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THE EFFECT OF EXERCISES OF DUTIES AND TACTICAL PRINCIPLES OF AN OFFENSIVE AND DEFENSIVE COMPOSITE ACCORDING TO SPECIFIC SPACES IN DEVELOPING THE SPEED AND ENDURANCE OF SKILL PERFORMANCE

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Abstract
The purpose of the study was to determine the application of the effect of duties exercises and the principles of offensive and defensive complex tactics in developing the speed and endurance of skill performance. The researcher utilised an experimental design. The research sample consisted of twenty-four (24) Naft Misan Club players randomly divided into two experimental and control groups of twelve (12) players, each using a straight random draw. The researcher used the statistical programme (SPSS), and the most significant findings were that the method of training Alawa meals and the principles of offensive and defensive complex tactics according to specific spaces have a positive effect on reducing the time and effort required to develop capabilities and skills separately and applying the exercises of duties and tactical principles of the offensive and defensive complex to specific spaces in a larger size due to their positive impact that serves all performance requirements.

Keywords: Exercises, Principles, Offensive, Defensive Composite, Speed, Endurance Performance.

INTODUCTION

The swift evolution of football has necessitated the enhancement of skills and tactics to enable players to perform optimally in any match scenario. This development has further underscored the importance of skill and tactic improvement in football (Olaniyan, 2020). Football is widely regarded as the most popular and beloved sport globally. It is characterized by irregular movements and the utilization of both short and large spaces by players. Additionally, the sport requires high and low levels of physical exertion throughout a single match (Rathi et al., 2020). The overall effort of the work performed by the players varies by age group; for instance, the age groups of the youth differ from the advanced players, and they require physical effort in playing, recognizing that the motor position on the field for young people and advanced players is somewhat similar. Still, the physical effort exerted on the field remains somewhat different (Benítez-Sillero et al., 2021). The need for scientific research has arisen to enhance the skill, planning, and technical aspects of game

development and achieve progress in this domain (Tuyls et al., 2021). Effective and distinguished training programmes are founded on growth, advancement, and future-oriented accessibility (Sfintes, 2020). The expert in training and the professionals are the ones who assist trainees and enable them to improve their performance from reality to hope, recognising that the training methods are numerous and varied in terms of how they deal with the future (Blake & Solberg, 2023). One of the contemporary approaches to sports training involves the utilisation of exercises that focus on tactical principles of both offensive and defensive strategies within specific spatial contexts. This method is centred on a primary axis that facilitates the development of players' abilities to adapt to anticipated changes, events, and advancements in the future (Yearby et al., 2022). This training method is not limited to merely describing potential scenarios. Still, it focuses on enhancing the players' knowledge, abilities, ideas, and skills to navigate various future perceptions, observations effectively, and playing situations (Herold et al., 2019). According to Hadjab et al. (2019), the proficiency of a player's motor performance in a match is contingent upon the level of stability and mastery of their motor skills, irrespective of any alterations in the playing conditions or situations. The importance of offensive and defensive skills, as well as the ability to choose the most appropriate skills that are in line with the nature of the changing situation, becomes apparent as the game progresses. Yearby et al. (2022) add allowing players to accomplish the game's primary objective: scoring as many goals as possible while preventing the opposition from doing the same. The concept of offensive play and tactics encompasses the various individual and collective strategies employed by players or teams to advance the ball towards the opposing team's goal and ultimately score points. This involves utilising various technical skills, including dribbling, passing, shooting, and movement both with and without the ball, and positioning oneself effectively within the bounds of the game's rules to achieve the desired outcome. The researcher proposes the utilisation of exercises, duties, and tactical principles that encompass both offensive and defensive strategies tailored to specific training spaces. This approach aims to simulate play stations that may arise during a match or are anticipated to occur, with the ultimate goal of achieving realistic play stations that equip players with the necessary skills to secure a favourable outcome. By avoiding incorrect roles and minimising negative impacts on the result, this approach can enhance players' performance. The objective of employing drills that focus on duties and tactical principles of offensive and defensive strategies, tailored to specific training environments, is to enable players to attain proficiency and establish fundamental skills and strategic positions during competitive play. This is achieved through systematic and scientific training methods that capitalise on available opportunities, often resulting in the implementation of innovative ideas that have not been previously explored. The significance of this research lies in the application of tactical compound offensive and defensive principles and exercises in specific spaces. This initiative has the potential to serve as a fundamental basis for others to build upon, facilitating the development and enhancement of training programmes to achieve desired goals. Scientific planning is a widely recognised approach that can lead to progress at category and team levels in various

