

The Effect of Exercises Similar To Playing In Developing the Performance Endurance of Young Football Players

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Abstract:

The purpose of this paper is to identify the effect of exercises similar to playing in developing the performance endurance of young football players. The imposition of the research there was a positive effect of exercises similar to playing in developing the performance endurance of young football players, and the researchers used the experimental method with two equal groups, and the researchers identified the research community, who are players of Karbala governorate youth football clubs and chose the sample in a random way (lottery) and they are the masses sports club and their number (20) players were divided into two groups, an experimental group and a control group, and the most important conclusions were that exercises similar to playing have a positive effect in developing the performance endurance of young football players.

Introduction:

Our world is witnessing a remarkable, wide and large development in all areas of life, as we live in a world of development and speed in the scientific and practical fields. Achieving sporting achievement in many sporting events and games football depends on physical preparation in developing special physical abilities because it has a very large impact on the development of players effectively, which will be reflected on their physical, skill, tactical and psychological performance, since without it, players cannot perform their defensive and offensive duties as required of them on the field. Endurance performance is one of the most important physical abilities because it is related to the performance of skills on the one hand and some other abilities such as strength and speed on the other hand, If the player moves to more than one position on the field, we see the defender actively participating in the attack and the attacker retreating to defend his team's goal. Despite the player's endurance to this high effort, he must maintain his physical, skill and tactical competence throughout the minutes of the match, and here the importance of enduring performance appears as one of the influencing factors At the level of the players' performance during the two halves of the match, the player with sub-standard performance faces the greater oxygen debt, which leads to slow recovery and early fatigue. Hence the importance of research to improve the game of football and advance it for the better with the numbers of a team with physical and skill capabilities capable of deciding the outcome of the match in his favour. To register, by giving exercises similar to playing in the development of special endurance and the five single-combined offensive cases for young football players that develop the player's ability to withstand effort.

Research problem:

Training methods are often developed according to the goal of training and according to the specificity and quality of the game in performance, and football is a collectively competitive game that requires training its physical and planning aspects in a manner similar to what happens in the game in terms of speed and accuracy of performance in the presence of the opponent and the ball, whether the performance is individual or collective in order to provide The peculiarity of the game, and in addition to that, it gives suspense and excitement in the performance of the players during training.

And through the researcher's experience as a former player in clubs and teams of age groups and through his field follow-up of matches for the youth category in Karbala, where he noticed the physical weakness in most of the players' movements inside the stadium, especially in the last times of the match on the one hand, and the lack of accuracy and speed in tactical performance by linking and moving For the offensive third and to end the attack by scoring on the goal on the other hand, and the researcher can attribute this problem to many reasons, the most important of which is that most of the training of youth team coaches were not at the level required to raise the physical condition of the player, as individual and collective competitive exercises and similar to playing when developing performance endurance, speed and accuracy are neglected. The tactical performance by ending the attack by scoring the goal, because football is a competitive team game that requires the presence of the ball and one or more competitors. Through this, the researcher decided to study the problem and develop appropriate scientific solutions to it by using similar exercises to play to develop the performance tolerance of youth football players.

Research objective:

- Preparing similar exercises for youth football in Karbala governorate.
- Identifying the effect of exercises similar to playing in developing the performance endurance of young football players.

Research hypotheses:

- There is a positive effect of exercises similar to playing in developing the performance endurance of young football players

Research fields:

- Human field: Youth club Al-Jamahir
- Time field: (6/12/2021) to (23/2/2022)
- Spatial field: Al-Jamahir club stadium

Research methodology and field procedures:**Research Methodology:**

The problem to be studied is what determines the method used in the research and through it leads to the achievement of the research objectives. Therefore, choosing the appropriate approach to the problem in question is one of the necessary things in completing the research and a first step on the right path to solving the problem. Therefore, the researcher used the experimental method for the two equal groups

(control - and experimental) with a pre and post measurement for its suitability to the nature of the problem that the researcher wants to address, and that “the method of the approach Experimental represents the most honest approach to solving many scientific problems in a scientific and theoretical manner” (), Table (1) shows the experimental design adopted by the researcher

