

The effect of tactical sentence exercises using the stations method on developing the scoring and suppression skills of futsal players.

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Abstract

The importance of the research lies in the researchers' endeavor to prepare exercises aimed at identifying the impact of tactical sentences using the stations method on some skill requirements in the game of futsal, with the aim of achieving an integrated level in terms of skill performance. The researchers relied in defining the research problem on their direct observation and follow-up of the Iraqi Professional Futsal League, in addition to their follow-up of the teams' training sessions. They noticed a weakness in the level of application of tactical aspects, especially in the second half of the match. The researchers believe that the reason for this is due to a decline in the level of skill requirements for the players in particular, and for the team in general. Hence, the researchers decided to study this problem by preparing exercises based on tactical sentences and applying them using the stations method with the aim of developing some skill requirements for futsal players. Therefore, the study aimed to prepare tactical sentence exercises using the stations method and to identify the effect of tactical sentence exercises using the stations method in developing the scoring and suppression skills of football players. Therefore, the researchers used the experimental method using the two-group equivalent method with pre- and post-tests due to its suitability and the nature of the research problem. The research community was determined from the clubs participating in the Futsal League for the 2024-2025 season, represented by the clubs of Al-Muthanna Governorate, which included both Al-Muthanna Club and Uruk Club, with a total of (40) players, where Al-Muthanna Club included (19) players, while Uruk Club included (21) players. The research sample was deliberately selected from the players of Uruk Youth Club, numbering (21) players. The sample was divided into two groups (experimental and control) using the random method (lottery), with (8) players in each group. The exploratory experiment was conducted on (5) players. The researchers conducted pre-tests followed by implementing the training curriculum over a period of 8 weeks, with 3 training units per week, on Saturdays, Mondays, and Wednesdays, bringing the total number of training units to 24 units. The duration of each training unit extended between 25-35 minutes. The researchers relied on building the training units on tactical sentence exercises using the stations method, where three training stations were employed in each unit. Each station included a variety of tactical exercises designed to achieve specific skill goals. The total number of stations used in the curriculum was (72) training stations. Post-tests were conducted, and after processing the results, the researchers concluded that the tactical sentence exercises using the stations method and the curriculum prepared by the researchers have an effective and positive impact in developing the skill aspect of the basic skills (scoring and suppression) in football.

Keywords: (Tactical Sentence Exercises_ Stations Method_ Scoring Skill)

1- DEFINITION OF THE RESEARCH

1-1 Introduction to the research and its importance

The advanced sporting achievements achieved in various countries around the world, whether in individual or team sports, were not the result of chance. Rather, they came as a result of systematic scientific studies, based on sound training approaches, and the effective use of research and study findings. These studies have played a fundamental role in raising performance levels and achieving the best results in various sports. The relationship between the tactical aspect and skill requirements is intertwined and interconnected, as no field plan can be effectively implemented without players possessing the basic skills necessary to implement those plans. Tactical statements are an important means of contributing to the development of skill performance, especially when presented using the station

method. This method places the player in a variety of playing situations, requiring them to make quick decisions appropriate to the course of the game. The more complex the tactical situations, the greater the need for advanced skills to deal with these situations efficiently, leading to improved ability to apply plans during competitions. The station training method is a modern training method that relies on dividing the training unit into groups of exercises. Each exercise is performed as an independent station, followed by a specific rest period, after which the player moves on to the next station. This approach allows for multiple and varied training situations that contribute to improving the player's ability to execute tactical duties accurately and efficiently. Futsal is one of the most prominent developments in modern football. It represents a fast-paced and exciting style that attracts audiences and is an effective tool for developing players' technical and tactical performance. Futsal players require a high level of skill readiness to accurately execute tactical duties, given the game's requirement for speed and immediate decision-making in tight spaces and open playing situations. The importance of this research lies in developing exercises aimed at identifying the impact of tactical sentences using the station method on developing certain skill requirements in futsal. The goal is to enhance the player's tactical and technical proficiency and achieve integration between these two aspects.

