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The Effect of Training Program to Improve Some of Physical and Tactical Variables Amongst Palestinian Professional Football Players

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Abstract:

The aim of this study was to identify

The Effect of Proposed Training Program to Improve Some of Physical and Tactical Variables Amongst Palestinian Professional". The researchers employed the experimental method as it suits the nature of the study. To achieve the study aim, the study was conducted on a sample of (30) soccer players from Tubas Sport Club and Jenin Sport Club. The sample was distributed directly and equally into two groups (the experimental group and the control group). The experimental group came from Tubas Sport Club and consisted of (15) soccer player; and the control group came from Jenin Sport Clup and consisted of (15) soccer players. After conduction statistical analysis using (SPSS) program, the study revealed the following: Firstly, there were statistically significant differences at the level of significance ($0.05 \geq \alpha$) in the post measurement for all physical variables between the two groups (the experimental group and the control group) and in favor of the experimental group. Secondly, there were statistically significant differences at the level of significance ($0.05 \geq \alpha$) in the post measurement for all tactical variables, except shooting, between the two groups (the experimental group and the control group) and in favor of the experimental group. The main researcher's recommendation was the necessity of applying such training programs, which concentrate on the physical and tactical variables, to include Palestinian professionals' clubs.

Key words: Physical variables, tactical variables, professionals, soccer, West Bank.

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1-The introduction of the study:

Football is one of the most popular sports in the world, attracting the largest number of supporters as a simple mass sport that requires no prior preparation, is enjoyable for all players and viewers, young and old, and is adored by men and women, including writers and readers (Al-Nimri, 2013).

Sport has become a manifestation of the advanced life of the people of the world as a whole. Sports, physical therapy, and other sciences. Football is a popular sport and attracts a lot of attention and follow-up, which made it the most popular sport in the world, where it is practiced by young and old, and its practice is no longer limited to males only, but is practiced by females as well.

Football is one of the most famous sports, characterized by the vast scope of motor skills that footballers must possess and the variety of strategies that could be employed when the required level of physical fitness is obtained. And, considering the recent advancements in football in most countries worldwide in terms of playing methods and plans, high intensity competition, level convergence, and strong performance within the limits of the law of the game, more attention to all aspects of the training process is required to get the player to the maximum possible levels (Al-Atrash, 2008).

The recent evolution of football taken place in most countries around the world in terms of playing methods and plans, high-intensity competition, level convergence, and strong performance within the bounds of the law of the game has necessitated a greater focus on all aspects of the training process to get the player to the highest possible levels by investing in the branches of humanities and physiology and placing them at the service of the training process. In recent years, football has seen a significant increase in all elements of physical, psychological, tactical, and skill development. Physical abilities such as strength, endurance, speed, and agility have crucial connotations for players of national teams and teams in the performance of technical tasks (Al-Atrash, 2008).

Zahran (2010) considers that global sports standards require the athlete to use his physical, skill, tactical and psychological capabilities in an integrated manner, to try to maintain the best possible level and achieve the best results through the best performance.

Abu Abdo and Al-Sayed (2008) also indicated that it is impossible to separate physical preparation, both general and private, from skill preparation because a player who possesses the basic components and a high level of basic skills without being physically on the same level is an inept player. As a result, the significance of a positive relationship between a player's physical and technical preparation during the preparation stages and during games can be shown. As well as the use of special physical preparation aims to develop the physiological

capabilities specific to the level of sports form primarily for football players, especially strength, speed, and agility capabilities, and kinetic abilities such as strength characterized by speed, speed endurance, and strength endurance.

The development that has occurred in football in most countries of the world in the recent period in terms of playing methods and plans, the high intensity of competition, the convergence of levels and strong performance within the limits of the law of the game, this has called for paying more attention to all aspects of the training process to reach the player to the highest possible levels. Through investing in the branches of human and physiological sciences and placing them at the service of the training process, football has witnessed in recent years an increasing and remarkable development in all physical, psychological, tactical and skill aspects. In football, it should be based on scientific principles and focus on the basic skills, which are a valuable indicator of the players' abilities in carrying out the main tasks in the game, and there are physical abilities such as strength, endurance, speed and agility with important indications for the players of national teams and teams in the performance of tasks artistic.

The researchers believe that developing special training programs for the development of physical and planning abilities and applying them according to scientific foundations helps professional athletes reach the highest levels of sports achievement by raising their physical, tactical, skill, and psychological levels.

