Impact of Interval Training with Small Areas to Development Some of Skill, Physical, and Function Variations for Young Football Players

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ABSTRACT

Each team in today's football tries to observing his opponent movements, narrow of gap, and reduce the time that is given to thinking, the researcher used small areas in training because they give similar situations in recent football, the lines which determine these areas represent the opponents, when the ball came out, the player loses its possession, this method of play improves players abilities through hard play situations and help him to read the plane of play before getting the ball, the training in this squares restricts the freedom of the play and freedom of the movement and mastering of play is easier for good players, in addition, training the players inside different areas (small areas) helps to acquisition of good habits and used them to correct their behavior and also take a right decision in suitable time in recent football. Although the development that occurred to the methods of play in recent football and raising of players abilities to perform all recent play requirements and used their energy to best perform with more and longer ability at the all-time of match and also help them to adapt and respond to stimuli and changing attitudes, There are some aspects have not received the required attention such training the players inside small areas though some of coaches allocated some of training unites to train but the time was very little, so that the aim of the study to design training approach with interval manner in small areas to develop of skill, physical, and function variations to the young football players. The researcher found out there is a significant difference between pre and post-tests and in favor of post-test, the researcher concluded that the training program affected skill, physical, and function changes, also the training with small areas help to develop of above mentioned changes in young football players.

Keywords: **Interval Training, Small Areas, Skill, Physical, and Function changes**

1. Introduction

Each team in today's football tries to observing his opponent movements, narrow of gap, and reduce the time that is given to thinking, the researcher used small areas in training because they give similar situations in recent football, the lines which determine these areas represent the opponents, when the ball came out, the player loses its possession, this method of play improves players abilities through hard play situations and help him to read the plane of play before getting the ball, the training in this squares restricts the freedom of the play and freedom of the movement and mastering of play is easier for good players, in addition, training the players inside different areas (small areas) helps to acquisition of good habits and used them to correct their behavior and also take a right decision in suitable time in recent football.

Although the development that occurred to the methods of play in recent football and raising of players abilities to perform all recent play requirements and used their energy to best perform with more and longer ability at the all-time of match and also help them to adapt and respond to stimuli and changing attitudes, There are some aspects have not received the required attention such training the players inside small areas though some of coaches allocated some of training unites to train but the time was very little, so that the aim of the study to design training approach with interval manner in small areas to develop of skill, physical, and function variations to the young football players.

2. Methodology

The researcher used experiment approach because it is suitable to the nature of research.

2-1 Subject

The number of simple that participate in this study was 32 players from sport Babylon club at Babylon city, each group consisted of 16 players (experimental and control), the researcher divided the players randomly, the Homogeneity and paritywere done in weight, length, and age and all study variations, the two groups were undergone pre and post-tests.

2-2 Testing Procedures

The researcher did some of functions, physicals, and skills tests such as:

- Systolic blood pressure.
- Diastolic blood pressure.
- Heart rate before effort.
- Heart rate after effort.

The researcher used electronic blood pressure meter kind of PREMAR to measure blood pressure and heart rate.

- Transition speed: measured by 30 m test from fly position.
- Speed endurance: measured by 180 m test.

-Strength Characterized by Speed for legs: measured by maximum partridge test for 10 seconds.
- Explosive strength for legs: measured by vertical jump for Sarjant.

Either about skill variations the researcher used two tests such as:

- The rolling: measured by zigzag running test between 10 columns.
- Controlling on the ball: measured by stopping the ball move and then control it by foot or chest or thigh or knee in square (2x2) m.
- Short handling: measured by short handling test to 10 m distance.
- Medium handling: measured by kick the ball toward goal painted on the ground far away (20)m.
- Scoring: measured by scoring test to goal.

Training approach included (40) training unite with interval training manner on the small areas, the time of training was 8 weeks, 5 training unites weekly, the number of exercises through one training unite was 3 exercises, the number of all exercises which included in training approach was 120 exercises, where included most of sides (plane, physical, and skill) with all methods of recent play, also included many of play exercises and exercises with balls and component exercises and recreational exercises in addition to some of small plays which are suitable for small areas, the researcher depends on time according to chart of Fox and Mathuse for energy systems, the exercises which depend on first energy system placed in starting of training unite, exercises which depend on second and third energy system placed in the medal of training unite, exercises improve heart and respiratory systems which depend on aerobic system placed in the end of training unite, taking into account the physical attributes that fit each system.

2-3 Statistical Analysis

The SPSS (Mohammed Hassan.,.1987) was used in the analysis of the study data.