1-2 Research problem

Futsal is one of the games that depends on many and varied plans and modern training methods and has a direct and effective impact on many matches and is considered an effective element in the success of the skill aspects. Hence, the research problem lies where the researchers noticed through their follow-up of the Iraqi Professional Futsal League and the training units that there is a weakness in the level of application of the tactical aspects, especially in the second part of the match (the second half). The researchers see the reason as a decline in the skill requirements of the player in particular and the team in general. Therefore, the researchers decided to study this problem by preparing tactical sentence exercises and applying them using the stations method to develop some of the skill requirements of futsal players.

1-3 Research Objectives

- 1 - Develop tactical sentence exercises using the station method.
- 2 - Identify the effect of tactical sentence exercises using the station method on developing the scoring and blocking skills of futsal players.
- 3 - Identify the statistical significance of the differences between the experimental and control groups in the pre- and post-tests regarding some skill requirements for futsal players.

1-4 Research Hypotheses

- 1- here are statistically significant differences between the results of the pre- and post-tests of the experimental and control groups on some skill requirements for futsal players, in favor of the post-tests.
- 2- There are statistically significant differences between the results of the post-tests of the experimental and control groups on some skill requirements for futsal players, in favor of the experimental group.

1-5 Research Areas

- 1-5-1 Human Area: Uruk Youth Club Futsal Players for the 2024/2025 Season
- 1-5-2 Time Area: October 8, 2024 – March 1, 2025
- 1-5-3 Spatial Area: Sumer Forum, Dhi Qar

2- RESEARCH METHODOLOGY AND FIELD PROCEDURES:

1-2 Research Methodology:

The researchers used the experimental method with pre- and post-tests, with a control and experimental group design. "It is a deliberate and controlled change in the specific conditions of an incident and observing the resulting changes in the incident itself" (1:121), because it is the most appropriate method that the researchers used to achieve the research hypotheses.

2-2 Research Community and Sample:

The research community was determined from the clubs participating in the Futsal League for the 2024-2025 season, represented by the clubs of Muthanna Governorate, which included both Muthanna Club

and Uruk Club, with a total of (40) players. Muthanna Club included (19) players, while Uruk Club included (21) players. The research sample was intentionally selected from the players of Uruk Youth Club, numbering (21). This was due to the fact that the coaching staff and players are from Dhi Qar Governorate, which facilitated follow-up and field implementation of the research. The sample was divided into two groups (experimental and control) using a random method (lottery), with (8) players in each group. The exploratory experiment was conducted on (5) players from outside the two main experimental groups.

2-3 Homogeneity of the research sample:

In order to control the variables that affect the accuracy of the research results, the researchers verified the homogeneity of the research sample in terms of height, body mass, chronological age, and training age, as shown in Table (1).

Table (1) Homogeneity of the research sample

significance	coefficient of variation	twisting	The median	standard deviation	arithmetic mean	Unit of measurement	Variables	N
Homogeneous	2.544	0.456-	175.500	4.455	175.125	cm	Height	1
Homogeneous	3.093	0.279-	17.000	0.512	16.563	year	Chronological Age	2
Homogeneous	7.384	0.122-	66.500	4.878	66.063	kg	Mass	3
Homogeneous	20.701	0.895	2.000	0.479	2.313	year	Training Age	4

Through Table (1), we note the values of the skewness coefficient, which is one of the characteristics of the normal curve, as the test is considered to be normally distributed if Pearson's skewness coefficient ranges between (± 1), and this proves the suitability of all tests to the level of the research sample.

1-4 Equivalence of the two research groups:

The researchers verified the equivalence of the control and experimental research groups in the dependent variables (scoring and suppression) in football, as shown in Table (2).

Table (2) shows the equivalence of the research sample members.