The Study Problem :

Physical fitness is vital for the player, as with his height, he is able to run and run without lowering his level throughout the match because of its positive repercussions on the players' tactical abilities and their performance on their roles to the fullest and with high concentration without errors throughout the match period, and with its deficiency, the player becomes vulnerable to loss of focus and rapid fatigue, and the team, the best players always controls the ball throughout the match without dropping the level physically, tactically and mentally, and endurance training is one of several parts to get more fit and stay in a proper position throughout the match, and a football player always needs the ability and fitness in order to maintain the same level on the physical and tactical level throughout the match. Basically, physical preparation, followed by employing aspects and the tactical coaches' thought within the green rectangle of football players, has become the preoccupation of technical devices in preparation and planning for the training season through regularized load of programs, laid on scientific foundations to reach the players to the highest possible level of special fitness, skill and planning. In football, endurance, strength, speed, agility and flexibility are the most important components and basic q Due to the increasing burden of physical activity requirements for the match and the

development of game plans based on the change taking place in the world, and through the work of researchers in the field of football training and also as professional players in the Palestinian League and through experiences in the field of training youth and promising teams in football, and through follow-up, observation and observation In the field matches of the Palestinian league teams and the national team, it was noted that there are weaknesses and shortcomings among the players of most Palestinian professional clubs in the level of physical fitness represented by all its elements (speed, strength, endurance, agility and flexibility), which, in turn, loses their focus and ability to abide by tactical duties, and thus, many mistakes are committed as a result of fatigue and inability On taking the right decision in different situations and the tactical behavior of most professional club player. This gives a clear indication of the insufficient attention to physical and tactical abilities by football coaches. Tactical and physical training and preparedness for the professional football player and that most training programs The practice followed in professional training in Palestine focuses on developing physical and mental skills to increase performance without taking the tactical aspect into consideration. Therefore, the researchers decided to conduct this study due to the importance of this issue for professional football coaches and players in the Palestinian League.

ualities in the daily, weekly, monthly and yearly training plan

The Importance of the Study:

The importance of the study lies in the following points:

1-To the best of the researchers' knowledge, the current study is one of the first in Palestine to focus on the physical and tactical characteristics of Palestinian professional football league players.

2-This study will have a major role in developing and refining the tactical and physical abilities of their importance to the professional football player in Palestine.

3-It will open the way to carry out similar studies in the field of physical and schematic variables on other games.

4-To identify the level of the tactical and physical variables of the football players in the Palestinian professional league.

The Objectives of the study:

The current study sought to identify the following objectives:

1-The effect of a proposed training program on the development of some physical variables among the Palestinian professional football league players.

2-The effect of a proposed training program on the development of some tactical variables among the players of the Palestinian professional football league.

3-To identify the differences between the members of the experimental and control groups in some physical and tactical

variables among the players of the Palestinian professional football league.

Study hypotheses:

The current study answered the following hypotheses:

1-The current research answered (will answer) the following hypotheses:

2-There are statistically significant differences between the pre and post measurements in the physical and schematic variables of the experimental group members in favor of the post measurement.

3-There are statistically significant differences between the pre and post measurements in the physical and schematic variables among the members of the control group, in favor of the post measurement.

4-There are statistically significant differences in the post-measurement of the physical and schematic variables between the experimental and control groups and in favor of the experimental group.

The limits of the study

-**The human limit:** the 390 players of the Palestinian professional football league.

-**The spatial boundary:** Martyr Salah Khalaf Al-Mashab Stadium / Al-Fara'a_ Tubas, and Roya Al-Mashab Stadium / Jenin.

-**Time limit:** The study program was used in the second half of the football season 2015/2016 between 3/3/2016 and 3/5/2016.

Terminology of study

Training program: It is the optimal use of a group of scientifically proven training methods in the past to develop and improve the physical, technical, tactical, and psychological qualities, and raise the level of sports performance of the players to achieve a specific sports goal. (Al-Mawla, 2010).

-**The professional player:** He is the one who regards the game as a fundamental vocation that precludes the practice of any other, and who is compensated monthly for his participation in matches and training under the conditions of the contract he has with the club(The Palestinian Football Association).

-**Amateur player:** is the player who participates in the performance of matches within the club's training program without receiving any wage for his work except for the necessary expenses for his transportation or residence. (The Palestinian Football Association).

-**Partial professional teams:** They are clubs that meet professional standards, such as announcing an annual financial budget, approving the club's work according to a fixed administrative and organizational structure, making contracts for players and managers, having health insurance, having club-owned stadiums or contracts for their use, having committees and employees, which are (12) clubs in the West Bank Western. (The Palestinian Football Association).

Plan: a Greek word that means coordination, and the plan is also known as the art of "drawing play" by means of meaningful, purposeful moves that carry out tasks and achieve good results. (Al-Waqad, 2003).

-**Tactical rules:** It means the player's participation in a defensive or offensive plan, whether the player touches the ball or not, provided that these defensive or offensive plans are: running for the player's next ball, playing the ball directly, the wall pass, the appropriate pass and escaping from the defender and pressing the attacker and cover to another. (Al-Atrash, 2008).