sports, including football. Despite facing numerous obstacles, football can benefit greatly from the implementation of codified training programmes that are grounded in scientific principles. Achieving a high level in the realm of sports, specifically, football can prove to be a challenging feat without implementing scientific-based planning and programmes. The mastery of fundamental skills within the game serves as a crucial factor in attaining both team and victory objectives (Li et al., 2020). Recently, there has been a growing focus on the form and quality of motor activity exhibited by football players during matches (Machado et al., 2019). This highlights the significance of specialised training that aligns with the nature of skill and motor performance, as well as the dynamic and fast-paced changing of gameplay situations. The possession of diverse motor skills by the player, akin to those demanded by the match, enables them to make informed decisions based on real-life scenarios that test their competence in the arena (Stănescu, Antonescu & Rughiniş, 2023). This, in turn, helps them to anticipate unforeseen circumstances, execute plans in various locations and directions during the competition, and ultimately attain exceptional speed, precision, and proficiency in the implementation of both skill and tactical responsibilities. This study holds significant importance in player development, as it plays a crucial and delicate role in facilitating training. It serves as a medium through which players can acquire skill abilities, including performance endurance, speed of skill performance, and various game plans. These abilities contribute to elevating their level of performance to their maximum potential and can only be achieved through the implementation of well-structured and effective training programmes. In light of the preceding, one of the most important foundations that must be taken into account when training is the researcher's field experience and his accurate observation of the governorate teams and others for the age groups in the lack of use of training developments, exercises of duties, and principles of offensive and defensive composite tactics according to specific spaces. As a result, the researcher narrowed down the focus of his research to the impact of duty exercises and the principles of offensive and defensive complex tactics in specific spaces on developing the speed and endurance of skill performance.

The Objectives of the Study

1. We are preparing a training program to develop the speed and endurance of football skill performance.
2. The effect of exercises of duties and tactical principles of an offensive and defensive compound according to specific spaces in the development of speed and endurance of skill performance in football.

The Hypothesis of the Study

The investigator formulated hypotheses to address the research problem and attain the objectives and subsequently executed the necessary research procedures:

1. The training program has a positive impact on the development of endurance and speed of skill performance in football.
2. There are individual differences of statistical significance between pre-tests and post-tests and in favour of the post-tests of the two groups.

The Fields of Study

Human Area: Youth players born (16-18) in Misan Naft Club for 2021-2022.

Time Area: Duration from 3/3/2021 to 7/6 /2022.

Spatial Area: Stadium in the College of Physical Education and Sports Sciences at the University of Misan.

Methodology

Research Methodology and Field Procedures

Research Methodology

To solve the current research problem, the experimental method was utilized, defined as a pattern of research in which the researcher manipulates one or more variables to cause a deliberate and controlled change in the specified conditions and explains the results of this change (Mohajan, 2020). In accordance with the independent research variable (area-specific schematic sentences) and its two hypotheses, the experimental design with the experimental and control groups was employed as tightly as possible in the pre-and post-tests.

Research community and sample

The term "Research Population" describes the group of people who collectively represent the total number of members of the researcher's intended study population from which they can draw to select a representative sample (Björck, 2022). The research community's scope encompasses the 25 members of the Naft Misan Club for the 2021-2022 sports season, duly registered in the Federation's records. These individuals were selected for the research procedures using a comprehensive inventory method that included 100% of the club's members without exclusions.

Means of collecting information, devices, and tools: For research, testing, and experimentation, the following instruments, devices, and methods have been adopted.

Field Research Procedures:

Firstly: The performance Speed Test (Izzo et al., 2020).

Test Name: Speed Performance Skill.

Purpose of the Test: Measuring the speed of skill performance in football.

Tools used: Six footballs, a non-specific area, a 10-meter pitch, a stopwatch, and a whistle.

Performance Method: The tester stands at 10/m when the whistle is heard, the player starts handling the ball against the wall at a maximum speed of 10/s.

