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The effect of a proposed integrated training program (physical + skill) to develop agility and dribbling in football players under 15 years of age

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Abstract:
In football, which is one of the most popular sports in the world, it is not possible to develop a player's athletic level without providing the correct scientific foundations related to the type of training used. Sports training contributes to improving sports performance, which is achieved through planned programs supervised by specialized coaches, through which the player and teams can develop and enhance their latent abilities. Through this study, a training program was proposed that combines physical and skill to develop agility and dribbling among football players under 15 years of age, and the following forms were presented: From this perspective, the problem of our research was as follows: Does the proposed training program have an impact on developing the fitness and dribbling skills of football players under 15 years of age? The research sample consisted of 20 junior players from Al Wasal Football Club. We divided it into two equal groups: a control group and an experimental group, with 10 players in each group.
Keywords: Training program, skill, agility, dribbling, football.

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I) Introduction:

Sports training has become a broad concept based on studied methodological and scientific foundations based on purely scientific rules, which bring benefits to the athlete, enabling him to gain time and avoid physical harm. Therefore, raising the physical and skill level in football must depend on rules and characteristics that are applied with all mastery because of their great importance in developing and enhancing the physical and skill capabilities of each sport Despite the scientific progress in the field of training, more research and studies have begun to be conducted to arrive at many scientific facts in order to reveal the best methods and techniques for developing each sporting event in an optimal manner.

In football, which is one of the most popular sports in the world, it is not possible to develop a player's athletic level without providing the correct scientific foundations related to the type of training used. Sports training contributes to improving sports performance, which is achieved through planned programs supervised by specialized coaches, through which the player and teams can develop and enhance their latent abilities, which results in an improvement in performance, and thus the development of the game as a whole to reach the highest levels of sports excellence.

***Problem*:**

Football today is one of the most popular and popular team sports, widely watched and played all over the world (Arthur, 1998), and it also receives great attention at the local and international levels. It is one of the sports activities with many situations that are distinguished by clarifying and complicating the nature and conditions of competition in it, in addition to containing multiple technical skills and high physical abilities.

Moreover, the modern requirements in this game have created a great need to prepare players with high physical preparation, especially since modern achievement changes are linked to accelerating defensive and offensive activities with a high level of agility and dribbling.

If a football player wants to compete and achieve good performance, he needs to dribble and be agile, and this is what enables him to make better use of positions.

Al-Wahsh et al. (1994) pointed out that the increasing importance that football has received in various developed and developing countries has made those with experience and specialization working in the game think of different ways to advance the team's collective and individual work, because reaching the levels of

players to the point that enables them to achieve the requirements of modern play with its various elements requires building players from a young age according to training programs that are codified physically, skillfully and planarily.

Many countries in the world that have donated to football are interested in developing the physical and skill fitness of their players, believing that it is the basis on which players are prepared and prepared at a high level. This is clearly evident in the role played by physical efficiency in modern football, which is characterized by a rapid pace under different playing conditions according to renewed tactical plans. The advancement of sports levels in the last decade of the twentieth century came as a result of sound planning based on advanced scientific foundations, with the development of training methods, the development of tools, devices and fields, and attention to preparing and qualifying the trainer scientifically and practically. This development and progress has kept pace with game plans and arts in individual and team games.

Ibrahim et al. (1995) stated that the multiplicity of sports training methods has led to the development of the level of physical and skill performance, leading to the achievement of advanced positions in various activities. Trainers seek to choose the best types of training methods, apply the most appropriate ones, and use the latest means that suit the type of specialized activity, with the aim of achieving the investment of the most important physical abilities specific to the specific type of activity, due to their direct impact on the increase in the level of physical and skill performance.

Aftini (2003) pointed out that the importance of physical and skill abilities in football has increased recently, because modern play has become more difficult and complex, as the player must be able to move quickly and with high accuracy and control the ball, and then implement the basic principles according to what he has been trained on. Therefore, it has become necessary for us to consciously analyze what distinguishes football players Then plan and develop appropriate training programs that help us reach high sports levels that go through several factors that must be present in order to be able to reach advanced levels that can be relied upon, Abou Al-Majed et al. (1997).

From this perspective, the problem of our research was as follows:

*Is there an impact of the proposed training program in developing the fitness and dribbling skills of football players under 15 years old?

Through this question, the following questions branched out:

• Are there statistically significant differences in physical fitness tests between the control and experimental groups in subsequent tests in favor of the experimental group?

• Are there statistically significant differences in evasion tests between the control and experimental groups in subsequent tests in favor of the experimental group?

2- Research hypotheses:

2-1 General hypothesis:

* There are statistically significant differences between the pre- and post-measures of the control and experimental groups in physical and skill tests in football players under 15 years of age.

