Sign |

The tabular t value of (2.10) and at a degree of freedom ( $20-2 = 18$ ) and an error ratio of 0.05

## 2. DISCUSS THE RESULTS

In light of the results reached in Table (1), (2) and (3) regarding dribbling and changing the player's direction with the ball for the control and experimental groups in the pre, post and post tests for the two groups. There were significant differences between the results of the two groups and in favor of the experimental group.

The researchers attribute these results to their following the scientific method when developing rapid exercises for the experimental group, which led to the development of this trait significantly in this group.

The researchers believe that the element of speed in the performance of exercises is very important for soccer players because the player's movements on the field need speed, so it must be taken care of and improved through the training units for the players and training on them, as well as the regularity of the experimental group in regular training according to scientific foundations and the codification of special exercises and gradation in terms of Intensity, size and comfort, which led to the development of the speed characteristic in the performance of exercises for the players of the experimental group "Training is a constructive process that works in developing and developing physical abilities in order to achieve better achievement" (Hassan, 1983, 16).

"In football, the player needs to use his entire body to perform the movement with the utmost perfection with the ability to change his direction and speed in an easy and smooth way. The soccer player needs to be agile in order to try to succeed in integrating several basic skills in one framework or changing from one skill to another or changing his speed. And his direction, "and this was confirmed (Hanafi Mahmoud, 1994).

As for the skill of dribbling and changing direction, they are the movements that the player uses to get rid of the opponent and keep the ball, and these movements go through three stages: "the stage of thinking and mental solution, the false movements, the real performance of the movement." (Zuhair Qasim Al-Khashab (and others), 171,1999)

The results showed that the use of rapid exercises leads to the development of some mental skills, including attention and focus, "as well as improving the player's mental ability by increasing control over timing and muscle work at the right time and in a correct sequence during performance, and this is what he indicated" (Robert Niedfer, 49,1990 ).

All this development led to a link between the three stages of evasion and this leads to the implementation of the duty at the appropriate time, quickly and in the shortest possible time. This is what was implemented in the rapid exercises that the researchers introduced into the training curriculum and this helps to get rid of the defending player (opponent) easily and quickly. The performance of quick exercises helped to increase the speed of the players as well as the development of the dribbling skill and change of direction, which is one of the skills that the attacking player needs when getting rid of the opponent and when doing a quick blitz, especially if the number of attacking players is less than the defending players

and this skill is needed by the team that depends on the playing plans And penetration from the middle, and since the research sample is young players, then they will have a good start in mastering the attacking player, penetrating from the middle and dribbling the defending player quickly and easily.

### 3. CONCLUSION:

Through the foregoing, the researchers concluded that the rapid exercises that the researchers introduced into the training curriculum helped.

- Developing players 'competence in performing exercises at high speed, which is one of the basics of modern football.

- Increase the skill of the players in dribbling and eliminating the opponent.

- Change in the direction of the players at high speed as a result of repetition in the performance of exercises.

The link between the performance of quick exercises and the skill of dribbling and changing direction quickly helped to increase the efficiency of the emerging attacking players of the research sample.

- These exercises that the researchers introduced in the training curriculum that depend on speed, dribbling and change of direction helped reduce the attack time and reach the goal with the least time in the quick counter attack, and this is what is required in modern football.

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