

The Impact of Utilizing Video Analysis and Expertise on Developing the Tactical Principle of Counter-Attack in Under-19 Football Players

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Abstract:

This study aims to highlight the importance of using coaching expertise and video analysis to improve offensive tactical performance and correct the principle of counter-attack among under-19 footballers. It also aims to correct players' tactical deficiencies and support coaches in modern training. Due to its suitability for the nature of the study, the researcher adopted the experimental method. The research sample consisted of 30 under-19 players from MC Alger competing in the Regional Football League of Algiers (National Elite - Group H). Data were collected through match recording and video analysis, as well as tactical corrections made during training.

Key words: Expertise ; Video Analysis ; Counter-Attack ; Tactical.

المخلص:

تهدف هذه الدراسة إلى إبراز دور توظيف خبرة وتحليل الفيديو في تصحيح مبدأ الهجوم المضاد وتحسين الأداءات الخططية الهجومية لدى لاعبي كرة القدم صنف أقل من 19 سنة. كما تسعى إلى معالجة بعض النقائص الخططية التي يعاني منها اللاعبون ومواكبة المدربين للمتطلبات الحديثة في التدريب. اعتمد الباحث المنهج التجريبي لملاءمته لطبيعة الدراسة، وتمثلت عينة البحث في لاعبي نادي مولودية الجزائر أقل من 19 سنة الناشطين بالرابطة الجهوية لكرة القدم للجزائر (النخبة الوطنية - المجموعة H) وعددهم 30 لاعبا. وتم جمع البيانات باستخدام أدوات حديثة لتصوير المباريات وتحليلها، وعرض المواقف التكتيكية وتصحيحها خلال التدريبات، بهدف الوقوف على أبرز المشكلات والعمل على معالجتها.

الكلمات المفتاحية: الخبرة ؛ تحليل الفيديو ؛ الهجوم المضاد ؛ المبادئ التكتيكية.

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1- Introduction:

Football is one of the team sports that has undergone significant development in terms of its physical, technical and tactical aspects. The tactical element, particularly the offensive aspect, has become crucial for achieving positive results, as sports training primarily aims to enhance players' individual and collective motor performance (Turpin, 2002). The counter-attack is considered one of the most important modern offensive principles due to its speed of transition from defence to attack, and its ability to exploit spaces in the opponent's defence. This makes it an effective weapon in contemporary competitions.

However, Algerian football, particularly in the offensive domain, reveals a clear tendency to rely on a single attacking pattern: the fast attack. There is also a noticeable deficiency in ball circulation (Drissi, 2009). This negatively affects the diversity of tactical solutions among youth categories and makes the application of modern playing principles more difficult.

With the rapid development of sports technology, video analysis has become one of the most important tools used by modern coaches to diagnose errors, improve tactical understanding and enhance players' offensive performance. Studies of performance analysis have confirmed that match analysis systems based on video technologies have become an essential component of the modern training process due to the accurate information they provide about physical, technical and tactical performance (Carling, Williams & Reilly, 2005; Carling, 2009).

Recent studies have supported this trend. Machado et al. (2020) confirmed that video-based tactical tests effectively evaluate football players' tactical principles. Similarly, a systematic review by Zhao et al. (2022) revealed that video-based training significantly enhances anticipation and decision-making, particularly in rapid transitional scenarios such as counter-attacks.

Furthermore, studies have demonstrated that video-based post-match feedback enhances coaches' knowledge and understanding of tactical situations, leading to positive changes in their instructional behaviour (Raya-Castellano et al., 2021; Guzmán et al., 2022). Matsuoka et al. (2022) also demonstrated that analysing counter-attacks on video

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helps to identify key success factors such as transition speed, positioning accuracy, and decision-making quality. They concluded that video analysis is the most effective tool for studying these complex attacking situations and for guiding training.

Tactical analysis is associated with the phases of play (defence, transition, attack), with the counter-attack representing one of the most important forms of tactical transition in accordance with Teodorescu's (1983) conception of phases in football.

