

The Impact of the Mini-Games Exercises during a Training Programme in Developing the Skills of Passing, Receiving and Controlling the Ball for Football Players under 17 Years.

أثر تمارينات الألعاب المصغرة خلال برنامج تدريبي في تطوير مهارة التمرير والاستقبال و التحكم بالكرة لدى لاعبي كرة القدم أقل من 17 سنة

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Received: 07/09/2019

Accepted: 13/11/2019

Published:05/12/2019

Abstract:

The study aimed at identifying the extent of the contribution of the suggested training programme using the mini- games exercises in developing the Skills of Passing, Receiving and Controlling the Ball for under 17 years football players.

To evaluate the extent of the effectiveness of this programme, the researcher conducted a study at the level of the regional championship of the State of Annaba. The study included a sample of 20 players from Khadraoui Ahmed Team of Sedrata who were intentionally selected for the research.

In this study the researcher applied the experimental method through making a pre-test followed by the application of the sportive training program that was designed by the researcher and then ended with a post test.

By analysing the results, the researcher concluded that the suggested mini-games exercises during the programme contributed positively in development of the studied skills.

Key Words: Mini games Training program the Skills of Passing Receiving Controlling the Ball

ملخص:

تهدف الدراسة إلى التعرف على مدى مساهمة البرنامج التدريبي المقترح باستخدام تمارين الألعاب المصغرة في تطوير مهارتي التمرير و الاستقبال و التحكم بالكرة للاعبين كرة القدم أقل من 17 سنة، و لدراسة مدى الفعالية أجرى الباحث دراسة على مستوى البطولة الجهوية لولاية عنابة حيث شملت عينة الدراسة فريق خضراوي أحمد سدراتة بـ (20) لاعبا، و قد تم اختيارها من مجتمع البحث بالطريقة العمدية، كما اعتمد الباحث في هذه الدراسة على المنهج التجريبي و ذلك بإجراء الاختبار القبلي يلي ذلك تطبيق البرنامج التدريبي الرياضي المصمم من طرف الباحث، ثم أنهى ذلك بإجراء الاختبار البعدي. و من خلال تحليل النتائج تبين أن تمارين الألعاب المصغرة المقترحة خلال برنامج ساهمت وبشكل ايجابي في تطوير المهارات المدروسة.

الكلمات الدالة: البرنامج التدريبي، الألعاب المصغرة، التمرير و الاستقبال، التحكم بالكرة، كرة القدم، المرحلة العمرية أقل من 17 سنة.

1- Introduction and problematic research:

The player's possession of defferent forms of motor performance similar to the requirements of the game.

allows him to choose the best according to the real playing situations and raise his maneuverability and making plans in a defferent places and directions and does'nt surprise the untrained positions and then achieve the speed of outstanding performance with accuracy and concordance Performing the skill and planning duties, where (Mufti Ibrahim Hammad, 1987, p19) and (Hanafi Mahmoud Mukhtar, 1994, p117) However, "the success of the player's motor performance during the game depends on the degree and level of stability of his motor skills and mastery of them, whatever the circumstances and positions of play during the game." And mohammed hanafi mahmoud mokhtar adds in the same context that "the trainer must work to install the basic skills to perform accurately and perfectly during training, and takes him in match-like conditions.

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Like composite exercises with a colleague And these divisions require the player to perform properly and quickly skills under the pressure of opponents players in a narrow space of the stadium. In addition, these exercises give the player experiences that make him economize in his efforts during the performance with the ability to behave well and calm nerves while playing", **Ibrahim Shaalan and Amr Abu El Magd** agree that "the performance of basic skills can be established under conditions similar to what happens in games through exercises that create situations such as 2 against 2 and 3 against 3 or 2 against 3 or even 3 against 4 ".

(**Ibrahim Shaalan and Amr Abu El Magd, 1996, p213**). Thus, it is clear that mini-games, which take place in small spaces and with a certain number of players, raise the player's ability to perform and accuracy, And it's a good way to prepare the player as it contains fitness elements, **Mohamed Keshk and Amr Allah Al-Bsati**, " That mini-game training or competition is one of the best ways to stimulate player activity and increase motivation for performance", (**Mohammed Kishk, 2000, p166**).

Thus, mini-games are more comprehensive than traditional training (**Little, Reilly 2006**). The mini-games by using the ball on a small space more rich and more complete than the traditional training without balls and we can confirm that not using it is a big mistake in the training methodology ."

