



People's Democratic Republic of Algeria



Ministry of Higher Education and Scientific Research

University of Algiers3

جامعة الجزائر 3

Sport and Physical Education Institute

معهد التربية البدنية والرياضية

lectures in Football scale

Level: first year common trunk

Prepared by: Dr. Achour Toufik

Professional e-mail address : Achour.toufik@univ-alger3.dz


أ.د. كرفس نبيل
رئيس المجلس العلمي



Academic year : 2023/2024



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1-general information about the scale:

Unit title: basic

Scale: football

Lesson type: guided works lecture Academic semester Annual

Coefficient: 2 .balance: 3

Duration: 14 weeks-49 hours

Target group: first year Common trunk

Learning objectives

The most important theoretical knowledge related to the specialty of football.

To raise the student's cognitive, technical, planning and skill level in the specialty.

Required prior knowledge:

Knowledge of the Basic Rules of specialization through relevant directions and concepts.

To learn about the most important laws and different training methods in football.

Evaluation method: permanent follow-up and examinations

-How to evaluate learning: evaluation is in two ways:

1 -another written evaluation of the Hexagon, which contains everything that was discussed during the lecture, in addition to the resources that you were asked to see and that were discussed. The calendar includes questions of analysis, synthesis, understanding and deduction; the mark will be 50% of the general average.

2 -continuous evaluation in the applied course, the mark will be 50 % of the overall average, the final success rate will be more or equal to 10 out of 20

3 -information about the professor

University: alger3-Dali Ibrahim

Institute: physical education and sports

Professor: Dr. Achour toufik

Rank: Professor Lecturer A

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Professional e-mail of the professor : Achour.toufik@univ-alger3.dz

Lecture timings: 08: 00a-09: 30a - distance learning



3- Content of the scale

First lecture: general introduction

Second lecture: history and philosophy of football sport

The third lecture : laws and arbitration in football (01)

Lecture four : laws and arbitration in football (02)

Lecture five: physical preparation in football

Lecture six: skill preparation in football

lecture seven : psychological preparation in football

Lecture eight: schematic sentences in football

The ninth lecture: endurance and power production systems

The tenth lecture : mathematical selection

Eleventh lecture: development of physical fitness qualities in football

Twelfth lecture: planning and programming in the sports training of the game

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First lecture: general introduction

Prior knowledge required for the lecture:

- ✓ Get acquainted with some theoretical concepts of the sport of football.
- ✓ To get acquainted with the history, the most important laws and various energy systems in football.

Questions of testing and evaluation of tribal collectibles about the lecture:

- ✓ The origin of the sport, its name, definition and the most important laws related to it



The first lecture

1.Football, public entrance:



According to FIFA reports, the number of players practicing this game at the end of the twentieth century reached about 250 million and more than 1.3 billion followers and spectators .football is a sport that is easily accessible to everyone as it can be practiced in various places such as gyms, official stadiums, even streets, parks or many other places, and one of the factors that led to the development and great spread of this game is that countries build facilities and stadiums for it, so that these countries can host World Championships and competitions, etc on its territory and all Speaking about this sport, Khalid Ruhi Darwish (2015) mentions a saying by coach Shankly .Bill (Bill Chanclly, 1974) " some people think that football is a matter of life and death unfortunately this makes me sad ..They are much more than that".

This sport is played between two teams, each consisting of eleven (11) players, playing with a round-shaped ball, which is the most popular and widespread sport in the world, played on a rectangular field with two goals on both sides .the goal of the game is to score goals by kicking the ball into the goal of the opposing team or opponent, in addition, the goalkeeper is the only player who is allowed to touch the ball with his hands or arms provided that he is inside the penalty area, non-goalkeeper players are used Their legs are often in attack or passing the ball, and they can use their heads to hit the ball, the team that scores more goals is considered the winning team, while if the two teams score tied goals at the end of



the match, the result is a draw or the match enters extra time or penalties, depending on the tournament system.

The laws of football were developed in England in 1863 and the name "association football" was used to distinguish the game from the rest of the games that were also named football at that time, especially Rugby Football, the term Soccer appeared in England, and its first appearance was in the Eighties of the nineteenth century, short for the English word association, in the English-speaking world, the word soccer is used in the United Kingdom, while the word soccer is used in the United States and Canada, and in other countries such as Australia and New Zealand one or both terms may be used.

The laws of the game are currently determined by the FIFA Council, the FIFA Council was formed in 1886 after a meeting in Manchester between the English, Scottish, Welsh and Northern Irish FA, the oldest football competition in the world is the FA Cup tournament created by Charles Alcock, English teams have been competing in this tournament since 1872, the first official international match between Scotland and England was in 1872 in Glasgow and it was also with the help of Alcock, England is the home of the first Football League in the world and was established in 1888 in Birmingham by William McGregor the founder of the Aston Villa club, the original formation of the league included twelve clubs from The great popularity of the game led to the entry of FIFA delegates into the FIFA Council in 1913, the council currently consists of four FIFA delegates and one delegate from each British Association, Football Today is played at professional levels all over the world and millions of people usually go to football stadiums to cheer on their favorite teams, while billions of people watch matches on TV or the internet, there are also a large number of people playing football at beginner levels, according to a survey conducted by FIFA in 2001, the There are more than 240 million people in more than 200 countries playing football, football matches have the highest TV viewership of all sports.

2. Definition of football:

1.2. Linguistic definition:

Football (FOOT BALL): it is a Latin word, and it means kicking the ball with the foot, Americans consider it what they call (Rugby) or American football, or the well-known football that we talked about is called SOCCER.

2.2 Idiomatic definition: football is considered a team game played by two teams, each consisting of eleven players, including the goalkeeper and supervised by four referees distributed one in the center of the field, two assistant referees on the sidelines and a fourth reserve referee, playing with a round ball with feet and made of leather, above the floor of a rectangular field at the end of each goal party, each



team tries to score the largest number of goals in its opponent's goal to be the winner, the duration of the match lasts for 90D divided into two halves in each 45d half, and in between, rest for 15 days.

Second lecture: history and philosophy of football sport



1.The importance of football history as a cultural part for both the coach and the player:

The knowledge of both the player and the coach of the history of football in general, and of his country in particular, provides him with historical information about the game, and this information is considered part of the knowledge that players who practice football as amateurs, or return to professional football in the future, should provide .

There is no doubt that the history of football is an important cultural aspect that generates motivation and incentives for young players that contribute to the development of their motivation in the way of developing their performance in football.

The fact that both coaches and players even have a brief knowledge of the history of football in the world and in their country is one of the most important requirements for its preparation, especially we have noticed during our field experiences a severe lack of knowledge of many of them about the history of football in general and his country or the countries of the world in particular.

.2History of world football:

.1.2Football in the distant past:

Football is considered one of the oldest games, and it is also considered one of the most attractive games, and history tells us that it has been known since ancient times, as the Chinese have practiced football since 2500 years BC, and some historians remind that the game of football existed in the third and fourth centuries BC as a military training method in China.



During the primitive football practice of the Chinese, they made it from animal skin, but it was not the same size as it is now, as it was smaller.

The Chinese say that the ball they used in ancient times was less heavy and less filled with air than is known about football now.

The Chinese called the game of football (Tsu-Chu), and one historian points out that the Japanese also knew football more than 14 centuries ago, where they called it (Kimari)

Other historians date that football was practiced in the fifth century BC, while some references, as stated by Professor Mufti Ibrahim (2011), date back to the Romans inherited the game of football and spread it to Europe.



There is in Italy a football game known anciently as "calcio" Calcio, "it was played in Florence in Italy twice in the first year on the first Sunday of May, the second on the twenty-fourth day of June on the occasion of the feast of "St. John" (San JHON) in Florence and these days were on the occasion of the holiday, and the competition was held between two teams, the first White Twenty-One players were playing in the "Pathra" and the goal was the width of the whole field and the game was rough and the field was covered with sand, and everyone agrees that the spread of football as a youth sport was in the British islands, where it was taken from the reality of the idea of nationalism, which was based on the defeat of Danish invaders, and the denunciation of the head of the Danish commander.



.2.2 Football in the recent past:



Despite the above-mentioned accounts about the history of football and the places of its practice in the ancient world, most historians confirm that it was the English who invented the game of football that we know now.

