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Evaluation of The Football Preparation Program For Junior Football Players At The Level of Some Algerian Football Schools

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Abstract:

This research addresses the reality of youth football training in Algerian football schools, aiming to diagnose the reasons behind their failure to achieve desired objectives. Using both survey and experimental studies involving coaches and players across various Algerian regions, the results revealed shortcomings in the professional and educational qualifications of coaches and a lack of scientifically based training programs and adequate facilities. However, the implementation of a proposed scientifically designed training program led to significant improvements in the physical and technical skills of young players. The researcher recommends enhancing coach qualifications, establishing clear selection criteria, increasing training frequency, and focusing on youth development within football clubs

KEY WORDS : Youth Categories ;W Evaluation ; Physical Attributes **;** Training Programs **;**Coaches

الملخص: يتناول هذا البحث واقع تدريب الفئات الصغرى في مدارس كرة القدم الجزائرية، ويهدف إلى تشخيص أسباب القصور في تحقيق أهدافها، من خلال دراسة مسحية وتجريبية شملت مدربين ولاعبين في عدة ولايات جزائرية. أظهرت النتائج ضعف التأهيل المهني والثقافي للمدربين، وعدم ملاءمة البرامج التدريبية المعتمدة من حيث الأسس العلمية والإمكانيات المادية والبشرية. كما أظهرت التجربة أن تطبيق برنامج تدريبي مقترح قائم على أسس علمية أدى إلى تطور ملحوظ في الصفات البدنية والمهارية للاعبين الصغار. أوصى الباحث بضرورة رفع مستوى تأهيل المدربين، وتوفير معايير واضحة لاختيارهم، وتكثيف الوحدات التدريبية، مع التركيز على الاهتمام بالفئات الصغرى في الأندية

الكلمات المفتاحية: الفئات الصغرى؛ التقييم ؛الصفات البدنية؛ البرامج التدريبية؛ المدربون

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Introduction

Undoubtedly, the level of sports in various types of well-known sports has made a big step forward at the turn of the XXI century, and this is confirmed by the Broken Records day after day, the breaking of which was a dream that tickled the imagination of Sports workers. This tremendous development is due to the great scientific progress in the methods of training and preparing players, which was based on the scientific facts provided by various other sciences, whether in the biological, psychological, social or technological fields, which the sports coach effectively and positively benefits to improve the implementation of the training process.

To ensure a successful and effective training, the coaches conducting the training process in football must follow the best methods and learn the basic principles of training science, know the characteristics and features of the age stages of young people and develop their physical, skill, planning and psychological qualities in a correct scientific manner because they form the broad base of the senior teams.

A lot of studies and research have proven the need to pay attention to the younger categories, the youth of today are the first-class players and the national teams of tomorrow, so the administrators, coaches and journalists who are in charge of the game should ...To highlight the importance of this point to ensure the future of Algerian Football. The development that modern football has known is mainly due to taking care of several aspects, foremost of which is the coach and the player, as well as the training programs and the climate in which this process takes place

The above mentioned is due to the success of the training process and raising the level of Algerian Football .We had to recruit all our energies to raise the level of the coach, who is the backbone in this process, and this is to be at the level of the game's aspirations of scientific competence in the training field ,good behavior, making the

right decisions and taking responsibility, Add to that the work on preparing the players, and this is by raising their level and promising them in all physical ,skill ,planning, psychological and mental fields, the player is the main pillar on which efforts should be focused, and to establish a broad base because they are the only guarantee to reach a high level and thus raise the national sports movement in general, and Algerian football in particular .(Abu Alaa Abdel Fattah and Ibrahim Shaalan.1994.P.73)

The search problem:

Excellence in the field of sports is evidence of the civilized progress of the country ,and this comes only through attention to the younger groups ,and their adoption during training in all respects to reach the highest levels, as well as the preparation and construction of training programs based on scientific foundations in the field of modern sports training. These programs work to achieve the goals set for them, as well as provide opportunities and provide qualified leaders.

The trainer is the core and focus of the training process, and he is the executor of it to achieve the best level of achievement. If there is no qualified coach who is familiar with the content of the training process, the economics of effort, money and time will not achieve the various training variables, it requires him to be an understanding leader of what is going on inside his team to achieve the goals of the players as individuals, the team as a group, the club and its surroundings, through his study of the general and special needs of the team, which reflects on his role in developing the awareness and understanding of the players for what they do through different playing situations.

