

## Preparing Special Exercises for Stress Training to Develop Performance Endurance and Some Compound Offensive Skills in Youth Football

Montdhar Atwan Mohammad<sup>1\*</sup>, Saeed Ahmed Saeed<sup>2</sup>

College of Physical Education and Sports Sciences / University of Baghdad, Iraq.

\*Corresponding author: Montdhar Atwan Mohammad, email: [mundather.Atwan1204a@cope.uobaghdad.edu.iq](mailto:mundather.Atwan1204a@cope.uobaghdad.edu.iq),  
Mobile: +9647808752743

### ABSTRACT

**Background:** The purpose of this paper is to prepare special exercises for stress training to develop performance endurance and some compound offensive skills in football for young people, and to identify the effect of stress training on endurance performance and some offensive skills in football for young people.

**Methods:** The research community was identified, which were the (25) players of the Oil Sports Club for Youth. The sample of the research was selected from the same research community, and the goalkeepers were excluded, so that the number was (23) players, selected from them (3) players for the pilot experiment and (20) players on whom the main experiment was applied.

**Results:** After the compound offensive skills were determined, and after the researcher reviewed the sources, research, previous studies and personal interviews he conducted with the specialists, the appropriate tests were nominated: the first composite skill test (passing measurement, receiving in a specific area with fast rotation, fast running with the ball Then passing and receiving, shooting accuracy), the second composite skill test (measurement of running and ball control, speed of change of direction, shooting accuracy), and the third composite skill test (measurement of passing and receiving, rapid rotation in a specified space, shooting accuracy towards a divided target).

**Conclusion:** The researchers concluded that the stress training exercises used on the sample were effective and positive in developing the performance endurance in football for youth.

**Keywords:** (stress training, performance endurance, compound skills, and offensive skills).

### Research problem:

Football is one of the first popular and popular games in the world, and it is one of the most abundant games for the player and spectator's enjoyment, especially if it is played by skilled players, because they play it aesthetically and smoothly.

Functional, tactical and psychological, and football is one of the games that has developed a great deal, and that this development did not come from a vacuum and was not the result of chance, but was achieved thanks to sound scientific planning using scientific means and methods, and that the game of football is one of the games that is directly affected in Kinetic and skill abilities<sup>(1)</sup>.

The importance of compound offensive skills in football has increased in recent times, because modern play has become more difficult and compound compared to previous methods of playing, and the compound offensive skills have the basis for building and progressing the football player and working to improve the player's skill and planning level, and understanding this relationship is the basis for developing appropriate training curricula. Which helps us to reach the higher levels of sports, and it is not possible to determine the level of sports training that the players have reached without benefiting from the tests used in the game.

Based on the foregoing, the importance of the research is reflected in the need to know the impact of stress training and its role in developing performance endurance and offensive vehicle skills in the training process<sup>(2)</sup>.

In addition, the more successful the coach is in choosing the optimal training method, the more successful the training process will be and lead to positive results. For the tournament because of its importance, as well as the preparations for quick tournaments, or as a result of players' failure to train for a certain period or exposure to a period of exams or injuries, and the mismatch of the training environment with the environment of the matches faced by the attackers, which leads to impeding the physical and functional characteristics and thus impeding the performance of compound skills in achieving distinguished results.

Therefore, the researcher decided to address this training gap in a scientific and accurate manner by developing a training curriculum that relied in its preparation on the pressure method and knowing the extent of its impact on the development of performance endurance and some compound skills in football to put it in the service of the football coaches<sup>(3,4,5)</sup>.

### Research objective:

- Prepare exercises with stress training to develop performance endurance and some compound offensive skills in football for young people
- Identify the effect of stress training on developing performance endurance and some compound offensive skills in football for young people.

### Research hypotheses:

That there is a significant effect in favor of the post-tests in the use of stress training to develop

performance endurance and some offensive skills in football for young people.

## **METHODOLOGY**

The nature of the problem determines the researchers by choosing the appropriate approach to this problem. The method was “the sound method that the researcher adopts to reach his desired goal that he identified at the beginning of his research”<sup>(6)</sup>.

