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The impact of a training programme on the rapid development of the power profile of Football players

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Abstract:

This study was aimed at identifying the impact of a special exercise program in developing the characteristic strength of fast footballers. Researchers used the experimental curriculum. The research community in the active clubs of the State Football Association of alaghoute was represented by the Cubs category. The sample was selected in a simple random manner and consisted of 32 players who were divided into two groups. (a) 16 players from the amateur sports club Cubs of Oats to which the special exercise program was applied, and the group (b) 16 players from amateur sports club Amal Al-aghoute trained in accordance with the regular programme. The researchers used the test of force at speed, and the spss statistical package programme was used to analyse the results of the study. The results resulted in the following: there are no statistically significant differences in the tribal test of the speed profile between group (a) and group (b), there are statistically significant differences in the remote test of the speed between group (a) and group (b). **Keywords:**; Training Program - Strength – Football.

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1. INTRODUCTION

Modern athletic training, especially handball, and other sports in general, is a planned educational process built on a sound scientific basis, aimed at integrating athletes into athletic skills and performance, i.e. the sports training process is characterized by continuity and planning. This is underscored by Wink from the very moment an athlete takes part in sports practice, who says that "sports practice clearly shows that high results can be achieved only if there is a solid infrastructure in childhood". (Jurgon, Wink, 1986, p. 309) The training of young people from the beginning to reaching high levels is done through the use of documented training programmes based on scientific foundations. Mastering the basic skills of the game is one of them. The most important factor in a team's win and triumph, and the team's success in the game of football depends on how well a player can perform the basic skills of various types of play with as few errors as possible.

In modern scientific methods in the field of sports training in general and Football training in particular, the special training programs have received the attention of many researchers and interested in sports training affairs with the aim of finding the best methods, and we find that many projects focus on this on training the physical abilities and skills in group or individual games.

Training allows athletes to achieve maximum physical performance by reaching the highest level of physical fitness in all its components. Sports training is the physical, skilled, programmatic, mental and cognitive preparation of athletes. Aspects of the use of physical activity.

This is done through the application of a training plan that coordinates and organizes various training exercises in a scientific manner and gives them the appropriate form as well as the appropriate duration and effort commensurate with the athlete's movement and physical abilities. To avoid symptoms of fatigue and stress, you also have to choose appropriate training methods to improve your fitness.



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-2. The problem of study:

Does the special exercise program contribute to the development of the characteristic strength quality with speed when

Soccer Players Cubs (u15).

Importance of the study: The study's importance is as follows:

- Preparation of special exercises to develop the distinctive strength of Cubs footballers.

- Provide coaches with verified physical tests that help to know their players' levels.

- The trainers use these exercises in training programmes or adjust them to suit players' abilities to try to achieve the best standards.

- Highlighting the role of the trainer in choosing the best training methods used to reach the required levels.

Objectives of the study: This study aims to:

- Preparation of a codified special exercise program that takes into account all variables related to the age group (u15) to improve the characteristic strength quality at speed.

- Highlight the importance of choosing the training method in proportion to the trainers.

- Identifying the most important physical characteristics in the age group under study.

- Sensitization on the importance of using different training methods in training different age groups.

Research assumptions:

- There are no statistically significant differences in tribal speed test between group A and group B.

- There are statistically significant differences in the distance test of speed between group A and group B.

2-1 The study's theoretical framework

Modern Sports Training Concept:

(Moufti 2001, p. 133) defines sports training as all the effort of the body that results in adaptation, whether functional, formative or skilled, and affects positively an individual's internal organs and rises to the highest level of effectiveness during practical application.



It is defined by **(Allawi 2002, p. 17)** as "Sports training is an orderly educational process governed by scientific foundations and principles aimed primarily at preparing the individual to achieve the highest possible sporting level in sports competitions or in a particular type of sport".

Matveev defines sports training as: "That preparation, physical, skill, planning, intellectual and psychological of the athlete with the help of physical exercises **(jurgon, Weineck, 1986, p. 17)**).

(Moufti Ibrahim 2009, p. 10) defines him as: "Planned educational activities and processes led by a specialized instructor and carried out in the short and long term in accordance with scientific bases and rules and implemented effectively (player/player) with a view to developing his athletic level to the highest possible extent.