2-2 Partial hypotheses:

• There are statistically significant differences in physical fitness tests between the control and experimental groups in post-tests in favor of the experimental group.

• There are statistically significant differences in evasion tests between the control and experimental groups in post-tests in favor of the experimental group.3 - The approach followed:

The approaches used in scientific studies vary according to the type of problem and the objective of this study, given the nature of the research problem. We used the experimental approach because it is appropriate to the nature of the research and because the experimental approach in the field of studying phenomena related to physical education and sports is "the objective observation of a specific phenomenon that occurs in a situation characterized by tight control and includes a variable (factor) and is more diverse, while other variables (factors) are proven." Meaning that the independent variable leads to a change in the dependent variable, then he resorts to experimental research, "The experimental researcher aims to understand the impact of the independent variables on the dependent variable in their study, while needing to control for extraneous variables that could influence the dependent variable alongside the independent variables the researcher is focused on examining.."

4 - Research community and sample:

The process of selecting a research sample is one of the necessary steps for completing scientific work. It requires the researcher to search for a sample that is compatible with the nature of his work and is consistent with the problem to be solved, in addition to the fact that this sample represents its community most accurately. The research sample is represented by the 20 junior players of Al-Wasal Football Club. We divided it into two equal groups: a control group and an experimental group, with 10 players in each group.

4-1- Characteristics of the research sample:

* The team's ages range between 13 and 15 years.
* The team's height ranges between 150 and 172 centimeters.
* The average weight of the team is 50 and 70 kg.

• Experimental group: "It is the group that is exposed to the experimental variable or the independent variable to see the effect of this variable on it."

It included 10 players representing a group from the Al-Wasal football team in the state of Medea. They underwent motor and skill tests by incorporating the suggested exercises (fitness and dribbling skill) while performing the training sessions, and they had the age-stage characteristic.

• Control group: "This is the group that is not subject to the experimental variable and stays under usual conditions. This group offers great value, as the variations between the experimental and control groups originate from the experimental variable to which the experimental group was exposed.."

It included 10 players representing a group from the Al Wasal football team. They underwent motor and skill tests and had age-specific characteristics.

5 - Research areas:

5-1- Time domain: The actual studies for this research began after determining the research topic, which was at the end of December 2023. The test and retest method: The first test was conducted on January 12, 2024, and the test was repeated two months later, i.e. after the end of implementing the proposed training program, which was on March 22, 2024.

5-2- Spatial field: The tests and the proposed training program were conducted in its various training units at the municipal stadium level of the municipality of Hannacha, Medea Province.

6 - Scientific foundations of the test:

6-1- Stability of the test: The test gives the same results if repeated on the same individuals and under the same conditions. We applied the first test to a sample of 10 players on January 12, 2024, and the test was repeated two months later on the same sample on March 22, 2024, under the same conditions, which were later excluded.

Table No. 01 shows the stability coefficient for the tests

Tests	*Stability coefficient*
Agility Test T	0.84
Evasion test	0.90

We note from Table 01 that the correlation coefficients for each dimension, which represent the stability of these tests, are high and strong, and this reflects the stability of the tests

6-2 Test validity:

Although the tests used in the current study have a reliability coefficient in many previous studies and research, the researcher chose the tests for the study after reviewing many theoretical studies and scientific references and their occurrence in more than one reliable source The tests were presented to a group of specialists and experts in the field of sports. After retrieving the tests from the judges, the researcher arrived at the final form of those tests, taking into account the aforementioned observations and suggestions regarding adding, deleting, and modifying either the physical fitness elements or their tests by the judges.

In order to ensure the validity of the tests, we used the self-validity coefficient as the truest experimental score relative to the real scores, which is measured by calculating the square root of the stability coefficient of the test.2

Self-validity coefficient = stability coefficient √

Table No. 02 shows the stability coefficient for the tests

Tests	*Stability coefficient*
Agility Test T	0.835
Evasion test	0.921

From Table 02, we find that the results and values of self-honesty are high and range between 0.835 and 0.92, which confirms that these tests have a high degree of honesty.

6-3 Objectivity of the test: The tests used in the research are easy, clear, non-interpretable, and far from self-evaluation, as the test is objective in that we used the unit of time, which is the second, and thus the tests used are considered to be of good objectivity.

7 - Tests used:

7-1- Agility test (agility test):

• Purpose of the test:

• Test: Measuring the overall agility of the body as it moves in a translational motion.

• Tools needed: rectangular field, stopwatch, cones.

• Performance Description: The player takes a standby position from a high start behind the starting line, and when the signal is given to start, he runs straight and sideways between the cones and then goes back from where we started, retrying 3 times.