Literature review:

Sharbaji (2013 carried out research on "the impact of a proposed training program based on the type of play on some physical, skill, and physiological factors among junior footballers." The experimental method was selected by the researcher since it was suitable for the aim of the study. Their ages ranged between (14-16) years, and they were randomly distributed equally into two experimental and control groups. One of the most important findings of the study is that the training program according to the form of playing affected all the variables under study and with statistical significance between the pre and post measurements in favor of the post measurement. The results of the study revealed that there are no statistically significant differences in the post measurement of the physical variables in general endurance and speed endurance. The researcher recommended the need to use the proposed training program according to the form of playing in the development of physical, skill, and physiological variables for young footballers.

Salama (2013) conducted research with the goal of "determining the effect of high-intensity interval training and fartlek training on specific physical and physiological features of junior footballers," as well as comparing the two methods. Thirty junior players, ranging in age from 14 to 16, were randomly assigned to one of two experimental groups: high-intensity interval training or fartlek training. One of the most important findings of the researcher is that the high-intensity interval training program affected all the variables under study with statistical significance, except for the cardiac thrust at rest and the maximum cardiac thrust after performing the Cooper test. One of the most important recommendations recommended by the researcher is the necessity for coaches to benefit from the two training programs in developing the physical and physiological characteristics of junior footballers.

Al-Karkhi (2012) also conducted a study aimed at identifying the "relationship of some basic skills to the level of tactical performance of young football players". To achieve this, the study was conducted on a sample of (16) players aged (15-16) years representing Al-Sana'a football club juniors who were chosen intentionally. The study employed a descriptive approach in the style of correlative connections, and quantitative tools were utilized for collecting

data through the use of the (SPSS) statistical system. The most important conclusions reached by the researcher is that there is a significant correlation between basic skills and the level of tactical performance of young players in football. Adding to this, basic skills have a positive impact on the emergence of the correlation between them and the tactical performance. The researcher's most essential recommendations are to concentrate giving exercises that enhance the skill side, which is demonstrated in the successful application of tactical performance in football.

Zimek (2012) did a study to see the "comparison between the effect of high-intensity interval training and repetitive speed training on physical fitness." One group does high-intensity interval training, one group does repeated training, and the third group is the control group for a six-week training program. The results of the study showed a significant development of the players who work in interval training in special endurance and more than the second group while there is no change in the third group (the control group). The study also demonstrated a similar improvement for the two groups (interval and repetitive) in general fitness.

Michael and others (Meckel, et al, 2012) conducted a study aimed at "determining the effect of short-distance sprinting versus long-term repetition of sprinting on some physical characteristics of football juniors aged (14-15) years". The measurements were made before and after (8) weeks of training, where the first program consisted of running (4-6) groups and each group was an enemy (5m) four times while the second group was (4-6) running groups (200m) with intensity (85%) of Maximum speed. The findings of the study showed that each of the two programs worked to improve the anoxic capacity represented in running (30m), maximum oxygen consumption, running time (250m), and agility. Thus, the differences were not statistically significant in the two post measurements between the two programs.

Study procedures:

RESEARCH METHODOLOGY

The experimental method was adopted in one of its forms due to its suitability for the study, its objectives, and hypotheses:

- **Experimental group**
- **control group**

Study Population

The study included 390 players from the Palestinian Football Association's semiprofessional league who were legally registered CHECKLISTS for the sports season on the Palestinian Football Association's records (2015-2016).

Sample Study

The sample was selected from the first team players in the Tubas Sports Club and Jenin Sports Club for the 2015-2016 sports season, and the total number of sample members was thirty (30) players, representing 7.7% of the whole community, and they were divided into two groups. : Experimental of Tubas Football

Club players, with a total of (15) players, and a control group of Jenin Football Club players, with (15) players.

This is because the two teams play in the professional league, and because there is a previous training experience for researchers in working with these two clubs, and the administration's full readiness to conduct research and implement the pilot program,

Table No. (1): Distribution of the study sample according to the variables of age, height, and weight (n=30).

Variables	measuring unit	Average	deviation	Sprain
Age	Year	25.86	3.93	0.31 -
Length	Cm	175	3.88	0.44 -
MASS	Kg	175	3.82	0.98 -

It is clear from Table (1) that the mean and standard deviation value for the age variable was (25.86 ± 3.93), for the height variable (175 ± 3.88), and the **MASS** (73.40 ± 3.82), and the skew coefficient values ranged between (-1-0), which indicates the homogeneity of the study sample. Therefore, the study sample members were distributed into two equal groups in the premeasurement of the physical and schematic variables and then a t-test was applied to two independent groups to confirm the equivalence between the members of the two groups and Table No. (2) illustrates this.

