

## TRAINING PROGRAM FOR SPEED DEVELOPMENT AND HIS ROLE IN DEVELOPING THE PERFORMANCE OF FOOTBALL PLAYER.

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### Abstract

There is no doubt that the level of sport in the various known sports has taken a big step forward, as confirmed record record day after day, which broke a dream that fondles the imagination of athletes, thanks to this huge development of great scientific development in the methods of training and preparation of players was based on scientific facts provided From different sciences, whether in the biological, psychological or social fields, and that the trainer is in fact useful for improving the status of the implementation of the training. In recent years, there has been a remarkable development and scientific momentum in the field of physical training, taking advantage of this technological development to develop training programs aimed at increasing the effectiveness of physical, technical, tactical, physical, psychological and mental players in accordance with the attitudes of performance in football that all coaches and athletes need programs A clear strategy for physical preparation to increase the capacity and develop the athlete from all sides

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## **Introduction :**

There is no doubt that the level of sports in the various sports known has made a big step forward, as confirmed by the record-breaking day after day, which was shattered a dream fondling the imagination of sports workers, thanks to this huge development to the great scientific development in the methods of training and The preparation of the players was based on the scientific facts presented by the various sciences, whether they were in the biological, psychological or social field, and that the trainer benefits effectively to improve the implementation of the training process. In recent years, there has been a remarkable development and scientific explosion in the field of physical preparation, taking advantage of this technological development in the development of training programs to raise the efficiency of physical, technical, tactical, psychological and mental players in line with the performance attitudes in football activity and access to the state of optimal training by developing the physical abilities necessary for competitive performance And to work on its development to the maximum extent possible so that the player to move in large areas of the stadium during which the duties of defense and offensive according to the requirements and circumstances of Para. Here, we must make it clear that the use of physical exercise exercises is by developing physiological abilities specific to the level of the sports condition mainly for football players such as tolerance, speed and strength.

The goal of training in football is the integrated preparation of the player physically, skillfully, schematically and psychologically. The lack of enjoyment of the player's high fitness negatively affects the level of his skill, especially when the game nearing the end. (Allawi, 1994: 91).

So that there is no longer room for a football player who has a high level of basic skills without being on a similar level physically and the physical aspect alone can not lead to good results in the game without a similar level technically and thus become fitness and skill does not It can be separated at any stage of the preparation. According to Mativiev, Novikov, Chaplin, Datchkov, Zimkin, Dashkoy and Bigknell, high fitness training increases the technical ability and mobility of the players. (Abu Abdo Hassan al-Sayyid, 2002, p. 254).

The important thing in physical preparation is that you can and know how your physical strength goes through exercises in which the ball enters. The integration of the ball into physical work allowed for the acquisition of technical, tactical and physical capabilities of the player. Moreover, the

trainer must adapt to the football and tactical culture of the players and clubs under his control to control the exercises (Abu Abdo Hassan al-Sayyid, 2002, p. 56).

"The physical preparation of the player in the game of football is one of the most important requirements, and one of the main tasks that affect the level of planning, skill and psychological.

In the current period, football players need a lot of physical and technical requirements that are different from other physical activities and a response to the form of performance and privacy that has made the players of football stand out against competitors who often have the same physical and athletic qualities, making most of the teams in the advanced countries in football at the level of One of the technical performance and become the predominance of the owners of high physical efficiency due to their crucial role in performance and to meet the different conditions and positions of the game. (Abdel Fattah, Abu Ela, 2003 p. 26).

In this study, we have seen the development of a training program that could be important in the development of both power and speed classes.

- Is the proposed training program for the development of speed and strength roles in the development of the performance of football players'

\*Partial questions:

- Are there statistically significant differences between the pre-test and the post-velocity test?

- Are there statistically significant differences between pre-test and post-test for strength?

\* Key words in the study:

- training program: Definition of the program is Curriculum, Curriculum, Curriculum, Curriculum, Curriculum, Curriculum, Curriculum and Curriculum. : Total information required and code to enable an electronic mind to perform its work, - Variety program: radio broadcast or television show of various technical topics (Dictionary of Contemporary Arabic Language, 2008, p. 196).

Training:

-Linguistic definition: It is said that the path of Flana is something, and therefore, in it, it is flexible and it is said that the path of the camel, ie, its literature and its science, is to follow the path (Allawi, 1994, p. 35).

- Conventional definition: It is an organized educational process to balance the requirements of the sports activity practiced, and the player's abilities and abilities to reach it to the highest levels of sports activity (Pashtawi, Khawaja, 2005).

## TRAINING PROGRAM FOR SPEED DEVELOPMENT AND HIS ROLE IN DEVELOPING THE PERFORMANCE OF FOOTBALL PLAYER

Definition of speed: defined as "the ability of the individual to perform repetitive movements of the same type in the shortest possible time (Abdul Khaliq, 1990: 149) ..

\*Definition of power:

\* Mohammed Hassan Allawi defines it as "the muscular ability to overcome or resist external resistance." (Allawi, 1994: 91).

