

EFFECT OF RONDO EXERCISES ON DEVELOPMENT OF SKILLFUL PERFORMANCE TACTICAL KNOWLEDGE AND EFFECTIVENESS OF PERFORMANCE FOR YOUNG PLAYER'S SOCCER

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Abstract:

The Research included five chapters:

Where the importance of research in highlighting the role of Rondo exercises in the events of developing the skill performance of the players and the leveling of the level to them through their use in a manner consistent with the requirements of modern play as well as knowing its impact on raising the level of the team through the effectiveness of a more performance during competition in addition to knowledge The plans that indicate the team that he presented the technical level for it during the competitions. As for the problem, the problem is used by Rondo exercises in its various forms and with multiple areas to develop the skill and linear aspects of the players and thus obtain a better evaluation of the effectiveness of the team's performance due to the use of these exercises in a more harmonious way with the game.

1 - Definition of Research:

1-1 Introduction Research and importance:

soccer game is one of the most important games in physical, skill and planning performance in terms of multiple motor skills and plans, whether defensive or offensive and the high and varied physical capabilities that include it, which requires attention to players in the most harmonious training with these requirements in order to be performed in the best way Possible by the players and this is by finding training methods that contribute to raising the level for the players, as the soccer game is characterized by the large number of playing variables between competitors as a result of the rapid mutual play between the defense and the attack between the two teams and in all the fields On the ball with the highest and speed of the ball to act in the area in it in order to perform a good play effectiveness between the players, as the performance effectiveness is "it is the evaluation of the performance of the competing teams and its exploration in order to discover and exploit the weaknesses and strengths to avoid it, so the





performance evaluation is a basic process to develop the training program For soccer players (Mohamed Farouk Saleh: 2011) and this is what is done through Rondo exercises that are an exercise with a secret decision By disposing of the ball, it is tight and large spaces by the players, which contributes greatly to refining the skills for them, as well as the planning knowledge of carrying out tasks on the field with precision that they are subjected to playing, which requires players the high ability, especially if there is direct pressure and difficulty moving the ball between the fields of the field The competitor indicates that the player who has the ability to confront the situation and take the right decision, whether or without the ball, has the ability to succeed in the skill and planning performance for him.

This is only for the player to train on training methods consistent with the nature of the skill performance of the game and are more realistic to the match and similar to what is happening with it, and this is what we see in Rondo exercises that are within groups in various areas that simulate the narrow or wide planning situations and how to deal with them In the match, hence the importance of research in highlighting the role of Rondo exercises in the events of developing the skill performance of the players and the levels it contributes to them through their use in a manner consistent with the requirements of modern play as well as knowing its impact on raising the team level through more effectiveness during competition in addition To the planning knowledge that the team indicates that it presented its technical level during the competitions.

1-2 Research problem:

soccer training requires the preparation of players in a more realistic and appropriate manner for the course of competition, especially for players of age groups, which makes the coach looking to find the best training methods to raise the physical, skill and planning level for players, as the game of football is a game that has evolved in planning through the rapid move with changing centers, free running and exchange Playing the ball from one or more touch and other planning moves, which the play must be prepared with what can be used by using more appropriate and modern exercises for this rapid development of planning performance, and this is only with exercises that raise the ability of the players physically, skillfully and planning. Through the experience of the researcher being a player and coach that the use of Rondo exercises from most of our coaches is for the recreational aspect or to develop some physical and skill capabilities for



players, while we find most of the world's clubs that use them to develop physical, skill and planning capabilities in multiple spaces that are not like what is used by our trainers to be in Narrow armed and in a few numbers from a defensive and offensive point of view when using it, and from here I created the problem of research by us using Rondo exercises in its various forms and with multiple areas to develop the skill and sinful aspects of the players and thus obtain a better evaluation of the effectiveness of the team's performance due to the use of these exercises more in line with the game.

1-3 Research Aims:

- 1-Prepare Rondo exercises for young soccer players.
- 2- Learn about the effect of Rondo exercises on skill performance, planning knowledge and performance effectiveness.
- 3- Learn about the differences between skill performance, planning knowledge and the effectiveness of performance between the experimental group and the control.

