

Coach's role in overcoming the void period for young footballers

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Abstract

The study aims to identify the role of the coach in helping the players and the team to overcome the void stage during the competition, which is the stage in which the level of performance declines, whether individual or collective performance, as we assumed that the coach's experience and his focus on the psychological aspect, has a positive role in the team's overcoming of the void stage. For this purpose, we used the descriptive survey method, on a sample of 50 coaches, chosen randomly. To collect data, we used a questionnaire designed by the two researchers, consisting of three axes and 20 questions. After collecting the results and processing them statistically, we concluded that the junior team, during its passage through a void, the trainer directs his attention and focus on the educational, skillful side in the first, and the psychological side in the second, relying on this as the reason for his field experience in employing the psychological aspect. On this basis, the study recommended the necessity of training the trainers from the psychological side, in addition to making sure to prepare a unified training program for the junior class, in order to facilitate the process of their inclusion in the senior class.

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Introduction:

The profession of sports coaching is considered one of the most difficult professions, as it requires focus, high experience, great potential, and individual professional competence that must be available in those who choose this profession.

Each coach must have a scientific level and a high ability to understand the modern world of training, which in turn requires great capabilities and intelligence in analyzing difficult situations, especially with the youth category. (Hussein, 1997)

To reach his lofty goal, the coach must adhere to the ethics of training, and set an example for all players, through his strong personality, especially in the field of football, which has become the most practiced and attractive sport for young people. It is known that football teams go through a period of emptiness in which the team is unable to develop or achieve the desired results. (Muqi, 2020, p. 160) (Ben Saibi, 2011, p. 217)

In order to achieve this, a good leadership is required that is educationally qualified and capable of bringing positive change in the behaviour of the trainee with a degree of skills and quality. Therefore, the coach must be scientifically, psychologically and physically qualified, and enthusiastic about his work as one of the most important factors that help the success of the training process and raise the level of athletes for the better. In addition to the process of detection, selection, and guidance, which is considered one of the most important processes for sports teams to go through in order to choose the best elements that have the components of success and some qualifications that help them excel in this sport. (Babousha, 2021)

Since the coach is one of the personalities that have a special philosophy, which dictates to him some duties, characteristics and specific characteristics that the latter should possess and practice, the coach today can be described as "the protective father of the players as he is also the winning coach." (Zaki Hassan, 1997, p. 95).

The researchers in this field have paid attention to the role of the coach through a group of previous studies represented in the study of Ghalim Abdel Hamid entitled *The Psychological Role of the Coach and its Impact on the Performance of Senior Football Players*. Where the aim of the study was to clarify the psychological role that the coach play in improving and raising the level of performance and achieving positive results. The study was conducted on a random sample consisting of 30 active players in the state football division, and 8 coaches for these teams .This study proved, through the results obtained in questionnaires for players and coaches, that the psychological role of the sports coach affects the performance of the team during football competitions.

Anani Salem 2021 study entitled "The effect of the degree of cohesion on improving the athletic performance of senior football players", where the study aimed to know the effect of the degree of cohesion on improving the athletic performance of senior football players. The researcher relied on the analytical descriptive approach on a sample of 90 players. Where he concluded that the degree of cohesion differs according to the level, and that the teams that occupy the lead and play the succession had great cohesion.

And Saudi Al-Junaidi's study entitled "The role of the coach's personality in activating the relationship and its impact on the team's performance among wheelchair basketball players". The descriptive approach was used on a sample of 17 players, where a questionnaire was designed and applied to the sample members. The study concluded that the personality of a coach has a major role in activating the relationship between team members, as well as its impact on the team's performance among wheelchair basketball players.

And the coach, in his relationship with the players, forms an integrated unit that gains advantages for the team members in order to achieve the ruling goals.

The coach often occupies a high position in the hearts of the members of the sports team that he coaches, especially for the junior category, and in light

of the above, we can pose the problem of our research in the following question:

Does the football coach have a role in overcoming the stage of emptiness for the players of the junior teams?

More specifically, experimental studies indicate that CWI generates a series of physiological changes including, the reduction of core body temperature (Peiffer, Abbiss, Watson, Nosaka, & Laursen, 2009).

Through this literature review, we assume that the response of the recovery indicators varies significantly depending on the type of CWI recovery protocol. Therefore, the main objective of this study is to compare the effects of two recovery protocols by CWI after a state of intense fatigue in young Handball players.

2. Method and Materials :

Type of research follows the approach adopted by (Ahmed, 2019, page 26), and for this we used the descriptive approach using the survey method.

2.1. Participants :

The research sample was 50 junior football coaches selected in a random manner

2.2. Materials :

In order to gauge the role of the coach in exceeding the void stage of young footballers, we have relied on building the tool on everything that has been considered on the subject of our research, as well as using previous studies in the field. A questionnaire is designed to suit the research problem and is of three dimensions:

- The skill side axis includes 08 questions.
- The psychological aspect axis contains 08 questions.
- The hub of impediments went beyond the vacuum stage, which in turn included 04 questions.

The Lycert Triple Scale was used and the length of the period used on the Lycert Quinquennial Scale was determined by $\frac{2}{3}$ (0.66) as the answer to

one of three choices is: never, sometimes and always, and so the length of the cells became the following:

- Weighted average of 1 to 1.66 is never offset by phrase.
- Weighted average from 1.67 to 2.33 is sometimes offset by phrase.
- Weighted average from 2.34 to 3.00 is always offset by a phrase.

The effectiveness and degree of roles assigned to trainers have also been determined as follows:

- Weighted average of 1 to 1.66 is offset by an ineffective score.
- Weighted average from 1.67 to 2.33 is offset by average score.
- Weighted average of 2.34 to 3.00 is offset by an effective score.