Herman Vermeulen adds that "training on mini-stadiums helps in mastering the skill side due to the conditions of rapid and continuous transformation through collective performance, This is in addition to the development of agility, speed of reaction and accuracy of performance because it depends on the dynamics of collectif players similar to performance during the games, which takes to upgrade and improve the efficiency of skills and achieve stability and stability of

the stages of technical performance of the special skill in changing situations within the game. (Herman Vermeulen, 2004, p23).

And with the opinions that were given by the researchers which are based on the opinion of some coaches and algerian footballers in addition to the theoretical and field experience of the researcher as a former player observed a decrease in the skill level through observation of some matches for youth groups (less than 17 years).

From here the researcher considered this problem to to prepare a special training program for two months starting from the period of special physical preparation until the competition stage (first rounds), to know the effect of mini-games exercises. In developing the skill of passing, receiving and controlling the ball for football players under 17 years old as a category in which the player is more able to absorb and learn, and therefore from the above researcher raises the following questions:

-General Question:

- Do the mini-game exercises proposed during a training program affect the development of the skill of passing, receiving and ball control for football players under 17 years?

- Sub-questions:

- Are there any statistically significant between the results of the pre- and post-test tests of the research sample in the skill of passing and receiving of football players under 17 years?

- Are there any statistically significant between the results of the pre- and post-test tests of the research sample in the control the skill for football players under 17 years?

-Hypotheses of researches :

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- General hypotheses:

- Are there any statistically significant between the results of the pre- and post-test tests of the research sample in the skill of passing and receiving and control of the ball of football players under 17 years?

- Partial hypotheses:

- There are statistically significant differences between the results of the pre- and post-test tests of the research sample in the skill of passing and receiving in favor of the post-tests.

- There are statistically significant differences between the results of the pre- and post-test tests of the research sample in the ball control skill in favor of the post-tests.

- Research objectives :

To show the nature of the statistical differences between the results of the tests before and after the sample of the research in the skill of passing, reception and control of the ball for football players under 17 years of the regional association of the Wilaya of Annaba for the sports season 2017/2018.

2- Identify the terms which are used in the research:

- training program:

It is known as the executive steps of the planning operation of a plan that has been already designed and the implementation of the plan, and the ways of implementing it. (Abdul Hamid Musharraf, 2002, p. 33).

- mini-games :

The mini-games: are simple organized games in which more than one person is involved to compete according to the given rules, They are not limited to agenda, age or a physical level and they are predominated by recreation and

entertainment, They can be with tools or without them. (Nouiri Boubakar, 2018, p63).

- Controlling the ball :

It means to control the player and control all the balls coming to him regardless of the quality of these balls (high, half high ground) and in turn these skills are divided into :

- Ball receipt:

It is to control the ball by weakening its speed and pulling it once it is received using the soles, face of the foot, outside the foot. (Mowaffaq Asaad Mahmoud, 2009, p11).

- The skill of passing the ball:

Joël Cordeau says that passing the ball is an important key in the collective game and passage is applied between players. (Joël Cordeau, 1988, p118).

And it is divided in two parts :

A- Short Ground Pass: It is the best type of exercise in football and is used in all stages of the attack, whether in the beginning or development

B- High long pass: long passes are useful in changing direction and exploiting the speed of the players and must be characterized by long passes high accuracy and mastery because the slight mistake results in the ball being too far away from the player or the area to which the ball is to be delivered.

- Football :

Football is a sport played between two teams each one has eleven players using a ball on a rectangular pitch at the end of each their goals , each of the two teams try to score as many goals as possible in his opponent's goal to be the

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winner, and the ball is moved by foot. Only the goalkeeper is allowed to hold the ball with his hand inside the penalty area. (Mustafa Kamal Rateb, 1999, p 05).

- Stage Under 17 years of age:

The researcher identifies it procedurally as a category of basal formation in football and falls between the two categories of younger than 15 years and the middle of less than 19 years and is commensurate with the intermediate stage of adolescence framed by the regional association of the province of Annaba

3- Previous and related studies:

- the study of KELLY DM DRUST B (2018):

Study title: Effect of pitch dimensions on heart responses and skill requirements in mini-football, published research, Institute for Sports and Training Sciences, **John Moores University Liverpool 2008, UK**

- **Objective of the study:** to identify the effect by changing the dimensions of the stadium on the heart rate and some skill requirements of the players of mini-football.