Based on these theoretical and practical foundations, and after reviewing a number of previous studies, it appears that video analysis has become one of the most important tools for developing tactical performance in football. The present study therefore aims to highlight the effect of combining coach experience and video analysis to correct the principles of counter-attacking and improve offensive tactical performance among under-19 football players. This will be achieved through a field experiment involving match video recording and analysis, as well as presenting and correcting tactical situations during training sessions. The study aims to contribute to the development of offensive performance and enhance the efficiency of tactical training for youth categories.

General Research Question:

Are there statistically significant differences in the mean results of the pre- and post-test measurements of the application of the tactical counter-attack principle among under-19 football players, attributable to the use of the coach's experience and video analysis?

General hypothesis:

There are statistically significant differences between the mean pre-test and post-test results in the level of application of the tactical counter-attack principle among under-19 football players, in favour of the post-test, attributable to the use of the coach's experience and video analysis.

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2- General objective of the study:

The importance of this study lies in highlighting the role of integrating the coach's experience with video analysis in improving the application of the tactical counter-attack principle among under-19 football players, as one of the modern offensive principles associated with transitional phases of play. It also seeks to provide an applied scientific contribution that may support the development of offensive tactical training methods for youth teams.

The objectives of this study are as follows:

- 1- The aim is to identify the effect of using technological tools and video analysis on correcting the offensive tactical principles of football players.
- 2- The study aims to identify methods of presenting and correcting offensive tactical situations through performance analysis software.
- 3- To highlight the role of video in the training system and its contribution to the mental and tactical offensive development of football players.
- 4- To determine the effect of using video analysis to improve and develop the counter-attack principle among under-19 football players.
- 5- To examine the effectiveness of using video analysis to enhance the speed of offensive transition and to execute the counter-attack with greater tactical efficiency among under-19 football players.

3- Procedural definition of the concepts mentioned in the research:

- **Video Analysis:** A systematic process involving the use of technological tools to observe, record and analyse football players' performance in order to evaluate their physical, technical and tactical abilities (Carling, 2009).

The researcher concludes that, In this study, video analysis is operationally defined as the process of recording and analysing selected offensive situations, particularly counter-attacks, during under-19 football matches and training sessions using performance analysis software. This is done with the aim of correcting tactical

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errors and improving offensive tactical performance before and after the experimental programme.

- **Counter-Attack:** A rapid offensive action that occurs immediately after the ball is recovered. It is based on a quick transition from defence to attack in order to exploit the spaces left by the opponent (Teodorescu, 1983).

The researcher concludes that, In this study, operationally, the counter-attack refers to the rapid offensive transition executed by under-19 football players immediately after regaining possession of the ball. This is measured using indicators such as transition speed, the quality of offensive positioning, the accuracy of passing and the effectiveness of decision- making in counter-attacking situations.

4- The methodological procedures used in the study:

4-1 Method and tools:

The research approach adopted varies according to the objectives that the researcher seeks to achieve. The most suitable approach, for solving a research problem is determined by its nature and scope. In this study, the experimental method was adopted due to its suitability for the nature of the research. A pre-test-post-test design with a single experimental group was used as this design allows for the accurate examination of the effect of the independent variable on the dependent variable.

The exploratory study:

In order to conduct scientific research properly, researchers must carry out exploratory (pilot) studies to outline the research framework, verify the field's suitability for procedures, validate tools and identify potential difficulties. In this context, Mansi Mahmoud (2003, p. 38) states the following:

'The exploratory experiment is one of the most important and necessary procedures for fulfilling the requirements of accurate scientific work and overcoming difficulties and uneconomical procedures in terms of both materials and personnel.'

The exploratory study is of great importance as it allows:

- verifying the validity of the devices and tools used to film matches.
- testing tactical analysis software for matches.
- identifying all possible obstacles and difficulties, and attempting to overcome them.

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To enhance and consolidate this study, and to gain a comprehensive understanding of the research problem, a questionnaire-based survey was conducted to examine the use of video technology and performance analysis software in the national youth football championship. Additionally, an observation checklist was developed for the tactical indicators addressed in this study.

During this exploratory study, the VEO CAM2 device and some performance analysis software were tested during Professional League One and League Cup Reserve category matches, to verify their technical efficiency and suitability for the main study.

Research Population:

The research population comprises all 13 teams in Group H of the Algiers Regional Football League (National Elite) under-19 category.