1-4 Research hypotheses:

- 1-Rondo exercises used contribute to developing skill performance, planning knowledge and the effectiveness of players.
- 2- There are statistically significant differences between skill performance tests, written knowledge and the effectiveness of performance between the experimental and control group.

1-5 Research fields:

- 1-5-1 Human field: Al Bahri Sports Club soccer players.
- 1-5-2 Time field: 1/9/2022 - 15 /12/2022.
- 1-5-3 spatial domain: Al -Bahri Sports Club Stadium.

Keywords: rondo exercises; performance, tactical knowledge; soccer players.

2- Theoretical studies:

Rondo exercises, as Mowaffaq Al -Mawla refers to, "Rondo exercise is an exercise that helps the player technically and mentally in terms of passing the ball, controlling the ball, vision, dealing with the discount pressure, the speed of implementation of the decision (Mowaffaq Majeed Al -Mawla: 2018) Chapter III.

3-Research Approach and field procedures;

The researcher used the experimental curriculum to suit the nature of the research problem

3--1 Research Community and Sample:

The research sample was determined in the intentional way to the Al -Bahri Youth Club players and by (24) players out of (31) players, and thus the research sample represented (77.4%). 12) A player, and the researcher also conducted homogeneity and parity among the sample members.

Table (1) Shows the Homogeneity of sample members with length, mass, age, and training variables

Variables	measuring unit	Arithmetic mean	standard deviation	Difference%
age	year	18.4	84.0	%4,5
length	cm	168.4	5.21	%3.09
Mass	Kg	79.4	3.97	%5.1
Training age	year	2.5	0.62	%24.8

Table (2) Shows the Equivalent of Experimental and Controlled groups in following variables

variables	Group Experimental		Control group		Collected T	Sig	indicatio n
	Arithmetic mean	Standard Deviation	Arithmetic mean	Standard Deviation			
Passing	12.4	1.33	12.18	1.05	0.943	0.345	MORAL
trapping	2.42	0.51	2.15	0.36	1.62	0.102	MORAL
Rolling	14.3	0.57	14.1	0.68	1.7	0.78	MORAL
Dribbling	20.76	0.75	20.56	0.68	1.61	0.118	MORAL

3-2 The means of collecting information and Research tools used

3-2-1 means of collecting information

- 1- References and sources
- 2- Personal interviews.
- 3- The tests used.
- 4- Registration form.



3-3-Research tools used

- Footballs (20)
- Foreign -made plastic faces number (20) and (12) cuisine (12)
- Watch.
- Canon type photography camera.
- Football stadium.
- Small goals
- A laptop

3-4 Field Research Procedures

3-4-1 Determine the basic skills:

The researcher determined the basic skills after taking the opinions of some experts and specialists through the personal interview with them, as well as his experience in training football, which is the skill Passing & Trapping & Rolling & Dribbling

3-4-2 Planning knowledge test

The researcher reviewed the references and sports training literature - soccer to find a test related to planning knowledge, and the test designed by (Ali Muhammad Jaber: 2020) was adopted by being more appropriate and consisting of 40 offensive and defensive plans for soccer players.

3-4-3 Performance effectiveness

After the researcher informed a group of sources, the performance effectiveness form prepared by (Hassan Jassim Hussein: 2019), which depends on (10) defensive cases and (10) offensive cases being more suitable for study, and the following equation was relied upon by analyzing the data and processing it for the effectiveness of the performance

Percentage success rate of defensive performance of the player in the matches

$$= \frac{\text{The total fouler defensive performance of the player in the matches} + (2 \times \text{total defensive performance player in the matches})}{\text{The total fouler defensive performance of the player in the matches} + (2 \times \text{T total defensive performance player in the matches})} \times 100$$



Percentage fouler of defensive performance of the player in the matches

$$\frac{\text{The total success defensive performance of the player in the matches} + (2 \times \text{total defensive performance player in the matches})}{\text{The total success defensive performance of the player in the matches} + (2 \times \text{T total defensive performance player in the matches})} \times 100$$

The same equation is also used by identifying the offensive performance. (Ali Fahmy Al -Bik & Imad Al -Din Abbas Abu Zaid: 2003)

3-4-4 Skill Tests used:

First/ Test of the handling of circles drawn on the ground” (Zuhair Qasim Al -Khashab and others: 1999)

Second / winding rolling test from the menus (Risan Khouribet: 1980)

Third / dribbling speed test with the ball control between ten menus (Kamal Yassin Latif: 2004)

Fourth / Test of the 6 m in the square (stopping the movement of the ball) (Mowaffaq Asaad: 2006)

3-5 Exploratory Experience:

3-5-1 first Reconnaissance Experience:

The exploratory experience was conducted on 5/9/2022 at the Al -Bahri Sports Club stadium and on (5) players, and they were excluded from the main sample. The aim of the experiment was the following:

- 1- Learn the validity of the tools used
- 2- Identify the appropriateness of conducting the tests used
- 3- The team is acquainted with the nature of the tests used and carried out their implementation
- 4- Learn about the exercises and determine the intensity used for exercises using the pulse by determining the severity
- 5- The extent of the understanding and convenience of Rondo exercises for the sample individuals.

3-5-2 Second Reconnaissance Experience

The second reconnaissance experience was done on 9/8/2022 at the Al -Bahri Club stadium, and its aim was to film the match between the Al -Bahri Club and the Qurna Club to know the location of the ports in the stadium, where (3) cameras were monitored in the stands at a height of 15 meters from the stadium



and with every third of the stadium there is a camera photography In order to monitor all the defensive and offensive moves of the players and then be presented to the resisting experts (supplement 2) for the purpose of assessing the performance effectiveness and according to the form used.

3-6 Main Experience:

3-6-1 Tribal Tests:

The researcher conducted tribal tests on 11-20/9/2022, where the first day was the skill tests and on the second day the planning knowledge test and for both groups.

9/13/2022 a match between the experimental group and the Gulf Club.

9/15/2022 a match between the control group and the Al -Harra Electricity Club.

9/17/2022 match between the experimental group and the Al -Harra Electricity Club.

20/20/2022, a match between the control group and the Al -Nour Club.

3-6-2 Used Exercises:

The researcher carried out Rondo exercises for two months before him and 24 training units (3) training units per week, and this was on 9/24 until 11/24/2022. (20) Rondo exercises were prepared by us and the exercises were applied in the main part of the unit. Training. The researcher took into account the scientific foundations by implementing exercises from a graduation in strictness, where it was highly started (75% and up to 95%) and diversity in spaces and numbers between exercises, as well as rest periods between repetitions and groups.

3-6-3 Post -Tests:

The dimensional tests were conducted on 11/26/2022 until 10/12/2022 and the first day of the skill tests was then the second day the test for planning knowledge and after that the performance effectiveness tests were conducted through the following matches

11/27/2022 a match between the experimental groups with Basra Club

11/30/2022, the group control group with Basra Club

2/12/2022, the experimental group match with Al -Hartha Electricity Club

5/12/2022, the group control group with Al -Nour Club

3-7 Statistical means; The SPSS statistical bag has been used 21.

4- View and Discuss Results

4-1 Presentation and Discussion of Results of Tribal and Post-Skills Tests

Table (3)

Shows the calculations, standard deviations and value (T) calculated in the skill tests of experimental group

variables	measuring unit	Before curriculum		Curriculum after		Collected T	Sig	indication
		Arithmetic mean	Standard Deviation	Arithmetic mean	Standard Deviation			
Passing	degree	12.4	1.33	20	1.61	18.3	0.000	MORAL
trapping	degree	2.42	0.51	4.71	0.468	13.9	0.003	MORAL
Rolling	degree	14.3	0.57	11.7	0.59	12.8	0.000	MORAL
Dribbling	degree	20.76	0.75	18.2	0.581	12.5	0.000	MORAL

Table (4) Shows the calculations, standard deviations, and value (T) calculated in the skill tests of control group

variables	measuring unit	Before curriculum		Curriculum after		Collected T	Sig	indication
		Arithmetic mean	Standard Deviation	Arithmetic mean	Standard Deviation			
Passing	degree	12.18	1.05	18.3	0.82	11.4	0.000	MORAL
trapping	degree	2.15	0.36	3.01	0.221	8.9	0.000	MORAL
Rolling	degree	14.1	0.68	12.9	0.59	6.7	0.000	MORAL
Dribbling	degree	20.56	0.68	19.91	1.9	5.6	0.006	MORAL