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Groups	Pre-test	Experimental processing	Post-test
experimental	Performance endurance	Similar exercises to play	Performance endurance
control		Coach's style	

Community and sample research:

The research community was determined by the players of the youth clubs of Karbala governorate for the season 2022-2021, which numbered (8 clubs) with (200) officially registered players within the statements of the Sub-Football Federation in the governorate. The players of the fans club, which numbered (25) players, and after excluding the goalkeepers, and their number (3 guards) and (2 players) were injured, so their number became (20) players, who represented 10.2% of the research community, The researcher divided the sample into two groups, in the same way, an experimental group with (10 players) and a control group with (10 players).

Harmonization and equivalence procedures:

Homogeneity:

There are many measurements that directly affect the research variables, and after these measurements are identified (height, mass, training age), the researcher conducted the homogeneity of the two experimental and control groups to find out the extent of their homogeneity in the mentioned variables because of their relationship to the research variables through the skewness coefficient.

Table (2) shows the homogeneity of the study sample

Variables	Measuring unit	Mean	Std. Deviations	Median	Skewness
Length	Cm	169.55	2.892	169.5	0.081
Mass	Kg	67.75	2.692	67.5	0.080
Age	Year	17.30	0.470	17	0.945
Training age	Year	2.4	1.033	2.5	0.218

The above table (2) shows that the values of the skew coefficient are less than ± 1 of the levels of the distribution of the normal curve, and this indicates that the members of the

sample have been distributed moderately under the normal curve, and therefore it indicates their homogeneity in the variables investigated.

Equivalence:

The researcher divided the research sample into two groups, the experimental and the control group in a random way to ensure that there is no bias towards a specific sample and after the completion of the pre-tests Using the T-test for independent and equal samples to detect the equivalence of the two groups before implementing the proposed training program, to ensure starting from a single starting point, Where the results showed the value of (T) calculated for the independent samples is greater than the significance level (0.05), and this indicates the equivalence of the experimental and control groups and for all the variables that were used as in Table (3).

Table (3) shows the equivalence of the members of the research sample in the variables under study

Variables	Measuring unit	Experimental		Control		T value	level Sig	Type Sig
		Mean	standard deviation	Mean	standard deviation			
Performance endurance	sec	65.964	1.101	66.560	0.807	1.380	0.184	Non sig

The means, tools and devices used in the research:

Data collection methods:

- Testing and Measurement
- Resolution
- Note
- Interview

Devices, tools and devices that were used in the research:

- A football field.
- Stopwatch number (4).
- Number of footballs (10).
- Arbitration whistle (6).
- A computer type (ASUS).
- Plastic poles (cones) number (20).
- Adhesive tapes (5)
- Measuring tape number (2).
- A photographic camera type (2).
- Dry pens (5).
- The football field is legal.

Field research procedures:**Identify the research variables:**

- Endurance Speed
- endurance performance

Description of the tests used in the research:**Performance Endurance Test:****Test name: Circular performance test (El-Din and Moneim. 2007):**

- Objective of the test: To measure the endurance of the circular performance of the players.
- Test requirements: a football field, 10 footballs, 6 signs, a whistle, a stopwatch, a timer, and a recorder.
- Performance description: This test is performed in a circular form, where the player stands at the center line from the right side and bounces the ball (controlling the ball) 30 times and then runs along the contact line by rolling the ball until it reaches the corner area from the side and plays the high cross ball into the inside area the penalty. Then he runs to the penalty area line facing the goal to shoot (5) balls on the goal, then heads to the touchline from the left side to make a side throw to the colleague, then receives the ball from the colleague to run with the ball and Zakzak works with the ball between the plastic beams (cones) and then runs for a distance of 30 meters.
- Recording: Calculates the total performance time.

