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Using contemporary technological means through the training process for team sports

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Abstract:

This study aims to explore how coaches use modern technology in group sports training. To achieve this goal, the researcher used a descriptive approach with a questionnaire tool. Data were collected from 10 trainers from the city of Djelfa. After analyzing the results, the researcher found that the trainers' lack of the necessary cognitive skills led to their unwillingness to use technological means in training. Research has also shown that the use of technology contributes positively to improving the quality of training.

Keywords; Technological means - training process - team sports.

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1. INTRODUCTION

Scientific development has contributed to enhancing the scope of sports, and the excellence that emerges from developed countries can be considered a result of the knowledge and data achieved by professionals in this field, in addition to the accumulated experiences in aspects of scientific application, training, studies and experiments that have a significant impact on sports performance and its results in competitions.

The social transformation brought about by information technology is essentially an educational transformation, as the role of natural and material resources declines, information emerges as the most important element of power. The IT-focused training process is becoming the most influential factor in the future of sports. (Nabil Ali, 1994, p. 67)

The primary goal of IT training is to change the way the trainer thinks, inviting him to research, innovate, understand and persuade, as well as the ability to solve problems and find solutions to them. Therefore, Zaghloul believes that IT training is not limited to using modern and advanced devices, but is essentially a way of thinking for designing a training system, as it depends entirely on following a specific approach. (Zaghloul Muhammad Saad, et al., 2001, p. 17).

The training process trainer is now at the heart of the process, as his role is no longer limited to delivering information only. Rather, there became a partnership between the coach and the player, which led to a change in roles. As a result, the training method has been modified to require the trainer to use advanced learning strategies that focus on the use of information technology. The goal is to diversify training methods and improve interaction in the field through modern technologies, in addition to saving time and effort to achieve good results from exercise.

From the above, the following question can be asked:

What is the level of use of modern technological means by coaches in sports training for team sports?

2.1. Partial questions:

- Do trainers have the skills and knowledge necessary to control the use of technological tools?
- Do trainers consider that using technological means helps improve the training process?
- What challenges do trainers face when using technology in training?

2. Hypotheses:

- The lack of cognitive skills among trainers reduces their desire to rely on modern technologies during training.
- According to trainers, the use of modern technology contributes positively to improving the training process.
- The lack of technological means and their high costs are linked to their poor use in the training process.

3. Study objectives:

- Understand team sports coaches' views on the use of modern technology.
- Explore how modern technology helps in the training process during class.
- Identify the reasons that prevent trainers from using modern technology during training.
- Get trainers' views on the application of modern technology.
- Highlight the benefits that modern technology offers as an essential tool in team sports training.



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4. Importance of the study:

This study occupies an important place because it focuses on trainers' opinions about the use of modern technology. This technology has become an essential part of the education and training process. It also plays a major role in improving skills and knowledge during training in team games.

5. Keywords in the study:

Technology:

Linguistic definition: A term composed of two words: Techno: In the Greek language, it means art or handicrafts, which is technology.

Loggia: A term meaning science.

The combination of the two terms results in the meaning of the science of knowledge creation.

Modern technological means:

It includes all modern methods, tools and devices used in the training process for the purpose of achieving the best quality of the sports training process, such as electronic vests, technical analysis devices, training load monitoring devices, and means of measuring and conducting physical, technical and physiological tests.

- Team sports:

Team sports are a type of activity in which a group of people usually participate. As with other social activities, it is characterized by an atmosphere of competition and cooperation to reach a common goal. Most team sports depend on players gathering around a specific goal, and they seek to achieve it by planning and overcoming challenges that may hinder victory. In this research, we selected three



types of team sports: basketball, football, and handball.

- Sports training: It is defined as "laws and regulations related to preparing a person to achieve a high level of achievement through comprehensive preparation of all functional devices". This helps in achieving a good level of attention to the athlete's life and general health. It also enhances coordination between nerves and muscles, facilitates learning movement, and improves an individual's ability to produce." (Nasserite Mona, 2014, p. 44)

- Coach: A coach is a person who raises and trains players, and directly affects their level in sports. It plays an important role in developing the player's personality in an integrated and balanced manner. Therefore, the coach must set an example in his behavior and knowledge. The trainer is considered the basic and important element in the training process. Choosing the right coach for sports teams is one of the main challenges facing players and managers in different clubs.