The equalityin the premeasurement of physical and tactic factors between the control and experimental groups (n = 30) is shown in Table No. 2.

Physical and planning variables	Unit of measurement	T(n =15)		C(n=15)		value	Level Significance
		M	N	M	N		
General bearing (1500) meters	Minute	5.07	0.52	5.42	0.42	-1.94	0.062
Speed (running 30m)	Second	3.98	0.45	4.17	0.33	-1.31	0.201
Agility (Barrow Test)	Second	24.56	1.01	25	0.81	-1.29	0.206
Flexibility (bending the trunk forward from sitting)	Centimeter	10.98	1.26	10.15	1.07	1.92	0.062
Explosive force	Meter	9.49	0.21	2.37	0.14	1.78	0.086
Passes	Degree	13	1.77	11.93	1.53	1.76	0.089
Dribble	Degree	13.40	2.89	12	1.60	1.63	0.113
Shooting	Degree	11.60	3.41	11.86	1.18	-0.28	0.777
Ball Recovery	Degree	13.86	1.80	12.73	1.43	1.90	0.068
Player Position	Degree	11.86	1.55	11.66	1.44	0.36	0.718

*** Statistically significant at the($\alpha \leq 0.05$), degrees of freedom (28), and tabular (T) (2.04).**

Table (2) shows that there is no statistically significant difference between the members of the two groups in the pre measurement of the physical and schematic variables, where the calculated (t) values were less than the tabulated (t) value, indicating that there are no statistically significant differences in the pre-measurement on all physical and schematic variables at the significance level($\alpha \leq 0.05$) .

Study tools

First: Tests used

Physical tests

-General endurance test (1500 m).

-Speed test (30m galloping).

-Flexibility test (trunk flexibility from long seating mode)

-Agility test (barrow zigzag running - seconds).

-Explosive force test (steady wide jump).

• Planned tests

-Passing

-Shooting.

-Player status.

-Dribble.

-Ball Recovery.

OPERATIONAL APPLICATIONS FOR THE RESEARCH

Second: the tools used

-Grassy football field.

-Fox Whistle.

-Diamond stopwatch.

-50-metre-long carker for measuring distances.

-A tool for measuring flexibility (wooden box).

-Footballs.

-Small mobile targets.

-Camera.

-Inference signals (denotes and cones).

-Display.

-Form.

-Circular hoops.

Study procedures.

-A statement facilitating a task from the stakeholders to apply the study program to the sample of the study.

Pre- measurements

The control and experimental study groups were pre-measured by the researchers. Then, following the pilot experiment, measurements were performed to verify their sincerity and stability. Initial measurements were taken between February 25 and February 28, 2016. Physical measurements were collected on the field, while planned measurements were taken by following up on a recorded match in which each player's planned variables were tracked individually with the support of a group of colleagues with football experience.

Training program

The researchers drafted the training program in its final form, taking into account the introduction of a text regulation and suggestions from experts and specialists in the field of football, based on previous references and scientific studies, as well as their experience as footballers and coaches of junior teams in Tubas, Jenin, and Nablus clubs, and by consulting experts and football specialists . The program included some physical and planning variables and the extent to which they affect certain physical variables (general endurance, speed, agility, flexibility, and explosive power) and its impact on some planning variables (passes, correction, dialogue, player position, ball fight). To achieve this, the researchers used a variety of training methods in proportion to the exercise event, including repetitive training, high and low intensity training, and circular training, and the program was implemented to members of the experimental group from March 3, 2016 to March 5, 2016.Moreover,the control group's typical program was implemented throughout the same time period, with the researcher allocating a (8)-week timeframe, three (3) training units per week, and a training unit time of (120) minutes.

The method of repetitive training was used in the general preparation period, high intensity in the general preparation period, and high and low intensity interval training in the special preparation period, in addition to training on the rules and tactical aspects,

where the various tactical formations, whether defensive or offensive, were used at this stage in addition to physical abilities based on the opponent team and other factors surrounding the competition atmosphere in the league, following the circular training method and Appendix No. (3) explaining the training program and how to distribute the training load throughout the program period. The program was applied to the members of the experimental group in the time period between (03/03/2016 AD) to (03/05/2016 AD), and the regular program followed by the training staff of the control group was implemented in the same time period, as it was based on personal diligence and on previous experiences without applying scientific standards and foundations in training each of the training stages for general or private preparation for competitions. The researcher allocated a period of time of (8) weeks, with (3) training units per week, and the time of the training unit was (120) minutes.

- **Application of the program**

The researcher and his assistants started applying the training program to the pilot group from 03/03/2016 until 03/05/2016.

- **Post measurements**

After completing the 8-week program, which also lasted for 8 weeks, researchers and assistants took the post measurements of the experimental and controlled groups during the period between (04/05/2016). - (06/05-2016).

