

The effect of Exercises By Pressing -Style to Developing A Man-to-Man Defense For Young Football Players

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Abstract

The importance of the research is that it is a research attempt that is concerned with consolidating the idea of a pressing play style in the reality of Iraqi clubs and teams training through this defensive method to achieve the desired goal, as well as experimenting with the use of defensive exercises characterized by rapid application and high accuracy together, and to know the extent of the impact of exercises in a pressing style of play in developing defense man to man for young football players in a step aimed at strengthening the sports field with practical experiments and service to researchers in the sports field. The research objectives to prepare pressing play style exercises to develop defense, man to man, for young football players. To identify the effect of exercises in a pressing play style in developing defense, man to man for young football players. The researchers used the experimental method to design the two equivalent groups (experimental and control) with a pre and post- test that is consistent with the nature of the research problem. The research sample was chosen by a simple random method (lottery), where the experimental group was represented by the Al Shuohda youth sports club, whose number was (22) players, and the control group was represented in the Nahrain youth sports club, whose number is (21), (10) players were chosen from each group, experimental and control group by the deliberate method, and the research variables included the defense man to man (Close defense - flexible defense - cutting and acquisition - cutting and farthest). The researchers used statistical methods (mean, standard deviation, coefficient of torsion, Levin's coefficient, t-test for correlated and non-correlated samples), and after presenting, analyzing and discussing the results, the researchers reached the following conclusions: pressing play style exercises developed man-to-man defense with two types of close defense and flexible defense for the experimental group under study. pressing play developed cutting, possession, cutting and farthest.

Keywords: exercises, pressing-style, defense, young, football players

Introduction

The offensive and defensive side in football is considered as complementary to the other, as the attack enables the team to achieve goals and win ¹. As for the defense, its mission is to keep dangerous attacks away from the goal and cover the nearby and most important areas that may cause problems for the team if they are not properly monitored. Continuous pressure on the players of the opposing team, each according to his position and the type of defense assigned to him, as each player has duties on the field of defense and offensive. From the above, we see the necessity of using modern methods and techniques in the process of sports training,

as well as playing with modern methods that can serve the method that the coach deems appropriate during the competition, especially with the diversity of methods used by competitors, and from here lies the importance of research as it is a research attempt concerned with establishing the idea of pressing play ² style in the reality of Iraqi clubs and national team training through this defensive method to achieve the desired goal, as well as experimenting with the use of defensive exercises characterized by rapid application and high accuracy together, and knowing the impact of exercises in the pressing play style to developing defense man to man for young football players in a step aimed at strengthening the sports field practical experiments and service for

researchers in the field of sports³. The football game is in constant development and this development came as a result of modern methods based on scientific foundations through studies, research, analysis and correct planning and did not come in vain or random. These methods have significantly and remarkably developed the performance of the teams, some of which focus on attack, some of which focus on defense, including what focuses on attack and defense, according to what each team has, and among the methods that have emerged in recent times is the compressive style of play, which made a clear shift for the teams that used it in terms of results in the local league or external participations, and from the teams that used this method is the English club Liverpool, led by the German coach (Jürgen Klopp), who was known for this style in the 2015 season in the English premier league.

And through the experience of the two researchers, being former players in the Iraqi premier league and holders of the (C and B) Asian football tournament, and through their follow-up to the Iraqi premier league and the Iraqi teams, the compressive style of play was not used as a style famous for in local or foreign competitions, but rather is used poorly during competitions and matches as well⁴. The researcher noticed weakness in

the performance of defensive duties, including man-to-man defense, who is characterized by close control of competitors, especially in areas close to the goal and scoring areas, which are the areas from which most goals are scored, as well as a weakness in the process of retrieving the ball through cutting, possession or cutting and farthest.

Methodology

The researchers used the experimental method to design the two equivalent groups (experimental and control) with pre and post criteria that are compatible with the nature of the research problem, and to achieve the desired goals.

The research community included Wasit governorate clubs for youth participating in the first-class Iraqi football league of (10) clubs, and the research sample was chosen by a simple random method (lottery), where the experimental group was represented by the Al Shuohda sports club for youth of (22) players, and the control group was represented by the Nahrain sports club For youth, their number is (21), and (10) players have been identified from each experimental and control group by deliberate method. The researchers conducted homogenization of the sample members in terms of length, mass, and training age.