6- Previous and similar studies:

A study by Mazari Fateh and Youssef Fathi entitled "Using audio-visual aids in sports training to raise the quality of the process of teaching motor skills among volleyball players." Journal of Sports Physical Activity Sciences and Technologies

Volume 2, Issue 1, June 2010

- This study aimed to understand how audiovisual media affect the teaching of motor skills in volleyball players. The researchers used a descriptive and experimental method by setting up an observation grid, in addition to applying a training program to the research sample. The results showed that the proposed program using audio-visual aids significantly helped improve players' motor skills.

- Rabhiya study. Tape of Muhammad Al-Hassan Al-Ma'mun. Titled: Employing modern technological means in forming and training sports clubs between reality and hope. Sports System Magazine. Volume 8, Issue 3, 2021



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- This study aimed to explore the reality of using modern technology in the field of sports training. This was done by identifying the challenges facing its use and possible solutions to develop the sports environment by providing this technology. To meet the requirements of this study, a descriptive analytical approach was adopted, and a questionnaire was also used as a means of collecting data, which was distributed to a group consisting of 50 trainers from the state of M'Sila. The results showed that the lack of focus on training trainers in information technology is considered one of the most prominent obstacles
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- Eid study. Titled: The impact of employing interactive video to improve dialogue skills in basketball among young players in the state of Tiaret. Magazine Volume 8, Issue 1, 2021
- This study aims to explore the effect of using interactive video on improving multiple dialogue skills (low, speed change, direction change, high) in basketball for junior players in the state of Tiaret. The researcher relied on a quasi-experimental approach, and the research was conducted on a selected group of 16 emerging players from the core teams of educational institutions. The results showed that the interactive video helped improve all of the aforementioned dialogue skills, with an improvement rate of 23. 50%. Statistically significant differences were also found between the average scores of the players in the

experimental group and the control group in the dimensional measurement, which was in favor of the experimental group in different dialogue skills in basketball. In light of these results, the researcher recommends investing in equipping schools and clubs with interactive video devices, in addition to creating classrooms close to stadiums that contain these devices

7. Methodological procedures followed:

1.7.The approach followed in the study:

2.7.In order for a researcher to be able to answer the questions of his study, it is necessary to choose a method that suits the nature of the research and the phenomenon he wishes to understand. Accordingly, we chose the descriptive approach, because it collects, analyzes and interprets data. This approach is considered the most effective in revealing the truth about the phenomenon, as well as in clarifying its characteristics.

2.8.Study population and sample:

A researcher can never begin to complete any study before getting to know his study community. In this study, which represents the trainers of the city of Djelfa, the number of trainers was estimated at 10 active trainers.

This intentional sample of team sports coaches was selected for our study and their number was limited to 10 coaches active at the level of the Djelfa municipality

3.7. Limits and areas of study:

Time domain: This research was conducted from the beginning of February 2 to the beginning of June 2, 2023.

Spatial field: The research was conducted in the municipality of Djelfa.

Human field: represented by team sports coaches in Al-Jaffa State



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4.7.Data and information collection tools:

In this study, we relied on the questionnaire, which is considered one of the necessary means of study, in order to collect the largest possible number of opinions and ideas about the subject of the study by answering some of the questions raised and verifying the hypotheses proposed as temporary solutions. The questionnaire is considered one of the most widely used tools in the psychological, social and mathematical sciences. Our study questionnaire consists of 07 questions distributed as follows:

Hypothesis 1: 02 questions, which are closed questions.

Hypothesis 2: 03 questions are closed questions.

Hypothesis 3: 02 questions, which are closed questions.

5.7. Scientific conditions of the tool

Content Validity (Arbitrators): Validity of the questionnaire means ensuring that it will measure what it was prepared to measure. Validity also means that the questionnaire includes all the elements that must be included in the analysis on the one hand, and the clarity of its paragraphs and vocabulary on the other hand so that it is understandable to everyone who uses it. (Mufti Ibrahim.2001.p. 154)

To ensure the validity of the study tool, we used the validity of the judges as a tool to ensure that the questionnaire measured what was prepared for it. We distributed the questionnaire to a group of professors from the University of Djelfa. Based on the comments and guidance provided by the arbitrators, we made the amendments agreed upon by most arbitrators, deleting some phrases and changing the wording of others.

After confirming the validity of the questionnaire, we went directly to the trainers who were chosen to conduct this study, where the questionnaires were distributed to 10 trainers.

6.7. Statistical methods used in the study:

Statistical processing was done manually by relying on the law:

-Percentage:

- Ka test²

8. Analyze and discuss the results:

1.8. Presentation and analysis of the results of the first hypothesis:

Hypothesis text: Trainers do not have the necessary competencies to use technology.

Question No. 01: Are you in control of the use of technological means?