Physical measurements were taken on the field while the planned measurements were taken by following up on a recorded match in which the planned variables of each player were monitored individually with the help of a group of fellow football specialists.

- **Assistant Team**

The researchers hired some of the colleagues from the first team of the Tubas Sports Club and some colleagues from the sports education teachers at the Ministry of Education/Tubas to conduct the current study.

Conducting the survey

The researchers conducted a pilot study on ten participants from the sample population and outside the study sample, with the first application taking place on Feb 19, 2016, as well as the second application going to take place on February 24, 2016, to identify the following points:

1- Determining the amount of time required for the workouts.

2-The devices and tools that were used were calibrated.

3- Assisting in the use of tools and devices by training and teaching helpers.

4- Evaluating whether the planned exercises are appropriate.

5- Challenges that researchers may face.

6-Familiarity with scientific co in order to do tests.

Scientific Coefficient of the study tool

- Honesty.

One of the most important scientific coefficient of the study is the validity of the test as it is an important scientific standard that accurately measures the phenomenon that is designed to measure it. During this study, a group of judges from university professors and football specialists was consulted to find the sincerity of the content for physical and planning tests and their suitability for the sample members. The researchers gave the tests to the arbitrators, and after examining the tests offered by the judges, the final form of the tests was determined by the arbitrators consenting to accept the recommendations provided by them

-Reliability

The method of applying and reapplying the test with a five-day time difference between the two applications was used to confirm the sincerity and stability of the planned and physical tests used in the study, where the stability and self-certification factors of these tests were extracted by finding the square root of the test stability factor, as shown in the following equation:

Self-honesty =

Reliability of physical and planning tests

To verify the reliability of physical and planning tests, the researcher applied them twice to a pilot sample of (10) football players at Tubas and Jenin, and the period between the two applications was five days. As well as the researcher applied the Pearson link coefficient to find the relationship between the first and second applications as indicated by the results of table 3.

Table 3: Reliability coefficients of physical and planning variables in the members of the pilot sample (N= 10).

Physical and tactical variables	Unit of measurement	The first implementation		The second implementation		Value
		M	N	M	N	
General bearing (1500) meters	minute	5.43	0.25	5.38	0.17	**0.86
Speed (running 30m)	Second	3.69	0.28	3.66	0.26	**0.87
Agility (Barrow Test)	Second	25.23	0.45	25.20	0.43	**0.91
Flexibility (bending the trunk forward from sitting)	centimeter	9.29	0.94	9.64	1.05	**0.78
Explosive force	Meter	2.27	1.08	2.38	1.23	0.84**
Passes	Degree	9.70	0.94	10.40	1.26	0.76*
Dribble	Degree	9.60	.096	10.10	2.02	0.81*
Shooting	Degree	10.60	1.07	10.50	1.35	0.76*
Ball Recovery	Degree	10.20	1.22	10.90	1.10	0.83**
Player Position	Degree	9.60	1.34	9.80	1.31	0.76*

Statistical function at the level of the indication (0.01), * indication level $(\alpha \leq 0.05)$.

Table 3 shows that the physical and planning tests understudy are reliable, with Pearson link coefficient values ranging from $(0.78-0.91)$ and planned variables ranging from $(0.76-0.83)$ to statistically significant at the indication level $(\alpha \leq 0.05)$, showing that the tests are valid and stable.

Objectivity:

Objectivity is the absence or lack of difference in the way of evaluating the testers' performance despite the difference of

arbitrators, and the researchers themselves manually recorded the results of the pre and post-tests as Abdul Majeed and Al-Yasiri (2003) stated.

Study variables

First, the independent variable:

-training program.

Second: Dependent variables:

-Physical variables, including: (general endurance, speed, agility, flexibility, and explosive power).

-Tactical variables, including: (passing, shooting, player position, dribbling, and ball recovery

Statistical processors

-Arithmetic averages, standard deviations, and t-test for pairs to determine the differences between the pre and post-measurement and the percentage change in each of the experimental and control groups.

-T-test for two independent groups to determine the differences in post measurements between members of the experimental and control groups.

Discuss Analysis

Presentation of the findings

First: Discussing the results related to the first hypothesis, which states: There are statistically significant differences between the pre and post measurements in the physical and schematic variables of the experimental group members in favor of the post measurement. To test this hypothesis, the t-test for pairs was used, and the results of tables No. (4,5) illustrate this.

Table number (4) the difference between the pre and post changes in the bodily structures for the expermintal group (n=15) .