Training programs have a big and sensitive role in the formation of players, especially the younger categories. As it is the means by which players can gain physical abilities, skills and different game plans

The problem of the research has crystallized in the mind of the researcher through his many years in the field of training at the level of football schools for junior groups, as well as from his experience and follow-up of the training methods used, the means of implementation and how to build training programs, and not taking into account the nature of the game and the characteristics and features of the trained age stages. This is prompted by the fact that despite the achievements and victories achieved by world football, a person who reflects on the level of Algerian Football notices from the first glance the weakness of results at all levels, from the smallest to the largest categories, and this is through participation in regional and international forums, despite the Algerian society's provision of frameworks and young players who can face these challenges.

On this basis, this study came to identify the shortcomings and obstacles that prevent Algerian Football Schools from achieving their goals, and the extent of the qualification of coaches of junior categories and their readiness for training.

To solve the research problem posed, we had to answer the following:

- Does the proposed model of the research sample for the purpose of the study allow the development of physical qualities and basic skills at the level of Algerian Football Schools

.Research hypotheses:

1-1.General hypothesis:

- The proposed model of the research sample for the purpose of the study allows the development of physical qualities and basic skills at the level of Algerian Football Schools

2-2.Partial hypotheses:

There are statistically significant differences between the pre-and post-tests in physical qualities and they are in favor of the post-tests of the experimental group.

There are statistically significant differences between the pre-and post-tests in basic skills and they are in favor of the post-test of the experimental group.

2.The importance of research : the importance of research and the need for it are limited to two main axes and aspects:

First: the theoretical aspect: it consists in adding an important scientific reference to the Algerian library in general and specialists in particular, especially the Algerian Football Coaches, and by asking the researcher many coaches, experts and specialists in the sports field about what a coach should be to develop his performance, most of them pointed out that specialized scientific references are the primary source to raise his cognitive abilities and thus facilitate the process of preparing training programs. Because we believe that the coach is the backbone of the success or failure of the training process.

Second: the field side: it consists in the process of evaluating training programs at the level of Algerian Football Schools to reach objective estimates that help judge the efficiency of programs and the material and human capabilities of their implementation and discover strengths and weaknesses, and propose appropriate solutions to them in order to reach the best methods and scientific foundations of these training programs, which ensures better preparation of players, which can be based on the formation of national teams to achieve achievements and upgrade Algerian Football to the international level. Therefore, through this study, the researcher tried to come up with a proposed model that allows the development of physical and skill qualities of football players for junior categories at the level of penal football schools, helping our coaches to work on the development of this game.

3.Research objectives:

Our research aims to:

1.To reveal the reasons for the failure of Algerian Football Schools in achieving their goals.

2.Evaluation of training programs for football school coaches research sample for the purpose of the study.

3.Developing the performance of coaches to prepare their teams through a proposed model to develop the physical qualities and basic skills of football players of junior categories at the level of Algerian Football Schools.

4.Procedural definitions of search terms:

4.1.Evaluation: it is the process of estimating, weighing and making judgments on objects, people or subjects. The content of the calendar also extends to the concept of improvement, modification or development, and the evaluation of things requires that there are standards and Standards carried out by(Mohamed Sobhi Hassanein .1995.P.336)

Evaluation involves judging the training process as a whole by estimating, analyzing and interpreting its results.

4.2.Program: it is those expected educational experiences that stem from the curriculum and everything related to its implementation, including time, teacher, student, method, possibilities and content .Organization and.....Bastusi Ahmed.Abbas Ahmed.1984.P. 57)

The curriculum: it is the guide on which every work or subject is based, i.e. drawing the outlines on which the curriculum is based and the image on which it is.Ali Jawad Taher.1976.P.76)

4.3.Method: means the means that determine the mutual relationship between the educator and the student and directed towards the achievement of learning tasks, and also means the way to reach a specific goal.(Mahmoud Awad Bassiouni.Faisal Yassin Beach.1992.P.81)

4.4.Physical attributes: a set of physical abilities specific to the type of activity. The practitioner, can be identified in the following qualities endurance, strength, speed, flexibility and agility. (Procedural definition)

4.5.Basic skills: these are all the necessary and purposeful movements that are performed for a specific purpose within the framework of the law of football, whether these movements are with the ball or without it.(Hanafi Mahmoud Mukhtar.1994.P.65)