Its purpose: to know the extent to which trainers control the use of technological means

Table No. (01) shows the trainers' control over the use of technological means

<i>answer</i>	<i>repetitions</i>	<i>percentages</i>	<i>k²</i>		<i>Statistical significance</i>
<i>Yes</i>	<i>02</i>	<i>20%</i>	<i>Calculated</i>	<i>table</i>	<i>It has significance</i>
<i>No</i>	<i>08</i>	<i>80%</i>	<i>7.2</i>	<i>3,84</i>	
<i>Total</i>	<i>10</i>	<i>%100</i>			

Table analysis:

Through our analysis of Table No. (01), it becomes clear to us that the majority of trainers have no control over the use of technological means. This is evidenced by the fact that 08% answered no, which is greater than the remaining percentage of trainers, estimated at 20%, who have the ability to control this field. Therefore, the calculated value of k^2 is 7.2, while the tabular value of k^2 at the significance level of 0.05 and the degree of freedom estimated at 1 reached 3.84,



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and therefore the difference is statistically significant.

Interpretation of the results: By presenting and analyzing the results of the second question, we notice that the calculated value of Ka^2 is 7.2, while the tabular value of Ka^2 (3.84) at the significance level of 0.05 and a degree of freedom estimated at 1 reached, and therefore the difference is statistically significant. These results indicate that most trainers cannot control technological means. This is due to several reasons, including their familiarity with the traditional method of training and their ignorance of technological uses due to their lack of training in using them.

Question No. 02: Have you participated in training courses or scientific forums on the use of technological means?

Its purpose: to know the participation of trainers in training courses and forums on the use of technological means

Table No. (02) shows the participation of trainers in training courses in the use of technological means

answer	repetitions	percentages	k^2		Statistical significance
Yes	03	30%	Calculated	table	It has significance
No	07	70%	5	3,84	
Total	10	%100			

Table analysis:

Through our analysis of Table No. (02), it becomes clear to us that the majority of trainers did not participate in training courses. This is evidenced by the fact that 70%, which is greater than the remaining percentage of trainers, estimated at 25%, who do not have participation in this field. Therefore, the calculated value of k^2 is 5, while the tabular value of k^2 at the significance level of 0.05 and the degree of freedom estimated at 1 reached 3.84, and therefore the difference is statistically significant.

Interpretation of the results: By presenting and analyzing the results of the second question, we notice that the calculated value of Ka^2 is 05, while the tabular value of Ka^2 (3.84) at the significance level of 0.05 and a degree of freedom estimated at 1 reached, and therefore the difference is statistically significant. These results express a complete lack of participation by trainers in training courses in the use of information technology. This is due to the lack of training courses on the one hand, as well as the high cost of some of them.

2.8. Present, analyze and discuss the results of the second hypothesis:

- Hypothesis text: The use of technological means contributes positively to improving the training process

Question No. 03: Do you exploit information technologies while explaining exercise and motor skills?

Its purpose: to determine the extent to which trainers exploit information technology in explaining exercise and motor skills.

Table No. (03) shows the trainers' use of information technology while explaining motor skills

<i>answer</i>	<i>repetitions</i>	<i>percentages</i>	<i>k²</i>		<i>Statistical significance</i>
<i>Yes</i>	08	80%	<i>Calculated</i>	<i>table</i>	<i>It has significance</i>
<i>No</i>	02	20%	7.2	3,84	
<i>Total</i>	10	%100			

Table analysis:

Through our analysis of Table No. (03), it becomes clear to us that the majority of coaches did not exploit information technology during the sports training process, and this is at a rate of 80%, while the remaining percentage of coaches who responded by using it, estimated at 20%, and accordingly the calculated Ka^2 value is 7.2, while the tabular Ka^2 value at the significance level of 0.05 and the degree of freedom estimated at 1 reached 3.84, and therefore the difference is not statistically significant.



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Interpretation of the results: By presenting and analyzing the results of the second question, we notice that the calculated value of Ka^2 is 7.2, while the tabular value of Ka^2 (3.84) at the significance level of 0.05 and a degree of freedom estimated at 1 reached, and therefore the difference is statistically significant. These results indicate that there is a majority of trainers who do not exploit technological means in the training process. This is due to several reasons, including the unavailability of this equipment, the short time required to use it, and the lack of control over its use.

Question No. 04: In your opinion, does the use of technology have a positive impact on the sports training process?