Some historians also mention that the Danes occupied England in the period from 1016 to 1042, where this occupation ended with a decisive battle, in which the English overcame the Danes, then they cut off the head of the Danish commander, and kicked it with their feet rejoicing in their victory, after that this behavior became a national tradition and a sign of revenge, revenge and victory, and another place where young people used to gather during events on the streets, throwing a ball with their feet in order to spend time in exercise.

References indicate that the English later made the ball out of cowhide, where the ball was preparing that occasion, and gradually the idea or the game of football began to take shape, and its features began to appear more clearly than before, throwing the ball with the foot attracted English girls and young people in a way that was not typical before birth, gradually the technique of playing with the ball, considering that its practice causes noise.

In 1349, King Edward III issued a decision to ban the practice of playing the ball as it reduces the interest of young people to throw an arrow, and in 1389, Richard II came and banned the swallowing of the ball throughout the country in 1389, so football in its initial form went through multiple stages in development before it reached the organization we see it now, and through all this, many historians have proved that England had a leading role in the emergence of football.

Football began to spread more widely, and it also began to receive great acceptance among school students in England, developing through fans of its practice, and during that development it was going through stages of refinement and development both at the level of practice organization, at the level of motor performance, or even at the level of the number of practitioners.



The organization of the ball increased little by little over time, after it was without rules governing its practice, and no laws regulating it, as the ball was kicked with the foot and held by the hand, and the competition in the old days in elementary football was limited to delivering the ball to a specific place through kicking with the foot, and physical friction occurred during this between practitioners.

Surprisingly, football was played through more than 50 practices at the same time, violence was allowed during its practice, and sometimes the most physical overtook.

3.2.The beginning of the organization of football as a game in England:

In 1823, Mr. William Ellis, a student at Rugby College, presented several proposals for organizing the game, and this led to the emergence of the game of rugby, and since that time there has been a conflict between the game of rugby and the game of football, which was known for the style of competition to hit the ball with the foot, without carrying it at that time, and in 1830, a distinction was made between the two games of rugby and football.

.3History of football in the Arab world:

.1.3Kingdom of Saudi Arabia:

* The Saudi Arabian Football Federation was founded in 1959, after great efforts from the founder of Saudi football, Prince Abdullah Al-Faisal.

* The Saudi Football Federation joined the international football federation "FIFA" in the same year.

* The league started in the kingdom in 1960.

* His Majesty The King Cup started in 1962.

* Saudi Arabia won the Youth World Cup in 1989.

*The largest stadium "Stadium" in Saudi Arabia is the King Fahd stadium and can accommodate 100 thousand spectators.

*The most famous clubs are Al-Hilal, Al-Nasr, Al-Ahly, Al-Ittihad, Al-Ittihad, Al-Wahda, Al-Shabab and Qadisiya.

2.3.United Arab Emirates (UAE):

* The UAE Football Federation was established in 1971.

*The UAE Football Federation joined the international federation "FIFA" in 1972.

* The league competition started in 1973.

* The UAE President's Cup began in 1975.

* The largest stadium is the Zayed Sports temple and can accommodate 60 thousand spectators.



*The most famous clubs are Al Jazeera, Al Nasr, Al Ain, Al Wasl, Al Ahli, Sharjah, Al Shabab, Baniyas and Al Wahda.

3.3.State of Kuwait:

- * The Kuwait Football Association was founded in 1952.
- * The International Football Federation joined the international federation "FIFA" in 1952.
- * The league competition started the Prince's Cup in 1962.
- *The largest stadium is the sports stadium and can accommodate 25 thousand spectators.

3.4.State of Qatar:

- * The Qatari federation was established in 1963.
- * Joined the International Federation in 1970.
- * The Qatari league started in 1972, and the Emir of Qatar Cup started in the same year.
- * Khalifa Olympic Stadium is the largest stadium and can accommodate 40 thousand spectators.
- *The most famous clubs are Al Sadd, Al Arab, Al Rayyan, Al Ahly and Istiklal.

3.5.Kingdom of Bahrain:

- * The establishment of the Bahraini Football Association in 1951
- * The Bahraini Football Federation joined the international federation "FIFA" in 1966.
- * The Bahraini League started in 1957.
- * The Bahraini Cup started in 1978.
- *The largest stadium is Isa City Stadium and can accommodate 15 thousand spectators.
- *The most famous clubs are Muharraq, Al Wahda, Rafah al Gharbi, Al Ahli, Bahrain and Hilla.

3.6.Sultanate of Oman:

- * The Oman Football Association was established in 1978
- * The Omani Football Federation joined the international federation FIFA in 1980
- * The league started in 1987
- *The largest stadium is the police Stadium in Muscat and can accommodate 45 thousand spectators
- *The most famous clubs Dhofar, fanja, Al-Ahli, Oman and tyre.

3.7.Libyan Jamahiriya:

- * The Libyan Football Federation was founded in 1963
- * The Libyan Football Federation joined the international federation FIFA in 1963 in the same year.
- *The largest stadium is the Tripoli sports stadium and can accommodate 70 thousand spectators.



3.8.Hashemite Kingdom of Jordan:

- * The Jordanian Football Association was founded in 1949.
- * The Jordanian Football Federation joined the international federation FIFA in 1949
- * The general League was launched in 1956
- * The largest stadium is the Amman International Stadium with a capacity of 30 thousand spectators.
- *The most famous clubs are Al-Faisaly, Al-Wehdat, Al-Jazeera, Al-Ramtha and al-Shabab.

3.9.Sudan:

- * The Sudanese Football Association was founded in 1936
- * The Sudanese Football Federation joined the international federation FIFA in 1937
- * The league started in 1951
- * The largest stadium is Khartoum Stadium and can accommodate 30 thousand spectators
- *The most famous clubs Crescent, Mars, supplier, Nile and editing

3.10.Morocco:

- * The Moroccan Football Federation was founded in 1955, and joined the international federation FIFA in 1956.
- * The league championship and the Moroccan throne Cup began in 1957
- * The largest stadium is the Casablanca Stadium and can accommodate 70 thousand spectators.
- *The most famous clubs are the Royal Army, Al-Wadad, Maghreb Fassi and Al-quneitri.

3.11.The Syrian Republic:

- * The Syrian football federation was founded in 1936
- * The Syrian Football Federation joined the international federation FIFA in 1936
- * The league started in 1967
- * The largest stadium is the Abbasid Stadium and can accommodate 45 thousand spectators
- *The most famous clubs are Army, Union, bully, dignity and police.

3.12.Republic of Tunisia:

- * The Sudanese Football Association was founded in 1956
- * The Sudanese Football Federation joined the international federation FIFA in 1956
- * The league started the first stage in 1951, then the second stage in 1957
- * The Tunisian Republic Cup started in 1955
- * The largest stadium is the Olympic Stadium and can accommodate 50 thousand spectators
- *The most famous clubs are Al-Taraji, coastal and African stars, the future of Al-Mursi and Al-banzarti.



3.13. Republic of Yemen:

- * The Republic of Yemen Football Association was founded in 1962
- * The Yemeni Football Federation joined the international federation FIFA in 1980
- * The first model League was held in 1982, and the cup competition in 1981
- * The largest stadium is the National Stadium of Yemen and can accommodate 10 thousand spectators
- * The most famous clubs of Sana'a, the people of Sana'a and the mountain.

3.14. The Iraqi republic:

- * The Iraqi Football Federation was founded in 1948
- * The Iraqi Football Federation joined the international federation FIFA in 1951
- * The league started in 1973, and the Republic Cup in 1973
- * The largest stadium is the people's Stadium in Baghdad and can accommodate 50 thousand spectators
- * The most famous clubs are Army, Aviation, Zora, Rashid, Salah al-Din, students and industry.