3. Results & Discussion

The results of function variations show in table (1), there is a significant difference in post-test between two groups, experimental group and control group and in favor of experimental group, the researcher attributes the developing for experimental group players because of improving action of heart and respiratory systems and right scientific using of the suggestion training approach which its instructions built according to interval training and according to energy systems which take the time as an indicator to directing the intensity, football is a game which is restricted between the two systems aerobic and anaerobic.

As a result of the training approach was built according to energy system and time of repetitions and recovery which the player can rebuild energy system and get ride wastes so as not to precipitate acid in muscles that participate in exercise, the interval training characterized by increasing the body's resistance to work against the factors leading to delay fatigue aspects to exploitation and use of energy sources during athletic performance by mutual action between strength and relaxation, fatigue and reactive, and between storage of high energy sources and extinguished, these aspects are interval training method essential (Abu Al Aula, 1982).

Table (1) shows statistical of post-test for function variations for experimental and control groups

Statistical Variations	Unite of measure	Experimental Group		Control Group		T value
		Mean	Standard Deviation	Mean	Standard Deviation	
Systolic blood pressure	Degree	13.125	1.707	12.250	1.368	*3.217
Diastolic blood pressure	Degree	7.562	1.030	7.375	0.718	*5.000
Pules before effort	Pules\ minute	63.375	2.500	61.437	2.448	*2.335
Pules after effort	Pules\ minute	185.937	2.235	182.437	2.235	*6.558

* Significant at an error rate (0.05) and freedom degree (30), T value is (2.042).

The results of physical variations show in table (2), there is a significant difference in post-test between two groups, experimental group and control group and in favor of experimental group, the researcher attributes the developing for experimental group players because of active the suggestion training approach that the experimental group is done by using interval training which depended on chart of Fox and Mathuse for energy system due to it has essentials, characteristics, and taken into account the scientific basis of the training. The researcher placed maximum intensity exercises in the outset of training unite which depend on anaerobic system, the exercises depend on oxygenic system which are medium intensity were placed at end of the training unite, we have to focus on energy system that would like to improve it bytraining, taking into consideration the time and the energy performance of the work (Sleman, 1983).

Table (2) shows statistical of post-test for physical variations for experimental and control groups

Statistical Variations	Unite of measure	Experimental Group		Control Group		T value
		Mean	Standard Deviation	Mean	Standard Deviation	
Transition Speed	Second	3.834	0.345	4.013	0.332	*2.924
Speed Endurance	Second	35.018	1.830	37.121	1.368	*4.755
Strength Characterized by Speed for legs	Distance	34.625	1.893	32.312	2.600	*2.855
Explosive strength for legs	Cm	30.312	2.750	28.000	2.529	*2.345

* Significant at an error rate (0.05) and freedom degree (30), T value is (2.042).

The improvement of the experimental group players in speed tests return to effect of training program which included some of exercises result in development of speed and connect it with agility because it is important to connect between speed improvement and develop of agility and focus on correct skill performance (Bastwecey, 1999), the researcher placed exercises which improve and develop the speed in main part of the daily training unite after warm up directly.

The results of skill variations show in table (3), there is a significant difference in post-test between two groups, experimental group and control group and in favor of experimental group, due to the researcher did equivalence between players of study groups before starting the training approach, any changes in results whether positive or negative, it is because of training that groups were undergone with different in approach, for this reason the improvement was clear for experimental group more than other groups, the researcher attributes the development into the methodology followed by the formulation of vocabulary training modules according to the scientific method and the right to re-gradient and repeat exercises leading to master the players of the motor skills.

Table (3) shows statistical of post-test for skill variations for experimental and control groups

Statistical Variations	**Unite of measure**	**Experimental Group**		**Control Group**		**T value**
		Mean	**Standard Deviation**	**Mean**	**Standard Deviation**	
Rolling	Second	17.633	1.114	18.113	1.865	*2.643
Put the ball	Degree	7.762	1.391	6.062	0.661	*4.472
scoring	Degree	5.437	1.459	4.000	1.366	*2.286
Short handling	Degree	15.312	2.774	14.375	3.721	*2.125
Medium handling	Degree	16.872	2.232	13.687	3.928	*2.731

* Significant at an error rate (0.05) and freedom degree (30), T value is (2.042).

4. Conclusion

The researcher concluded that suggestion training approach by using small areas had a positive effect in skill, physical, and function variations, also the researcher found out the interval training which depends on energy system and training in small areas result in develop of function, skill, and physical changes for young football player.

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