4.6.Planning skills: it is the use of the basic skills of the players in targeted individual or group movements and maneuvers in order to achieve the goal of the game, which is the victory of the team.(Hanafi Mahmoud Mukhtar.1994.P.162)

4.7.The training situation: we may find many who do not distinguish between physical fitness and the training situation, as a player with physical fitness is often called a sports form, and yet we find that he performs poorly during the game, and this may be due to his poor skill level, or his lack of resourcefulness and poor behavior in the planning field, or his weak volitional qualities. Hence, we see that the ideal preparation of a player does not depend on his physical fitness only, but other aspects must be taken into account, and it clearly shows that the training situation, which is the real goal of training, depends on the player's physical, skill, planning and psychological condition.(Hanafi Mahmoud Mukhtar.1980.P. 16)

Therefore, the training status is the highest level of training for an athlete and is achieved only by balanced development and

development of all types of modern sports training preparations, physical, skill, plan and psychological preparation.

4.8.Football schools: it is a sports educational facility that includes a group of outstanding players selected based on tests and trained to reach the highest levels with the provision of all material and human resources and integrated care in all respects.

4.9.Junior categories: is a group of players belonging to the age stages defined by the Ministry of youth and sports divided as follows: junior category: 10-12 Years, Cubs category:13-15 years, middle category: 16-18 years.

5.Previous and similar research studies:

5.1.The study of Yasser Mahfouz ATWA (1997)

* Subject of the study : a proposed training program to develop some basic skills in football youth using a proposed training Wall

* Objective of the study: to identify the impact of the proposed training wall on the development of some basic skills in young football

* Study sample: 48 players from Eastern clubs.

* Method used: the researcher used the experimental method.

* Data collection tools: skill tests

* Results of the study: this study resulted in the need to use the training wall as a training tool due to its positive role in the development of physical and skill aspects.

5.2.The study of Mohammed Mohsen Ahmed (2000)

* Subject of the study: the impact of the use of some training methods on the development of some basic skills related to agility for football players under 18 years.

* Objective of the study: to identify the impact of the use of some training methods on the development of some basic skills associated with the agility of football players

* Study sample: 30 football players under 18 years old

* Method used: the researcher used the experimental method.

* Data collection tools: skill tests

* Results of the study: this study resulted in a positive impact of the proposed training program on the development of some basic skills (running with the ball-hitting the ball with the head-controlling the ball) and related to the agility of football players in favor of the experimental group that used some training methods in the application of the program

2.Field research procedures

2.1.Research method: the researcher used two methods in this study, the survey method and the experimental method. Each of them was used in its own field. The above-mentioned methods are considered one of the most widely used methods in scientific research and their results are reliable, appropriate to the nature of the research problem, and to achieve its goals, and through them it is possible to obtain results with a high degree of honesty and objectivity.

2.2.Community and sample research:

A.Community and sample research in the survey study:

The Western Regional Championship for junior categories (Junior-Cubs-middle) consists of three groups, each group contains 12 teams.

The researcher distributed the questionnaire forms to evaluate the player preparation programs for these categories to all coaches who activate the tournament, i.e. by a percentage estimated at 100%, and after the specified period to answer the forms, they were collected and were in different proportions as shown in Table No. (01)

	The number of instructors who provided They have the form (Community of origin)		The number of instructors who provided They have the form (Community of origin)	
	Number	%	Number	%
My youngest coach	36	100	26	72.22
Cubs coaches	36	100	26	72.22
My middle coach	46	100	34	73.91
Total	118	100	86	72.33

Table No. (01) shows the percentage of the number of trainers who responded to the questionnaire form of the research sample and what it represents from the community of origin.

b.Community and sample research in the pilot study:

The second regional championship Blida League Group ' B ' consists of 16 teams.Sh.R.P. Attaf, St. Petersburg.R.P.Bogadir, A.R.P. Aziz, A.R.P.Sons of Persia, a.R.P. Massad, N.R. Stoicism, a.Sh.Bukhari Palace, C.R.P.Albrin, A.R..Niall's boys, Fr.K.Galfa, A.R.B with a bow, a.R.P. Sir glass, Crescent.R.Rowena, N.R.P.Sahnoun spot, a.R. The number of players from the community of origin registered in the regional intermediate championship for the year 2024-2025 for all categories is 768 players

. The researcher chose two groups-an experimental group and a control group. The team of the Virgin waterfall Union is the experimental group (16 players from the junior category - 20 players from the Cubs Category-18 players from the middle category). And the Bukhari Palace Youth Olympic team, which is the control group (with the same distribution and organization of players by each category). Table No. (02) shows the percentages of the research sample from the community of origin in the experimental study of all varieties.