Through Table (3-4), we find that all the remote measurements of the two groups are moral, and we explain this to the fact that the exercises used in the training curriculum prepared are specialized in the skill performance in its implementation and its quick skill performances and with all accuracy and it is similar to what is happening in the match and this is what he pointed out (Muhammad Kishek & Al -Bassati) The nature of the performance in football is characterized by its many varied skill performances that the player must master, whether or without the ball, to achieve superiority over his competitor. With special training methods "(Muhammad Shawky & -Bassati: 2006)



Table (5) Shows the calculations, standard deviations and value (T) calculated to test the performance effectiveness of experimental group

variables	measuring unit	Before curriculum		Curriculum after		Collected T	Sig	indication
		Arithmetic mean	Standard Deviation	Arithmetic mean	Standard Deviation			
successful defense	degree	5.623	2.4	2.4	3.2	4.1	0.000	MORAL
Failed defense	degree	7.4	3.3	3.3	2.6	2.6	0.000	MORAL
successful attack	degree	5.92	3.01	3.01	4.02	2.9	0.000	MORAL
Failed attack	degree	6.7	3.97	3.97	2.5	3.6	0.000	MORAL

Table (6) Shows the calculations, standard deviations and value (T) calculated to test the performance effectiveness of control group

variables	measuring unit	Before curriculum		Curriculum after		Collected T	Sig	indication
		Arithmetic mean	Standard Deviation	Arithmetic mean	Standard Deviation			
successful defense	degree	6.3	3.07	5.7	2.3	1.4	0.219	MORAL
Failed defense	degree	7.71	3.52	6.9	3.2	1.06	0.560	MORAL
successful attack	degree	3.82	4.12	4.75	2.5	2.6	0.003	MORAL
Failed attack	degree	7.09	3.8	6.81	3.43	1.04	0.689	MORAL

Through Table (5-6), we find that the experimental group has its dimensional measurements was moral and we explain this morale in the effectiveness of performance because the special preparation period has a privacy by choosing the skill exercises that are consistent with the requirements of the game defensively and offensive as it contained exercises with defensive and offensive goals in terms of organization And diversification and exchange of roles between the players in those aspects, and this is what Rondo exercises secure, and this is consistent with Zulfiqar Saleh & Muhammad, "that success to achieve the higher levels is achieved by performing exercises that achieve training goals in defense and attack" (Zulfiqar Saleh & Muhammad: 2019).



4-3 Presentation and Discussion of Results of Tribal and post-planning knowledge Test for e two groups.

Table (7) Shows calculations, standard deviations and value (T) calculated to test the planning knowledge of two groups

Planning knowledge	measuring unit	Before curriculum		Curriculum after		Collected T	Sig	indication
		Arithmetic mean	Standard Deviation	Arithmetic mean	Standard Deviation			
Experimental	degree	23.6	2.8	28.71	1.08	5.1	0.000	MORAL
Control	degree	24.1	1.9	25.41	1.41	2.6	0.003	MORAL

Through Table (7) we find that the values (T) are greater than the tabular, which indicates the morality of the differences, and we explain this morale to the players' understanding of stomach exercises and how to apply them skillfully and planning. Hanafi Mahmoud, "The development of basic skills or training on a specific plan does not come at once, but the trainer must repeat training and organize his units in a way that allows players to correct learning and develop their level and that this is linked to the training units" (Hanafi Mahmoud: 1997)

4-4 View and Discuss Results of Remote Differences of Basic Skills

Table (8) Shows the calculations, standard deviations, and the value (T) calculated for the dimensional skill tests between two groups

variables	measuring unit	Group Experimental		Control group		Collected T	Sig	indication
		Arithmetic mean	Standard Deviation	Arithmetic mean	Standard Deviation			
Passing	degree	20	1.61	18.3	0.82	3.8	0.000	MORAL
trapping	degree	4.71	0.468	3.01	0.221	1.7	0.231	Un MORAL
Rolling	degree	11.7	0.59	12.9	0.59	3.12	0.000	MORAL
Dribbling	degree	18.2	0.581	19.91	1.9	2.74	0.000	MORAL