Sports training is defined as educational, developmental and educational processes aimed at raising and preparing players and sports teams, through planning and applied leadership on the ground in order to achieve the highest level of sports activity practised.

Physical training is an element of preparation or part of training geared towards the development of physical qualities and abilities or so-called fitness elements with a view to raising the level of athlete's performance during matches **(Basatia, 1998, p. 44)**

(Hawley, 2002) With improved athletic performance, sports training is the complex process aimed at improving organizational functional capabilities to acquire the knowledge, technical, technical and psychological expertise needed for competition. The goal of sports training in many sports is to increase capabilities such as speed development or maximum flexibility at a specified distance and time **(Hawley J.A., 2002, p. 29)**.

2-1-2 Physical exercise

Physical exercise is the fundamental basis for each physical activity to optimize performance, whether it be in the sports field, the vocational field or the therapeutic field. Physical exercise is almost the only physical activity aimed at the integrated and balanced development of the human being in terms of formative, formative, functional and moral as well as psychosocial aspects.

Exercises must be carefully selected in accordance with the principles and principles of education, psychology, social, physiological and anatomy. When choosing exercises, they must be educational in nature of the environment and the society in which we live, taking into account the nature of the individual's type of



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male or female, and when choosing situations and movements, they must conform to the physiological principles, anatomical composition and physical pattern of the individual.

Exercise does not depend only on the physical aspect, but also on the skill, mental, psychological and social aspect. It is not physical exercise that is concerned with the body and not with other areas of the individual's construction, but aims to develop and develop the individual in all his physical, psychological and social aspects in an integrated and balanced manner (**elsayed., 2016, p. 46**).

2-1-3 division of physical exercises:

These divisions have been subject to special considerations, including:

1. Division in terms of physiological effect.
2. Division in terms of purpose and purpose.

Division in terms of instrument and style.

2-1-4 methods of progress and difficulty of exercises:

*** The bases for progressing exercises:**

1. The progression of exercises according to its plan should be gradual rather than random.
2. That progress is easy to difficult, simple to compound and known to unknown.
3. The speed of progress in exercise is commensurate with the age and abilities of individuals.
4. The process of progression must be based on complete mastery of the performance of the exercise to be advanced or made difficult.

*** Methods of progressing exercises:**

1. Demanding accurate conditions and movements.
2. Exercise performance for as much or as much as possible.
3. Change in elementary conditions to make movement more difficult.
4. Change in the speed of exercise performance by increasing or slowing the speed depending on the type of exercise.
5. Prolong the lever arm.
6. Stability in some situations indicated for an appropriate duration (fixed muscle work)
7. Adding another muscle work (new movement) to exercise that has not been a friendly wave.



8. Narrow the base of anchorage.
9. Use more than one tool at a time.
10. Performance in conjunction rather than individual performance.
11. Insert a tool into your workout.

12. Choosing neuromuscular compatibility exercises and working exercises of the parties interchangeably in opposite directions and then adding another muscle action to them. (**elsayed t, Ahmed Mohamed, 2012, pp. 68-69**).

2-2 Previous studies

2-2-1 Study Magug Kamal "Impact of physical exercises in the recurrent training method on the skill performance of footballers classified as younger" thesis for a doctoral science degree in theory and methodology of physical education and sports for the 2021/2022 year.

Research problem: Is there an impact of some of the proposed physical and skill exercises in the recurring training method on some of the physical and skill variables of young football?

The aim of the study is to detect the impact of proposed physical and skill exercises on the development of physical and skill qualities in the small football category. The researcher relied on the pilot curriculum and the original study community consisted of 30 players who were excluded from the survey. Sample Study: Pilot Group: Composed of 15 players. DKG: Composed of 15 players Research Tools: Skilled and Physical Tests.

The researcher found that there are statistically significant differences in the development of the ball control skill between tribal and postmetric measurements and for the dimensional measurement interest of the experimental group. There are statistically significant differences in the development of the ball control skill between tribal and postmetric measurements and for the dimensional measurement interest of the experimental group. There are statistically significant differences between players practising and non-practising agility exercises proposed in the method of replication training in dimensional measurement for the benefit of the experimental group. There are statistically significant differences between players practising and non-practitioners of the proposed speed exercises in the method of replication training in dimensional measurement for the benefit of the experimental group.