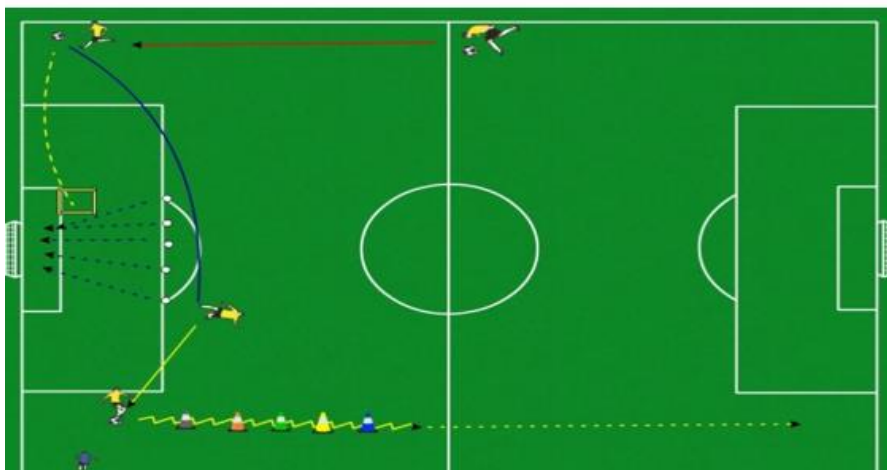
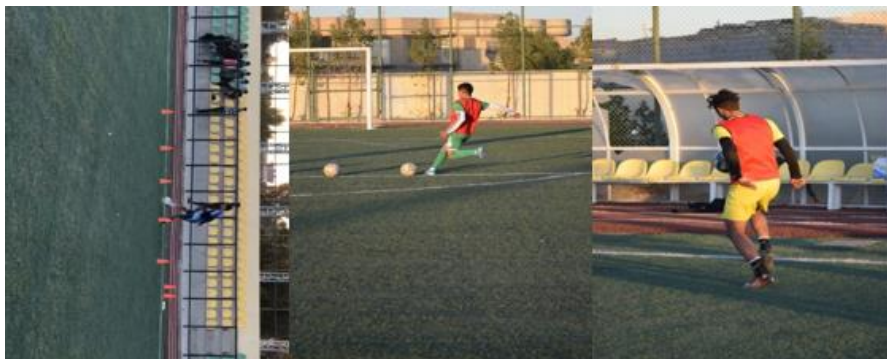


Fig.1 shows the a circular performance endurance test

Exploratory experience:

The exploratory experiment is one of the most important procedures in the implementation of scientific research in order to obtain accurate results, which is “a preliminary experimental study carried out by the researcher on a small sample before carrying out his research for the purpose of testing research methods and tools” (Mahjoub Al-Badri. 2002). The exploratory study on the research sample consisting of (20) players and to ensure the suitability of the tests as well as the suitability of the exercises that were identified, in terms of ease and difficulty, as well as the ability to apply them. The researcher conducted two exploratory and agency experiments:

First exploratory experience:

The researcher conducted the first reconnaissance experiment at (3:00 pm) on Monday and on (6/12/2021), through the experiment, the tests (scoring skill for the five offensive single cases and special endurance) were applied on a sample consisting of (10) players. The experiment is to know the obstacles that face the test to be overcome and avoided, the time taken and the appropriate time to perform the tests, and an explanation for the work team assisting the tests that are used in the experiment and through which it is clear that all the procedures were sound for the final application.

Second exploratory experiment:

The second reconnaissance experiment was conducted at (3 pm) on Tuesday, corresponding to 12/7/2021, on a sample of (10) players. Where the aim was to apply the exercises that were used in the research and which will be applied to the experimental sample, and it was reached:

- Safety of tools and equipment used in the tests.
- Knowing the difficulties and obstacles that occur, as well as avoiding the occurrence of mistakes.
- Knowing the time taken to carry out the tests.
- Knowing the extent of the ability of the assistant work team to conduct the pre-tests.

Pre-test:

The researcher conducted the pre-tests for the research sample, with the help of the assistant team, which were conducted on Wednesday (December 22, 2021) at exactly two o'clock in the afternoon and in the stadium of (Al-Jamahir Sports Club) in Karbala Governorate, where the scoring skill test was conducted for the individual, as well as the performance endurance test if these tests were conducted. On the research sample of (20) players divided into two groups, the first being an officer and the second an experimental one. The researcher sought to set the appropriate conditions related to the tests in terms of location, time, devices and tools used, the method of implementation and the assistant team in order that the conditions were as much as possible similar when conducting post-tests.