Table No. (02) shows the distribution of the research sample in the experimental study.

The two groups were selected in a deliberate way and physical tests and skills were applied to them before and after. The researcher excluded injured players as well as players who did not attend training and matches.

The proposed training program was also applied to the experimental group, which was presented and discussed by experts and specialists in the field of sports training inside and outside the country.

The equivalence between the experimental and control groups of all varieties (youngest-Cubs-middle) was made for the research sample in order to study some variables that affect the experimental variable (physical qualities – basic skills), which have been explained and confirmed by previous studies, where the researcher took into account

the degree of homogeneity of the two samples in the physical descriptive variables in terms of age, weight, height, and previous experience (training age) as shown in tables no .(05 ,04 ,03)

Table No. (03) shows the homogeneity of the two samples in terms of age, weight, height and training age at a mean level of 0.05 and a degree of freedom of 30 (2n-2) at the youngest.

Table No. (04) shows the homogeneity of the two samples in terms of age, weight, height and training age at a mean level of 0.05 and a free38 (2n-2) in Cubs.

Table no. (05) shows the homogeneity of the two samples in terms of age, weight, height and training age at a mean level of 0.05 and a degree of freedom of 34 (2n-2) at the mean.

2.3.Research areas:

A.Human Field: the research sample in the survey included 86 trainers with an estimated percentage of 72.33 %

The following are distributed as follows:

- trainers of the 26th youngest category: trained with an estimated percentage of 72.22.%

- The number of Cub category trainers: 26 trainers with an estimated percentage of 72.22%.

- The number of coaches in the middle category: 34 coaches with an estimated percentage of 73.91.%

* The research sample included in the pilot study on 108 players. Distributions as shown in Table No. (06), which shows the

distribution of players for the research sample for the purpose of the study by each age group.

Table no. (06) shows the distribution of players for the research sample in the experimental study by each age group.

b.Time domain: the survey was conducted in the time period between 01/01/2022 to 01/06/2022. The questionnaire was prepared in its initial form and submitted to the opinions and suggestions of experts from arbitrators in the field of physical and sports education and sports training from professors and doctors inside and outside the country. This period also included the main experiment, and this is through the distribution of the inoculated questionnaire form to the research sample in order to study, discuss and analyze its results.

As for the experimental study, it was carried out during the time period between 01/07/2024 until/30/05/2025 in it, the physical tests and the tribal and dimensional skills of the research sample were conducted for the purpose of the study, as well as the application of the vocabulary of the proposed training program to the research sample

C.Spatial field: the questionnaire was distributed to the trainers at their training sites in the following states: Medea, djelfa, Blida, Chlef, ain defla, Tipaza, Bouira, Algeria.

Physical tests, tribal and dimensional skills, as well as the application of the vocabulary of the proposed training program for all classes (junior – Cubs - middle) were conducted at the Municipal Stadium in the city of Shalala Al-athawara.

2.4.Data collection tools:

*** Questionnaire:** the nature of this research necessitated the preparation of a set of questionnaires to collect various information that can be used by us when designing the proposed curricula and how to evaluate them. The researcher prepared two forms for the questionnaire, the first addressed to football coaches of all categories in the intermediate regional championship, and the second to experts from professors and doctors inside and outside the country. The researcher has identified the main axes of the two questionnaires by referring to specialized scientific references and studies similar to the current research topic.

*** Physical and skill tests**: the researcher relied on a battery of standardized tests that measure the physical and skill side of the football player, and are suitable for younger age groups, which were presented and discussed with specialized experts in the field of training in general and football in particular, who seemed to agree with them and will be presented above.

*** Proposed training program**: in which a training program was developed on scientific grounds in the field of sports training in football. The objectives and duties were set, the content and means of implementation were determined, by means of which the main axes of the program could be implemented within its general framework.