Registration Method: Calculating the number of handles.
Secondly: The performance Stress Test (de Oliveira et al., 2019).
Test Name: Measuring Skill Performance Endurance Running Test (5×30m Back and forth with the ball.
Purpose of the Test: Football Performance Endurance Measurement.
Performance Method: The player stands behind the starting line with the ball in his possession; when the starting signal is given, he dashes back and forth five times at maximum speed until the end of the line.
Registration Method: The time is recorded in seconds and the nearest tenth of a second.

Exploratory Experience

Experts in scientific research frequently stress the importance of conducting exploratory experiments for the tests used in research, as it is a preliminary study conducted by the researcher on a small sample before conducting his research (Pauline-Graf & Mandel, 2019). To obtain the necessary results and information to benefit from them when conducting the main experiment, the researcher conducted an exploratory investigation on Friday and Saturday, corresponding to 1 and 2 June 2022, on players outside the sample, and repeated it two weeks later. Through which the following objectives were achieved: Identify the magnitude of the challenges faced by the researcher, identify the safety of the devices and tools used in the research, identify the adequacy of the assistant work team, adjust the timings and frequencies required to conduct the tests, and codify the tightening of the exercise volumes used by the experimental group.

Main Experience:

The main experiment began correspondingly to 25/6/2022 and lasted (10) weeks, with the last training dose ending on Thursday, 30/8/2018. During this time, the experimental group performed conditional competition exercises twice per week, on Mondays and Thursdays, with the same training objective. Where the conditional competition exercises were applied by auxiliary means by (4) exercises per training dose, where the intensity of the exercises is maximal, and this is commensurate with the nature and purpose of the exercises, and with repetitions of (3) repetitions for each exercise, including rest periods of (2d) and (3d) between each exercise and the last. The exercise for the control group was applied on Monday and Thursday, the regular exercises prepared by the coach to develop compatibility.

Post-tests:

Following the completion of the main experiment and the application of the compatibility exercises to the experimental group, the post-tests were administered in a manner similar to the pre-tests to determine the level attained by the players with the search variables on Saturday and Sunday, corresponding to September 1-2, 2022.

Statistical means: Using SPSS statistical bag, the researcher extracted and processed statistical transactions.

Results

Presentation of the results of differences in the pre-and post-performance speed and endurance tests of the experimental and control research groups.

Table 1: Shows the arithmetic means, standard deviations, and the calculated value of (T) and score (Sig) in the pre-and post-performance speed and endurance tests of the experimental and control research groups.

Test	Groups	Pre-Test		Post-Test	df	T	Sig
Experimental	10	0.894	12.83	0.753	2.833	17	0.000
Control	10.17	0.753	11.33	0.816	1.167	2.907	0.034
Experimental	31.33	2.676	27.07	1.276	4.26	3.504	0.017
Control	31.09	1.539	30.2	1.74	0.892	8.701	0.000

The author utilised statistical significance with a threshold of ($p<0.05$) to establish the values of (Sig). Table 1 displays the outcomes of the pre-and post-tests measuring performance endurance and speed of performance in football for both the experimental and control groups. The study reveals notable disparities in the post-test results between the control and experimental groups in the areas of performance endurance and speed of performance. The researcher attributes this progress to the exercises devised for the experimental group, as well as the training curriculum implemented by the coach and the control group. The training programme was meticulously planned based on sound scientific principles and tailored to the players' abilities and ages. The study underscores the significance of effective planning in achieving the training objectives for the players. Buckthorpe and Della Villa (2020) assert that the curriculum constitutes a deliberate process for sports training, wherein the planning of sports training operations serves as a crucial and indispensable cornerstone to guarantee the elevation of athletic performance. Barquero-Ruiz et al. (2021) also emphasise that traditional learning depends on the positive role of the teacher in making all decisions from planning, implementation, and evaluation of what is included in the general goal of the lesson, setting behavioural goals, determining procedures for classroom management and organising tools, as well as determining the appropriate amount of time required to achieve the goals. Abd Ali (2022) confirms that the progression and intensity of the loads carried out by the players during the implementation of the training curriculum constitute one of the essential pillars of sports development and level improvement. The development of research variables is attributed by the researcher to the physical and skill abilities of the players, as well as their prior experience and knowledge in improving their skill and tactical performance.