Significance level	Levin	Significance level	Calculated T	experimental group		control group		Variables
				s	\bar{x}	s	\bar{x}	
0.178	2.011	0.419	0.832	1.061	4.625	0.707	4.250	Scoring
0.688	0.168	0.409	0.851	0.835	5.875	0.926	5.500	Suppression

2-5 Information collection methods, devices and tools used:

Questionnaire - Observation - Personal interviews - Arabic and foreign sources and references - Laptop type (DELL) (1) - Electronic time clock (4) - Futsal balls (10) - Legal futsal court - Weight measuring device (1) - Whistle (4) - Adhesive tape - Indicators - Length measuring tape (1)

2-6 Field Research Procedures

2-6-1 Tests Used in the Research

First: Scoring Test (2:67)

Second: Suppression Skill Test (3:209)

2_6-2 Exploratory Experiment

The researchers conducted the first exploratory experiment for the tests on Saturday, December 21, 2024, in the Sumer Sports Forum Hall, on a sample of (5) players from the Uruk Futsal Club. The objectives of the experiment were to: - Identify the difficulties the researchers would face and work to avoid them. - Identify the time required for the tests and their sequence. - Identify the sample's ability to perform the selected tests. - Identify the support team's ability to identify and select the tests.

2-6-3 Pretests

The researchers conducted pretests for the research sample at the Sumer Sports Forum in Dhi Qar Governorate on Friday, December 27, 2024, on both the experimental and control groups, before beginning the training modules. These tests covered the skill requirements: scoring and suppression.

2-6-4 Main experiment

Tactical Sentence Exercises

The researchers prepared a set of specific exercises aimed at developing the skill level of youth futsal players. The training program was implemented over a period of eight weeks, with three training units per week, on Saturdays, Mondays, and Wednesdays, totaling 24 training units. Each training unit lasted between 25 and 35 minutes, and the exercises were conducted from December 28, 2024, to February 28, 2025. The researchers relied on tactical sentence exercises using the station method to construct the training units. Three training stations were employed in each unit, each of which included a variety of tactical exercises designed to achieve specific skill objectives. The total number of stations used in the curriculum was (72), carefully designed to contribute to the development of a number of skill requirements associated with the performance of futsal players, as shown in Appendix No. (1). The design of these exercises was based on scientific principles in terms of:

- The suitability of the proposed exercise content to the level and abilities of the research sample members.
- The objective of preparing the proposed exercises was taken into account.
- The appropriate training load configuration was considered in terms of intensity, volume, and rest.
- High- and low-intensity interval training was used to develop the skill aspect.
- The exercises were implemented during the team's special preparation period.
- The oscillation between training units was used, using a 1:2 configuration.
- The researchers used high and medium training intensity, ranging from 70-100%.

2-6-5 Post-tests

Post-tests were conducted on the research sample on Saturday, March 1, 2025, for both the control and experimental groups at the Sumer Sports Forum in Dhi Qar Governorate, following the completion of the eight-week training program.

2-7 Statistical methods: The researchers used the SPSS statistical package to extract and process the results.

3- Presentation, analysis, and discussion of the results:

3-1 Presentation of the results of the pre- and post-tests:

Table (3) shows the differences between the pre- and post-tests in some skill requirements for the experimental group.

Significance level	calculated value	standard deviation	twisting	Post-test		Pre-test		Unit of measurement	The variable	N
				s	\bar{x}	s	\bar{x}			

0.000	11.225	0.756	3.000 -	0.91 6	7.62 5	1.06 1	4.62 5	degree	Scoring	1
0.000	18.445	0.518	3.375 -	0.70 7	9.25 0	0.83 5	5.87 5	degree	Suppression	2

Table (4) shows the differences between the pre- and post-tests in some skill requirements for the control group.

Significance level	calculated t value	standard deviation	twisting	Post-test		Pre-test		Unit of measurement	The variable	N
				s	\bar{x}	s	\bar{x}			
0.002	4.782	1.035	-1.750	0.75 6	6.00 0	0.70 7	4.25 0	degree	Scoring	1
0.002	4.782	1.035	-1.750	0.70 7	7.25 0	0.92 6	5.50 0	degree	Suppression	2

3-2 Presenting the results of some skill requirements for the control and experimental groups:

Table (5) shows the differences between the control and experimental groups in the post-test on some skill requirements.