So the researchers adopted the experimental method for its suitability with the nature of the problem, and the approach. Experimental “is the deliberate and controlled change of the specific conditions of an accident and the observation of the resulting changes in the incident itself and its interpretation and the reasons that affected it”<sup>(7)</sup>.

### **The research community and its sample:**

The research community was identified, and they are the (25) players of Al-Naft Sports Club for Youth. The research sample was selected from the same research community, and the goalkeepers were excluded so that the number was (23) players, of whom (3) were chosen for the exploratory experiment and (20) players were applied to the main experiment.

### **Field research procedures:**

After the researchers reviewed the knowledgeable sources and previous studies and took into account the opinions and observations of experts and specialists, the compound offensive skills in football and the most frequent in matches were determined as follows: (passing, dribbling, receiving, and running with the ball). After the compound offensive skills were determined, and after the researcher reviewed the sources, research, previous studies and personal interviews he conducted with the specialists.

### **Appropriate tests were nominated:**

The first composite skill test (passing measurement, receiving in a specific area with fast rotation, fast running with the ball, then passing and receiving, shooting accuracy). The second composite skill test (measurement of running and ball control, speed of change of direction, shooting accuracy). And the third composite skill test (measurement of passing and receiving, rapid rotation in a specified space, shooting accuracy towards a divided target).

The two researchers conducted the pre-tests on the stadium of Al-Naft Sports Club in Baghdad Governorate, with the help of the assistant work team; this is to know the real level of the players before starting to apply the main experience. Through the researchers' briefing on the scientific sources and previous studies, a training curriculum was prepared in accordance with the stress training exercises and with all the requirements and tools for the application of those training units, as they were applied for a period of

(8) weeks at the rate of (3) training units each week, as it included a set of training exercises (Appendix 2), and after completing the application of the training modules, the researchers conducted post-tests for the skills under study. The researchers concluded that the stress training exercises used on the sample were effective and positive in developing the performance endurance in football for youth, and that the stress training exercises used on the sample were effective and positive in developing some of the compound offensive skills in football for young people.

### **Ethical consent:**

**Informed consent was taken from the player's relatives or the player himself when he was still conscious with keeping the players' records confidential in all stages of the study. This work has been carried out in accordance with The Code of Ethics of the World Medical Association (Declaration of Helsinki) for studies involving humans.**

### **Exploratory experiment:**

exploratory experiment “is a mini-experiment of the main experiment, the purpose of which is either to reveal some scientific facts or to experiment with work to reveal the obstacles and negatives facing the application of the main experiment, or for the purpose of training some cadres to help work”<sup>(8)</sup>.

In order to find the best methods to implement the field research procedures, the researchers conducted an exploratory experiment on a group within the research community. The purpose of which is: Identifying the times necessary to carry out the tests, verifying the suitability of the place, identifying the obstacles that may appear during the performance and avoiding errors).