Sample and methods of selection:

Selecting the research sample is considered one of the most fundamental and essential steps, in conducting scientific research. The researcher must choose a sample that is consistent with the nature of the research topic and problem, and that, accurately, represents, the original population. Accordingly, the research sample was selected using purposive sampling and consisted of 30 under-19 players from Mouloudia Club of Algiers.

fields of study:

Temporal Field:

This study was conducted during the 2023/24 football season. The pre-test measurements for the tests under study were carried out on the research group between 26/12/2023 and 02/02/2024. The first practical phase consisted of video recording six official matches and conducting video analysis sessions, during which tactical situations were analysed and presented to the players and technical staff. The latter then worked on correcting the identified errors during training sessions, which were also filmed for follow-up and analysis purposes. After a monitoring and performance evaluation period, a further six matches were recorded during the second phase, from 16/03/2024 to 19/06/2024. This was done to compare mean results relating to the counter-attack, principle, and to determine the effect of coaching expertise and video analysis on improving the counter-attack principle among the players under study.

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Spatial Field:

The matches included in this study were video-recorded at the following stadiums: Aït El Hussein, Bologhine, 20 August, Hydra, 1 November. Olympic Akbou and Sour El Ghozlane.

Both the main study, and the video analysis, sessions took place at the team's residential training centre.

Research procedures:

In this study, the independent variable is represented by the use of coaching expertise and video analysis. This refers to a training programme based on match video recordings and the analysis of offensive situations, particularly counter-attacks, which are presented to players for correction during training sessions using performance analysis, software.

The dependent variable is the level at which the counter-attack principle is applied by under-19 football players.

This was measured using an observation checklist of tactical counter-attack, indicators, extracted from the analysis of match recordings.

This checklist included a set of key indicators, most notably:

- ✓ Speed of transition from defence to attack.
- ✓ Quality of offensive positioning.
- ✓ Passing accuracy during the counter-attack.
- ✓ Effectiveness of decision-making in rapid transitional situations.
- ✓ Effectiveness of finishing on goal.

The measurement process was conducted in two stages:

1. A pre-test was conducted before the video-based training programme was implemented.
2. A post-test was then conducted after the implementation period, to identify differences in the level of application of the counter-attack principle and determine the effect of the independent variable on the dependent variable.

Tools:

1- Technological tools for data collection and processing:

- Veo Cam 2 camera:

The researcher used the Veo Cam 2 to record the matches. Designed specifically for team sports, it is a smart sports camera characterised by its 180-degree wide-angle recording, which provides full coverage

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of the entire playing field without the need for a human cameraman. It also provides high-definition 4K video recording to ensure clear and accurate capture of players' movements and ball trajectories. These features contributed significantly to the precise tactical analysis of match situations, particularly in terms of transition speed, positioning and passing accuracy during counter-attack phases. The camera thus ensured the collection of objective, high-quality visual data suitable for scientific analysis.

Figure N°1: Example of video recording and analysis using the Veo Cam platform: Olympique Akbou vs Mouloudia Club of Algiers (U19)



- Computer Device:

A laptop computer was used for storing, processing, and analyzing the recorded video files. The device was equipped with adequate technical specifications, including sufficient storage capacity and a processor capable of running high-definition videos smoothly. It enabled the researcher, to repeatedly view the recordings, extract relevant tactical clips, and prepare them, for presentation, during the video analysis sessions.

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- Performance Analysis Software:

The study relied on LiveTag Pro as a primary performance analysis tool. This software was used to tag and code tactical situations, particularly counter-attack, scenarios, and to extract performance-related statistics such as transition speed, passing quality, positioning, and decision-making. It facilitated the organization of observational data and transformed qualitative observations into quantitative data suitable for statistical comparison between the pre-test and post-test measurements, thereby enhancing the scientific rigor of the study.

2- Observation Grid:

The observation grid was used as the main instrument for collecting data to assess the extent to which the counter-attack principle was applied by U19 football players during official matches, both before and after the video-based training programme was implemented. It was developed based on specialist scientific references in football tactics and validated by a panel of coaching and sports science experts to ensure content validity.

It included five main tactical indicators of the counter-attack; speed of transition from defence to attack; quality of offensive positioning; passing accuracy; effectiveness of decision-making; and finishing effectiveness on goal. The grid was applied to all recorded matches in both the pre- and post-test phases, and the results were used for statistical comparison between the two sets of measurements.