*** Questionnaire form specifications**: the researcher designed and codified the two forms in the light of theoretical studies, sources and references related to the research, as well as similar studies. In addition to the opinions obtained by the researcher from specialized experts.

*** The first questionnaire**: it is a survey of the opinion of coaches in football for junior categories and aims to evaluate training programs. Accordingly, the researcher designed a form that was defined by three basic axes. The first axis included the professional preparation of the trainer, in which several phrases were formulated

centered on the personal qualities and training culture of the trainer, while the second axis included the evaluation of programs, in which several phrases were formulated in the field of goal-building, planning and application of programs. The third and final axis included capabilities, in which several phrases were formulated about facilities, tools and human capabilities.

*** The second questionnaire:** it is a survey of experts ' opinion on the most important physical elements and basic skills necessary for a football player for the junior categories (Junior – Cubs - middle), as well as physical and skill tests.

Accordingly, after reviewing a number of sources, references and similar studies, the researcher designed an expert opinion survey form in the form of a questionnaire and the researcher mentioned in this form the elements of physical fitness and basic skills of a football player, as well as physical tests and basic skills. Accordingly, the researcher developed an assessment balance (important-average-less important - unimportant), on the basis of which the degree of importance of each of the elements of football and each test was determined. The researcher translated the scale into grades (1-2-3-4) according to the degree of importance of each item, and then the researcher selected the items that received 70% or more, which were agreed by the experts.

The result of the expert opinion poll has resulted in the following :

First: physical qualities: the most important physical qualities of a football player we find:

- Speed – agility – strength characterized by speed – endurance-flexibility.

Second: basic skills: the most important basic skills of a football player we find:

-Control the ball – scrolling - running with the ball-aiming.

Third: physical tests: the most important physical tests we find:

- Sprint test 30 m from high start to measure speed - vertical jump test to measure the characteristic force with speed.

- The Cooper 12-minute endurance test-the test of bending the torso forward and down from a standing position to measure flexibility.

Fourth: skill tests: the most important skill tests we find:

- The ball dribbling test with the feet to measure the skill of control and control of the ball.

- The test of tossing the ball to the farthest distance to measure the passing skill.

- Zigzag ball running test to measure your ball running skill and special agility.

- Target aiming test to measure the accuracy of aiming.

*** The veracity of the form (the veracity of the arbitrators):** the starting point in the design of any questionnaire form was to determine the axes on the basis of which the special items for each axis are formulated. So the form was presented in its initial form

Through personal interviews for each individual expert to express his opinion to delete or add what they deem appropriate in terms of:

- Determine the suitability of the form axes for the set goals.

- Determine the extent to which the items of each content axis are related in terms of covering the aspects to be identified.

- Control the way the form is presented and verify the truthfulness of its content and the effectiveness of its phrases.

One of the most important results of this study was the agreement of opinions (90%) of experts and specialists in the field of physical education and sports training on the validity of the questionnaire form. Some phrases have been modified, others have been formulated, new phrases have been added, and thus the logical honesty of the axes and items of the form proposed in this study has been achieved

*** Stability of the form:** the questionnaire form was applied to evaluate the programs of preparing football players for the junior categories, which was presented and discussed with experts twice on a sample of 15 coaches from the trainers in some clubs for the junior categories (Junior-Cubs - middle), with a time interval of 10 days between the first and second application. The stability coefficient of the form reached 0.88 between the first and second applications, which is greater than the tabular value, which is estimated at 0.49 at the level of significance 0.05 and degree of freedom 14. This indicates how stable the form is.

*** Stability of the test:** the stability of the test means that the test gives the same results if repeated on the same individuals and under the same conditions. Nabil Abdul Hadi states that this scientific basis is considered one of the basic components of a good test, as the test is supposed to give approximately the same results if it is reused again.

Accordingly, the researcher performed the stability test, where the first Test was applied to the above-mentioned sample from the Virgin paralysis federation team, and a week later, under the same conditions, the test was repeated on the same sample.

*** Test truthfulness:** in order to confirm the truthfulness of the tests, the researcher used the coefficient of self-truthfulness as the truest experimental grades for real bicycles that have been cleared of

measurement errors, which is measured by calculating the square root of the coefficient of test stability.it turned out that the tests have a high degree of self-truthfulness as shown in tables no. (7-8-9).