Through Table (8) we find that the morality of the differences in favor of the experimental group in the skill performance, and the researcher attributes this morale that determining preconditions in the performance of Rondo exercises by determining the space and the number of players and the exchange of play in the ball is reflected positively on the nature of the skill performance according to the playing positions on the field and this is what happened He did with these exercises, which are predominant in their performance of the skillful role by



applying the exercises prepared according to Rondo exercises, and this is confirmed by (Aguiar:2012), even though the use of conditions and restrictions according to the goal is to train as to determine the number of ball touches and move within certain conditions that develops a lot from the player's mentality and increases the speed of making the appropriate decision In skill and planning performance and performs a state of literal application of the coach's directives "(Auguiar2012).

4-5 View and Discuss Results of Distant Differences in performance Effectiveness Test

variables	measuring unit	Group Experimental		Control group		Collected T	Sig	indication
		Arithmetic mean	Standard Deviation	Arithmetic mean	Standard Deviation			
successful defense	degree	8.532	3.2	5.7	2.3	2.6	0.000	MORAL
Failed defense	degree	5.31	2.6	6.9	3.2	2.3	0.000	MORAL
successful attack	degree	7.89	4.02	4.75	2.5	2.78	0.000	MORAL
Failed attack	degree	4.11	2.5	6.81	3.43	2.5	0.000	MORAL

Through Table (9) it is clear to us that the moral differences in the level of performance effectiveness were for the experimental group and the researcher explains this morale due to the use of Rondo exercises that have a significant impact on individual and collective defense and offensive moves in their implementation because Rondo exercises have planning movements in specific situations and spaces, which contributed Bucking to upgrade the performance of the performance (Buck) The training strategy must develop to increase the success rate in the performance of skills, and this is mainly based on the use of similar exercises for playing "(Buck; 1995) This also confirms (Mohamed Rizki: 1995) exercises in narrow spaces very useful because you do not give players time to think ... they help to make the correct decision of the skill and planning performance in the right moments "(-HTTPS/2017)



4-6 Presentation and discussion of the results of the dimensional planning knowledge test between the two groups

Table (10) Shows the calculations, standard deviations and value (T) calculated to test the distant planning knowledge between two groups

Planning knowledge	measuring unit	Group Experimental		Control group		Collected T	Sig	indication
		Arithmetic mean	Standard Deviation	Arithmetic mean	Standard Deviation			
Experimental	degree	28.71	1.08	25.41	1.41	10.4	0.000	MORAL

It is clear to us the morality of the differences in testing planning knowledge and for the benefit of the experimental group and attributing the reason to the Rondo exercises that are similar to performance in the game centers where the player moved to side chain The offensive as well as the defensive of the players, and this is what we see with the Rondo exercises that are focused and targeted work to develop mental capabilities associated with plans, which made them more planning knowledge and this refers to (Mamdouh Hamdi) that preparing a model environment for exercises and circulating them is the key to building the training unit that promotes and improves the feeling Al -Harry, which is related to a direct association with the defensive and offensive sensitivity of the defensive sense. (Mamdouh Hamdi: 2017)

This also confirms Thamer Mohsen & Mowaffaq Al -Mawla that the best types of training that training that solves the problems of matches "(Thamer Mohsen &Mowaffaq Al -Mawla: 1999)

5- Conclusions and Recommendations:

5-1 Conclusions:

- 1- Rondo exercises is an important exercise in the development of football players.
- 2- The study concluded that Rondo exercises help positively in refining the skill performance of the players.
- 3- The study concluded that the use of Rondo exercises is very necessary in providing the plans of the players and thus good performance actors during the competitions due to the competitive atmosphere in Rondo exercises.



5-2 Recommendations

- 1- The adoption of football coaches with Rondo exercises prepared by us in their training programs.
- 2- Giving great importance to Rondo exercises in the training units to fly physical, skill and planning capabilities, not the purpose of the fun exercises of Rondo or to be performed only.
- 3- Holding advanced training courses for football coaches to keep pace with modern training methods and curricula.
- 4- Conducting another study similar to Rondo exercises that deal with physical performance or plans performance.

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