- The scientific foundations of the tool:

1- Reliability of the Observation Grid:

The reliability of the Observation Grid was established by analysing the same matches with two independent observers from outside the main research sample who belonged to the same target population. The analyses were conducted under identical conditions and at two different time points. The correlation coefficient between the observers' results indicated an acceptable level of reliability, confirming the tool's consistency for scientific use.

The reliability of the observation grid was assessed using multiple calculation methods. In addition to the Pearson correlation coefficient (r) calculated between the two independent observers, the inter-rater agreement was evaluated using the Cohen kappa coefficient, which takes into account chance agreement. Using multiple reliability

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estimates enhances, the robustness and scientific, credibility of the measurement tool confirming its suitability for research purposes.

2- Validity of the Observation Grid:

To establish the validity of the observation grid. it was submitted to a panel of experts in coaching and sports sciences for confirmation of its face and content validity. The experts unanimously, approved the relevance and adequacy of the indicators for measuring the counter-attack principle. Furthermore, self-validity was determined using the square root of the reliability coefficient.

Table N°1 Reliability and validity coefficients of the observation grid
indicators Indicator.

Indicator	Reliability Coefficient (r)	Validity Coefficient	Significance Level	Type of Correlation
Speed of transition from defense to attack	0.82	0.91	0.05	Strong correlation
Quality of offensive positioning	0.80	0.89	0.05	Strong correlation
Passing accuracy	0.85	0.92	0.05	Strong correlation
Effectiveness of decision-making	0.81	0.90	0.05	Strong correlation
Effectiveness of finishing on goal	0.78	0.88	0.05	Strong correlation
Overall	0.81	0.90	0.05	Strong correlation

Source: Prepared by the authors (2025).

As can be seen from the table, the reliability and validity coefficients for all observation grid indicators are close to one, reflecting a high level of measurement stability and strong internal consistency. Furthermore, the high validity coefficients recorded at the 0.05

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significance level confirm the observation grid's high construct validity. These findings demonstrate that the observation grid is scientifically sound and suitable for objective measurement and achieving the aims of the present study.

- Statistical tools :

Statistical analyses related to the practical application of the study were carried out using IBM SPSS Statistics (version 29) via the following procedures:

- ✓ Calculating the mean and standard deviation to describe the results of the pre-test and post-test measurements.
- ✓ The paired samples t-test (also known as Student's t-test) was applied to determine the significance of the differences between the pre-test and post-test measurements.

A statistical significance level of $p \leq 0.05$ was adopted to judge the significance of the results.

4-2 Presentation and Analysis of Results:

Table N°2: Pre-test and post-test results of the experimental group across counter-attack indicators.

Indicator	Measu- rement Unit	Pre-test		Post-test		df	t- value	Sig.	Signifi- cance Level
		Mean	SD	Mean	SD				
Speed of transition defense/ attack	Score	3.30	0.22	4.33	0.18	5	9.21	<0.001	0.05
Quality of offensive positioning	Score	3.34	0.24	4.33	0.20	5	8.87	<0.001	0.05

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Passing accuracy	Score	3.66	0.26	4.67	0.19	5	10.14	<0.001	0.05
Effectiveness of decision-making	Score	3.00	0.21	4.00	0.17	5	11.02	<0.001	0.05
Effectiveness of finishing on goal	Score	2.64	0.29	4.00	0.23	5	12.36	<0.001	0.05

Source: Prepared by the authors (2025).

The results presented in Table 2 for the experimental group clearly demonstrate a significant improvement in all the studied counterattack indicators between the pre-test and post-test measurements. Regarding the speed of transition from defense to attack, the arithmetic mean in the pre-test was 3.30 with a standard deviation of 0.22, while it increased in the post-test to 4.33 with a standard deviation of 0.18. To determine the significance of the differences between the two measurements, a paired-samples t-test was applied. The calculated t-value was 9.21 at 5 degrees of freedom, and since the probability value (Sig <0.001) is lower than the adopted significance level (0.05), this indicates the presence of statistically significant differences in favor of the post-test measurement.