2-2-2 Study Muhammad Ali Ibrahim "Impact of special exercises in developing ego power and learning some basic football skills" Letter submitted to the Council of the Faculty of Basic Education/Department of Sports



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Education/University of Diyala which is part of the requirements for a master's degree in sports education 2013.

Search Problem:

1. What is the level of ego strength of students of the Faculty of Sports Education/Diyala University in the game of football?
2. What basic skills do College of Sports Education students have in football?
3. Is there an impact of special exercises in raising the level of ego strength and in acquiring some basic football skills among students of the Faculty of Sports Education?

The current research aims to: build a measure of ego power among students of the Faculty of Sports Education in football. Preparation of special exercises in the development of ego strength among students of the Faculty of Sports Education in Football. The researcher also relied on the pilot curriculum. In all the 250 students in the second cycle, Diyala University Sports Education College (DIYAH) and Ummah Al-Sameh students are represented by 175 students from the second stage of the University of Diyala Sports Education College and have been selected in a random manner. Search tools: -Getting the strength of ana.-corresponding.

Based on the results of this research, the existence of statistically significant moral differences between the results of the tribal and postgraduate tests of the experimental group and for the benefit of the remote test indicates that special exercises have a significant impact on increasing the ego strength of students of the Faculty of Sports Education. The results of the research show that special exercises have a significant impact on the development of basic football skills among students of the Faculty of Sports Education. The special exercises prepared by the researcher were strongly consistent with the potential of players and this was evident through the development of the physical abilities of the players.

3. Search procedures:

Research curriculum 3-1: We used the experimental curriculum.

3-2 Society and Sample Research: The research community in active clubs in the State Association of Agut Football category cubs. The sample was selected in a simple random manner and was 32 player divided into two group groups (a) 16 players from the amateur sports club Cubs of Oats to which the special



exercise program was applied, and the group (b) 16 players from amateur sports club Amal Al-aghoute trained in accordance with the regular programme.

3-3 proposed programme's design:

With reference to previous studies, theoretical framework, expert opinions and scientists in the field of sports training, we designed a special exercise program as a distinctive force at speed.

3-4 Study tool

- Test the distinctive force with speed. (**Mohamed Aziz, 2013, p. 183**)
- Test the stone on one man (30) m.

Purpose of the test: This measures the test of the distinctive force of speed for leg muscles.

Test method: The player stands and the jump leg touches the starting line and the leg of the free (swing) loose to the back. When the starting signal is given by the tight end stands at the finish line, the player scores as quickly as possible until he passes the 30 line. One attempt is given per player.

Used Tools: Watched Timing. The start line of the end line between them is 30 meters. Measuring tape.

Recommendations: The partridge on the leg itself for the length of distance, the good surface in order to not cause injury, give attempts as leg preparation.

5-3 Survey

The survey is one of the most important preliminary methods of basic study in order to find the best way to perform tests and measurements that in turn lead to correct and controlled results and are thus important and necessary steps on which to base a particular scientific research or study, Being the cornerstone and the fundamental base of field research, the latter works to deepen knowledge of the subject to be studied and to reveal its various aspects, thus defining the general framework in which the field study is conducted.

The exploratory study is a process carried out by the researcher before the start of the field work, as well as a process of exploring the circumstances surrounding the phenomenon that the researcher wishes to study and identifying the most important assumptions that can be made and subjected to scientific research. (**Marwan Abdelmadjid, 2000, p. 38**).

Objectives of the survey: The objectives of the survey are the following points:

- Identifying difficulties that may impede research and trying to pamper and overcome them.



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- Trying to find ways to allow the researcher to come closer to a society.
- * Basic study.
- Adjusting the test and measurement language by sample cognitive level for study.
- Test the appropriateness and validity of the test components.
- Refer to references and sources to adjust the procedures and variables of the study.
- Verification of the veracity and consistency of tests used on the reconnaissance sample.
- Verification of the credibility of the arbitrators (apparent honesty) of the special exercise program.
- Ensure the appropriateness of the study tools selected.