Physical and planning variables	Unit of measurement	Before		After		Calculated ©	levelSignificance	Percentage %
		M	P	M	P			
General bearing (1500) meters	minute	5.07	0.52	4.63	0.42	3.858	0.002*	- 8.67
Speed (running 30m)	Second	3.98	0.45	3.68	0.40	2.185	0.046*	- 7.53
Agility (Barrow Test)	Second	24.56	1.01	23.81	1.30	2.251	0.041*	- 3.05
Flexibility (bending the trunk forward from sitting)	centimeter	10.98	1.26	11.58	1.60	3.411	0.004*	5.46
Explosive force	Meter	2.49	0.21	2.67	0.17	6.262	0.000*	7.22

***(α ≤ 0.05) significancelevel, (m) mean, (p) deviation, (%) percentage change.**

The results of Table (4) show that there is a significant improvement in physical performance on the post-measurement of all physical variables among the members of the experimental group, and the differences were statistically significant at ($\alpha \geq 0.05$), and the percentage change for physical variables was as follows: (General endurance (8.67%), speed (7.53%), agility (3.05%), flexibility (5.46%), explosive power (7.22%)). The researchers attribute the improvement in physical variables in the dimensional measurement in favor of the experimental group due to the difference in the content of the proposed training program, which focused largely on improving and developing all physical abilities (speed, strength, agility, flexibility, endurance) through the use of standardized exercises, and the researchers also attribute This improvement in the physical variables indicates that the proposed training

program has clearly contributed and helped to raise the physical capabilities of the player, as the proposed program included qualitative and distinctive exercises using appropriate training methods, which led to the development of the physical abilities of the experimental group, and the researchers attribute this improvement to regularity. In training for a period of (8) weeks and by (3) weekly training units. This result agreed with the study of Salama (2013) the change in physical variables (transitional speed and agility). This result differed with the study of Sharbaji (2013) in terms of the endurance variable, where he was interested in developing physical variables based on the form of play

Table number (5) the difference between the pre and post in the changes in the plans for the members of the experimental group) n=15)

Physical and planning variables	Unit of measurement	Before		After		Calculated ©	levelSignificance	Percentage %
		M	P	M	P			
General bearing (1500) meters	minute	13	– 2.95	15.53	2.13	8.718	*0.000	19.46
Speed (running 30m)	Second	13.40	– 1.67	15.33	3.03	8.473	*0.000	14.40
Agility (Barrow Test)	Second	11.60	– 0.32	13.66	3.37	7.278	*0.000	17.75
Flexibility (bending the trunk forward from sitting)	centimeter	13.86	2.16	15.80	2.17	7.790	*0.000	13.99
Explosive force	Meter	11.86	2.53	13.73	1.98	6.820	*0.000	15.76

*(α ≤ 0.05) significancelevel, (m) mean, (p) deviation, (%) percentage change

It is clear from the results of Table (7) that there are statistically significant differences at the level of significance (α 0.05) between the two measurements before and after for all the schematic variables and in favor of the post measurement for the members of the experimental group, and the percentage of change was as follows: (Passes (19.46%), Dribbling (14.40%), shooting (17.75%), fighting for the ball (13.99%), player position (15.76%)). The researchers attribute this improvement in the tactical variables among the members of the experimental group to the content of the training program that was applied, as it contained special exercises that work on developing each of the tactical variables, for example: the scroll variable was applied to the sample in more than one way and in more than one form, in the beginning it was applied With the absence of a competitor, then the presence of a negative competitor and in the end it was applied with the presence of a positive competitor, and thus all tactical variables were dealt with through gradation from easy to difficult in exercises and then moving to team play and applying all the tactical rules through play, as well as the remarkable cooperation before The players and their ease of understanding the tactical rules played a positive role in the remarkable progress of the tactical aspect. This study agreed with the study of Al-Wedge (2011) and the study of Saad (2003) in that the codified training programs had a positive role in developing the tactical level.

Second: Discussing the results related to the second hypothesis, which states: There are statistically significant differences between the tribal and remote measurements in the physical and schematic variables among the members of

the control group, in favor of the post measurement. To test this hypothesis, the t-test for pairs was used, and the results of tables No. (6 and 7) illustrate this.

(n = 15) Trial group

Physical and planning variables	Unit of measurement	Before		After		Calculated ©	levelSignificance	Percentage %
		M	P	M	P			
General bearing (1500) meters	minute	5.42	0.45	5.26	0.32	3.022	0.009*	-2.95
Speed (running 30m)	Second	4.17	0.33	4.10	0.27	1.623	0.127	-1.67
Agility (Barrow Test)	Second	25	0.81	24.92	0.91	1.119	0.282	-0.32
Flexibility (bending the trunk forward from sitting)	centimeter	10.15	1.07	10.37	1.02	2.888	*0.012	2.16
Explosive force	Meter	2.37	0.14	2.43	0.15	2.236	*0.029	2.53