*** Objectivity of the test:** the test battery used is far from doubt and interpretation, where we find the vocabulary of the test battery within the objectives of the training unit, such as testing speed, flexibility, ball running and shooting, for example, and for this reason we consider the test vocabulary objective and good credibility

Table No. (07): shows the coefficient of stability and truthfulness of the battery of physical and skill tests for the youngest category(N=15) at the 14th degree of freedom and the level of significance .0.05

Table no. (08): shows the coefficient of stability and truthfulness of the battery of physical and skill tests for the Cubs Category(N=15) at the 14th degree of freedom and the level of significance .0.05

Table no. (09): shows the coefficient of stability and truthfulness of the battery of physical and skill tests for the median Category (N= 15) at the 14th degree of freedom and the level of significance .0.05

*** Building the proposed training program**: during the stages of building the proposed training program, the researcher relied on the following points:

Goal setting: the proposed program aims to achieve the following goals: - the player's access to the high training status. This is done by developing and developing the general and special physical qualities of the players, as well as raising the level of skill performance and reaching it to the highest possible level, in addition to developing and improving the planning efficiency by understanding the duties of their positions and fully understanding the way the team plays.

- Provide the player with the positive ability to interact in the performance of basic skills and game plans through the proposed program.

- Positive impact on the components of the training state of the players (physical preparation - skill preparation-planning preparation-psychological preparation) after the application of the proposed program.

- Benefit from previous experiences in reaching the ideal performance.

*** Program duties:** to achieve the goals of the program, the researcher has identified some duties that work to achieve them, and these duties are summarized as follows:

- Physical preparation.- Skill preparation.- Schematic preparation.- Psychological preparation.- Mental preparation (theoretical).

*** Determining the content of the program:** the researcher considers that the content of the proposed program should be organized as follows:

- Physical requirements for a football player

- Special skill requirements for a football player

- Specific planning requirements for a football player: they include:

More offensive game plans

More defensive play plans

- Psychological requirements for a football player

2.5.Control of variables: for the good conduct of the field research experiment, the researcher deliberately set all the variables that would hinder the experiment. Therefore, the researcher excluded all variables that may directly affect the research results. The

independent variable, the proposed training program, was adjusted, and the extent of its impact on the dependent variable, which is represented by physical qualities and basic skills, was determined.

Statistical methods: the aim of using statistical techniques is to find quantitative indicators that help us to analyze, interpret, interpret and judge. The most important techniques used in this research we find:

Percentage, arithmetic mean , standard deviation , Pearson correlation coefficient, statistical significance tests

General conclusion:

After the survey and experimental study, we found out the weakness of the training body in supervision and their lack of interest in participating in training studies for the emerging category and lack of familiarity in determining the physical, skill and planning qualities by taking into account the age and psychological categories of the emerging category. we also stood on the lack of the number of training units for each coach and failure to take into account individual differences, and for programs, lack of clarity of goals in training programs for young people, and there were no evaluation periods during the sports season for all categories to evaluate the potentials, the lack of suitability of the number of players for the playground space, lack of attention to the players ' health care, the lack of psychological care through specialists, the lack of Objective criteria for the selection of trainers as well as scientific committees to oversee the achievement of the objectives of training programs

Conclusion:

Through the survey study and the experimental study, where did we find out in the first place the extent of the weakness of the training body in supervising the training of junior groups, and this is through the apparent lack of professional preparation of the coach, whether it

is the scientific qualification or the training culture, as it also turned out in this study that the training programs applied at the level of our clubs do not have scientific foundations in building and preparing programs, in addition to that, the training environment of material and human potential is not suitable for the success of the training process, as for the experimental study, we have shown the extent of the development that the experimental group has known in developing physical and skill qualities, this is what motivates us to say The effectiveness of the proposed training programs in developing the basic physical and skill qualities of the football player in the junior categories

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Recommendations and suggestions:

1-we recommend the need to raise the cognitive abilities of coaches in the field of sports training in a scientific manner, and this is through their contribution to scientific forums, training courses, and study days under the supervision of specialized frames.

2-we recommend the need to develop codified criteria while providing a scientific method in the selection of junior coaches.

3-we recommend that the coaches should be aware of everything new in the field of football and related sciences

4-we recommend that you do not stop training for long periods and that the training units should not be less than four units per week.

5-we recommend that clubs should pay attention to the younger categories (Asghar-Ashbal -Wasat)

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