Table (1) Show the homogeneity coefficients of the research sample in length, training age, and mass.

N	Variables	Measurement units	experimental		control		levene	Skew ness
			mean	Std. Deviation	mean	Std. Deviation		
1	Length	cm	171.00	2.943	169.50	3.000	0.1	0.512
2	Mass	Kg	69.500	6.650	68.50	4.654	0.41	0.811
3	Training age	Month	53.88	4.272	54.22	6.233	0.511	0.624

The table shows the homogeneity of the variables, as the values are confined to (± 1) in the torsion coefficient, and the coefficient of levene was greater than the level of significance (0.05).

Field research procedures:

To measure man-to-man defense, the two researchers made a tournament for four clubs (Al-Shuhada, Al-Nahrain,

Al-Kut and Wasit), including the club that represented the experimental group and the club that represented the control group, where the researcher made a draw in a simple random way to choose the two clubs in the competition prepared by the researchers, in order to avoid bias for any of the research community clubs and to ensure that the experimental research variables are preserved. The first half was filmed only in order to involve the research sample for the two clubs and not to switch them during the first half of the competition, these matches were presented to the expert (Abdul Amir Naji) former captain of Al-Zawra Club and an analyst for Al-Iraqiya sport channel, who analyzed the matches through the (Dart Fish) analytical program through which defense data are given a man to a man and this procedure was done in the pre and post- tests of the subject of study without any change in circumstances.

Pre-tests:

The researchers held a four-way tournament that started on Wednesday 8/1/2020 at three o'clock in the afternoon at the Al-Shuhada club stadium, which represents the experimental group, and the Al-Nahrain club stadium, which represents the control group, with two matches every day and a two-day break between one match and another, and the championship lasted for a week until 14/1 / 2020.

Equivalence was performed on the two research groups by conducting tests for the research variables, as the researchers conducted a parity process for the two groups (the experimental group that applied the pressing play style and the control group that applied the coach's style), and to find parity between the two groups, the researcher used the variables to be developed by conducting the tests and measurements used In the search represented in table (2).

Table (2) shows the equivalence of the members of the research sample.

N	Variables	Measurement units	experimental		control		T test	Level sig	Type of significance
			mean	Std. Deviation	mean	Std. Deviation			
1	Close defense	Number	8.333	2.214	8	1.732	0.158	0.882	Non sig
2	Flexible defense	Number	4.666	0.577	4.333	2.081	0.267	0.802	Non sig
3	cutting and farthest	Number	34.66	4.041	32	3.605	0.853	0.442	Non sig
4	cutting and acquisition	Number	20.666	1.577	19.333	3.785	0.603	0.579	Non sig

Significant at a significance level (0.05) if the confidence level is \leq or = (0.05)

The main experience:

The researchers, after reviewing the scientific sources and previous studies, prepared exercises by pressing play style, which aim to develop man-to-man defense, and these exercises are in line with the nature and conditions of football matches, and they are distributed in the training units appropriately taking into account

the components of pregnancy training (intensity, size and rest) during three days a week (Sunday, Tuesday and Thursday) in order for these exercises to be able to achieve development in man-to-man defense in football. These exercises will be applied during the start of the main experiment:

Post- tests:

After completing the main experiment, post-tests were conducted for the research sample, a quadruple championship was held for the same clubs participating in the pre-test, namely (Al-Shuhada, Al-Nahrain, Al-Kut and Wasit), where the championship was held on Tuesday 17/3/2020 at three o'clock afternoon, with two matches a day, a match at the Al-Shuhada club stadium, a match at Al-Nahrain club, and a two-day break between one match and another, and the tournament continued until Monday 23/3/2020, as the tournament lasted for seven days.

Statistical methods used:

The researchers used the statistical bag (spss) to analyze the research results, including:

- Mean.
- STD.EV.
- Skew ness.
- leven coefficients.

Presentation, analysis and discussion of results:

Presentation of the results of defense values one man to man and the percentage of possession for the control and experimental group and their analysis:

Table (3) shows the mean and standard deviations for the pre and post- tests, the calculated (t) value, the level of significance and the significance of the differences in the defense values of man to man for the control group.