- **Methodology used:** The researcher used in this study the experimental method.

- Tests used :

- Heartbeat test, observation.

- The result of the study:

- Heart rate does not change by changing the pitch dimensions.

- Basic skills are affected by changing the size of the stadium by increasing or decreasing the number of times touching the ball and thus repeat those skills.

- Comparisons of time periods for play indicated significant differences in both heart rate and skill requirements.

- tudy of BOUNCHADA YACINE (2016):

-**Title of the study:** The effect of a suggested training program for small games on the development of some basic skills in football in the school category (06-09 years), published research, Journal of the Professional Institute of Science and Techniques of Physical and Sports Activities, Issue No. 11, 2016, **University of Xian Ashour in Djelfa (Algeria)** .

- **objectif of study :** they were identified in the following points :

- To Disclosure the impact of the proposed training program for football in developing the skill of passing the ball in the school category.

- To reveal the impact of the proposed football training program on the development of scoring skill in the school category.

- **The method used:** The researcher used in this study the experimental method, using pre and post measurement on a sample of 33 players from the school category (06-09 years) divided equally into two regiments:

- **First Regiment:** 15 players represents the experimental sample.

- **The second regiment:** 15 players representing the control sample.

- **Tests used:** The following skill tests:

Ball pass test, ball aiming test.

- **Results of the study :**

- The proposed training program for football has a role in improving the passing skill and scoring skill for the school class.

- **Research Methodology and Field Procedures:**

1- Methodology used:

The researcher used the experimental method by designing one group using pre- and post-measurement where it fits the nature of the problem that we are studying , In order to prove the positive impact in the development of the skills

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- Research Society and Sample:

- research community:

Consists of football players under the age of 17 who belong to the regional association of the province of Annaba, where the number of teams 54 teams divided into 05 regiments (A, B, C, D, E):

-The research sample:

It is a subset of the study population that is selected in a certain way and the study is carried out (Mohammad Obeidat et al., 1999, p. 84).

The researcher has chosen a group of cohort "e" in the deliberate way, namely:

- Khedrawi Ahmed Sedrata "USKA SEDRATA" with 20 players, after excluding goalkeepers and injured players.

- Research variables :

- ✓ **Independent variable:** "mini-game exercises".
- ✓ **dependent variable:** "scrolling, receiving and controlling the ball".

- Research Areas:

A- Human field: represented in the team of Khadraoui Ahmed Sedrata estimated at 20 players.

B- spatial field: for conducting pre- and post-test skills tests in addition to the proposed training modules, the municipal stadium was allocated the place of training the sample.

C -Time domain: between 20 August 2017 to 25 October 2018.

- The survey study:

The different study procedures were applied in three stages:

-The first stage:

Through references to football as well as similar and relevant studies, The researcher identified a set of skills, and then presented to a group of professors and doctors and specialists in the field of football (coach, physical record) In order to choose the most suitable basic skills that are compatible with the age group less than 17 years where the researcher reached the following:

Table (01): shows the results of the questionnaire on the basic candidate skills.

Skill Requirements	Selection by priority
- Passing and receiving (handling).	%96
- Control and control of the ball throughout the body.	%82
-Shooting.	%50
-Hit the ball with foot	%60
-Hit the ball with head	%30
- Running ball (rolling).	%75
- Dodging and deception	%48
- Attacking (cutting the ball from the opponent).	%45
-Seam throw.	%15
-Execute fixed balls.	%35

- The second stage :

A set of tests that measure and control the selected skills have been identified based on a set of scientific references and previous studies related to the subject of the research

Air ball control test, pass and receive test and control.

-Third stage:

Performing preliminary steps, the aim of which was to:

- Preparation of administrative documents in order to allow us to conduct tests on the sample selected for the study.

- Preparation of documents for tests and nominal lists in order to record the results.

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- Fourth stage :

The survey was conducted on a sample of (10) players from the team of MC Souk Ahras. The sample was taken to match the age requirements of the research sample. The test was conducted and retested at the same time and under the same conditions.

- Research Tools:

It was represented in Arab and foreign sources and references, personal interviews, questionnaire and skill tests.