7-2- Evasion test (Slalom test):

• Purpose of the test: To measure the level of control and control of the ball.

• Tools needed: rectangular field, stopwatch, cones, balls.

• Performance description: The player takes a ready position from a high start behind the starting line, and when the signal is given to start, he runs straight with the ball at a distance of 12 meters, then crosses the cones until he reaches the starting point, retrying 3 times.

8- Research procedures:

8-1- Tribal tests: The tribal tests took place on January 12, 2024.

8-2- Program implementation: After preparing and adjusting all procedures related to the training program, it was applied to the experimental group as follows:

- Two classes per week for two months with duplicate training modules.

8-3- Post-tests: We conducted the post-tests for the two research groups on March 22, 2024, and we tried to provide the same place and the same conditions that we did in the pre-tests.

- Presentation and analysis of results:

1- Presenting and analyzing the results of the first hypothesis:

Table No. (01) represents the results of the pre- and post-tests of the control sample in the fitness test

n	Tribal		Dimensional		T Calculated	T Table	a	D f	decision
10	X	S	X	S				09	Without
	12.24	0.63	12.01	0.76	0.21	1.33	0.05		significance

Via Table No. (02), which shows the outcomes of the pre- and post-tests of the experimental sample, wherein the pre-test yielded an arithmetic mean of 12.24 and a standard deviation of 0.63, and in her post-test she attained an arithmetic mean of 12.01 and a standard deviation of 0.76. The computed statistical T was 0.21, which exceeds the tabular T value of 1.33 at the significance level of 0.05 and the degree of freedom of 09. Therefore, we infer that there are no statistically significant differences between the pre- and post-tests of the control sample in the fitness test.

Table No. (02) represents the results of the pre- and post-tests of the experimental sample in the fitness test

n	Tribal		Dimensional		T Calculated	T Table	a	D f	decision
10	X	S	X	S				09	significance
	12.52	0.59	11.32	0.73	10.57	0.002	0.05		

Via Table No. (02), which presents the outcomes of the pre- and post-tests of the control sample, where in the pre-test she achieved an arithmetic mean of 12.52 and a standard deviation of 0.59, and in her post-test she achieved an arithmetic mean of 11.32 and a standard deviation of 0.73. The computed statistical T was 10.57, which is greater than the tabular T value of 0.002 at the significance level of 0.05 and the degree of freedom of 09. Thus, we conclude that there are statistically significant differences between the pre- and post-tests of the control sample in the fitness test.

Table No. (03) represents the results of the two post-tests of the control and experimental samples in the fitness test.

n	Tribal		Dimensional		T Calculated	T Table	a	D f	decision
10	X	S	X	S					significance
	12.01	0.76	11.32	0.73	2.07	0.043	0.05	18	

Via Table No. (03), representing the results of the post-test for the control and experimental group, I achieved an arithmetic mean of 12.01 and a standard deviation of 0.76. This applies to the control group, and in the post-test for the experimental group, I obtained an arithmetic mean of 11.32 and a standard deviation of 0.73. The calculated statistical T was 2.07, which exceeds the tabular T value of 0.043 at the significance level of 0.05 and the degree of freedom of 18. Thus, we state that there are statistically significant differences in the post-test of the control and experimental groups regarding the fitness characteristic, and in favor of the experimental group.

2- Presenting and analyzing the results of the second hypothesis:

Table No. (04) represents the results of the pre- and post-tests of the control sample in the evasion test

n	Tribal		Dimensional		T Calculated	T Table	a	D f	decision
10	X	S	X	S					Without
	12.02	0.65	11.08	0.56	0.27	1.16	0.05	09	significance

Via Table No. (04), which displays the outcomes of the pre- and post-tests of the control sample, wherein in the pre-test she achieved an arithmetic mean of 12.02 and a standard deviation of 0.65, and in her post-test she attained an arithmetic mean of 11.08 and a standard deviation of 0.56. The computed statistical T was 0.27, which is less than the tabular T value of 1.16 at the significance level of 0.05 and the degree of freedom of 09. Therefore, we conclude that there are no statistically notable differences between the pre- and post-tests of the control sample in the evasion skill test.

Table No. (05) represents the results of the pre- and post-tests of the experimental sample in the evasion test

n	Tribal		Dimensional		T Calculated	T Table	a	D f	decision
10	X	S	X	S					significance
	12.17	0.82	11.31	0.6	2.91	0.017	0.05	09	

Via Table No. (05), which shows the outcomes of the pre- and post-tests of the experimental sample, wherein in the pre-test she achieved an arithmetic mean of 12.17 and a standard deviation of 0.82, and in her post-test she acquired an arithmetic mean of 11.31 and a standard deviation of 0.6. The calculated statistical T was 2.91, which is greater than the tabular T value of 0.017 at the significance level of 0.05 and the degree of freedom of 09. Thus, it is stated that statistically significant differences exist between the pre- and post-tests of the experimental sample in the evasion skill test.