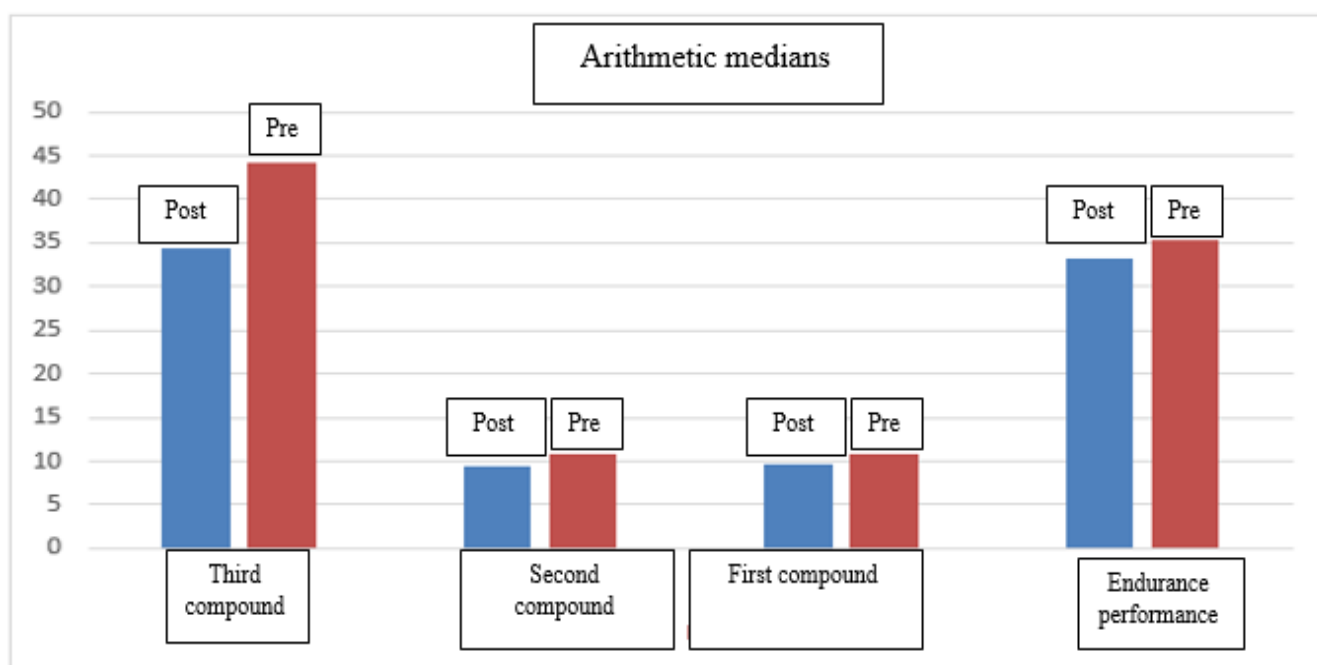
The two researchers conducted the pre-tests on (Saturday) corresponding to (5/3/2022), on the Oil Sports Club in Baghdad Governorate, with the help of the assistant work team; This was to know the real level of the players before starting to apply the main experience. Then the training curriculum was applied according to the stressful training for the members of the experimental group and all the requirements and tools for the application of those training units. It was applied for a period of (8) weeks, with three units each week, as it included a set of training exercises (Appendix 2).

After completing the application of the training exercises, the researchers conducted tests for endurance of performance and the offensive skills of the vehicle under discussion on (Saturday) corresponding to (7/5/2022), on the Oil Sports Club, and the same procedures were adopted in terms of time, place, tools used and the conditions for pre-tests; In order to avoid the variables that could affect the results of the post-tests.

**Table (1)** shows the arithmetic means and their deviations, the calculated (t) values, and the statistical significance of the post and pre-tests.

Variables	Measuring unit	Groups	Arithmetic mean	Standard deviation	T value calculated	Level Sig	Type Sig
Endurance performance	Sec	Pre	35.312	2.223	6.769	0.001	Sig
		Post	33.29	1.532			
First compound	Sec	Pre	10.921	0.827	6.25	0.001	Sig
		Post	9.566	0.224			
Second compound	Sec	Pre	10.737	0.56	8.743	0.001	Sig
		Post	9.488	0.292			
Third compound	Sec	Pre	44.296	4.298	10.724	0.001	Sig
		Post	34.382	1.285			

Significant below significance level < (0.05) and degree of freedom (19).



**Fig.1** shows the arithmetic medians between the pre and post-tests in endurance performance and compound offensive skills.

## DISCUSSION

From Table (1) and Figure (1), using the T-test law for the correlated samples and when comparing the true significance value (0.000), which is less than (0.05), at a degree of freedom (19), which indicates a significant difference in favor of the post-test.

The researcher attributed the reason for this development to the effectiveness of the exercises for stress training, which was regular throughout the main experiment period, as **Ibrahim, 2012** believed that the success of the training process depends to a large extent on the sustainability of the training and the lack of interruption in addition to the quality of the exercises used by the researcher during the implementation of the curriculum <sup>(9)</sup>.

The researcher also believed that the development in the post-tests was the result of using the exercises for

stress training used in the training curriculum, as these exercises have proven their effectiveness and positive impact in the development of the compound offensive skills under study. By linking these skills with implementation methods similar to actual performance during play. The researcher also believed that the reason for the development in compound offensive skills is due to the application of modern exercises specific to stress training that serve more than one goal and differ from the nature of performing the exercises followed.