Main experience:

The researcher prepared similar exercises to play in order to achieve the goal of developing the variables investigated to bear the performance. In preparing the exercises, the researcher relied on scientific sources and references, and the opinions of

the supervisors and specialists in the field of sports training were taken, which helped the researcher in developing the exercises. Where these exercises were carried out under the supervision of the researcher in applying the exercises similar to playing, where these exercises were carried out on Thursday (23/12/2021) and after the completion of the tribal tests, where the application of the exercises ended on Wednesday (23/2/2022) as the researcher introduced the exercises Within the training units and the experimental group, which was prepared by the researcher.

The exercises were characterized by:

The training units were divided at a rate of (3) training units per week (Saturday - Monday - Wednesday) for a period of (8) weeks

- The number of training units (24) training units
- Where the exercises were carried out in a special preparation and at the beginning of the competition period
- I started carrying out the exercises prepared by the researcher on Thursday, corresponding to (23/12/2021)
- Training method Using the high-intensity interval training method
- The training intensity ranged from (80-90%) of the maximum athletic ability in light of the results of the survey experiment.
- The exercises were conducted at the beginning of the main section of the training unit
- The average time of the exercises prepared by the researcher ranges from (40) minutes from the time of the main section of the training unit
- The researcher took into consideration the principle of diversity in the application of the exercises.
- Where the training units were conducted in the Al-Jamahir Sports Club in Karbala Governorate.
- The training program was completed on Wednesday (23/2/2022).

Post-test

The post-test was conducted for the experimental and control groups after completing the exercises prepared by the researcher and after two months of implementing the post-tests, which were on Friday (25/2 2022)at 3 pm and at the stadium of the Al-Jamahir sports club and the application of the same procedures that he followed in the tribal test in terms of time and place, the tools used in the tests, the tools used in measurement, the method of implementation and the auxiliary work team, In order to avoid the variables that may affect the results of the tests.

Statistical methods: The search data was processed through the Statistical Package for the Social Sciences (SPSS).

Presenting, analysis and discussion of results:

For the purpose of reaching the objectives of the research and verifying the validity of the hypotheses adopted by the researcher in collecting and organizing data tabulation and then displaying the results and processing them statistically in tables, "because it reduces the possibility of error in the following stages of research and enhances the scientific evidence and gives it strength" (Shtumler. 1974), as well as facilitating The process of studying those results, in order to know the truth of the differences and their

statistical significance according to a precise scientific perspective, and this is done by extracting their arithmetic means, their standard deviations, as well as the calculated and tabular (t) value, in order to be known in favor of those differences. These results are also analyzed and discussed for all (pre-tests and post-test) for the performance tolerance variable for the two research groups.

Presenting the results of the tests in the pre and post-tests of the two research groups, their analysis and discussion

In order to test the first hypothesis, which stipulated (the effect of exercises similar to playing in the development of endurance, performance and speed for youth football players), the researcher used the (T) test calculated to extract the significant differences between the results of the tests in the pre and post measurement and as follows:

Table (4) shows the arithmetic means, standard deviations, mean differences, the standard deviation of differences, the calculated (t) value and its statistical significance for the pre and post-test of performance tolerance for the control group.

Variable s	Measur ing unit	Pre-test		Post-test		Differen ce between arithmetic mean	Differen ce between standard deviations	T val ue	lev el Sig	Ty pe Sig
		Me an	standa rd deviat ion	Me an	standa rd deviat ion					
Perform ance enduran ce	sec	66.56	0.807	63.44	1.821	3.116	2.173	4.534	0.001	sig

The analysis of Table (4) shows the statistical indicators of the results of the tribal and remote tests of the skill and physical variables applied by the members of the control group. These results showed significant differences between the tribal and post-tests for the variables (endurance speed, endurance performance) which seemed clear when using the (t) test, Where the arithmetic mean was evaluated through the tribal and dimensional tests, respectively, in the variables carrying performance (67.86) (64.14), the dimensional tests were less than the tribal tests because their inverse value is measured in time, that is, the lower the arithmetic mean, the better the level.