3.15. Republic of Lebanon:

- * The Lebanese Football Association was founded in 1933
- * The Lebanese Football Federation joined the international federation FIFA in 1935

3.16. Somalia:

- * The Somali-Yemeni football federation was founded in 1951
- * The Somali Football Federation joined the international federation FIFA in 1961

3.17. Mauritania:

- * The Somali Football Federation was founded in 1961
- * The Somali Football Federation joined the international federation FIFA in 1964

3.18. Football in Egypt:

- * In 1885, the first Egyptian team was formed, led by the first player of Egypt, Mohamed Effendi Nashed, where this team gained wide fame
- * In 1903, the first Egyptian club was established, the Railway Club.
- * After that, the Ahli Club was founded in 1907
- * In 1910, the mixed club Zamalek club was established.
- * In 1918, football activity emerged outside Cairo, especially in Alexandria, Port Said and Tanta.
- * In 1920, Egypt participated in the Olympic Games in Belgium.
- * On December 3, 1921, the Egyptian Football Federation was founded.



*In 1922, the Egypt Cup tournament began.

*In 2010, Egypt won the African Cup of Nations Championship held in Angola for the third time in a row and the seventh in its history.

3.19.Football in Algeria:



The beginning of football in Algeria is a mysterious beginning due to the difficult conditions experienced by the Algerian people under the French occupation, which was a monopoly on all fields, including the field of sports, especially football, which is among the first sports that appeared in our country .the official history of football in Algeria dates back to the year 1962 immediately after independence, where it gained Algeria's evolution is divided into three main stages that it has passed through its evolutionary process.

✓ the first stage (1895-1962):

The first official Algerian team was established in 1895, thanks to Sheikh Omar bin Mahmoud Ali Rais, under the name of "open air" and in 1921, on the 07th, the first official team appeared, represented by the dean of the Algerian clubs "MCA "and its green and red colors, but there are those who say that the Sports Club of Constantine CSC is the first club founded before 1921, under the after that, several other teams were founded, including "Ghali camp", the Islamic Union of Oran, the Islamic Sports Union of the town and the Islamic Union of Algeria.

Due to the Algerian people's need for the strength of their children in order to join the fight against colonialism, football was one of the means to achieve this, but the French authorities did not realize that the interviews that take place give the people the opportunity to gather and demonstrate after each meeting, as happened in the interview of the birth of Algeria and the St. augine boulougin team today,



after which many Algerians were arrested, and this was in 1956, In 1958, the National Liberation Front team was formed, which was made up of the best Algerian players such as Rachid Makhloufi, who was then playing for Saint Etienne, as well as Karmali and Zouba, and this team represented Algeria in various Arab or international events.

✓ **the second stage (1962-1976):**

Where I witnessed the establishment of the Sports Council under the supervision of Dr. "Mohamed Maouche" and three Moroccan clubs participated in this session, the Moroccan Wadad Oval, the Tunisian Sports Club, and the Libyan Tripoli Federation. The first national championship season (1962-1963) was organized by the Islamic Sports Federation of Algeria and the first cup of the Republic was organized in 1963 and won by the team of "ES Stif" and the first meeting of the Algerian national team was in 1963, against the Bulgarian national team and ended in favor of Algeria 2-1, but at the level of official competitions, the national team played its first official meeting against the Tunisian national team in 1964. Saeed Algerian clubs is an Algerian-born team that recorded its first victory for Algeria for the African Cup of Champions Clubs in 1976.

✓ **The third stage:**

With the approval of the International Federation, the authorities concerned with sports have accelerated the construction of stadiums and the provision of material and moral assistance, as well as the rapid financing of clubs in our country, as various clubs have been integrated into economic institutions, for example, the inclusion of the team of molodiya Algeria in a company Sonatrach, which turned into the birth name of the oil of Algeria, in 20 years Algeria made the event with a new generation consisting of Assad, Bloumi, Ferkani, Mager, the results of this reform were not affected in appearance for a year after that the national team won the gold medal in the team games. In 1978, the national team also played the 1980 African final in Nigeria and reached the quarter-finals at the Olympic Games in Moscow, and the victories continued at this stage in achieving the consecutive qualification of the Algerian team to the World Cup finals in 1982 in Spain and in 1986 in Mexico, where the participation was honorable in Spain and the national team managed to beat the Germans 02-01, and in 1990, the first African Cup for Algeria after its victory over the Nigerian national team in the final meeting with a result (1-0) from Imdaa Oujani.

As for the clubs, it was translated by the crowning of the Algerian club champion African Cup in 1976, as well as the team of ES Stif and winning the champion African Cup in 1988 and the Afro-Asian Cup in 1989, as well as the victory of the tribal youth in the champion African Cup in 1981, and 1990 as well as



the excellent Cup in 1983, three FIFA Confederations Cups (CAF Cup) in the years "2000, 2001, 2002" and the Cup Winners ' Cup in 1995.

As for the Arab level, we find only a few of the Algerian clubs participating in cup competitions, as for Oran city, it won three Arab Cups in 1997, 1998, 1999, as well as the Arab premier cup, and the team of Wadad Tlemcen won the Arab Cup in 1997.

Thus, this is considered the Golden stage in the history of Algerian Football, according to a number of followers and specialists of the world of round football, where the Algerian Football managed to make its way to the international football space and embodied its presence at the level of international sports forums, perhaps this is explained by the participation of the Algerian national teams, regardless of their participation in regional, continental and international competitions.

➤ **Summary of some important events in Algerian Football:**

1917: a special section for football was opened.

1921: the birth of the first team in Algeria (the birth of Algeria).

1958: formation of the National Liberation Front.

1962: the formation of the Algerian federation headed by "Mohamed Maouche".

1963: the first championship and cup were organized, the capital League and the ESS Cup were won.

1965: Algeria's first participation in the African Games .

1967: Algeria first qualified for the Africa Cup of nations in Ethiopia and the Mediterranean Games.

1975: first gold medal at the Mediterranean Games.

1976: the first African Champion Clubs Cup was won by the team of moloudia Algeria.

1980: the final of the Africa Cup of nations against Nigeria.

1980: first participation in the Olympic Games in Moscow.

1982: the first qualification of the national team for the World Cup finals in Spain.

1990: the national team won the African Cup of nations for the first time.

1997: the first Arab Cup for the molodiya Oran team in Alexandria.

1998: Wadad Tlemcen won the Arab cup of clubs.

2000:the first coronation of the tribal youth team with the CAF Cup

The third lecture: laws and arbitration in football (01)

- Football is considered the greatest game on Earth, it is practiced in all countries and at various levels, and the laws of the game are the same all over the world, starting from the FIFA World Cup, organized by the International Federation, to the games played by young people in remote villages.



These rules apply in every game, in every continental federation, in every country, in every city...The game of football must have laws that will preserve the fairness of the game, since Justice is a fundamental rule for the beauty of a beautiful game, the best matches are those where there is rarely a need for a referee, where players respect each other, as they respect Match Referees and laws.

A world football Law was drawn up in 1863, and in 1886 the Council of the International Football Federation (IFAB) was established, Established by the four British football associations (the English Football Association, the Scottish Football Association, the Welsh Football Association, the Irish Football Association), as the world body responsible for the development and protection of football laws, FIFA joined the Council of the International Football Association(IFAB) in 1913.

The rules of football are relatively simple, compared to other sports, but because many situations are subjective, and because referees are human and therefore make mistakes, some decisions will be controversial and debated, for some people, this discussion is part of the fun and thrill, but whether the decisions are right or wrong, the spirit of the game always requires respect for the referee's decisions.

In March 2018, the meeting of the General Assembly of the IFBA FIFA Council approved a new series of amendments, the most important of which was the option to allow an additional switch in time on a new series of amendments, the most important of which was the option to allow an additional switch in extra time and the use of Video Assistant Referees (VARs), the first match in which the video assistant referee was used was in New Jersey, New York, USA on August 21, 2016, and remarkably, just 32 months later, the video assistant referees were used in the final of the 2018 FIFA World Cup Moscow.

Many changes of the law for 2020/2019, will directly and positively affect, for example, the gameplay and its image:

The advantage of playing is based on goal kicks, as the ball no longer has to leave the penalty area before it is played, attacking players will not be allowed to enter the defensive wall to cause obstruction and conflict, which also delays the game.

Dropping the ball more fairly would stop the current violations, the ball will also be dropped if it hits the referee and enters the goal, the team in possession of the ball changes, or a new attack appears.

As part of FIFA IFAB's ongoing insistence on taking laws to improve behavior and the image of the game, the coaching staff will now receive a yellow or red card if the behavior is misbehaving, and the violator has not been identified, the head coach will receive the card.

