

RESEARCH ARTICLE

THE EFFECT OF TRAINING PROGRAMME ON DEVELOPING DEFENSIVE TACTICAL PERFORMANCE DURING THE DOUBLE REFLECTION OF FOOTBALL PLAYERS

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ABSTRACT

Background: play plans play the most important role in games and thus become a side An essential issue upon which success depends on overcoming the opponent, whether in defense or attack, which results in achieving goals in the opponent's goal and preventing the opponent from achieving goals, taking into account the conditions of play. **Aim:** Designing a training program using the dual reflection exercises of the defense and knowing its impact on the defensive plans of the soccer players **Method:** Experimental Study on (30) soccer youth in Mallawy Sports Club under 17 years during the period from 19\8\2017 to 8\11\2017. **Results:** The level of performance of defensive tactical principles under study has improved. **Conclusion:** Validity of the form for defensive planning principles under study, develop the defensive planning work for soccer beginners.

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INTRODUCTION

Sports training is one of the forms of sports practice, which is the means of physical and sports education in achieving its goals, especially with regard to develop the level in all its physical, skill and planning directions in order to achieve sports achievement at the individual and group levels. "savaneisemann" (1996) and "Gerhard bauer" (1997) have indicated that play plans play the most important role in games and thus become a side An essential issue upon which success depends on overcoming the opponent, whether in defense or attack, which results in achieving goals in the opponent's goal and preventing the opponent from achieving goals, taking into account the conditions of play. (22:23) (18: 85).

MATERIALS AND METHODS

Subject: The dual reflection exercises of the defense was applied on (30) soccer youth in Mallawy Sports Club under 17 years, during the period from 19\8\2017 to 8\11\2017 in Mallawy Sports club, Pre and post measurement were used for one experimental group.

Sample Selection condition: The desire of football players and their willingness to participate in the implementation of the research experiment, the training age should not be more than (17) years, that the Soccer player holds at least the first place in governorate or third place in the republic.

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Instrumentation: Whistle, Cones, Soccer Playground.

Procedures: Each player does a training unit lasting for 120 minutes for five times a week. The program was applied for three months to develop the defensive Performance for football Players.

Statistics

Independent Variable: dual reflection exercises of the defense

Dependent Variable: performance of the players.

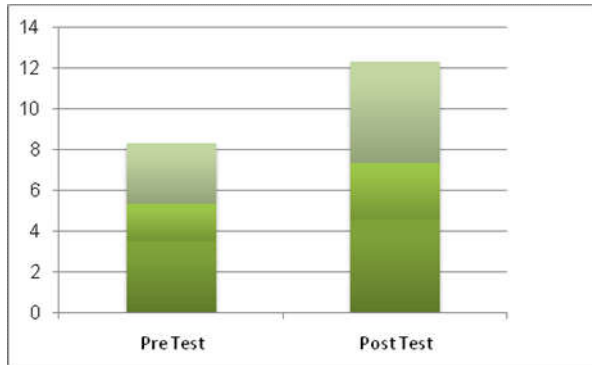
Statistical method used: Mean, Median, Standard deviation, Skewness, Wilcoxon test, Use of Spss for Statistical processors version.

RESULTS

The level of performance of defensive tactical principles under study has improved. Validity of the form for defensive planning principles under study for use in similar research, third study. "Moataz Mohamed El-Sayed" (2015) (12) study entitled: Designing a training program to develop the defensive planning work for young soccer fans under the age of 17, and the study aimed to develop the defensive planning work for soccer beginners 17 years by designing and implementing a training program and creating a measure for football Players.

Table 1. Demography of the research sample (n = 30)

N=30	Training age (Yrs)	Height (Cm)	Weight (Kg)
Mean	3.53	165.40	60.16
Median	3.50	164.50	59.00
SD	1.07	5.64	4.90
Coefficient of torsion	-0.00	0.07	0.53

**Figure 1. Average differences between pre and post measurements**

DISCUSSION

The level of performance of defensive tactical principles under study has improved. Validity of the form for defensive planning principles under study for use in similar research. "Mufti Ibrahim" (1998) states that sports psychologists have identified the reasons for the sweeping tendency of the game of football in the large number of motor skills and diversification more than usual in other games, where the player uses. All parts of his body except the hands to perform what is required of him except for the goalkeeper in addition to the accuracy and beauty of the skill performance, football also has the advantage that the viewer cannot fully expect, the skill that the player will perform. (14: 64, 65).

Conclusion

Increased performance level is associated with using the dual reflection exercises, so players should be trained using this exercise to improve defensive tactical performance.

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