2.3. Design and Procedure :

Honesty and stability of the tool:

1/Certification of arbitrators:

The questionnaire, designed for a group of experienced and specialized professors, was presented with a view to expressing their views and observations on the phrases and their relationship to the interlocutors and hypotheses

2/Self-honesty:

The square root of persistence

3/Stability:

Cronbach's Alpha has been calculated using the statistical programme (IBM SPSS Statistics 22):

Table No. 01: Shows the value of the search tool's constant factor:

Number of phrases	Stability	Honesty
20	0.94	0.97

Given the test schedule (Kronbach Alpha) above extracted from the program, the value ($\alpha = 0.94$) is very good as being higher than the acceptable ratio (0.6). Therefore, if the tool is reused, it gives us the same results, the

honesty factor (0.94) and this is D that the tool measures what it is designed to measure.

Table 02 shows the value of each dimension of the questionnaire's constant factor:

Dimensions	Number of phrases	Stability	
Honesty			
Psychological aspect	08	0.93	0.96
Skill Side	08	0.87	0.93
Disabilities	04	0.63	0.79

The value ($\alpha = 0.93$) of the terms of the first dimension of the psychological aspect is very good because it is higher than the accepted ratio (0.6) and the factor of honesty (0.96). The value ($\alpha = 0.87$) of the skill dimension was 0.93, the persistence of the disability dimension (0.63) was 0.79, and the dimensions of the questionnaire measured what they were designed to measure.

2.4. Statistical Analysis

In order to achieve the objective of the study and analyze the data we have collected, we have used many statistical methods using the statistical program (IBM SPSS Statistics 22 statistical package), and we have also relied on the following statistical methods:

- ✓ Percentages to know the frequency of a variable category in order to describe the study sample.
- ✓ Computational average and standard deviation.
- ✓ The Alfa Kronbach constant coefficient to measure the stability of the instrument.
- ✓ Binding coefficient Pearson.
- ✓ Anova test for differences.

1. Results :

The research model consisted of three axes and 20 questions for football coaches to learn their role in going beyond the vacuum phase

Table No. 03: Showing the averages of training skills and psychological aspect.

Axis	Mean	Standard deviation
Training Skills	2.87	0 . 2 4
Psychological aspect	2.63	0 . 4 5

As shown in the table above, the overall average of the training skills axis was 2.87 with a standard deviation of 0.24 and is greater than the overall average of the psychological axis of 2.63 with a standard deviation of 0.45. And they are the two averages that are always an option and an effective focus on the two sides, And so we conclude that the junior football coach focuses more on the skill side than the psychological side to get through the leisure phase of junior football players

- Presentation and discussion of the results of the role of the football coach's experience:

Table No. 04: Shows the results of the "F" test of the role of the coach's according to experience.

the role of the coach	sum of squares	freedom score	"F"	signifi	
experience	0.074	2	1.298	No significant	0.74

The results shown in the table above show that the total boxes were 0.361 and the value of "F" was 1.624 at a degree of freedom 2 and a level of morale sig = 0.21, which is not statistically D, because ($\alpha \geq 0.05$) we therefore accept the imposition of nowhere, which states that: There are no statistically significant differences in the role of the coach to go beyond the leisure stage of the emerging players of football according to the training certificates. The fourth hypothesis has not been fulfilled. It concludes that

the category of young people requires experienced coaches as education and education is the priority in the training of this category.

2. Discussion :

The second hypothesis stated that: The most important causes of passing through a void phase among young football players lie in the personality of the coach and his constant criticism of the players, and through the results reached, it became clear to us that the repeated absences of players from the training sessions always prevent reaching the goals set by a percentage of (84.6 %). And that junior football coaches sometimes criticize the players constantly at a rate of (38.5%), and therefore we conclude that absences from training are the most important obstacles to overcoming the void stage for junior football players, and therefore the second hypothesis was not fulfilled, and these results came in contrast to the results of the two researchers. Omar Saeedi and Abdul Qadir Bokshawi (2002), which concluded that the performance of the sports team is positively affected by adopting a leadership style, and this explains the difference in the coach's tasks and role in training the junior groups under 13 years old and training the senior team, where the coach's treatment of the players differs.

As for the third hypothesis, which states that there are statistically significant differences in the role of the coach, to overcome the void stage of the young football players, according to the different years of experience in training. To verify the validity of this hypothesis, it was treated statistically, using the ANOVA test, as shown in Table No. (03). Where these results were fully compatible with the study of Anani Salem 2021, which illustrates the importance of the personality of the coach in employing the factor of experience to preserve the spirit of the group and achieve cohesion between the players, which was also confirmed by Ghalim Abdel Hamid in his study of the psychological role of the coach and its impact on the performance of football players senior class, where he concluded the team's performance during football competitions depends on the extent to which the coach exploits the psychological aspect in preparing the players

3. Conclusion :

The sports coach has a great and effective role in overcoming the void stage of the young players, and as a leader and educator, he has a close relationship with the players, which will positively affect the sports results and learn the basic skills of the game, and he also plays a major role in raising young people, Also, the young football team during its passage through a void stage. The coach, in turn, directs his attention and focus on the educational and skillful aspects in the first place and the psychological aspect in the second degree. And both are important elements in improving and developing the youngsters technically and physically, through constant encouragement and stimulation of the team members and to persevere in training, This creates a state of harmony and balance in the team, in addition to repetition and continuity of skillful movements that, with the passage of time, become entrenched in the young players, and they practice these skills effortlessly and intuitively, which helps in their basic formation and the development of their techniques.

This is without forgetting that the obstacles that prevent the achievement of goals, which are always the reason for the team and players to go through a void, lie primarily in the absence of training, because continuity is an important factor in football.

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