Table No. (06) represents the results of the two post-tests of the control and experimental samples in the evasion test.

n	Tribal		Dimensional		T Calculated	T Table	a	D f	decision
20	X	S	X	S	1.84	0.02			significance
	11.8	0.56	11.31	0.6			0.05	18	

Via Table No. (06), which depicts the outcomes of the two post-tests of the control and experimental groups, where I found an arithmetic mean of 11.80 and a standard deviation of 0.56. This is for the control group; additionally, for the post-test of the experimental group, I obtained an arithmetic mean of 11.31 and a standard deviation of 0.6. The calculated statistical T was 1.84, which is greater than the table's T value of 0.02 at the significance level of 0.05 and the degree of

freedom of 18. Thus, we declare that statistically significant differences exist in the post-test of the control and experimental groups in evasion skill, and in favor of the experimental group.

3- Discussing hypotheses:

3-1- Discussing the first hypothesis:

Statistically important disparities exist in agility tests between the control and experimental groups in post-tests, favoring the experimental group.

After statistical processing of the significance of the variations between the pre- and post-assessments of the experimental group in the fitness test, the results were displayed in Table No. (02), where the arithmetic mean and standard deviation for the pre-assessment were valued at 12.52 and 0.59, respectively. Meanwhile, the arithmetic mean and standard deviation of the dimensional assessment are equal to 11.32 and 0.73, correspondingly; the calculated statistical T value was 10.57, exceeding the tabular T value of 0.002 at the significance level of 0.05 and the degree of freedom of 09. We can thus state that statistically noteworthy differences are present in the agility tests between the control and experimental groups in the dimensional tests, favoring the experimental group.

3-2- Discussing the second hypothesis:

Significant statistical distinctions exist in avoidance tests between the control and experimental sets in post-tests, favoring the experimental group.

After statistical processing of the importance of the variances between the pre- and post-measurements of the experimental group in the evasion test, the outcomes were as shown in Table No. (05), where the values of the arithmetic mean and standard deviation of the pre-measurement were calculated at 12.17 and 0.82, respectively. While the values of the arithmetic mean and standard deviation of the dimensional measurement equal 11.31 and 0.6, respectively, the computed statistical T value was 2.91, which is larger than the tabular T value of 0.017 at the significance level of 0.05 and the degree of freedom of 09. From this, we conclude that statistically significant differences exist in the evasion tests between the control and experimental groups in the dimensional tests, favoring the experimental group.

4- Discuss the general hypothesis:

Which provides for the effect of a proposed integrated training program (physical + skill) to develop agility and dribbling
Football players are under 15 years old.

Investigators have found the solution to these inquiries by adhering to the experimental approach and applying the findings of preliminary hypotheses. Considering this, the legitimacy of the overarching hypothesis is apparent, stating: There are statistically significant variations between the pre- and post-measurements of the control and experimental groups in physical and skill assessments in football players under 15.

5-General conclusion:

Through the study we conducted, we tried to shed light on the football players of the Al-Baraem category and to know the extent of the impact of units and agility while developing the technical performance of the dribbling skill Knowing the importance of the role that age plays in the bud category to build a high-level performance base, and by downloading the results we obtained using statistical and scientific methods, we reached the realization of the general hypothesis, the meaning of which was to develop the qualities of agility and dribbling skill among football players under 15 years of age.

6- Future hypotheses:

In light of the results and conclusions reached, we can make the following suggestions:

- Paying attention to basic football skills from young age groups in order to form skilled players in the future.

Conduct more studies on the importance of the relationship between the physical aspect and the skill aspect

We also suggest that coaches rely on this proposed program to train players, especially those under 15 years of age.

- Obligating technical and administrative staff to organize graduates of universities and sports institutes to ensure their competence and inspire them with the rules and curricula of Riyadh training that are well adapted to the age group.

- Conclusion:

Motor skills such as dribbling and agility, which are the focus of our research, have always been the main reason for achieving achievement in football matches for all categories and categories, and this also appears in the under-15 category, as they occupy an important aspect in their daily training unit and work to develop their play.

Finally, we can say that skill is a football player's weapon on the field. This means his ability to control the ball easily and without excessive effort. In addition, it helps the player overcome more than one opponent. The player's possession of motor skills helps him implement game plans, reach the opponent's goal, and seize the ball with a better chance and possibility.

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