- Exploration study: The purpose of the exploratory study is to evaluate the problem of research. We have taken preliminary steps aimed at preparing a good ground for solving the research problem by visiting some sports teams related to the subject of our study. The aim is to take an active look at the data and possibilities. Available and find appropriate teams to conduct field trials.

\*Time domain and spatial:

A. Time domain: The training process was started according to the proposed program for the development of the speed and strength classes for the experimental sample, on 18/01/2017, until 01/07/2018.

B. Sphere: Represents the spatial area for the municipal stadium Medea

\*-Research sample and how to choose:

A-We have chosen the research sample in an equal way, because it allows the experiment to be conducted under appropriate conditions, and consists of two groups:

The experimental group includes 14 players.

B - The witness group: includes 14 players.

A - The first test: measuring speed 30 m.

Purpose of the test: measuring the transition speed.

Tools used: football field, stopwatch, whistle.

A-Performance description: The test is administered by two persons. First: behind the starting line and responsible for the start.

Rules: Time is recorded in seconds to the nearest tenth of a second.

B. The second test: Force test:

Test the sit from the 30 second immobility.

Purpose of the test: Measure the muscular endurance of the abdominal muscles and the muscles holding the femur.

Registration: The laboratory is given a single attempt to calculate the correct number of times during the test period, the time when the landing is not fully ascertained

-Vertical jump test: Purpose of the test: Measuring the muscular capacity of the two men.

Registration: The first distance reached by the player is recorded to the nearest 1 cm, then the second distance reached by the player is close to 1 cm, the difference between them is the test result, and gives the player three attempts to calculate the best. '(Hassan, 2004: 207)

### \*Results of the survey:

#### -Table (01) :

Speed Test	test	Speed test 20m	Speed test 10m	Speed force	Strength (abdominal and thigh muscles)
Stability	0.83	0.77	0.92	0.82	0.68

The first hypothesis is that there are statistically significant differences between the pre-test and the post-test The speed of football players.

View and analyze the results of the pre-test and the post-test for speed test 10 m :

#### -Table (02) :

Statistics.and Measurement	The degree of freedom	the number	Test value T	standard deviation	SMA	level
Telemetry	13	14	2.87	0.18	2.34	Function when 0.05
				0.18	2.29	

Table shows the computational and standard deviations of the tribal and remote tests and the value of the T tests for the 10 m test

#### -Analysis of the results:

The results shown in Table (02) show that the arithmetic average in the pre-test was 2.34

(0.18). The arithmetic average was the post-test (2.29) with a standard deviation (0.18) and the degree of freedom

13 The value of T test (2.87) was in the pre and post test and it was D at (0.05) indicating the presence

Differences of statistical significance between the pre - and post - test of the time taken in 10 m..

\*View and analyze the results of the pre-test and the post-test of the speed test 20 m.

## TRAINING PROGRAM FOR SPEED DEVELOPMENT AND HIS ROLE IN DEVELOPING THE PERFORMANCE OF FOOTBALL PLAYER

**-Table (03) :**

Statistics Measurement	Statistics.and Measurement	The degree of freedom	Test value T	SMA	standard deviation
Tribal measurement	Function when	13	2.43	0.38	3.62
Telemetry	0.05			0.16	3.58

### **-Analysis of the results:**

A. The results shown in Table (03) show that the arithmetic average in the pre-test was 3.62

(3.38) with a standard deviation (0.16) and a degree of freedom

13 The value of T test (2.43) was in the pre and post test and it was D at (0.05) indicating the presence

Differences of statistical significance between the pre - and post - test of the time taken in 20 m.

Recent results also show that the code in Table (04) shows that the arithmetic mean in the tribal test was (5.02)

(0.43). The arithmetic average was the post-test (4.85) with a standard deviation (0.43) and the degree of freedom

The value of T test (2.63) was in the pre and post test and it was D at (0.05) indicating the presence

There were statistically significant differences between the pre - and post - test of the time taken in 30 m.

### **- General conclusions:**

In our theoretical study, there is a relationship between two variants of the problem. The speed and strength classes are considered the basic qualities of football players. They are also necessary for development by directing serious and regular work, based on the different positive characteristics that characterize them. Mental and physical readiness, as well as the maturity of neuromuscular processes.

Through the practical side, we have shown the special importance of the proposed training program for the development of speed and strength classes.

Physical qualities have a role in improving the overall performance of the players and that is due to the positive results of the team.

### - Suggestions:

In the light of the results of this study, we reached several recommendations which are as follows:

- Pay attention to the development of speed and strength classes because they are one of the special physical qualities that a football player needs.
- The need to implement programs for the development of power and speed classes in a scientifically studied and proportionate manner  
And the potential of the athletes and their age and gender.
- Emphasize the importance of the stage of public and private physical numbers and their role in developing the level of performance to achieve positive results in football.
- The need to rely on the principle of diversification in training, which raises the player's enthusiasm and eliminates the boredom (diversification in the speeds of exercise performance, diversification in the distances involved ...)
- Use the results reached for further studies and research.

### -Prospects:

Conduct such studies on other physical and skill variables.

The introduction of some audiovisual means so that the player has an idea of how to train in both speed and strength.

Rely on the basic training policy and continue to form a rising generation.

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