N	Variables	units	Pre-test		Post-test		T test	F	A. F	Level sig	Type sig	
			mean	Std. Deviation	mean	Std. Deviation						
control	1	Close defense	Number	8	1.732	9.333	1.527	0.718	1.333	3.214	0.547	Non sig
	2	Flexible defense	Number	4.333	2.081	7.330	1.577	2.598	3	2	0.122	Non sig
	3	cutting and farthest	Number	32	3.605	36.66	4.785	1.097	4.667	7.371	0.387	Non sig
	4	cutting and acquisition	Number	17.3	3.785	19.333	1.528	0.866	2	4	0.478	Non sig
experimental	1	Close defense	Number	8.33	2.214	16.33	1.528	6.928	8	2	0.05	Sig
	2	Flexible defense	Number	4.66	0.577	11.66	1.562	12.124	7	1	0.007	Sig
	3	cutting and farthest	Number	34.66	4.041	48.33	2.876	5.250	13.66	4.509	0.03	Sig
	4	cutting and acquisition	Number	20.66	1.577	26.66	1.527	10.392	6	1	0.009	Sig

Significant at a significance level (0.05) if the confidence level is \leq or $=$ (0.05)

Tabular T at degree of freedom (9) = 2.262

Presentation, analysis and discussion of the results of the defense values, man-to-man, for the post-test of the control and experimental groups:

Table (4) shows the mean, standard deviations of the post-test, the calculated (t) value, the level of significance, and the significance of the differences in the man-to-man defense values between the control and experimental groups:

N	Variable	Unit	experimental		control		T test	Level sig	Type sig
			mean	Std. Deviation	mean	Std. Deviation			
1	Close defense	Number	16.33	1.528	9.333	1.527	5.612	0.005	Sig
2	Flexible defense	Number	11.67	1.562	7.330	1.577	9.192	0.001	Sig
3	cutting and farthest	Number	48.33	2.876	36.66	4.785	4.244	0.013	Sig
4	cutting and acquisition	Number	26.66	1.527	17.3	1.528	7.483	0.002	Sig

Significant at a significance level (0.05) if the confidence level is \leq or = (0.05)

Tabular T at degree of freedom (18) = 2.101

Discussion of the post-test results of the experimental and control group in man-to-man defense.

The researchers attribute the reason for the development of the experimental group to the use of the stress playing style that had an effective role in the development of performance for a man-to-man defense and the ratio of possession, by increasing the desire and motivation towards training and highlighting the potential capabilities of the players, as ⁽¹⁾ indicates that the style of play one of the methods that have a clear impact and are used by coaches frequently in different periods of preparation, because they seem easy-leaning and this is evident in football by giving duties towards the goal to be achieved during the course of playing in various forms, and this method is characterized by the development of physical, skill and planning elements ⁶. The researchers also see that the use of these exercises within specific areas in the training units was a clear

goal, which facilitated the work of the players, and that the repetition of performance was for the purpose of ensuring accuracy and speed in performance and avoiding errors during the performance of the players, and this was confirmed ⁽²⁾. That the repetition of exercises in the training unit makes the players less wrong in the implementation of duties and more control over performance, whether with the ball or without the ball, which makes the player take the correct position to perform the skillful or planned duty and then avoid the mistakes that occur in it as it gains the player good compatibility for performance.

Also the researchers see that group training within the specified spaces has an effective effect in spreading the spirit of cooperation and continuous work among the members of the same group and works to raise the player's skill and planning capabilities, both defensive and offensive, as ⁽³⁾, indicates that group training is the point The basic exercises in the exercise and that at the same time it develops the movement and planning skills of the players.

Conclusions

Based on the research results reached within the limits of the research community, the following conclusions have been reached:

1- Pressing style play exercises developed man-to-man defense, with both types of close and flexible defense for the experimental group under study .

2- The experimental group surpassed the control group in the post test and in all research variables.

3- Pressing play exercises performed a great role in strengthening the bonds of teamwork among the players in terms of bearing some of the mistakes received and covering them up.

Recommendations:

1- Teaching and training novices and juniors the style of stress playing, in a way that suits each stage, as a basis for them in the future.

2- - The use of a stress playing style in the development of other types of individual or team defense.

3- - Training the style of pressing play according to different playing areas.

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Conflict of Interest: None to declare.

Ethical Clearance: All experimental protocols were approved under the Faculty of Physical Education and Sports Sciences and all experiments were carried out in accordance with approved guidelines.

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