Its purpose: to know the positive use of technology in sports training

<i>answer</i>	<i>repetitions</i>	<i>percentages</i>	<i>k²</i>		<i>Statistical significance</i>
<i>Yes</i>	09	90%	<i>Calculated</i>	<i>table</i>	<i>It has significance</i>
<i>No</i>	01	10%	12.8	3,84	
<i>Total</i>	10	%100			

Table analysis:

Through our analysis of Table No. (04), it becomes clear to us that the use of technology in improving the sports training process is 90%, and is greater than the remaining percentage estimated at 10%, which represents the answer B no. Accordingly, the calculated value of Ka^2 is 12.8, while the tabular value of Ka^2 at the significance level of 0.05 and the degree of freedom estimated at 1 reached 3.84, and therefore the difference is statistically significant.

Interpretation of the results: By presenting and analyzing the results of the second question, we notice that the calculated value of Ka^2 is 12.8, while the tabular value of Ka^2 (3.84) at a significance level of 0.05 and a degree of freedom estimated at 1 reached, and therefore the difference is statistically significant. These results express the awareness of the majority of coaches of the importance of modern technological means within the training process, whether while explaining

exercises and motor skills or in conducting training sessions. This is due to the advantage of speed, gaining effort and time, and providing the coach with accurate information about the players' condition, in addition to controlling and monitoring the components of the training load.

Question No. 05 Do you really think that modern technological means can bring players to the best level?

Its purpose: to know the extent to which modern technological means help raise the level of players

Table No. (05) shows the extent to which modern technological means help raise the level of players

<i>answer</i>	<i>repetitions</i>	<i>percentages</i>	<i>k²</i>		<i>Statistical significance</i>
<i>Yes</i>	09	90%	<i>Calculated</i>	<i>table</i>	<i>It has significance</i>
<i>No</i>	01	10%	12.8	3,84	
<i>Total</i>	10	%100			

Table analysis:

Through our analysis of Table No. (05), it becomes clear to us the extent to which modern technological means helped raise the level of players by 90%, which is greater than the remaining 10%, which represents the answer B no. Accordingly, the calculated value of Ka^2 is 12.8, while the tabular value of Ka^2 is at a significance level of 0.05 and a degree of freedom estimated at 1 reached 3.84, and therefore the difference is statistically significant.

Interpretation of the results: By presenting and analyzing the results of Question No. 12, we notice that the calculated value of Ka^2 is 12.8, while the tabular value of Ka^2 (3.84) at the significance level of 0.05 and a degree of freedom estimated at 1 reached, and therefore the difference is not statistically significant These results express the effectiveness of modern technological means in raising the level of players. This is due to the fact that sports training in various sports has become closer to exact sciences and the results depend largely on



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3.8. Present, analyze and discuss the results of the third hypothesis:

The text of the third hypothesis: The lack of technological means and their financial cost hinders their use within the training process

Question: 06 Does the club you work for have modern technological means?

Its purpose: to know the extent to which clubs have access to modern technological means

Table No. (06) shows the extent to which stadiums have technological means

<i>answer</i>	<i>repetitions</i>	<i>percentages</i>	<i>k²</i>		<i>Statistical significance</i>
<i>Yes</i>	00	00%	<i>Calculated</i>	<i>table</i>	<i>It has significance</i>
<i>No</i>	10	100%	<i>10</i>	<i>3,84</i>	
<i>Total</i>	10	%100			

Table analysis:

Through our analysis of Table No. (06), it becomes clear to us that the clubs' lack of technological means was at a high rate of 100%. Accordingly, the calculated value of Ka^2 is 10, while the tabular value of Ka^2 at the significance level of 0.05 and the degree of freedom estimated at 1 reached 3.84. Accordingly, the difference is statistically significant.

Interpretation of results:

By presenting and analyzing the results of the second question, we notice that the calculated value of Ka^2 is 10, while the tabular value of Ka^2 (3.84) at the significance level of 0.05 and the degree of freedom estimated at 1 reached, and therefore the difference is statistically significant. These results reflect a complete lack of technological means. This is due to the lack of investment by club presidents in these means, the high financial cost of the latter, and the administration's lack of awareness of their importance and role in improving the

sports training process.

Question: 07 Why do you not use technological means?

Purpose: To find out why trainers do not use technological means

Table No. (07) shows the reason why trainers do not use technological means

<i>answer</i>	<i>repetitions</i>	<i>percentages</i>	<i>k²</i>		<i>Statistical significance</i>
<i>Lack of capabilities</i>	05	50%	<i>Calculated</i>	<i>table</i>	<i>It has significance</i>
<i>Lack of time</i>	03	30%	02.5	3,84	
<i>Lack of formation</i>	02	20%			
<i>Total</i>	10	100%			

Table analysis:

Through our analysis of Table No. (07), it becomes clear to us that the reason for the trainers not using technological means is the lack of capabilities, which reached a high percentage of 50%, greater than the remaining two percentages estimated at 20% for both time constraints and lack of training. Accordingly, the calculated Ka^2 value is 2.5, while the tabular Ka^2 value at the significance level of 0.05 and the degree of freedom estimated at 1 reached 3.84. Accordingly, the difference is statistically significant.

