

## The Coach's Role and Efficiency in Selecting Half Long Distance Runners in Algeria

(Field study on half long distance trainers in Algeria)

دور المدرب وكفاءته في انتقاء عدائي المسافات النصف طويلة الجزائر

Almani Imene<sup>1</sup>

Chelroum Abderrahmane<sup>2</sup>

<sup>1</sup>Université Alger3 (Algérie), [almanieps@gmail.com](mailto:almanieps@gmail.com)

<sup>2</sup>Université Alger3 (Algérie), [abdou\\_lawt@hotmail.fr](mailto:abdou_lawt@hotmail.fr)

Received: 18/06/2020

Accepted: 22/09/2020

Published: 17/12/2020

**Abstract :** The purpose of this study is to inform about the selection of the athletes in general and the runners of the half long distance in Algeria in a particular. Select the axial role that the coach plays in his selection, also, the necessary awareness that he does with a scientific methodology and a planning study which includes all the sides of the athletics activities practiced to choose the best idol in order to get the higher degree of level. Therefore, the researcher of this study based on the analytical descriptive methodology in a sample, which is consisted of 30 coaches activity in Algeria, uses the questionnaire forms and appropriate statistic means, furthermore, the most important result in this study is the philosophy of the runners of the half long distance in Algeria is still far away from the scientific form, and sometimes it has undergone at random. Whereas, it is considered as one of the most important pillar for the training process to the coach, and to the sport system in general. Furthermore, this is the best chosen myriad Algerian raw materials that will be guided to the best place.

**Keywords:** Coach - Training competency – selection- half long distance

**المخلص:** تهدف هذه الدراسة إلى معرفة طريقة انتقاء الرياضيين عامة و عدائي المسافات النصف طويلة خاصة في الجزائر ، وتحديد الدور المحوري الذي يلعبه المدرب في عملية الانتقاء ومدى توفر الكفاءة والوعي اللازمين للقيام بها بأسلوب علمي وتخطيط مدرّوس يشمل جميع جوانب النشاط الرياضي الممارس قصد الاختيار الأمثل للموهوبين للوصول بهم إلى أعلى المستويات وعليه اعتمد الباحث في هذه الدراسة على المنهج الوصفي التحليلي في عينة متكونة من 30 مدرب ينشطون على مستوى الجزائر معتمدين على استمارات الاستبيان و الوسائل الإحصائية المناسبة و من أهم النتائج المتوصل إليها في هذه الدراسة ، أن فلسفة انتقاء عدائين المسافات النصف طويلة في الجزائر ما زالت بعيدة عن الأسلوب

العلمي وتخضع في اغلب الأحيان إلى العشوائية، في حين تعد احد أهم ركائز العملية التدريبية بالنسبة للمدرب والمنظومة الرياضية ككل ، وهذا لاختيار الأفضل من خامات الجزائر التي لا تعد ولا تحصى وتوجيهها إلى التخصص الأمثل. الكلمات الدالة: المدرب-الكفاءة التدريبية-الانتقاء-المسافات النصف طويلة.

### Introduction and problematic

In recent years, a progressive development and a quantum leap have been noticed in sports, according to the basic sciences and research studies offers that enriched sports movement, which aimed to the best sports achievements.

Sports field and its different activities is considered as one of the most sensitive ones, it is impacted by the individual differences phenomenon, especially in sports competition, in preparing clubs' training programs and schools' sportive education curricula.

From the beginning of the current century, attempts are continuous in order to obtain the best ameliorative approaches, methods and standards of the classification process, and as a result many criteria have emerged such as (body style, height, weight, age, interests, tendencies, mental abilities and motor skills). It is also possible to describe the athlete's metabolic profile, particularly at the physiological level, with using advanced measures such as the person's hormonal dosage; cells stress signs and energy metabolism dosage and so on.

This is applied on the context of long-term biological monitoring and selecting the best athletes. (Didier Reiss and Dr Pascal Prévost, 2017, p47).