- Scientific basis for the tests:

- Test stability:

In this research we used a test and retest method on a sample of the same age group of 10 players from the team of MC Souk Ahras, after using the Pearson correlation coefficient, and after looking at the indication table for the simple correlation coefficient at the significance level (0.05) and the degree of freedom (09), we found the calculated value of all the tests is greater than the estimated table value. (0,602) This confirms that the tests have a high degree of stability as shown in the following table:

Table (02): shows the stability of the skills tests adopted in the research.

the exams	Sample Size	Sample Size	Significance	Stability Coefficient	able Value Correlation Coefficient
Control the ball in the air	10	09	0.05	0.969	0.602
Scroll receive, and control				0.999	

- Validity of the test: In order to ensure the validity of the tests the researcher used the factor of self- honesty as the truest experimental scores for real scores

The impurity of the measurement, which is measured by calculating the square root of the test's stability coefficient, was found to have high self-validity as shown in the following table:

Table (03): shows the validity of the skill tests in the research.

the exams	Sample Size	Sample Size	Significance	Stability Coefficient	able Value Correlation Coefficient
Control the ball in the air	10	09	0.05	0.984	0.602
Scroll receive, and control				0.999	

- training program:

A-Scientific bases in the development of the proposed training program:

They can be summarized as follows:

- The program takes into account the characteristics and characteristics of the age group under consideration
- Interest in warming up before applying the training module.
- The program takes into account the nature of formations and the stadiums area.
- The program takes into account the general principles in the application of training work from gradient in pregnancy, individual differences, continuity of training, exchange of work between comfort and effort. . . etc.
- The researcher used the method of training using the method of competition, repetitive training, low training and high intensity.
- Do not rush to move from one stage to another while respecting the objectives and contents of the allocated time periods.
- Respect the principles of training and the foundations of sports planning.

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- Taking into account the extent of interdependence between the components of the training situation of the player (physical qualities, basic and planning skills, psychological skills).

- Taking into account the element of flexibility and adaptation to the surrounding conditions and through the development of many alternatives.

- Keen to diversify and use the latest exercises and configurations in the implementation of the program, depending on the video recordings and references in addition to the competent Internet

- Attention to the recreational aspect and not to neglect the element of suspense and competition.

- Consider the continuity of the program without interruption

- Attention to the final stage of calming the body and return it to the normal state depending on light running and stretching movements.

B- Building the training program:

It had been lined for this purpose the following points

- First: Goal Setting:

- **General objectif** : the objectives of the mini-games training program were to:

- To develop the physical qualities and basic skills of football players under 17 years of age according to similar circumstances and what happens in the games.

- Developing the voluntary and moral qualities of the players.

-Preparation and development of players in terms of defensive planning (defense of the region, man-to-man defense, coverage ...) and offensive (rapid play in small spaces, the opposite attack, organized attack, aiming from different positions ...).

- Special goal:

- Develop the following skills: scrolling and receiving (handling), control and control of the ball throughout the body.

- Second: Determine the content of the program:

The content of the training program was determined based on the objectives indicated as follows:

-Duration of application of sports training program (08 weeks).

- The total number of training units (16) training units, where the group is trained by (02) training units per week.

- The training module contains a set of mini-exercises aimed at preparing players from the physical, skill, tactical, psychological and mental.

- Time of the training unit (90-120) minutes including the preparatory stage and the final stage.

- The intensity used during the training units (64-100) of the maximum capacity of the player, The intensity was determined by the time of the exercise, the degree of difficulty and the space used, the number of players

- Time of the training unit (90-120) minutes including the preparatory stage and the final stage.

- The intensity used during training units from (64-100) of the maximum ability of the player, where the intensity was determined by the time of exercise, the degree of difficulty and space used, the number of players, and the period in which the player returns to normal and is the time of rest to reach the level This allows the player to repeat the exercises used throughout the training unit efficiently and avoid overload symptoms.

- The training size was determined based on the number of repetitions of the exercise and for each group taking into account the intensity used for the training unit.

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- Provide the best tools and supplies to perform exercises.

- Warm-up included a variety of exercises and modern methods to ensure the preparation of the player to bear the burden of training in the main section by balls to ensure that the player does not feel bored of conducting the same warm-up each time .

- The exercises were conducted in similar conditions of performance in games of different qualities (individual, double, combined and group).

- **Third: legalization of training load:**

The degree of pregnancy should not be fixed, but should increase over time.