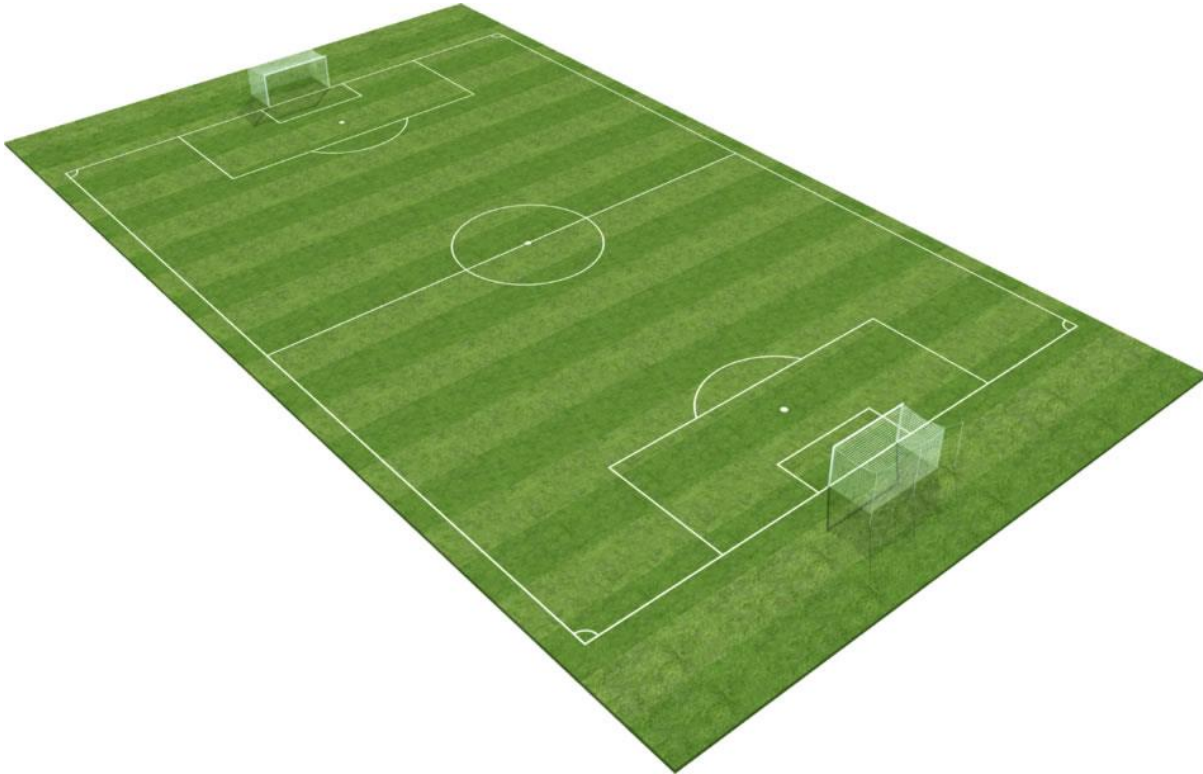
1.Law N. (01):

- **Playing field surface:**



The entire playing field must be natural grass or, if the competition regulations allow, it can be completely artificial grass, except that the competition regulations provide for a mixture of natural and artificial grass hybrid system.

The color of the artificial grass should be green as shown in the picture.



Where artificial turf surfaces are used for matches in competitions between teams representing FIFA national football federations or matches in international club competitions, the pitch surface must meet the requirements of the FIFA Football turf quality program or international match standards, except that a special exemption is granted by the FIFA Council IFAB.

- **Lines and markings of the playing field:**

The playing field should be rectangular in shape and is defined by continuous lines that do not pose a danger, artificial grass can be used as lines for playgrounds with natural grass if it does not pose a danger, these lines follow the areas bounded by,

The two long lines represent the seam lines, while the two shorter lines represent the goal lines, the field of play is divided into two halves by the center line of the field, a circle is drawn with a radius of up to (9.15 m).

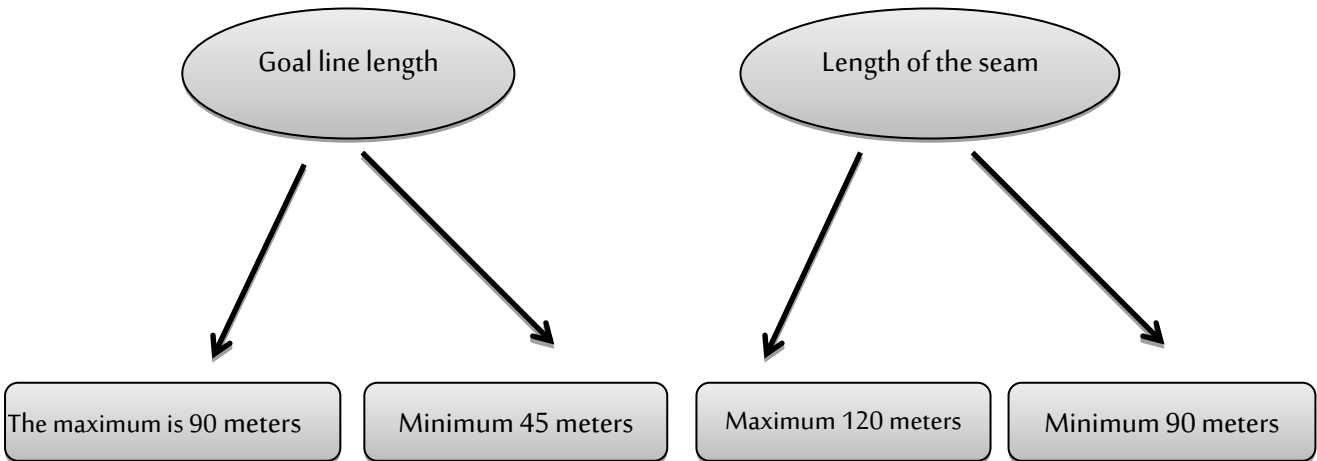
Signs can be placed outside the field of play from the corner flag arch with a distance of 9.15 meters, perpendicular to the goal and seam lines.



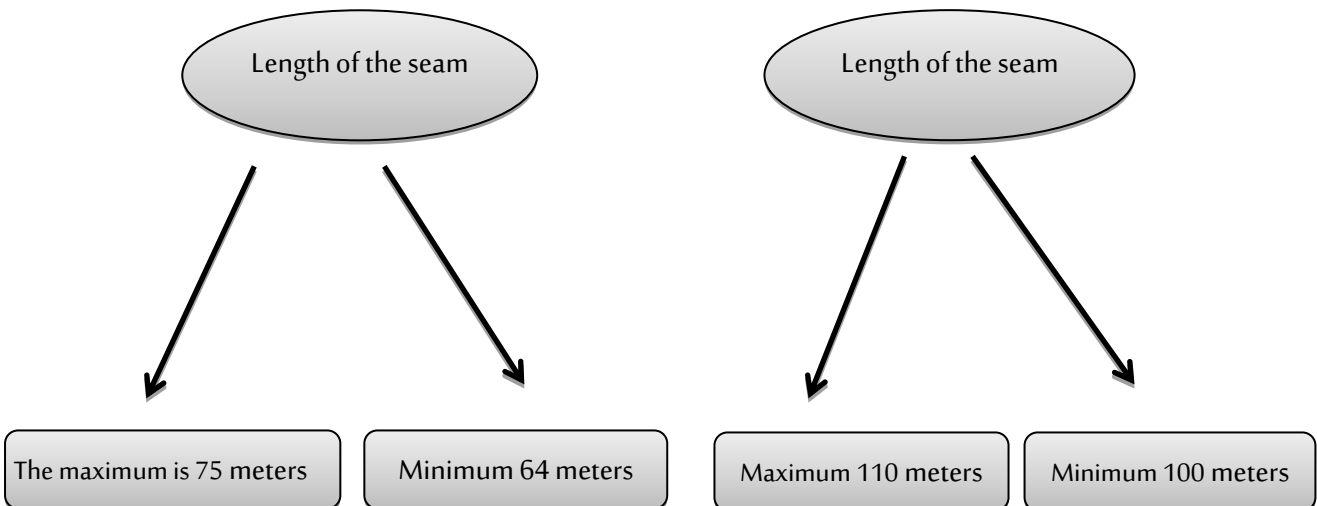
A player who makes unauthorized marks on the surface of the field of play must be given a warning for unsportsmanlike conduct if the referee notices the player doing so during the match, a warning is given to the player when the ball becomes out of play.