Fixing the requirements of the practiced sports activities is the main axis to develop a standard and a correct selection. A right selection is based on scientific foundations and tests, it is a crucial factor for the athlete's success and his rise to elite levels, and this is by directing him to the specialty that suits his aptitude, his physical morphological, psychological, physiological and skill abilities. All of these are the responsibility of the coach, who must have an integrated training and great awareness of his role in selecting athletes'.

Addressing the requirements of high-level sports training has its constituent elements in terms of the availability of a talented athlete, an efficient trainer, scientific planning with a high level, advanced material and human capabilities. In our research, we focused on the coach, who is the essence of the selection process. Working with athletes who have excellent levels, preparations and high capabilities needs a quality of trainers who are qualified for this vast and difficult field. The coach's professional competence is reflected in the level of his culture, academic studies, and renewed research, and to keep up with everything new in relation to sports practice and the development of its plans and its technical and tactical aspects and even the latest methods of psychological preparation for athletes, in addition to his strong leadership personality. The history of the coach and his athletic past also has a great impact on how he works, and he must be familiar with and familiar with the results of the world and Olympic championships and studying the content of the athletes' programs and their levels are important matters that he must stand upon. All these important elements allow him to enter the training profession at high levels.

Sports field is still witnessing recent scientific developments, that's why coaches and specialists must adopt various and modern methods in order to select the athletes that deserve the high level or what is called elite.

Selection is not an automatic process that occurs within a specific time, because it is composed of several stages. This is because the athlete's aptitudes, abilities and skills change under the impact of training and growth factors etc.

In sports field, to select juniors, there is no special program that can be applied in all the sports, and this differs according to the various foreign schools that worked on it, as there are a lot of models according to the schools specialized in talented athletes selection, such as the German Sciences Model "Harra", the Jones Watson Mode and "Bar-or".

Athletics is one of the most practiced sports in Algeria, with its various specialties, like half long distance races which is the most widespread, as reflected by the Olympic medals earned by our champions over the years. This is what we consider the best evidence that the Algerian runner is more performing in half long distances races, and many studies confirmed that the Mediterranean Sea people have the morphological character that makes them qualified to practice this sport more than others, therefore Algeria has uncountable virtues and talents that can stand out and be refined to become World Olympic Champions. In our research, we touched upon the third stage of the selection process, which is called rehabilitative selection or high-level selection, as this stage aims at the most accurate determination of the characteristics of the emerging practitioner, and tests and measurements are carried out at the highest level of performance in specialized sports activity, and this is appropriate for a runner Middle distances at this point in particular.

Through our 14 years experience in this specialty, our contact with the national teams and a survey study, we have noticed that the orientation and selection of juniors towards half long distances specialty still happens randomly in most cases, and the majority of the coaches don't give a necessary importance to the runners selection, all of these lead to unachieved goals, wasting efforts and money and runners unwillingness on practice. This is what Miloud Shenafi and Saad Saud have explained, that the phenomenon of the lack of young talent and the reluctance of athletes to practice in the sprint race in Algeria is due to the coaches' philosophy based on the result in any way and as soon as possible without forming hostility and its good selection.(Miloud Shenafi,Saad Saoud,2014,p414)

And from the above mentioned information, was conducted our problematic study, as follows:

\* What is the coach's role in the half long-distance runners' selection process in Algeria?

## 2. Research Objectives

This research aims to define the coach's role in runners selecting process, through:

- Acquaintance of the trainers' efficiency and qualifying them to carry out the half long-distance runners' selection process in Algeria.
- Identifying the adopted approaches and methods by the coaches during their campaign of half long-distance runners' selection process in Algeria.
- Acquaintance of the tests that coaches find essential in half long-distance runners' selection process in Algeria

## 3. The significant terminology of the research:

### 3.1. Selection

- **Lexical:** Choosing the distinct elite from the studied phenomenons.(Al Tamimi, 1999, p.5)

- **Contextual:** "Zatorski" defines it as a process of choosing the best players at multiple time periods, based on different stages of sports preparation. (Abdelfattah and Ruby, 1986, p. 20)

"Bustiosi" also defines it as a careful players' selection process in the preparation stages, by choosing their physical, functional, psychological and intellectual abilities, and measuring the anthropometric characteristics of their activity skills.