- **Maximum load:** 90 - 100% of the player's ability, (heartbeat more than 190 beats per minute).

- **Load less than maximum:** (high): 75 - 90% of the ability of the player, (heartbeat from 170 to 190 beats per minute).

- **Average load:** 50-75% of the player's ability, (pulses less than 170 beats per min).

- **Fourth:** Training Tools and Equipments Used:

Measuring tape (decameter), timer (Casio - HS - 30 W), (03), chalk, legs, chairs, wooden pointer (03), small cones (20), large cones (20), plates "ASIAT" (40), bras of various types, whistle type of FOX (04), legal football (20), small goal (10), computer (computer) type (ACER), medical balance to measure body weight, height measuring device, box Wooden for flexibility testing.

- **Statistical Methods:**

In this research we rely on the following statistical methods using the SPSS program.

Percentage, arithmetic mean, standard deviation, simple correlation coefficient (Karl Pearson), self-validity, coefficient of significance differences (T) Student, effect magnitude coefficient.

2- Presentation and analysis of the results of the study:

- Presenting and analyzing the results of the pre- and post-skill tests for the research sample:

Table (04) shows the comparison of the pre and post test results of the research sample in the tests under study at the level of 0.05 and the degree of freedom 19.

The tests	Pre-test		Post test		Probability value (Sig)	Values "v" calculated	Statistical significance
	Arithmetic mean	Standard deviation	Arithmetic mean	Standard deviation			
Control the ball in the air	47,55	28,39	75,80	30,09	0,000	7.898	sig
Scroll receive, and control	58,37	4,83	51,69	5,10	0,000	7.514	sig

The following table shows the comparison of the pre- and post-test results of the research sample in the tests under study:

The calculated "T" value was respectively -7,898, 7,514, and the probability value (Sig) 0,000, 0,000, which is below the significance level of 0.05. In favor of the telemetry of the sample.

-Presentation and analysis of the results of the impact test in the skills studied:

Table (05): shows the size of the impact of the research sample in the tests under investigation.

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	The degree of freedom	calculated by the T value	the magnitude of the effect	the ratio of the contrast	the percentage of variation
Control the ball in the air	19	7.989	0.87	87%	13%
Scroll receive, and control	19	7.514	0.86	86%	14%

We notice from the table (05) that the effect size values were respectively 0.87,0.86, which explains that 87%, 86%, of the percentage of variance of the sample due to the effect of the proposed mini-games exercise, which is a large percentage This percentage has a clear indication that there is a clear effect from the remaining values of 13% and 14%, and that the statistical strength and confidence of the calculated values of T-7,898 and 7,514 are statistically accurate and objective in increasing the percentage of skills development studied The sample population and the contrast ratio are only clear evidence of the true value of the magnitude of the effect in these variables.

-Discuss the results in the light of research hypotheses:

-Discussion of the first hypothesis:

- There are statistically significant differences between the results of the pre- and post-tests of the research sample in the skill of passing and receiving in favor of the post-tests.

Through statistical processing of the raw results, there were statistically significant differences between the results of the pre-measurement and the post-measurement of the sample in the test of passing and receiving skill.

The researcher attributed these differences to the development that the sample members learned from the application of the proposed exercises using the exercises of mini-games, which allows repetitions affecting the performance level of skills, Miniature games are another gateway to the phenomenon of play.

During the performance of small games, individuals practice models of multiple motor skills with repetition without boredom,

The different situations in the game give the participants the opportunity to interact with each other (Mustafa Sayeh, Mohamed Hussein Abdel Moneim, 2006, p05), Which increases the excitement of the player's activity on performance. The success of the player's performance during the game depends on the degree of stability and stability of his motor skills and no matter how the circumstances and playing positions change during the game ,According to Hanafi Mahmoud Mukhtar, the trainer should work to establish the basic skills so that they are performed accurately and perfectly during the training. And to be performed in conditions similar to the circumstances of the game, such as combined exercises with the colleague and that these divisions require the player to perform correctly and quickly skills under pressure of opponents players in a narrow space of the stadium in addition to these exercises give the player experiences that make it economical in his effort during Performance with the ability to behave and calm the nerves while playing "(Hanafi Mahmoud Mukhtar, 1994, p119). I agree with several studies such as the Ponshadeh Yassin study (2016), where all of these unanimously agreed on the role of mini-game exercises as exercises similar to real situations during actual games that raise the level of training aimed at developing and fixing the basic skills under study, as well as the study of Kelly and Drost (Kelly DM (Drust. B, 2008), She points out that the training according to situations similar to matches help to stabilize the skill aspects of football players, where Taha Ismail says that playing in the mini-stadiums is the basis for the acquisition of many different technical installations where the basis of the speed of the player's sense of moving to take the appropriate places while mastering fast pass How to keep the ball, change