• **Dimensions:**

The length of the seam must be longer than the length of the goal line



Dimensions of the field of play in international matches:

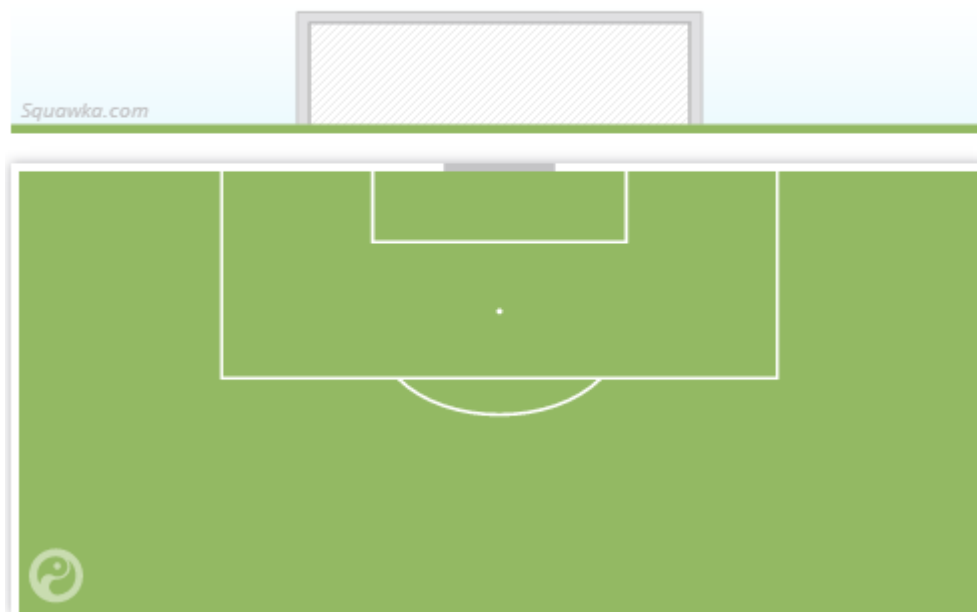


The competition may determine the length of the goal line and the seam line according to the dimensions described above



- **The penalty area:**

Two lines perpendicular to the goal line are drawn at a distance of 16.5 m, from the inner edge of the goalposts. these two lines extend inside the field of play at a distance of 16.5 m. then they are connected by a line parallel to the goal line. the area defined by these lines and the goal line is the penalty area. the penalty mark is placed at a distance of 11 m from the midpoint of the goal between the two goalposts and at an equal distance from them. an arc of a radius of 9.15 m is drawn from each penalty mark outside the penalty area.



- **Corner area:**

The corner area is determined by drawing a quarter circle, with a radius of 1 m, from the base of each corner flag inside the playing field





- **Corner banners:**

The corner flagpole shall be placed with a height of at least 1.5 m, so that it carries a flag and does not have a pointed tip.at each corner zone, similar flagpoles may be placed at each end of the half-line of each court, at a distance of at least 1 m beyond the seam line.



- **Technical area:**

The technical area is related to the matches that are held in stadiums that have areas dedicated to the seats of team officials, substitutes and substitute players as shown below:

- *The technical area should extend only 1 m on both sides of the designated seating area and extend 1 m from the seam

- * Lines should be drawn to define this area.

- * The number of people who are entitled to occupy the technical area is determined by the competition regulations.

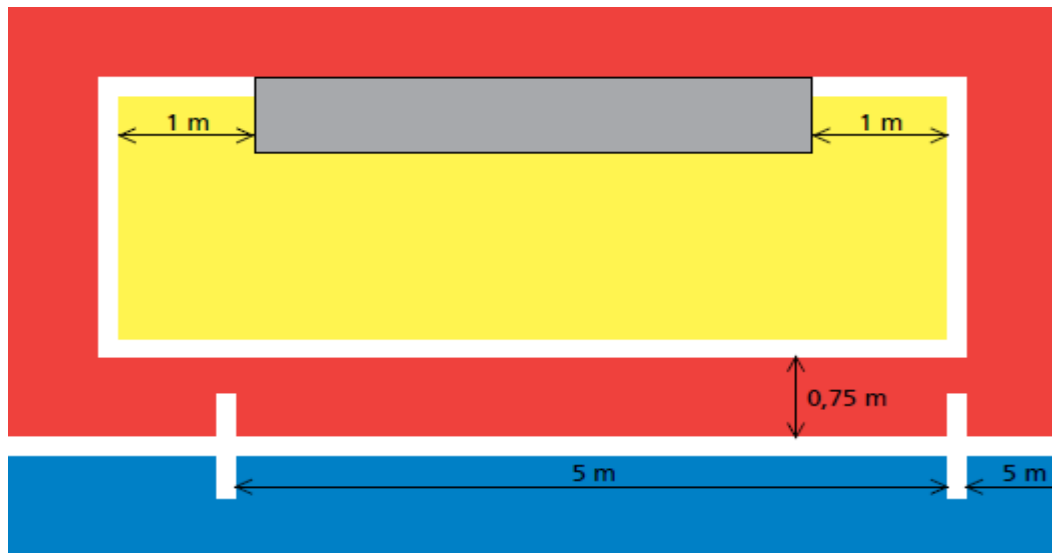
- * People in the technical area :

- They are determined before the start of the match in accordance with the regulations of the competition.



- They must adhere to behavior in a responsible manner
- The boundaries of the technical area must be adhered to except in special cases, for example, the physiotherapist doctor enters the field of play, with the permission and indication of the match referee to assess the condition of the injured player.

*Only one person at a time has the right to direct tactical instructions from within the technical area.

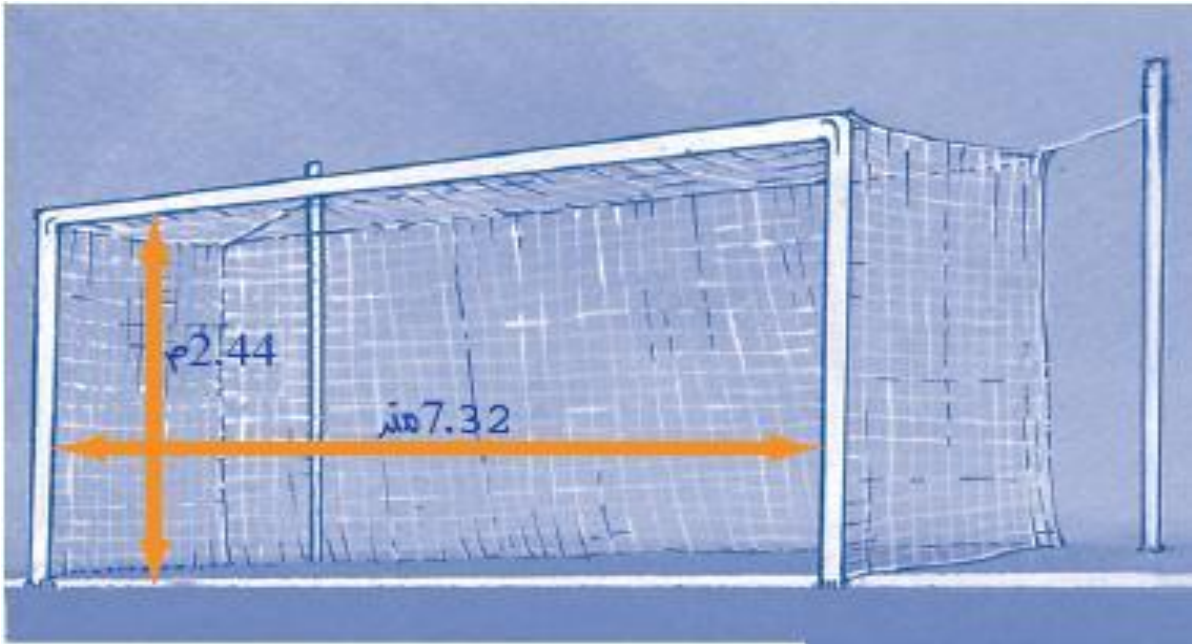


- **Goalscorers**

The goal must be placed on the center of both goal lines, the goal consists of two vertical posts installed at equal distances from the corner flag posts and connected from above by a horizontal crossbar, the posts and the crossbar must be made of approved material the posts and the crossbar must be in the form of a square, rectangle, round or oval and should not pose a danger in any way the distance between the posts from the inside is 7.32 m and the height between the lower edge of the crossbar and the ground is 2.44 m, the location of the goalposts must be in conjunction with the goal line according to the drawing shown for this, the menu and the exhibitors should be white and of the same width and the same thickness, which is not more than 12 cm, in case the The game is stopped until the bar is repaired or put back intact in place, the game is resumed with a dropped ball, if the bar cannot be repaired, the game must be canceled, it is not allowed to use a rope or any other elastic or dangerous material instead of the bar, the game is resumed by dropping the ball.