-**Procedurally:** Selection is the coach's primary intervention to test the best talented juniors according to scientific bases in order to prepare them properly to reach the high levels. The selection is an indepth sight into the competence level of juniors according to specific tests done by the trainer and the specialists to his aptitudes.

### 3.2. The coach

- **Lexical** :From the definition of communication, we can define the coach as the one who conveys the training content or the training skill to other people in order to make them understand the content and acquire a skill correctly.

And according to Larousse, the coach is the one who trains horses; he performs a methodological preparation for horses or persons before any competition.

- **Contextual** :A sports coach means that strong leader who is competent in his work, who is able to make balanced relations between him and his team members, firm in his decisions, emotionally stable, responsible and able to adapt to the situations he encounters. (Jacque Cervoiser, 1995, p.33)

In the concept of Dr. "Wajdi Mustapha Al-Fateh", the sport coach is the educational character who takes on the process of raising and training the players by affecting directly their sports level. He also has an active role in developing the players' personality in a comprehensive and balanced way. Therefore the coach has to be a role model in his action and information because he is the main important factor of the training process.(Wajdi Mustapha Al-Fateh - Mohammad Lotfi Al-Sayid, 2002, p. 25.)

-**Procedurally**: The half long-distance races coach is the one who is able to plan training programs in a proper way, he also has a high level of professional qualification and experience that makes him handle the multi-year training plan, which is composed of several stages, to increase and develop half long distance runners' motor abilities, from the skill side (art of performance) which is running, the physical side, the planning and the psychological side, in addition to developing various physiological systems and special preparations, this is what allows the coach to select and refine talents, in order to make it reach to high levels in the future.

### 3-3- Training competency of the trainer:

#### **Competence:**

Aptitude according to the "Canadian" definition is an attested knowledge based on control and effective use of a set of information and means (Clive Gifford, Danny Hanna translation 1997, p. 27). It is the ability of the individual to perform a specific action, skill or activity, as it responds to the conditions, rules and steps that make it effective and appears clearly (Mowafak Al-Mawla, 1999, p. 18).

**Conventionally:** It is a set of knowledge, concepts and skills that a trainer acquires as a result of preparing him in a specific educational program that directs his behaviour and elevates his performance to a level of mastery that allows him to easily and effortlessly practice his profession (Abd al-madjid Numan, Muhammad Abdo, 1995, p. 43).

**Procedurally:** Professional competence is of great importance, as it is not confined to behavioural characteristics or functional knowledge as it exceeds it to a set of values, motives and motivations. This only comes when the sports trainer has a full understanding of everything related to his job duties, work tasks, characteristics of his group members, the nature of their abilities, competence and their problems. In order for the sports coach to achieve high efficiency, it is better to combine academic training through appropriate scientific qualification and attend seminars. And scientific conferences and participation in private trainings and between his field experience and his sports past, and through the coach's understanding of himself first to identify the strengths of his training and development and the weaknesses and overcome them.

**3.4. Half long distances:** It is one of the athleticism specialties, that consist of racetracks of 3000 meters distances; the standard distance is about 800 meters

to 1500 meters (1 mile). These races have unique features that give them a distinctive character, as the runner combines between special levels of speed and endurance, which is called speed endurance.

#### **4. Previous and similar studies**

- **SHAHAT Mourad Study (2009)** : With “Selection Process and Sportive Orientation Between the Innate and Acquired Abilities and their Impact on High Level Sportive Performance” as a title, and with the following problematic : “Does the process of orientation and sportive selection play a role in discovering sportive talents, thanks to a battery of tests that positively reflects on sportive performance ?” The researcher used the descriptive approach and the sample consisted on 51 coaches, where the study aimed to the necessity of taking tests results into consideration when directing athletes to the specialties that fit their physical, physiological and motor abilities, so the trainers must pay attention to individual differences of abilities and preparations, in addition to their relation with body styles that suits sportive specialties.