Discussing the results of the pre and post-tests of performance endurance for the control group:

Through the presentation and analysis of Table (4) with regard to the capabilities of the special endurance, significant differences appeared in the performance endurance. The researcher attributes these differences to continuous training and repetition throughout the experiment, as well as that also the development of some performance

endurance variables is to continue and organize the training program and work on a method that was also prepared and organized by A certified trainer in the youth league, it is certain that there will be development for these group members, as “regular sports training may lead to an increase in the work efficiency of the functional organs, especially the nervous and muscular systems, and this appears directly in the ability of the muscles to produce strength with an increase in the speed of muscle contraction and decision-making.” (Allawi and Abdel-Fattah. 1984). Which lasted for nearly two months, so it is logical to obtain the development of performance endurance as well as the trainer’s focus on the physical aspects according to the scientific conditions in building his training units as well as the ripple and diversity in his selected exercises, which he used in the control group, which led to raising the physical level in this ability This is due to the physical development of the members of this group to the use of large areas of the playing field, which provides a great opportunity to continue performance for a long time and according to the method of developing the ability to endurance performance

Presentation and analysis of the results of the pre and post-tests for the performance endurance of the experimental group:

Table (5) shows the arithmetic means, standard deviations, mean of differences, the standard deviation of differences, the calculated (t) value and its statistical significance for the pre and post-test of performance tolerance for the experimental group.

Variable s	Measur ing unit	Pre-test		Post-test		Differ ence between arithmetic mean	Differ ence between standard deviations	T value	lev el Sig	Ty pe Sig
		Me an	standa rd deviat ion	Me an	standa rd deviat ion					
Perform ance enduran ce	sec	65.96	1.101	60.70	1.185	5.262	1.908	8.720	0.000	sig

The analysis of Table (5) shows the statistical indicators of what was obtained by the results of the tribal and remote tests of the physical variable that were subjected to it by the members of the experimental group. The values of the arithmetic mean, respectively, showed their results to bear the performance (67.65) (60.65), and thus it is lower in the post-tests than the tribal tests because these variables have an inverse value because they are measured in time, that is, the lower the arithmetic mean in the tests from the post, the higher the level better .

Discussing the results of the pre and post-tests of endurance performance for the experimental group:-

Through the presentation and analysis of Table (5) the results showed that there were significant differences in the ability to bear the performance of the experimental group in the pre and post-tests. Positive in the development of the research variable, and

the players trained in conditions similar to what happens during matches according to appropriate repetitions and times by giving times of effort and rest in a manner consistent with the nature of those exercises, and this referred to as "football training is characterized by planning and organization Continuing on scientific bases, which guarantees a positive impact on the player's level and the continuation of his progress in various aspects of football, such as the principle of a gradual rise in the level of pregnancy and the correct timing for its recurrence" (Ismail and et al, 1989).

And the results of the pre-tests and the post-tests of the experimental group for a variable carrying performance were significant differences in favor of the post-test, and the researcher attributes this development to the nature of work and continuous physical effort during the experiment on the experimental group using exercises prepared by the researcher, where these exercises had an active role in achieving great development Between the pre and post-tests, as well as the use of an organized training load with positive goals that directly affect the development of players' performance and thus affect the adaptation events of functional devices, which enhances the development of endurance in performance. The researcher agrees with the study of (Moneim. 2007)

Which unanimously agreed that "training in an organized manner works to develop physical variables," in addition to the effectiveness of the training program in which organized and appropriate training loads were used by members of this group, the players' understanding and commitment to the program's vocabulary had a significant impact on the development of these capabilities and this was indicated To him (Mahjoub and Al-Badri. 2002) The irregularity of training leads to the prevention of the gradual development of the level on the one hand and its slow development on the other hand.

Presentation and analysis of the results of the post-tests carrying the performance of the two experimental control groups:

Table (6) shows the values of the arithmetic means, standard deviations, mean of differences, the standard deviation of differences, the calculated t-value and its statistical significance for the post-tests of performance endurance for the control and experimental group.