*Safety: the goal must be firmly fixed to the ground



- **Goal line technology (GLT) :**

The goal line technique may be used to confirm the correctness of scoring the goal in order to support the referee's decisions, where this technique is used, additions are allowed to be made to the goal frame in accordance with the characteristics described in the FIFA program for the quality of goal line technology and in accordance with the laws of the game.

- **Logos and distinctive signs:**

It is strictly forbidden to reproduce real or virtual logos and distinctive signs of FIFA, continental federations, national football associations, competitions or clubs and place them on the field of play.

- **Video Assistant Referees(VARs) :**

In matches where video assistant referees (VAR) are used, there must be a video operating room (VOR) and at least one referee review area (RRA.)

*Referee review area(RRA) :

In matches where video assistant referees are used, there must be at least one review area for the referee from which he can re-watch inside the field

- In a visible place outside the playing field.

- Clearly identify: the player.



-The player, the substitute player, the team official who enters the referee's review area will be alerted.



2.Law N. (2) :

▪ Ball bearings: specifications and parameters

• The ball should be:

*Round•

*Prevent it from a suitable material

*The circumference of the ball is between 68cm, 70cm

*Weighing between 410 grams and 450 grams at the start of the game.

*The atmospheric pressure should be equal to 6.0-1.1 atmospheric pressure

*All balls used in matches within an official competition organized under the supervision of FIFA or the continental federation must carry one of the following quality marks:



Balls with previous quality marks approved by FIFA or checked by FIFA or international matchball standards may be used in the above-mentioned competitions.

Each quality mark indicates that the ball has been officially tested and meets the technical requirements of this quality mark, which is an addition to the minimum specifications described in Law No. 2, and



must be approved by the FIFA Council (IFAB), the institutions conducting the ball Tests are subject to FIFA approval.

- **How to replace a damaged ball:**

If the ball becomes damaged:

- The game is stopped
- The ball is resumed by dropping the replacement ball in the place where the first ball became damaged.

They become damaged during the kick-off of matches, the corner kick or the goal kick...Etc., the gameplay is resumed.

If the ball is damaged during a penalty shootout or penalty kick, when it moves forward and before the player touches the crossbar or the goalkeepers, the penalty shot is re-executed.

The ball may not be replaced during play except with the consent of the referee.

- **A few extra balls:**

Additional balls that meet the requirements of Law No. 02 may be placed around the field of play where these balls are used under the supervision and control of the referee.

3.Rule N. 03: players

- **number of players:**

The match is held between two teams consisting of a maximum of eleven players each, one of whom must be a goalkeeper.

The match may not be started or continued If either team consists of less than seven players.

In the event that a team consists of seven players due to the fact that one or more of these players have deliberately left the field of players, the referee is not obliged to stop the game with the granting of an opportunity, but play may not be resumed if the ball is out of play and one of the teams has less than seven players as a minimum.

If the rules of the competition stipulate that the names of the players and substitutes must be determined before the kick-off and one of the teams started the match with a number of players less than eleven players, then only the players and substitutes specified in the match list are entitled to participate when they arrive.

- **Number of substitutes-official competitions:**

A maximum of five substitutes may be used in any official competition determined by FIFA, the continental federation or the National Football Federation, with the exception of men's and women's



competitions for the first team of clubs playing at the highest level or the International Team (A) for adults, where a maximum of three substitutes

The rules of the competition should state:

- Determine the number of substitutes who may be named from three to a maximum of twelve substitutes.

- Whether it is possible to use an additional substitute when the match reaches extra time (regardless of the fact that the team has exhausted the maximum number of allowed substitutions).

* Other matches:

In the matches of the national teams a maximum of twelve substitutes can be named and a maximum of six of them can be used.

In all other matches, a larger number of substitutes may be used, provided that the following :

- Both teams have reached an agreement on the maximum number of substitutes.

- Inform the referee about this before the match.

If the referee is not informed of this or if an agreement has not been reached before the match, each team has the right to make a maximum of six substitutions.

* The return of the replaced player:

The inclusion of replaced players is allowed again in youth, veteran, special needs, football for shoots and is subject to the agreement of the National Football Federation, the continental federation, or FIFA.

▪ Making the Switch:



The referee must give the names of the substitutes before the start of the match, no substitute may participate who has not been included in the list of substitutes.

The following must be observed in order to replace a player with a substitute:



- The referee must be informed before any substitution.
- The player to be replaced:
 - +The referee receives permission to leave the field of play, unless he is already off the field, and he must leave at the nearest point on the boundary line, unless the referee indicates that the player can leave immediately and immediately at the center line or any other point
 - +He must go directly to the technical area or the dressing room and will not have any further participation in the match unless the return of substitutes is allowed.
 - +If the player to be replaced refuses to leave, the game continues.
- The substitute has the right to enter the field of play :
 - +During the pause of play.
 - +At the half-court line
 - +After the departure of the replaced player.
 - +After receiving a signal from the referee.

Goalkeeper substitution:

Any of the players may change with the goalkeeper as follows:

- * The referee is informed before the change is made.
- *Make the change while the game is stopped

▪ About violations and penalties:

In the event that a substitute appeared to participate in the match instead of a named player and the referee was not informed of this change:

- The referee allows the named substitute player to continue playing.
- No disciplinary penalty is imposed against the substitute player
- The named player becomes a substitute.
- The number of permutations allowed is not reduced.
- The referee shall submit a report on the incident to the competent authorities.

In the event that any player likes to change his place with the goalkeeper without the permission of the referee, the referee takes the following measures:

- Allows to continue playing.
- He alerts both players when the ball is out of play, but not if this change occurs during the half-time break, including the break between the two halves of extra time or kicks from the penalty mark.

Regarding any other violations of this law:



- The player is alerted.

- Play is resumed by an indirect free kick from where the ball is located the moment play is stopped.

▪ **The expelled players and substitutes are:**

The expelled player:

* Before submitting the team list, he cannot be included in the submitted team list in any capacity.

* After being included in the team list and before the start of the match, he may be replaced by a named substitute, who cannot be replaced, the number of substitutions available to the team cannot be reduced.

* After the kick-off, it is not permissible to replace it

The expelled substitute may not be replaced before or after the start of the match.

▪ **Extra people on the field of play:**

The coach and administrators included in the team list, except for players or substitutes, are the team officials, any other person who is not included in the team list as a player, substitute or team official is considered an external element.

In the event that a team official, a substitute, a substituted player, an expelled player or an external element enters the field of play, the referee must do the following:

* Stop playing only if there is interference with the gameplay.

* Remove this person when stopping the game.

* Take appropriate disciplinary action.

▪ **The problem of scoring a goal with the presence of an extra person inside the stadium floor:**

In the event that after the goal was scored and before the resumption of play, the referee noticed the presence of an extra person inside the field of play when the goal was scored:

* The referee must cancel the goal in the event that this excess person:

+ Player, substitute, substituted player, expelled player or official of the team that scored the goal: play resumes with a free kick directly from the place of the excess person.

+ An external element that interferes with play, except for entering a goal as described above (extra people on the field of play), play is resumed by dropping the ball.