- **ABROUS Cherif Study (2008)**: With “The Trainers’ Style in Selecting and Coaching in Football” as a title, and with the following problematic: “Does the coach rely on physical, psychological and skills aspects in coaching and selection process of footballers and clubs under 17 in Algeria ?” The researcher used the descriptive approach and the sample consisted on 60 coaches, where the study concluded to that most of the coaches are aware of the selection methods, and that selecting the players in first stages enables us to identify the players’ aptitudes and physical abilities. The majority of them think that the selection has to go through tests and measurements, with taking into account the individual differences principle, and that the selection process in football must occur with the participation of specialists and qualified persons to make the athlete reach to the highest level.

- **ALAOUI Mounir Study (2015):** With "Reference Indicators for selecting and coaching juniors in half long-distance races in athletics," as a title, a field study has been done in some of the eastern provinces of Algeria, with the following problematic:

"What are the anthropometric, physiological and physical reference indicators that can be relied upon in the selection and orientation process of juniors in sports teams in some provinces of the study? - The case of athletes in seven eastern provinces of Algeria during the eastern Algerian season in the specialty of half-long distance races in athleticism.

The researcher used the comparative descriptive analytical approach to study the athletes' cases in seven eastern provinces of Algeria, during the sports season 2008/2009 to fit the nature and the goals of the study. The sample included about 231 beginners (12-13 years) and 239 of juniors (14-15 years). The researcher has also used physical measurements, physiological tests, and physical tests, and after collecting data, they have been analyzed with the SPSS statistical program package. The results of the study led to finding statistically significant differences in most variables among the individuals of the seven provinces, which let the researcher use reference indicators and prediction rates for each variable, we also reached to some predictions rates. This researcher recommended that trainers should give importance to morphological and functional measurements and consider them as basic determinants during the selecting and coaching process and take them into consideration while preparing plans and training programs for the younger categories in particular.

- **MAZARI Fatah Study:**"The sports selection process of swimming sport beginners at the level of Algerian clubs for the (09-12) years old age category, within the framework of completing a dissertation in order to obtain the Magisterium degree, University of Algiers (2007-2008)."

This study aimed to investigate on the reality of discovering and selecting young talents, as well as to work on increase trainers' awareness on the need of discovery and selection based on scientific foundations.

The researcher used the descriptive approach, as the research sample included 129 trainers in the swimming pools of Algiers, using a questionnaire and an interview as the most appropriate way to achieve the study's goal, to reach solutions and to find a statistical treatment in order to reach results to his research, which were represented as follows:

Trying to set up and convey the trainers about an automatic system based on scientific foundations to discover young talents, emphasizing on the necessity of their participation in training sessions and establishing sports schools for juniors, as well as working on making similar studies in sports selection due to the importance of this topic.

### **5. Research Methodology**

The world « Methodology » means how to conceive and organize the research, it specifies how to conceive and plan a topic of any research study, and it can interfere in the research's steps with more or less precision. The methodology is a set of organized operations that seeks to achieve a certain goal. (Maurice Ingres, 2013, p.99).

According to the nature and the requirements of the research, the researcher used the descriptive analytical method, so the descriptive study is not limited to only describing the phenomenon through the collected data about it, but rather works to organize it, classify it and express it in both quantitative or qualitative description, so that it leads to conclusions and generalizations through the results of the phenomenon relation under study of other phenomena or events that contribute to change and development, (Adnan Hussain Al-Djadri, 2009, p. 198).

### 5.1. Research Fields

**a. Spatial Field:** Our field study was conducted on the level of regional and national championships of cross-country and racetrack because the coaches' majority attends the half long-distance races, with their runners, in order to participate in the competitions.

**b. Time Field:** This study was conducted from **November 2016** to **June 2017** and it is composed of the two following phases:

- The phase of conducting the exploratory study and the theoretical part.
- The practical side phase.

### 5.2. Community and sample of the research

**-Research Community Characteristics:** The study is about 40 athleticism coaches of half long-distance races, who are specialized in medium and long distances.

- **Sample of the study:** Since the sample is an important part of any field study, we see that its concept "is a distinct partial group that has the same characteristics of the society, and is selected from the study community according to specific procedures and methods", (Said Al-Tal and others 2006, p. 194).