Believe and steady test the distinctive force with speed.

tests	sample size	Honesty coefficient	Constant factor	Significance level	The value of "t"	tabular stability	degree of	significance
The power of speed	06	0.98	0.97	0.05 0.01	0.822	0.928	04	meaningful

It is evident from the table that the test of speed strength has a high honesty and stability factor so that the calculated "t" value is greater than the scheduled "t" value which makes it more suitable as a study tool.

4 statistical means:

No researcher can dispense with statistical methods and methods whatever the type of study he is undertaking, whether social or economic, provided with an accurate objective description. The researcher can not only rely on observations



but rely on statistics to lead the researcher to the right method, sound results... etc., and therefore the researcher will turn to the Social Science Statistical Package Program (SPSS) to calculate different equations.

5- Presentation and discussion of results:

Display and analyse the results of the group (a) and (b) groups' dimensional speed force test

physical	samples	medium	deviation	Value (F)	(T)	calculated	(T)	Scheduled	effect size	statisticalsig	nificance
Stone test on one man (30m)	Group (A)	7.69	0.69	3.19	2.28		2.04		0.38		meaningful
	Group (B)	8.39	1.01								

Table represents the results of the group (a) and (b) groups' dimensional speed force test

Through the results recorded in the table showing the results of the dimensional speed test for groups (a) and (b), we note: One man's test (30m), group A's post test achieved a calculated average of 7.69 and a standard deviation of 0.69, while group B's dimensional test achieved a calculated average of 8.39 and a standard deviation of 1.01, when extracting the calculated value (T) of 2.08, which is lower than the level of 0.05.



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6 Search result:

From the previous analysis, we conclude that there are statistically significant differences and this is in the test of the power characteristic at the dimensional speed applicable to the two groupings. (a) and (b) under consideration and this is after the implementation of the special exercise programme which means that there are differences between the two groups after the implementation of the programme for the benefit of the group (a) to which the exercise programme was applied in a circular training method. These moral results came to test the distinctive strength of the group (a) that underwent a special exercise programme compared to the group (b). This is due to the scientific methodology built on scientific bases and followed in the execution of the two exercises during the length of the program from adaptation and stabilization, as well as the graduation of the exercises and the adjustment of the size, intensity and density, as well as the specificity of the exercises given, which carries the specificities of the approved training method while taking into account the characteristics of the age group under study. (b) This demonstrated moral evolution in favour of group (a) to be seen (Allawi 2002, p. 17) That sports training in this era requires a lot of knowledge, competence and knowledge of all the science associated with sport since this process is complex aimed at getting the player to a good athletic performance by preparing it in an integrated manner so each coach must be fully aware of the characteristics of sports training as he stressed (Mohammed Reza 2008, p. 118) states that "The trainer must strictly regulate and monitor the use of size and training intensity to ensure the process of improving the level of athletes very well."

7. Conclusion:

We started this work by selecting the subject of the study and then collecting the theoretical data of the subject of the study And now we're ending it with solutions and results, At the conclusion of our research, we will try to introduce the butter of the topic and the researcher's ability to make future assumptions that will help researchers continue or re-study research in other respects. information collection, processing and analysis based on systematic work that is not without the systematic controls and commitments required ". in which we have placed at the forefront of our objectives the elimination of the ambiguity and confusion we experienced during the beginning of this topic, One of the most important steps adopted was to organize the work in a scientific and systematic framework.



- There are no statistically significant differences in tribal speed test between group A and group B.

- There are statistically significant differences in the distance test of speed between group A and group B.

These results were confirmed by the Bhouali Study (2015), which emphasized the need for these programs to be based on scientific requirements that take into account the qualifications and characteristics of the age stages of players. s ability to exert a multiplier effort while understanding their strengths and weaknesses in order to improve them and urge to rely on training programmes in different ways to know the role and usefulness of each training method for players. Appropriate planning and careful supervision of the proposed physical and skill programme should be used to ensure that modern scientific bases are followed during the preparation of training programmes and also in the conduct of the training process.



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