*(α ≤ 0.05) significancelevel, (m) mean, (p) deviation, (%) percentage change

The results of Table (6) illustrated that there were statistically significant differences at the significance level (α ≤ 0.05) between the two measurements before and after the physical variables (general endurance, flexibility, explosive power) and in favor of the post-measurement for the members of the control group, and the percentage change for the physical variables was as It follows: (general endurance (2.95%), flexibility (2.16%), explosive strength (2.53%)) while there are no statistically significant differences in the two variables (speed and agility). The researchers credit the improvement in physical measures (endurance, strength, and flexibility) to the control group's training consistency. Regular training and active participation in exercises increase a variety of physical characteristics, however not all of them, such as endurance, flexibility, and strength, are improved, and some variables are not improved at all. It enhances, for instance, speed, because these elements necessitate training and the use of appropriate training methods for the coach to develop them for the athlete. Al-Diri and Al-Akour (2009) and Al-Sharqawi (2009) reported similar results (2009).

Third: Discussing the results related to the third hypothesis, which states: There are statistically significant differences in the post-measurement of the physical and schematic variables between the experimental and control groups and in favor of the experimental group.

Experimental and Control (n = 30)

Physical and planning variables	Unit of measurement	Experimental (N=15)		Control (N=15)		Calculated ©	level Significance
		M	P	M	P		
General bearing (1500) meters	minute	4.63	0.42	5.26	0.32	-4.562	*0.000
Speed (running 30m)	Second	3.68	0.40	4.10	0.27	-3.309	*0.003
Agility (Barrow Test)	Second	23.81	1.30	24.92	0.91	-2.704	*0.012
Flexibility (bending the trunk forward from sitting)	centimeter	11.58	1.60	10.37	1.02	2.467	*0.020
Explosive force	Meter	2.67	0.17	2.43	0.15	3.833	*0.001

*(α ≤ 0.05) significance level, (m) mean, (p) deviation, (%) percentage change

The results of Table (6) showed that there are statistically significant differences at the significance level (α ≤ 0.05) in the post-measurement on all physical variables between

the experimental and control groups and in favor of the experimental group. The experimental group was subordinated to the codified training program, according to the researchers, and they were fully committed to the exercises. This outcome was consistent with the findings of Al-Diri and Al-Akour (2009), who devised an eight-week training program and applied it to members of the experimental group.

Fourth: Discussing the results related to the fourth hypothesis, which states:

There are statistically significant differences between the pre and post-measurements in the schematic variables among the experimental group members.

To test this hypothesis, a pairs t-test was used, and the results of Table (7) illustrate this.

Table No. (7): The differences between the pre and post measurements in the planning variables for individuals Experimental group (n = 15)

(n = 15) Trial group

Physical and planning variables	Unit of measurement	Before		After		Calculated ©	level Significance	Percentage %
		M	P	M	P			
Passes	Degree	13	1.77	15.53	2.13	8.718	*0.000	19.46
Dribble	Degree	13.40	2.89	15.33	3.03	8.473	*0.000	14.40
Shooting	Degree	11.60	3.41	13.66	3.37	7.278	*0.000	17.75
Ball Recovery	Degree	13.86	1.80	15.80	2.17	7.790	*0.000	13.99
Player Position	Degree	11.86	1.55	13.73	1.98	6.820	*0.000	15.76

***($\alpha \leq 0.05$) significancelevel, (m) mean, (p) deviation, (%) percentage change**

It is clear from the results of Table (7) that there are statistically significant differences at the level of significance ($\alpha \leq 0.05$) between the two measurements before and after for all the schematic variables and in favor of the post-measurement for the members of the experimental group, and the percentage of change was as follows: (Passes (19.46%), Dribbling (14.40%), shooting (17.75%), fighting for the ball (13.99%), player position (15.76%)). The researchers attribute this improvement in the tactical variables of the members of the experimental group to the content of the training program that was applied, as it contained special exercises that work on developing each of the tactical variables, for example, the passing variable was applied to the sample in more than one way and more than one form. In the beginning, it was applied with no competitor, After that, the presence of a negative competitor and in the end, it was applied with the presence of a positive competitor. Thus all tactical variables were dealt with through gradation from easy to difficult in exercises and then moving to team play and applying all the tactical rules through playing. As well as the remarkable cooperation by the players and the ease of their understanding of the rules tactics played a positive role in the remarkable progress of the tactical aspect. The researcher also attributes the lack of development among the members of the control group to the failure to use the codified tactical training programs aimed at raising and developing the tactical level of the players. . This study concurred with Al-Wedge (2011) and Saad (2003) in that codified training programs played a favorable influence in the experimental group members' tactical level development at the expense of the control group members.