- **Size of the sample:** The sample of this study was intentionally chosen, since it includes coaches that were present with their runners in the national championships of cross-country and race track, as they train the best runners that fit the elite selection process and this is very appropriate to our topic. The chosen sample is composed of 30 coaches, which is equivalent to 75 %.

### 5.3. Collection of information:

In order to start this study, which is the role of the trainer in the process of selecting half long distance runners, we relied on Arabic and foreign references, such as books, letters, and websites, which have relation with our study topic,

after analyzing accurately the information and ideas, we used what we found serving our topic. (Al-Rikabi, 2004, p. 26).

**-Exploratory Study:** The exploratory study is a miniature of the basic experience that must share its same basic conditions and situations, if possible, in order to adopt its results, (Naji Kais, Bustousi Ahmed, 1987, p. 95).

**The purposes of the study appear in the following:**

- Taking a look on the reality of the scientific basics adopted by the coaches in selecting talented athletes to practice athleticism.
- Identifying the best methods and research tools to obtain reliable results.
- Measuring the psychometric properties of the questionnaire to be used in the original experiment that has to maintain scientific conditions.
- Choosing the appropriate statistical means.
- Identifying the difficulties that face the researcher during the scientific study.

We have previously done, what allows us to renew the type of information or data related to the research topic and setting a questionnaire, made of objective direct and accurate questions.

**5.4. Research tools**

To give accuracy to any scientific study, it is necessary to use some scientific tools and technical means that describe and analyze the studied phenomenon and find the link between its elements, so we have used **the questionnaire tool** in our research.

The questionnaire is known as a tool for obtaining facts, data and information, and has many advantages, for instance saving efforts and time, contributing in samples' data collection in a short time, and this by providing the legalization conditions such as validity, consistency and objectivity (Hussein Ahmad Al-Shafi'i and others, 2005, p. 203).

#### 5.4.1. The psychometric properties of research tools

##### a- Consistency:

Consistency is one of the basic psychometric characteristics in preparing any legal test, because it indicates the degree of accuracy and consistency about data of the individuals applied to them, and consistency of the test is intended to give the same or close results if it is applied more than once in similar circumstances. (Abdul Karim Gharib, 2012, p. 81).

It is a psychometric feature that shows consistency on the results of the measuring tool over time, in fact the measuring tool can be trusted if the same results are given by using it on the same sample regardless of the change of time or people. (Jean-Lue Bernaud, 2007, p65).

In order to realize the consistency of the questionnaire, we choose the test and retest method, so we calculated the Pearson correlation coefficient and we obtained the following result: a consistent coefficient of 0.89.

##### b- Validity:

"Fouad Al-Bahi" states that the validity of the test means that the valid test measures what was meant to measure, and Thorndlike defines it as an estimation to check if the test really measures what we want, and everything that we want to measure for it, and nothing to measure with or not. (Mustafa Hassan Bahi, 2004, p. 100).

In order to ascertain the validity of the questionnaire, the researcher used self-validity as an experimental test counter for real scores, which is measured by calculating the square root of the test consistency factor.

$$\text{Validity} = \sqrt{0.89} = 0.94$$

This confirms that the questionnaire is of high degree validity.

**c- Objectivity:**

Barrow and Mc Gibb define it as the degree of consistency between different individuals' scores on the same test. Muhammad Soubhi Hasanain states that consistency means objectivity, which means that the individual gets the same degree if the jury differs, (Muhammad Soubhi Hassanein, 1996, 424). From the above mentioned, the questionnaire vocabulary which have been applied are considered of good and appropriate objectivity, and are suitable for measuring what they are made for.

**6. Statistical Treatment**

The purpose of the field study is trying to answer the questions that were raised in the problematic, in addition to choosing the hypotheses that we set previously in order to achieve this purpose. We used statistical means to collect information, which is the Chi squared test and the percentage %.