With respect to the quality of offensive positioning, the arithmetic mean in the pre-test reached 3.34 with a standard deviation of 0.24, whereas the post-test recorded a higher mean of 4.33 with a standard deviation of 0.20. The paired-samples t-test yielded a value of 8.87 at 5 degrees of freedom, with a probability value of Sig < 0.001, confirming statistically significant differences between the pre-test and post-test measurements in favor of the post-test.

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As for passing accuracy during counterattacks, the pre-test arithmetic mean was 3.66 with a standard deviation of 0.26, while the post-test mean increased to 4.67 with a standard deviation of 0.19. The calculated t-value was 10.14 at 5 degrees of freedom, with a probability value of $\text{Sig} < 0.001$, indicating statistically significant differences in favor of the post-test measurement.

The results related to the effectiveness of decision-making showed that the pre-test arithmetic mean was 3.00 with a standard deviation of 0.21, compared to a post-test mean of 4.00 with a standard deviation of 0.17. The paired-samples t-test recorded a value of 11.02 at 5 degrees of freedom, with a probability value of $\text{Sig} < 0.001$, demonstrating statistically significant differences between the two measurements in favor of the post-test.

Finally, concerning the effectiveness of finishing on goal, the arithmetic mean in the pre-test was 2.64 with a standard deviation of 0.29, while it increased in the post-test to 4.00 with a standard deviation of 0.23. The calculated t-value reached 12.36 at 5 degrees of freedom, with a probability value of $\text{Sig} < 0.001$, which confirms the existence of statistically significant differences between the pre-test and post-test measurements in favor of the post-test.

4-3 Discussion and interpretation of the results:

First: The speed of transition from defense to attack

Based on the results presented in Table 2, which revealed statistically significant differences between the pre-test and post-test measurements in favor of the post-test for the speed of transition from defense to attack, this improvement can be interpreted in light of the nature of the intervention adopted in the present study, which relied on the use of video analysis supported by the coach's expertise.

Video analysis allows for a precise review of defensive-to-offensive transition moments, enabling players to understand the sequence of transitional actions and to identify the appropriate timing for initiating an attack immediately after ball recovery. This interpretation is consistent with the findings of the systematic review conducted by Sarmiento et al. (2014), which highlighted that match analysis represents a fundamental tool for understanding performance

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determinants in football and for directing training toward critical success factors, particularly in transitional situations.

This explanation is also in line with the seminal work of Carling et al. (Handbook of Soccer Match Analysis), which emphasizes that video-based match analysis enhances both players' and coaches' understanding of play sequences and the speed of transition between defensive and offensive phases, thereby positively influencing the effectiveness of counter-attacks. Consequently, the improvement observed in this indicator supports the general hypothesis of the study.

Second: The offensive positioning quality

The results of the study revealed a statistically significant improvement in offensive positioning quality in the post-test, which can be interpreted in light of the role of video analysis in correcting spatial errors and enhancing players' understanding of tactical relationships during counter-attacking situations.

Video analysis enabled players to better recognize their positioning in relation to the ball carrier, identify appropriate support angles, and exploit the spaces available behind the opponent's defensive organization. This finding is consistent with the conclusions reported by Carling et al., who emphasized the importance of visual analysis in improving collective tactical organization and in linking positioning behavior to the real match context.

Furthermore, the findings of Sarmiento et al. (2014) indicate that match analysis facilitates the identification of effective positioning patterns and their relationship with performance outcomes. This provides a logical explanation for the noticeable improvement observed in this indicator following the implementation of the training program. Consequently, these results contribute to confirming the general hypothesis of the study.

Third: Passing accuracy during counter-attacks

The results revealed statistically significant differences in passing accuracy during counter-attacks in favor of the post-test measurement. This improvement can be attributed to the integration of visual diagnosis provided by video analysis with the technical and tactical guidance offered by the coach.

Video analysis allows passing errors to be examined within their real contextual conditions, such as timing, passing angle, and receiver selection, thereby facilitating the translation of observation into

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practical corrective actions during training sessions. This interpretation is supported by the findings of Machado et al. (2020), who demonstrated through the development of a video-based tactical test that such tools are capable of representing complex game situations and evaluating the quality of tactical choices, including passing decisions.

Accordingly, the improvement observed in passing accuracy reflects the effectiveness of video analysis as a medium for developing technical-tactical performance in counter-attacking situations, thereby supporting the general hypothesis of the study.