Variables	Measuring unit	Experimental		Control		T value	level Sig	Type Sig
		Mean	standard deviation	Mean	standard deviation			
Performance endurance	sec	63.44	1.821	60.702	1.185	3.989	0.001	Sig

Analysis of Table (6) that the statistical indicators of the results of the post-tests of the physical variable that the members of the control group and the experimental group were exposed to the results showed significant differences between the post-tests of the control and experimental groups with regard to the performance tolerance variable and for the benefit of the experimental group, which were clearly shown when using the (t) test. As the arithmetic mean values of the control and experimental group, respectively, for the performance tolerance variable (64.141) (60.702), if the experimental group was less

than the control group, because its value is inverse as it is measured in time, as the lower the arithmetic mean, the better the level.

Discussing the results of the post-tests carrying the performance of the control and experimental group:

Through the presentation and analysis of the table (6) and the graph (15) the results showed that there were significant differences in the variable carrying performance in the post-tests between the control group and the experimental group in favor of the experimental.

The researcher attributes that the experimental group players adapted to the vocabulary of the prepared training program, which relied on the method of high-intensity interval training in terms of using appropriate intensity and appropriate rests between repetitions, which led to the development of a performance tolerance variable, which was positively reflected in performance and to the upgrading of physical ability of great importance to football players. It is one of the basic features and characteristics of modern play. The real and basic goal of training is to teach the player to the best level that the player can reach by creating a state of harmony and compatibility between the capabilities and components of young players in conjunction with the followed and prepared program. The exercises similar to the proposed play had a role in developing endurance performance.

The researcher attributes that exercises similar to the proposed play have an important role in the player's ability to withstand performance during play as a result of working quickly without maximum for the longest possible period and facing fatigue resulting from performance, which led to the creation of a state of adaptation in the players. This is what was referred to by the command of "The totality of exercises or directed physical efforts that lead to adaptations or functional changes in the internal organs of the body to achieve a high level of athletic achievement" (Al-Bassiti. 1998). In addition, the exercises prepared by the researcher were chosen with high and finite accuracy according to a perspective and a scientific basis in terms of intensity and distances that fit with the specifics of the game, and this is what was indicated by "If the coach was able to determine the proper time for a stage of recovery, he could raise the gradual increase in the training load within the training rhythm of the physical level" (Othman. 1987). In addition to the fact that the gradation in the exercise has a large and positive role in the development of the variable of endurance of speed, it was found that the development took place in the experimental group, and the reason is the approach developed by the researcher through exercises similar to playing that was built according to scientific foundations organized in the correct gradation by increasing the training load as he sees (Ibrahim. 2008) "

The gradual increase will require the athletes to implement the training requirements within the limits of their capabilities and functional capabilities at the beginning of each new training period or stage in order to obtain new adaptations that lead to raising their level to the highest possible level also asserts "The training curriculum is the practical executive step of sports training in the form of exercises or detailed physical activities that must be carried out to achieve the goals, considering the training curriculum as an applied procedure on it." (Abboud. 2015)

Conclusions and Recommendations:

Conclusions:

Through the results that the researcher has reached, he concluded the following:

- The exercises similar to playing have proven their efficiency and the way they work through the cooperation of the players in training, as these exercises are excellent and effective exercises that perform the desired purpose through them, as they contributed to the excitement of the players in carrying out the exercises with a high degree of accuracy and focus.
- The exercises similar to playing have a positive role in developing endurance, speed and performance endurance for youth football players.
- The exercises similar to playing contributed to the development of endurance, speed, and performance endurance for youth football players.
- The diversity of exercises similar to playing was commensurate with the abilities of the research sample members, which led to the development of the variables investigated..

Recommendations:

Based on the conclusions reached, the researcher recommends the following:-

- It is necessary to focus on the use of exercises similar to playing by football coaches because they are competitive and interesting exercises similar to playing and have a very important impact on the development of the variables investigated.
- Emphasis on the use of such exercises in training during the different preparation periods (special preparation, pre-competitions, competitions).
- The necessity of using similar exercises to play on different age groups in subsequent studies.
- It is necessary to test the use of such exercises on other research variables in later studies.

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