## 7. Analyzing and Discussing Results

**Table N° 01: It explains the bases on which coaches rely in their selection of the half long-distance runners in Algeria**

Statistics Answer	Repetition	Percentage	Chi-square Calculated	Chi-square Scheduled	Significance Level	Freedom Degree	Statistical Significance
Self Experience	14	46.5	9.2	4.81	0.05	03	Significantly
Scientific bases	08	26.5					
A special training that you made during the selection process	05	16.5					
A specific system that is supervised by the federation and its affiliates	03	10					
Total	30	100					

### Analyzing and discussing the results of the table N° 01:

From the results of the first table (01), it is clear that there are statistically significant differences in favor of the largest value at the significance level 0.05 and with a (3) degree of freedom, as the calculated Chi 2 reaches (9.2), which is greater than the value of the scheduled Chi 2 that reaches (7.81), and we notice that 46.6% of the trainers rely on their own experience in selecting half long distances runners, while 26.6% rely on the scientific bases, and 16.6% of them received special training in the selection process, while only 10 of those who

follow a specific system which is supervised by the Federation or its affiliates in talented athletes selecting process.

So, we conclude that the majority of coaches depend on their own experience in selecting runners without any special training, while a minority of them follow a special system from the Algerian Athleticism Federation, with a lack of coordination between its affiliates in terms of detecting talented athletes, and this shows the trainers professional efficiency, especially in the half long-distance races specialty, where it is still subject to personal experience and chance.

**Table N° 02:It explains the ideal approach taken by the trainers in selecting half long distance runners in Algeria.**

Statistics Answer	Repetition	Percentage	Chi-square Calculated	Chi-square Scheduled	Significance Level	Freedom Degree	Statistical Significance
Observation method	07	23.33	15.6	7.81	0.05	03	Significant Statistically
Tests and measurements methods	06	20					
Competing method and results	16	53.33					
Criteria and standard levels for selecting talented people	01	3.33					
Total	30	100					

**Analyzing and discussing the results of the table N° 02:**

The results show that there are statistically significant differences in favor of the largest value at the level significance 0.05 and a (3) degree of as the Chi 2 reaches (15.6), which is greater than the Chi2 scheduled value: (7.81), and we notice that 53.33% rely on the method of competitions and results in the selection process, and 23.33% of them rely on the method of observation, while 20% of them perform tests and measurements, finally only 3.33% of those who answered that use criteria and standard levels to select the talented athletes.

So, we conclude that most coaches rely on the competitions and results method for testing the talented ones, and this explains the easy random method used in their selection, while they avoid using tests and measurements and converting the results to standard levels that are the basis and the principles of scientific selection, in order to define the athlete's fitness. This is confirmed by "Dr. Abu El-Ala Abdelfattah," where he says that making a selection system for each athletic activity separately or for certain competitive situations needs to have good scientific foundations knowledge in the diagnosis and measurement methods that can be used during selecting process. (Abu El-Ala Ahmed Abdel Alfattah, 1997, p. 355).

- This is confirmed by "Hussam Yer and Amer Hamlawi" that the process of measuring and evaluating tests has become of great importance because it realistically determines the level of athletes in order to direct them to the appropriate disciplines and thus build the program with a clear and realistic methodology suitable for these specialties, whether these tests are for abilities Physical, basic skills, or psychological preparation for sports.

Therefore, it is imperative for the trainers and specialists in the field of science and techniques of physical sport activity to have a special record of these tests and methods of measuring and evaluating them in order to reach the hall and to

select the best athletes and direct them to the appropriate specializations to achieve the best results (HussamYer, AmerHamlawi, 2014, p.241)

**Table N° 03: It shows the aspects that trainers focus on while selecting the half long-distance runners in Algeria.**

Statistics Answer	Repetition	Percentage	Chi-square calculated	Chi-square Scheduled	Significance Level	Freedom Degree	Statistical Significance
Physiological and Physical aspects	19	63.33	27.33	7.81	0.05	03	Significant Statistically
Morphological aspect	08	26.6					
Technical and tactical aspect	02	06.66					
Psychological and Sociological aspect	01	03.33					
Total	30	100					

**Analyzing and discussing the results of the table N° 03:**

It shows that there are statistically significant differences in favor of the largest value at the significance level 0.05 and with a degree of (3) where the calculated Chi2 reaches (27.33) and it is greater than scheduled value Chi 2 (7.81) where we notice that 63.33% of the trainers focus on the physical and physiological side in the process of selecting a half long distance runners, and 26.6% of them pay attention to the morphological side, while 6.66% concentrate on the technical and tactical side. Finally, the psychological and social aspect represented only 3.33% of the trainers.