* The referee must calculate the goal in the event that this excess person:



+A player, substitute, substitute player, expelled player or official of the team whose goal entered the goal.

+An external element that did not interfere with the gameplay.

In all cases, the referee must remove this excess person from the field of play, in the event that after the goal is scored and after the resumption of play, the referee notices the presence of an excess person inside the field of play when the goal was scored, the goal cannot be canceled if this excess person is still on the field of play, then the referee must do the following:

+Stop playing

+ Banish this superfluous person

+ Resume play by dropping the ball or free kick as required.

The ruling shall be answered by submitting a report on this incident to the competent authorities.

▪ **Team leader:**

The team leader does not have any special status or advantages, but he bears some responsibility for the behavior of his team.

4.Law N. (04):

▪ **Players' equipment:**

* Safety:

The player must not use equipment or wear anything dangerous, such as all jewelry (chains, rings, earrings, leather and rubber bands....They are not allowed and must be taken off, also adhesive tape should not be used to cover these jewelry.

The players must be checked before the start of the match and the substitutes before they enter the field of play, in the event that the player is wearing or using unauthorized equipment or jewelry that is dangerous, the referee must direct the following instructions to the player:

- Remove them.

- Leave the field of play during the next interruption of play in the event that the player is unable or unwilling to comply with the instructions.

A warning must be given to a player who refuses to comply or wears this equipment again.

▪ **More mandatory equipment:**

The player's mandatory equipment consists of the following separate items:

-A shirt with sleeves, pants and socks, and any adhesive tape or any material worn externally must be the same color as the part of the socks on which it is placed or covered, and in the legs it must be made of



a suitable material to provide reasonable protection and be covered with socks and shoes, and the goalkeeper may wear sports suit pants.



▪ **The colors:**

*Both teams must wear different colors in order to be separated from each other and from the match referees

*Each goalkeeper must wear different colors that distinguish him from the rest of the players and the referees of the match

* In the event that both goalkeepers are wearing shirts of the same color and neither of them has shirts of other colors, the referee allows the start of the match.

Undershirts: +one color is the same as the main color of you shirt.

+Or inscriptions or colors that repeat exactly on the sleeve of T-shirts

Other equipment: it is allowed to wear other protective and non-hazardous equipment, for example head protectors, face masks as well as knee protectors, Arm protectors made of soft, lightweight and padded materials such as goalkeeper caps and sports glasses.

▪ **Create logos, data, images and ads:**

The equipment must not carry any political or religious images or slogans, so the player must disclose underwear that bears any logos or advertisements other than the manufacturer's logo, and any violation the player or team will be punished by the organizer of the competition, FIFA, or the National Football Federation.



5.Law N. (05):

▪ Match referees

Every match is managed by a referee who has full authority in the application of the laws of the game related to the match.

▪ The referee's decisions:

All decisions will be made to the best of the referee's abilities in accordance with the laws of the game and the spirit of the game, which are based on the opinion of the referee, who has the discretion to take appropriate action within the framework of the laws of the game, the referee's decisions on the facts related to the final play, including the counting or cancellation of the game and the outcome of the match, the decisions of the referee and other referees must always be respected.the referee may not change the decision to re-appeal upon realizing that it is incorrect.

▪ Powers and duties:

The referee shall: + abide by the laws of the game.

+Control and control the match in cooperation with other match referees.

+Work as a timekeeper and record the facts of the match and submit a report on the match to the Competent Authority, which includes information on disciplinary procedures.

+Supervises or signals the resumption of play

▪ injuries:

* It is allowed to continue playing until the ball is out of play in the event that the player suffers a minor injury.

* The game is stopped in the event that the player suffers a severe injury, ensuring that the player has been removed from the field of play, and the injured player may not be treated inside the field and may return to the field of play after the resumption of play.

* Ensure that any bleeding player leaves the field of play.

*If the doctor or stretcher-bearers are allowed to enter the stadium by the referee, the player must leave on this stretcher or on foot, and in case the player does not comply with this, he must be warned about his unsportsmanlike behavior.

▪ The equipment of the referee:

Mandatory equipment:

+Whistles

+ The clock



+Yellow and red cards.

+Small notebook

+ Communication equipment with other referees

+Fitness tracking devices.

6.Law N. (06):

▪ The other match referees are:

Other match referees(two assistant referees, a fourth referee, two additional assistant referees, a reserve assistant referee, an assistant video referee "RVA", and at least one video assistant referee) can be assigned to matches, they assist the referee in controlling the match according to the laws of the game, but the final decision is always made by the match referee.

▪ The assistant referees are:

They may refer to:

* The entire ball leaves the field of play and either team deserves a corner kick, a goal kick or a touch throw.

* The presence of a player in an offside position can be punished.

* Make a switch

*During the penalty shoot-out, the goalkeeper moves at the goal line before kicking the ball and in case the ball crosses the goal line

▪ The fourth match referee:

The assistance of the fourth referee boils down to :

+Supervision of the switching process

+Checking the equipment of players /substitutes.

+The player re-enters the field of play by a signal, the referee's approval.

+Signal and announce the minimum overtime that the match referee intends to play at the end of each half.

+ Supervision of replacement balls.

+Declaration of judgment about any irresponsible behavior by the occupants of the technical area.

7.Law N. (07):

▪ The duration of the match:

-Periods of play :



The match is held over two equal halves of 45 days each, which can be reduced by agreement between the referee and both teams before the start of the match and in accordance with the regulations of the competition.

- Break between the two halves of the match:

Players are entitled to a break between the two halves of the match not exceeding 15 d, a short break is allowed (which should not exceed one minute), for drinks in the break between extra time the duration of this break must be stipulated by the competition regulations and may be changed only with the permission of the referee

- Compensation for lost time:

This time is compensated by the referee in each half for all the time lost in that half as a result of the following:

- * Relays
- * Assess or remove injured players.
- * Wasting time
- * Disciplinary sanctions.
- * Delays related to the audit and review of the video assistant referee

- Penalty kick:

In the event of a penalty kick being executed or replayed, half-time is extended until the penalty kick is completed.

The cancelled match is:

The cancelled match will be re-held unless the competition regulations or the competition organizers decide otherwise

8.Law N. (08):

▪ **Starting and resuming play:**

Each half of the match, as well as each half of extra time, begins with the kick-off, in addition to resuming play after scoring a goal, direct and indirect free kicks, penalty kicks, touch throws, goal kicks and corner kicks are other resumes of play.

▪ **How to drop the ball:**

- Procedures ; :

The ball is dropped to the goalkeeper of the defending team in his penalty area if play is stopped:

+The ball was in the penalty area or the last to touch the ball was inside the penalty area.



Lecture four: laws and arbitration in Football (02)

1.Law n. (09):

▪ Getting the ball in and out of play:

The ball is out of play in the following cases:

*Completely bypassing the goal line or the contact line, whether on the ground or in the air.

*Play is stopped by the referee.

*Touch the match referee, remain on the field of play.

▪ Getting the ball inside the toys:

The ball is in play at all other times, when it touches the referee of the match, bouncing it off the goalposts, the crossbar or the corner flags, and remains inside the field of play.

2.Law n. (10):

▪ determining the outcome of the match:

Scoring goals:

Goals are scored when the entire ball crosses the goal line between the goalkeepers and under the crossbar, provided that no offense or violation of the laws of the game is committed by the team that scored the goal.

The winning team:

The team that scored the most goals is considered the winner, in the event that both teams do not score goals or score an equal number of goals, the match ends in an equal or draw, and when the competition regulations require determining a winning team after the match ends in a draw or after the end of the result of the two home and away matches, the following procedures are only adopted to determine the winner:

*The base of the goals is outside the ground.

*Two equal periods of extra time not exceeding 15D each.

*Kicks from the penalty mark.

▪ kicks from the penalty mark:

Kicks from the penalty mark are taken after the end of the match and, unless otherwise stated, the relevant laws of the game will apply.

3.Law n. (11):



Infiltration: Being in an offside position is not considered a crime, a player is considered in a position if:

+ The presence of any part of his head, body or feet in the opposing team's half, with the exception of the midfield.

+ The presence of any part of his head, body or feet closer to the opposing team's goal line than the ball and the opponent's last second.