Additionally, the researcher notes that feedback and error correction obtained by the player during the exercise also contribute to this development. They complement the players'

abilities in achieving the required motor performance smoothly, particularly in the effectiveness of football due to the large number of variables during the performance, such as fast running, direction changes, deception, creating space, balancing, attributing, etc. All of this must be considered immediately, and the appropriate decision or directives must be implemented as soon as feasible. According to Jaber's (2022) findings, attaining high-level achievements necessitates consistent and adequate physical preparation and skill. The control group, which employed the same training method, exhibited less development in all research variables pertaining to bear performance and speed of performance compared to the experimental group. Al-Saegh, Ahmed, and Kzar (2022) assert that the training process for enhancing performance and achieving success is no longer random but instead relies on systematic planning based on scientific principles and the utilisation of appropriate training methods and resources to attain educational, psychological, physical, functional, and skill-related objectives.

Presentation of the results of differences in dimensional performance speed and endurance tests between the experimental and control groups

Table 2: Shows the arithmetic means, standard deviations, calculated value of (T) and score (Sig) in the dimensional performance speed and endurance tests between the experimental and control groups.

Test	Experimental Group		Control Group		T	Sig
	M	SD	M	SD		
Speed of performance	12.83	0.753	11.33	0.816	3.308	0.008
Performance tolerance	27.07	1.276	30.2	1.74	3.554	0.005

The researcher observed significant differences in the values of (Sig), which were found to be smaller than ($p<0.05$). The researcher attributes these differences to the nature of the exercises prepared and carried out by the experimental sample. In addition to the provision of activities that are tailored to the specific demands of football competitions and the associated game characteristics, Norouzi et al. (2019) have suggested that the implementation of scientifically sound training methods can effectively enhance the efficacy of muscle groups involved in executing diverse motor skills and physical abilities that are acquired by players during training. The experimental group's improved performance endurance test results and speed of performance skills in football are attributed to the consistent and effective implementation of specialised exercise vocabulary. Regularity and proper utilisation of exercise time are critical factors in elevating the level of achievement in each training unit, particularly when exercises are structured with a gradual increase in difficulty from simple to compound. Zayer (2022) posits that the systematic approach to training is aimed at fostering the athlete's cognitive abilities to attain the desired outcome progressively. This is because an effective organisation serves as a fundamental pillar for

goal attainment. The development of the research sample, particularly in the experimental group, is attributed by the researcher to the correlation between basic skills and the compound ball, both with and without the ball. This correlation has facilitated the enhancement of skill performance. This is supported by both Gherghe et al. (2021), that the player who does not master the basic skills is forced to focus on the ball and its way of playing more than to focus on the tactical aspect, and this is reflected in his lack of focus on the movements of his colleague or opponent, which undoubtedly affects the accuracy of the implementation of the tactical aspect. Zhang (2022) supplements the fundamental abilities and amalgamation of multiple factors the player employs during gameplay, including individual aptitudes, collective teamwork, and comprehension of the game's regulations. Therefore, football necessitates that the player executes the fundamental skills with maximum velocity and precision while possessing the capacity and proficiency to alter their trajectory while possessing the ball. The manner in which the researcher administered the exercises, most of which culminated in a scoring system, engendered inclinations and motivation to execute them. This, in turn, facilitated the enhancement of the level of performance endurance and velocity. According to Tozer (2020), the director of the English teams, it has been established through statistical analysis of 109 international matches that upon winning possession from the opponent, it is imperative to advance the ball forward and conclude with a shot on goal within a maximum of five passes. The findings indicate that 87 goals were successfully scored after a five-handed attack.

Conclusions

1. The exercises of duties and complex tactical principles of attack and defence according to specific spaces have a positive impact on the development of speed and endurance of skill performance in football.
2. The method of duties exercises and the principles of the offensive and defensive complex tactics according to specific spaces have a positive impact on shortening time and effort in developing abilities and skills separately.

Recommendations

1. Emphasis on the application of training exercises, duties and tactical principles compound offensive and defensive according to specific spaces Positive impact on the development of speed and endurance of skill performance in football.
2. The application of exercises of duties and tactical principles of the offensive and defensive complex according to specific spaces has a positive impact on the tactical side and other football skills.
3. They are applying the exercises of duties and tactical principles of the offensive and defensive complex according to the specific spaces in a larger size because of their positive impact that serves all performance requirements.
4. We are conducting similar research and studies using conditional competition exercises.

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