So, we conclude that most of the coaches focus on the physical and physiological side, and some of them rely on the morphological aspect, while a few of them take into account psychological and social aspects, this is opposite to the selection process of scientific foundations, while Abu Al-Alaa Ahmed Abdelfattah stresses on the need of including selection aspects in his saying: "The selection process should not be limited to focus on one side without the other, when choosing the players' strength, it is necessary to start from an integrated rule that includes all the aspects of selection (Abu Al-Alaa Ahmed Abdelfattah 1997, p. 355).

Moreover the psychological and social aspects also have a major role in selecting the talented athletes, for instance Ahmed Ibrahim Khojah sees that "selection is not made only through the apparent physical abilities, but also through psychological abilities and social variables should also be taken into consideration, which have a major impact on their improvement," (Ahmed Ibrahim Khoja, 2004, p. 194).

JONES and WESTON focused on the ability to predict the performance of a junior based on psychological changes first, then on the other elements, such as physical, skill, and so on, and this is in contrast to other models of juniors' selection by multiple analyses. (Ahmed Ibrahim Khoja, 2004, P. 200).

### **8. General conclusion**

- Most of the coaches know the scientific bases and the best selecting methods, such as measurements, identifying standard levels for each sport specialty, however, its application remains dependent on the coach's level and ambition, also on the availability of the necessary tools and devices.
- The absence of a current specific system targeted to select talented athletes in the field of half long-distance races, unfortunately it is currently based on spontaneity and privacy, and often depends on monitoring the qualified juniors

from one stage to another in school competitions (from the municipal role to the province one and from the regional role to the national one), this results random and early selection.

- There is a huge gap in terms of communication and cooperation between schools and sports clubs to find young energies, and this marginalized many high level athletes.
- The coaches' reliance on self-observation while selecting from cross-country and its results, as there is no battery tests for selecting runners of half long distances.
- Lack of standard levels and criteria in selection.
- The necessity of well identifying the best qualities that are required for sports activity and this can be done through selecting model athletes for each type of sports activity, so that they can be guided in runners selecting process. This is what was confirmed by a study (MazariFateh, 2008) on setting up an automatic system for discovering young talents based on scientific foundations and informing trainers about it, and the need to involve coaches in training courses and to establish sports schools for juniors.
- Focusing on the runner's physical abilities more than skills and psychological abilities, and relying most of the time on field tests for their ease, without making accurate laboratory tests.
- Comparing the selection tests obtained results with the ideal criteria to identify various aspects of the runners' levels.

## **9. Summary**

The selection philosophy is united in the scientific method and studied planning to reach the best future elite to success, which is specific to a distinguished group of runners by physical, functional, skill, psychological, and mental characteristics that are represented by preparations and talents in order to practice any sport

specialty and whatever if human and material abilities were available, it will not work if the best runners who have the chance to succeed are not coached.

Also, finding a base of special sports talents requires identifying and preparing typical characteristics related to all aspects of sports activity or practiced specialty and this to serve as the nucleus of the national teams in addition to setting a timetable and plans to train runners that are expected to achieve high levels in the future, and this to upgrade them physically psychologically, socially, and forming strong national teams that can compete at the international level to win, according to the scientific foundations.

It is also worth to notice that the selection process has a great role in the economic aspect as it aims to save effort, time and money in addition to investing the abilities of the junior runner and directing him towards the best ways to develop his athletic level and win titles.

- Finally, the selecting process according to the scientific method will be one of the most important pillars for coaches training process in particular and also for the whole sports system in Algeria.