Interpretation of results:

By presenting and analyzing the results of the second question, we notice that the calculated value of Ka^2 is 2.5, while the tabular value of Ka^2 (3.84) at the significance level of 0.05 and the degree of freedom estimated at 1 reached, and therefore the difference is not statistically significant. These results came to express the lack of capabilities, which was the main reason for trainers not using technological means. This is due to the lack of funders and the high cost of these means In addition to their weak training, which they do not deny, in addition to



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the lack of time, which does not allow the use of multimedia within the skill learning process.

Interview the results with hypotheses:

Discuss the first hypothesis:

We assumed that "trainers' lack of cognitive competencies contributes to their reluctance to use modern technological means in training."

It became clear from Tables No. (01) and (02) that most trainers cannot control technological means, and this is due to several reasons, including their familiarity with the traditional method of training and their ignorance of technological uses due to their lack of training in using them. The answers also confirmed this lack of participation in training courses and the restructuring of the use of technological means. This is due to the lack of organization of training courses on the one hand, as well as the high cost of some of them on the other hand. These results confirmed what coach Nour El-Din Zakry told Al-Shorouk newspaper, where he confirmed, "The problem is not in the use of this technology, but in the coaches. "For me, the problem is in the coaches, and the question that must be asked is, do we have coaches who control modern technology in football...?" Therefore, the first hypothesis is true.

Discuss the second hypothesis:

We assumed that "the use of modern technological means contributes positively to improving the training process, according to the opinion of trainers".

From the results extracted through Table No. 03 and 04, we note that trainers are fully aware and aware of the importance of modern technological means in developing and improving the training process. However, the majority of trainers do not exploit technological means in the training process. This is due to several reasons, including the unavailability of this equipment, the short time required to use it, in addition to the lack of control over its use. However, despite these obstacles, they believe in their importance, whether when explaining exercises

and motor skills or in conducting training sessions. This is due to the advantage of speed, gaining effort and time, and providing the coach with accurate information about the players' condition, in addition to controlling and monitoring the components of the training load. From these results it can be said that the second hypothesis has been achieved.

Discuss the third hypothesis:

We assumed that: "The lack of technological means and their financial cost hinder their use within the training process".

By reading the results that came in Tables No. (05) and (06), it became clear that the secret behind the coaches' failure to use technological means is their lack of availability at the club level and their inability to acquire them due to their high price, according to them, as well as the lack of interest of team and club presidents in investing in this type of equipment. Also, one of the obstacles that curb the use of modern technological means is their weak training, which the interviewed coaches did not deny. In addition to the factor of limited time allocated for training, according to them. From these results, it can be said that the third hypothesis has been achieved.

9. Conclusion:

Despite the importance of technology, its employment levels remain weak compared to what is expected in the field.

Those in charge of sports and training affairs must ensure qualitative training in the use of modern technological means

- Coaches' awareness and understanding of the importance of technology in preparing and developing players, which is a positive thing despite the lack of training for most of them.
- Failure to give value to technology by managers and those responsible for this matter.
- Lack of technological means in stadiums and sports halls.



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In light of the conclusions we have reached and based on them, we propose the following:

Clubs must provide modern technological structures and means

-Working to ensure good training of trainers in the field of information technology and control of modern technological means.

Coaches in sports clubs must direct their energies to using technological means in order to save their energy during the training session.

Trainers should allocate classes inside the halls and try to use information technology, in order to attract the attention of club presidents to this matter and give a good idea that these pedagogical strategies are in the interest of the goals of developing training.

- Conducting periodic training courses for trainers in the field of information technology, including an applied aspect, in order to improve their abilities and skills in using the latter with ease and mastery in the training session.

- Making information technology a training tool in the trainers' program so that there is sufficient knowledge on the part of the trainers of this tool as well as on the part of the players, and making the training session a success and developing it.

Sports professionals must give value to information technology by making it a primary means in the training session for the role it plays in developing the intellectual, skill and motor knowledge of players, as well as creating an atmosphere of activity and interaction in the session and eliminating the usual routine and boredom, and making the player give more importance and value to this session.

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