The combination of more than one skill during the application, for example, exercises linking passing, receiving and shooting, as well as between running, speed change of direction and shooting accuracy, as this constitutes a link between the kinetic response, agility and accuracy in a way that is consistent with what is

happening in the match, as it is rare for the player to perform. A single basic skill such as receiving only or rolling or shooting, so in order to work on developing compound skills with the necessary accuracy and speed and effectively and to obtain players who are able to keep pace with the development in the game. So the exercises for stress training are a form of sports training through which to link. The components of the different training situations, “which speeds up the suitability of the physical and technical variables and their suitability to the requirements of the competitions, as well as helping to overcome the fear factor.” Feeling confident and eliminating hesitation in competition <sup>(10,11)</sup>.

## CONCLUSIONS

1. The pressure training exercises used on the sample are effective and positive in developing the endurance of football performance for youth.
2. The pressure training exercises used on the sample are effective and positive in developing some compound offensive skills in youth football.
3. The rate of development that appeared in the post-tests is higher than the rate of development of results that appeared in all the results of the pre -tests of youth football players.

## RECOMMENDATIONS

1. The importance of using the exercises for the pressure training under study by coaches to develop the performance endurance of young football players.
2. The importance of using the exercises of the pressure training under study by coaches to develop the offensive skills of young football players.
3. Emphasis on the use of modern training methods and their inclusion in the various training programs.

## REFERENCES

1. **Harmison R (2006):** Peak performance in sport: Identifying ideal performance states and developing athletes' psychological skills. *Prof. Psychol Res. Pract.*,

37(3):233-243. doi:10.1037/0735-7028.37.3.233

2. **Ro M, Brauer M, Kuntz K, Shukla R et al. (2017):** Making Cool Choices for sustainability: Testing the effectiveness of a game-based approach to promoting pro-environmental behaviors. *J. Environ Psychol.*,53:20-30. doi:10.1016/j.jenvp.2017.06.007
3. **Mandinach E, Gummer E (2016):** What does it mean for teachers to be data literate: Laying out the skills, knowledge, and dispositions. *Teach. Educ.*, 60:366-376. doi:10.1016/j.tate.2016.07.011
4. **Shawer S (2017):** Teacher-driven curriculum development at the classroom level: Implications for curriculum, pedagogy and teacher training. *Teach. Educ.*, 63:296-313. doi:10.1016/j.tate.2016.12.017
5. **Nzeru W, Nzimakwe I, Mutambara A et al. (2015):** Impact of Training and Development on Employees' Performance. *Indian Econ. J.*, 63(3):448-472. doi:10.1177/0019466220150308
6. **Zayer M (2022):** the Effect of Compound Exercises, Kinetic Sense (Hearing-Optical) Using a Light-Sensor Assisting Device To Develop Some Physical and Skill Abilities of Young Football Players. *Rev. Iberoam Psicol. del. Ejerccy el. Deport.*,17(1):40-46.
7. **Rohde M, Brödner P, Stevens G et al. (2017):** Grounded Design-a praxeological IS research perspective. *Journal of Information Technology*, 32(2):163-179.
8. **Awad E, Dsouza S, Kim R et al . (2018):**The moral machine experiment. *Nature*, 563(7729):59-64.
9. **Assaree I, Al-Khalidi I (2021):** Teacher perspectives on the impact of the cyber press on the development of religious knowledge among hearing-impaired students. *Int. J. Learn Teach. Educ. Res.*,20(11):78-95. doi:10.26803/IJLTER.20.11.5
10. **Pino-Ortega J, Rojas-Valverde D (2021):** Training design, performance analysis and talent identification—a systematic review about the most relevant variables through the principal component analysis in soccer, basketball and rugby. *Int. J. Environ Res. Public Health.*, 18(5):1-18. doi:10.3390/ijerph18052642
11. **Drust B, Atkinson G, Reilly T (2007):** Future perspectives in the evaluation of the physiological demands of soccer. *Sport Med.*, 37(9):783-805. doi:10.2165/00007256-200737090-00003.