## References:

- 1- DIDIER REISS ,Dr PASCAL PREVOST: La bible de la préparation physique, Edition Amphora 2017.
- 2- JAQUECERVOISER: Football et psychologie (la dynamique de l'équipe) Ed : Chiron sport 1985.
- 3- Jean-Luc Bernau : introduction à la psychométrie, Edition Dunod Paris, Imprimé en Belgique, 2007.
- 4- احمد ابراهيم خوجة: مبادئ التدريب الرياضي،الأردن ، 2004.
- 5- أبو العلاء احمد عبد الفتاح : التدريب الرياضي الأسس الفيزيولوجية ، دار الفكر العربي ، القاهرة،1997.
- 6- ابو العلاء احمد عبد الفتاح، احمد عمر الروبي:انتقاء الموهوبين في المجال الرياضي،القاهرة،1986.
- 7- بسطيوي احمد : أسس و نظريات التدريب الرياضي ، دار الفكر العربي ، القاهرة 1996.
- 8- زكي محمد محمد حسين: التفوق الرياضي، الإسكندرية، المكتبة المصرية، 2004.
- 9- حسين احمد الشافعي و اخرون: مبادئ البحث العلمي في التربية البدنية، منشأة المعارف الاسكندرية،2005.
- 10- عدنان حسين الجادري، يعقوب عيد الله أبو حلو:الاسس المنهجية و الاستخدامات الاحصائية في بحوث العلوم التربوية و الإنسانية، إثراء للنشر و التوزيع الأردن،\ منهجية البحث العلمي في العلوم الانسانية ،دار القصة للنش ،2003.
- 11- عبد الكريم غرب: منهج البحث العلمي في علو التربية و العلوم الاجتماعية، الطبعة الاولى، منشورات عالم التربية المغرب،2012.
- 12- عبد المجيد نعمان،محمد عبده: كرة القدم(تدريب-تخطيط)،دار الفكر العربي، القاهرة.1933.
- 13- كلايف جيرارد، ترجمة داني حنا: موسوعة كرة القدم، الدار العربية للطباعة و العلوم،بيروت،1997.
- 14- محمد لطفي طه: الأسس النفسية لانتقاء الرياضيين، الهيئة العامة لشؤون المطابع الأميرية ، القاهرة،2002.

- 15- مصطفى حسين باهي: القياس و التقويم ج1 الطبعة السادسة ، دار الفكر العربي القاهرة 2004 .
- 16- موفق المولى: الاعداد الوظيفي بكرة القدم، دار الفكر العربي، 1999.
- 17- ناجي قيس بسطوسي احمد: الاختبارات و القياس و مبادئ الإحصاء في المجال الرياضي " مطبعة جامعة بغداد 1987.
- 18- وجدي مصطفى الفتاح ، محمد لطفي السيد: الأسس العلمية للتدريب الرياضي للاعب و المدرب ، دار الهدى للنشر و التوزيع جامعة المينا ، 2002.
- 19- حسام ير، عامر حملاوي: اهمية استخدام الاختبارات لقياس متطلبات الانتقاء و التوجيه و التدريب في المجال الرياضي، مجلة الابداع الرياضي، المجلد 05، العدد 02، جامعة المسيلة، 2014، ص 233-242 .
- 20- ميلود شنافي، فؤاد سعد سعود: واقع تنمية الصفات الدنية و ملاءمتها لمراحل النمو لدى عدائي المسافات المتوسطة ناشئين (12-15) سنة في الجزائر، مجلة الابداع الرياضي، المجلد 05، العدد 02 ، جامعة المسيلة، 2014، ص 406-415.
- 21- بن شرنين عبد الحميد: بعنوان محاولة لتحديد معايير و محددات التوجيه الرياضي القاعدي لمختلف الأنشطة البدنية و الرياضية حسب آراء المختصين فيها للفئة السنية (10-14 سنة) أطروحة دكتوراه معهد التربية البدنية و الرياضية ، جامعة الجزائر 03، 2009.
- 22- عبرو شريف: بعنوان أسلوب المدربين في ميدان التوجيه و الانتقاء في ميدان كرة القدم، معهد التربية البدنية و الرياضية ، جامعة الجزائر، 2008.