Fourth: The decision-making effectiveness

The results of the study revealed a statistically significant improvement in decision-making effectiveness in the post-test measurement, an indicator that is among the most closely associated with the use of video analysis.

This improvement can be explained by the fact that video analysis enables players to review transitional situations and examine alternative courses of action, thereby enhancing their ability to anticipate play and select the most appropriate solution under time pressure. These findings are consistent with the conclusions of the systematic review conducted by Zhao et al. (2022), which demonstrated that video-based training effectively contributes to the development of anticipation and decision-making abilities in football players, particularly in fast-paced scenarios such as counter-attacks.

This interpretation is further supported by the work of Machado et al. (2020), who emphasized the validity of video as a tool for representing tactical knowledge and evaluating decision quality. Accordingly, the improvement observed in this indicator reinforces acceptance of the study's general hypothesis.

Fifth: The effectiveness of finishing on goal

The post-test results revealed a statistically significant improvement in the effectiveness of finishing on goal. This improvement can be interpreted as a cumulative outcome resulting from enhancements in the phases preceding the counter-attack, particularly with regard to rapid transitions, decision-making effectiveness, and offensive positioning quality.

From a training intervention perspective, studies by Raya-Castellano et al. (2021) indicate that video-based feedback programs contribute to

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the development of coaches' knowledge and understanding of tactical situations, which is reflected in the quality and accuracy of coaching interventions during training sessions. Similarly, the study conducted by Guzmán et al. (2022) demonstrated that the use of analysis and coding tools can modify coaches' verbal behavior during competition, supporting the notion that video analysis influences not only players' performance but also the coach's instructional approach.

Accordingly, the improvement observed in finishing effectiveness can be explained by more precise and contextually appropriate coaching interventions, thereby confirming the general hypothesis of the study.

General Summary:

In light of the results obtained through the five indicators adopted in the study, and with reference to the scientific literature related to the subject of the study, it is evident that the improvement observed in the level of application of the tactical counter-attack principle among under-19 football players, following the employment of the coach's experience and video analysis, was comprehensive rather than partial or isolated. This improvement encompassed several key elements of offensive performance related to counter-attacks, notably the speed of transition from defense to offense, the quality of offensive positioning, passing accuracy, decision-making effectiveness, and finishing effectiveness on goal.

This overall development can be attributed to the nature of the program implemented in the present study, which combined video analysis with coaching-based guidance, enabling a more accurate diagnosis of tactical situations and more appropriate instructional intervention during training sessions. Accordingly, these findings support the acceptance of the study's general hypothesis and highlight the importance of adopting performance analysis tools in the development of offensive tactical performance in youth football.

Conclusion:

The present study aimed to examine the effect of integrating the coach's experience with video analysis on the application of the tactical counter-attack principle among under-19 football players. Based on the results obtained, the study demonstrated a clear and statistically significant improvement in the level of offensive tactical performance related to counter-attacks. These improvements were observed across all analyzed indicators, including transition speed

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from defense to offense, offensive positioning quality, passing accuracy, decision- making effectiveness, and finishing effectiveness on goal.

Accordingly, the findings confirm the acceptance of the general hypothesis of the study.

From a practical perspective, the results highlight the effectiveness of video analysis as a complementary tool to coaching expertise in developing complex tactical principles in football. The study demonstrates that combining systematic video-based feedback with informed coaching guidance contributes to improved tactical understanding, more accurate decision-making, and enhanced execution during transitional phases of play.

Based on these findings, it is recommended that coaches working in youth football systematically integrate video analysis into their training programs, particularly when aiming to develop offensive tactical performance and counter-attacking play. Emphasis should be placed on using video not only for technical correction but also for enhancing players' tactical awareness, perception, and decision-making abilities. Furthermore, coach education programs are encouraged to include applied training in performance analysis tools in order to improve the quality of instructional interventions.

In terms of research prospects, future studies may extend this research by applying similar interventions to larger samples, different age categories, or higher competitive levels. Future research could also adopt experimental designs involving control groups to strengthen causal interpretations. Additionally, exploring the use of advanced video technologies, such as immersive or first-person perspectives, may provide deeper insights into their impact on tactical learning and performance development in football.

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