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places, look opponents and watch out for every opponent and colleague nearby, They are always carried out in small spaces where physical and tactical performance is elevated. "(Taha Ismail et al, 1993, p123) In this sense, we emphasize that the exercises of mini-games contributed positively to the development of the studied skills of the research sample and therefore the first hypothesis was achieved.

-Discussion of the second hypothesis:

- There are statistically significant differences between the results of pre- and post-test tests of the research sample in ball control skill in favor of the post-tests.

Through statistical treatment of the raw results, there were statistically significant differences between the results of the pre-measurement and post-measurement of the sample in the test of ball control in the air, which is noted in Table (04), (05) and is in favor of the telemetry.

This is due to the impact of mini-games exercises on the development of the skills studied by football players through the training provided by those exercises in narrow spaces of integrated group exercises include both physical and technical, He agreed with Herman Vermeulen (2004) that "training on mini-stadiums helps to master the skill side due to the conditions of rapid and continuous transformation through collective performance, in addition to the development of agility and speed of reaction and accuracy of performance because It is based on the dynamic teamwork similar to the performance during the games.

From here it is clear that the games in a small space increases the player's ability to perform and accuracy, especially as it requires the player to perform correctly and quickly skills under the pressure of opponents players in a narrow space of

play, In addition, these games give the player the experience that makes him economize his efforts during the performance with the ability to behave and calm nerves during the game, and confirms **Mufti Ibrahim Hammad** "that the closer the training conditions of competition conditions the more useful exercise in addition to skill training or Performance in general at the same speed as the performance in competitions and games is very important, and the coach must plan to reach it gradually, and take into account the importance of reaching the accuracy of the performance first and then his speed second, making sure to increase the speed gradually. (Mufti Ibrahim Hammad, 1987, p200)

Mini games are a main element in modern sports training as they achieve the purpose of exercise and work to develop elements of physical fitness with the application of basic skills during the practice of these games, so you must stay away from the boring formal aspects of sports training, It must be developed with the introduction of mini-games, as it is an essential element of the thrill, fun and competition required to raise the psychological aspect of the player and accustom him to obey the simplified laws found in these games without objection and is an important ethical aspect, adds Imad Blidi (2001). "Any learner through mini-games can achieve success in the activity, which increases his enthusiasm and tendency to practice and thus increase his level of skill and physical."

Based on the above, we see that mini-games training is very important in sports training and this is confirmed by (Jones, Al 2007) that mini-games are very important in sports training because they bring players in different positions that can happen during the games in order to acquire technology. , intelligence in play, physical abilities, the desire for mutual cooperation in order to contribute to the quality of play, and to achieve better performance and attractive display.

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Strategically and psychologically, a player's lack of physical fitness adversely affects his skill level, especially when the game is coming to an end.

From the results obtained we say that the second hypothesis has been achieved.

- **Conclusions:**

- There are statistically significant differences between the pre and post test in the sample in favor of the post test in passing skill, reception and control of the ball in the air, and therefore, mini-games contributed positively to the development of the studied skills of football players less than 17 years.
- Programming training according to the principles and scientific principles with the content of traditional training is not enough to reach the player to the highest levels

3-Future suggestions:

Raising the cognitive abilities of trainers in the field of modern sports training through participation in scientific forums, training courses and study days (national and international) under the supervision of specialized frameworks in order to benefit from modern training methods and keep pace with the development of the scientific sport .

- Developing standardized criteria and scientific methods when selecting small group trainers.
- Providing all physical possibilities (stadiums, sports facilities with all necessary facilities ...) by the guardians, and ensure the maintenance and equipping of the damaged stadiums in order to facilitate the task of sports teams.
- Attention to the basic composition of any building can not withstand long unless the base is solid and strong as is the case in the sports field.
- Study the effect of programmed training through mini-games exercises under longer time conditions than conducted in the current study.

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