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Fifth: Discussing the results related to the fifth hypothesis, which states:

There are statistically significant differences between the pre and post-measurements in the schematic variables among the members of the control group.

To test this hypothesis, a pairs t-test was used, and the results of Table (8) illustrate this.

Table No. (8): The differences between the pre and post measurements in the planning variables for the individual's control group (n = 15)

Physical and planning variables	Unit of measurement	Before		After		Calculated ©	level Significance	Percentage %
		M	P	M	P			
Passes	Degree	11.93	1.53	12.26	1.83	1.099	0.290	2.76
Dribble	Degree	12	1.60	12.13	1.84	0.381	0.709	1.08
Shooting	Degree	11.86	1.18	12.13	1.84	0.673	0.512	2.27
Ball Recovery	Degree	12.73	1.43	12.93	1.75	0.612	0.556	1.57
Player Position	Degree	11.66	1.44	11.93	1.48	1.169	0.262	2.31

*(α ≤ 0.05) significance level, (m) mean, (p) deviation, (%) percentage change

Table (7) shows that there are no statistically significant changes between the two measurements before and after the schematic among the participants of the control group at the level of significance (0.05). The lack of progress in tactical factors is ascribed to the coaches' lack of usage of structured training programs and their loss of motivation, according to the study. Coaches and players were also uninterested in the tactical component of football contests due to a lack of understanding of the relevance of the tactical aspect of football competitions. This study concurred with the findings of Saad (2003) and Sultan (2004), which found no advancement or increase in the degree of planning abilities among the participants of the control group.

Sixth: Discussing the results related to the sixth hypothesis, which states:

There are statistically significant differences in the post-measurement of the schematic variables between the experimental and control groups.

To test this hypothesis, a t-test for two independent groups was used.

Table No. (9): Differences in the post-measurement of the schematic variables between the two groups Experimental and Control (n = 30)

Physical and planning variables	Unit of measurement	Experimental (n=15)		Controlled (n=15)		Calculated ©	level Significance
		M	P	M	P		
Passes	Degree	15.53	2.13	12.26	1.83	4.50	*0.000
Dribble	Degree	15.33	3.03	12.13	1.84	3.485	*0.002
Shooting	Degree	13.66	3.37	12.13	1.84	1.544	0.134
Ball Recovery	Degree	15.80	2.17	12.93	1.75	3.973	*0.000
Player Position	Degree	13.73	1.98	11.93	1.48	2.815	*0.009

*(α ≤ 0.05) significance level, (m) mean, (p) deviation, (%) percentage change

The results of Table (9) indicate that there are statistically significant differences at the significance level (0.05≥α) in the post-measurement on all the schematic variables except for correction between members of the experimental and control groups and in favor of the experimental group. The researchers attribute this development in the schematic variables in favor of the experimental group at the expense of the control group to the codified training program that was applied to the experimental group, which aimed to develop all of the schematic variables and contained many exercises and appropriate methods for tactical situations. On the other hand, the traditional program that was applied to the control group

did not lead to an improvement in the tactical level due to the insufficient attention to the tactical aspect in the training units and the focus on competitive play and the importance of winning and neglecting the tactical aspect. The experimental group members' dedication and punctuality in the exercises, as well as their emphasis on the performance activities in the training program, are also credited with this development, according to the researchers.

Conclusions:

In light of the study results and their discussion, the researchers concluded the following:

1-Physical and tactical exercises have a positive effect on the players and lead to an increase in self-confidence. which will lead to the winning and achievement

2-Physical and tactical exercises have a positive effect in removing fatigue and have a positive preparatory role before playing.

3-Because the team has been in the second leg of the sports season, which meant that the squad was physically prepared, the noticeable improvement in the tactical part was better than the physical aspect because the tactical aspect had received less attention prior to applying the program.

4-Focusing on the tactical and physical aspects leads to better results and a high level of performance.

5-There are statistically significant differences in the post measurement between the experimental and control group in the tactical aspects and favor of the experimental group.

6-In the physical aspects, there are statistically significant variations between the experimental and control groups in the post measurement, favoring the experimental group.

Recommendations:

In light of the study's objectives and conclusions, the researchers recommend:

1-The need to pay attention to similar training programs and apply these programs to football players and coaches in local clubs.

2-The need to focus on the planning aspect by the coaches and the need to focus the players on making use of it as much as possible.

3-the need to emphasize the coach's knowledge of the individual differences between the players and his keenness to take them into account.

4-Use different methods and methods in training.

5-Providing coaches with training courses that emphasize the importance of the physical and linear aspects of football.

6-The need to emphasize the planned exercise of the players because of its positive impact on the level of the player, especially in the rudimentary stages of training.

7-Conduct more special studies on other group games, such as handball, and plane.

8-Work out similar training plans and apply them to local football players and coaches.

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