Significance level	calculated t value	experimental group		control group		Unit of measurement	The variable	N
		s	\bar{x}	s	\bar{x}			
0.002	3.870	0.916	7.625	0.756	6.000	degree	Scoring	1
0.000	5.657	0.707	9.250	0.707	7.250	degree	Suppression	2

3-3 Discussion of the results of some skill requirements for the control and experimental groups in the post-test.

From the results shown in the previous tables, it is clear that there was a significant improvement between the two groups in the post-test, in favor of the experimental group. Although both groups improved, the greatest improvement was achieved by the experimental group. This improvement is attributed to the exercises prepared by the researchers using tactical sentences using the stations approach, in addition to the sample's adherence to the established curriculum, training schedules, and specific training vocabulary. The ability to utilize the components of the training load scientifically and systematically, in a manner consistent with the desired goal, also played a significant role in this improvement. Although the control group achieved some improvement, this was also due to the trainer's careful use of the training curriculum and the training module sections.

The researchers attribute the significant improvement in the skill aspect largely to the use of tactical sentences using the stations approach, which helped link skills to practical applications within the training module. Linking skill aspects to direct drills and plans can lead to improved ability to apply skills in playing situations similar to those occurring in actual matches. Unlike the approach coaches previously

relied on to develop skill aspects separately, linking skills to game plans had the greatest impact in accelerating the pace of skill development. Furthermore, the diversity of playing situations implemented in tactical sentences helped players deal with different situations and make quick and correct decisions on the field. On this basis, "A good player cannot be good without skill. During the course of the game, the conditions of the conflict constantly change at an extremely rapid pace, which necessitates the ability to quickly adapt to changes occurring during the game, which are usually uninterrupted and also occur at an extremely rapid pace." This was confirmed by Saad Munim Al-Shaikhli, quoting Moataz Thanoun, who stated, "The state of sports training can be determined by two methods: first, the number of skill-tactical movements performed by the team during the match, and second, the accuracy of these movements" (4:23). The process of interweaving within tactical sentences using the station method also proved the success of the method used by the researchers. This was confirmed by Sabah Reda et al. (1991), who stated that modern football requires players to have a high degree of skill preparation, as most technical skills are performed through movement and at maximum speed. This requires a high level of physical ability to execute the skills. This becomes clear when a player known for his high technical skills participates, but is not fully fit physically. You see him execute the skill but fail to complete it as required (5:278).

4- CONCLUSIONS AND RECOMMENDATIONS.

4-1Conclusions:

In light of the findings reached by the researchers, the following conclusions were drawn:

- 1.The tactical sentence exercises, using the station method and the methodology developed by the researchers, demonstrated effectiveness and a positive impact in developing the skill performance of the basic skills (scoring, blocking) in futsal.
2. The suitability of the tactical sentence exercises to the levels of the research sample contributed to their correct and effective implementation, which clearly helped in developing the skill performance of futsal players.

4-2Recommendations:

In furtherance of the research findings, the researchers recommend the following:

- 1.Using tactical sentence exercises using the station method to develop skill performance in the training curriculum for futsal players.
2. Conducting future research similar to the current research in other team sports, with modifications that include the addition of tools and equipment to contribute to the development of skill aspects.

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Appendix (1)

Training Unit Template

Training unit objective: Response speed + strength characterized by speed + skill aspects Intensity: 70

Stations time	Rest between stations (4-2)	Total exercise time	work-to-rest ratio (3-1)	Exercise time	Exercise code	Stations	Unit sections
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minute10.20	minute3	minute4.18	second170.4	56.8 second	A1	Station 1	Main Section
		minute2.28	second103	second34.4	A5		
		second34.4		second34.4	A4		
minute8.41		minute2.28	second103	second34.4	A6	Station 2	
		minute2.28	second103	second34.4	A7		
		second45.6		second45.6	A8		
minute6.30		minute2.28	second103	second34.4	A11	Stations	
		minute3.04	second136.8	second45.6	A19		
		second62.8		second62.8	A13		
minute 25.31 :Total time of stations							