A player is not considered to be in an offside position if he is on the same line with:

* The last competing duo.

* Participation of competing players.

▪ **Intrusion violation:**

A player who is in an offside position at the moment when the ball is played or touched by one of his teammates is punished only if he participates in active, effective play by:

* Interference in play by playing or touching a passed or touched ball by a teammate.

* Interference with the opposing player as follows:

+ Prevent the opponent's play from the ball boxes or the ability to play the ball by clearly obstructing the line of sight of the opposing player.

+Compete the opposing player for the ball.

Absence of a violation:

There is no offside violation if the player receives the ball directly from:

* Kick the goal.

* Seam throw

*Corner kick.

4.Law n. (12):

▪ **Errors and misconduct:**

Direct and indirect free kicks or penalty kicks are counted only for mistakes and misconduct committed when the ball is in play.

Direct free kick:

A direct free kick is awarded if the player commits any of the following violations against the opposing player in a way that the referee considers negligence, recklessness or excessive use of force:

+Communication

+ Jumping

+Kicking or trying to kick.



+ Payment

+ Hit or attempted hit(including headbutt)

+Attacking or competing

+ Obstruction or attempted obstruction.

In the event that the violation involves contact, it is punished with a direct free kick or a penalty kick.

A free kick is awarded directly if the player commits any of the following violations:

+Caught the competitor.

+Interception of the competitor by the presence of contact.

+ Bite or spit on anyone

+Throws an object at the ball, an opponent or the referee of the match or makes contact with the ball with a hand-held object.

▪ **touch the ball by hand:**

It is considered a violation if the player:

* Deliberately touching the ball with his hand, arm, including the movement of the hand, arm towards the ball.

*Scoring the opposing team's goal directly from his hand or arm, even if it was unintentional, including by the goalkeeper.

▪ **The free kick is indirect:**

An indirect free kick is awarded if the player does the following:

* Playing in a dangerous way.

* Intercept the progress of the opposing player without any contact occurring.

* Uses obscene language, or any verbal violations.

* Prevent the ball keeper from releasing the ball from his hand, kicking it, or trying to kick it when the keeper is in the process of doing so.

* Committing any other violation that is not listed in the laws, according to which the game is stopped to warn or expel the player.

An indirect free kick is awarded if a goalkeeper commits the following offences inside his penalty area:

+Control the ball with his hand or arm for more than six seconds before releasing it.

+ Touch the ball with his hand after it is released and before it touches another player.

+ Touch the ball with his hand, except if the goalkeeper kicked it clearly or tried to kick the ball to release it into play after:



* Deliberately kicked to the goalkeeper by a team-mate.

* Receiving it directly from a contact throw executed by a teammate from the same team.

5.Law n. (13):

▪ The free kicks:

- Types of free kicks:

Direct and indirect free kicks are awarded to the opposing team, the player, the substitute, the substitute, the expelled player, or the team official guilty of committing an offense.

- Indicates an indirect free kick:

The referee shall signal the indirect free kick by raising his arm above his head, while maintaining this signal until the kick is executed and the ball touches another player, and the indirect free kick must be re-executed if the referee does not indicate that it is an indirect free kick and the ball was kicked directly to the goal.

- Violations and penalties:

If, when executing a free kick, the opposing player is closer to the ball than the required competition, the free kick is re-executed except for the possibility of applying the opportunity, but if the player executes the free kick quickly and the opposing player standing at a distance of less than 9.15 m from the ball intercepts it, then the referee allows the game to continue, however, the opposing player who deliberately prevents the free kick from being executed quickly, must be warned to delay the resumption of play.

6.Law no. (14):

▪ The penalty kick:

A penalty kick is awarded if a player commits an offence that requires a free kick to be awarded directly within his penalty area or outside the field of play .

A direct goal can be scored from a penalty kick.

Procedures:

* The ball must be placed firmly above the penalty mark, and the identity of the player executing the penalty kick must be clearly identified.

* The goalkeeper must remain on the ground facing the kicker between the two goalkeepers without touching the goalkeepers, or the goal net until the ball is kicked.

* Players other than the player executing the kick and the goalkeeper must be :

+At a distance of at least 9.15 m from the penalty mark.



+Behind the penalty mark.

+Inside the playing field.

+Out of the box

After the players take their positions according to the law, the referee gives the signal to execute the penalty kick.

The ball comes into play after being kicked and clearly moved.

7.Law n. (15):

▪ throw a seam:

The throw of a seam to the opposing team for the last player to touch the ball is counted when the entire ball passes the seam line, whether in the air or on the ground.

It is not possible to score a direct goal from a throw-in:

+If the ball enters the opponent's goal, a goal kick is counted.

+If the ball enters the goal of the team executing the throw-in, a corner kick is counted.

▪ The procedure:

In the event that a seam throw is played, the executor must do the following:

* Standing facing the playing field.

* Part of each foot is on the seam or on the ground outside the seam.

* Throwing the ball with both hands from behind, passing over the head from the same place as its exit from the field of play.

All players of the opposing team must stand at least 2 m from the point on the touchline where the throw of the touch is denied.

The player making the throw must not touch the ball again until it touches another player.

Violations and penalties:

In the event that after the ball is on the court, the player executing the throw touched the ball again before it touches another player, an indirect free kick is counted, in the event that the player executing the throw-in made a violation of touching the ball with his hand:

+A direct free kick is counted.

+A penalty kick is awarded in the event of a violation occurring inside the penalty area of the throw-in, except that the throw-in is the goalkeeper, and in this case an indirect free kick is awarded.

8.Law n. (16):

Goal kick:



A goal kick is counted when the entire ball crosses the goal line, whether in the air or on the ground, after it was last touched by a player of the attacking team and no goal was scored.

A goal may be scored directly from a goal kick.

▪ **About violations and penalties:**

In the event that after the ball is on the field, the player executing the kick touches the ball again before it touches another player, an indirect free kick is counted, in the event that the player executing the goal kick made a violation of touching the ball with his hand:

+A direct free kick is counted

+A penalty kick is awarded if the violation occurs inside the penalty area of the goal kick executor, except that the kick executor is the goalkeeper, in which case an indirect free kick is awarded.

9.Law n. (17):

▪ **The corner kick:**

A corner kick is counted when the entire ball crosses the goal line, whether in the air or on the ground after it was last touched by a player of the defending team and no goal was scored.

A direct goal may be scored from the corner kick, but in the opposing team's goal, if the ball enters directly into the goal of the team executing the corner kick, a corner kick is counted in favor of the opposing team.

Violations and penalties:

In the event that after the ball has come into play, the player executing the corner kick touches the ball again before it touches another player, an indirect free kick is counted.

Lecture five: physical preparation in football

Physical preparation and its sections:

1.Definition of physical preparation:

* Physical preparation is defined as raising the level of physical performance of an individual athlete to the maximum extent allowed by his abilities.

* It is also defined as the physical fitness of an individual athlete.

* Scientists have always linked the element of physical performance with physical fitness, so it was important to clarify the concept of physical fitness.

2.The concept of physical fitness:

The concepts of the term fitness, its interpretation and components varied.



*It is defined as "the correct condition of the individual athlete in terms of the efficiency of his physical condition, which enables him to use it skillfully and efficiently during physical and motor performance to the best degree and with the least possible effort."

* The goal of fitness exercises used in physical preparation is to create positive physiological changes to improve the level of physical performance.





*From the above, it becomes clear that both physical preparation and physical fitness are completely interrelated, as physical fitness is the means of achieving physical preparation, and from here we can say that physical fitness is the indicator of the level of physical preparation of an individual athlete, the more the efficiency of physical preparation improves, the level of physical fitness and vice versa.

3.Components (elements) of physical fitness:

1.3.Physiological components (elements):

They are components that are largely related to the efficiency of the work of physiological organs.

They relate to the ability of an individual athlete to meet the requirements for the physiological and physical performance of sports activity and are determined by the following:

-  Muscular Strength
-  Cardiorespiratory Endurance
-  Muscular Endurance
-  Flexibility

2.3.Kinetic components (elements) :

These are components that are highly related to the efficiency of motor performance and directly affect the skill performance in specialized sports, and we believe that they consist of the following:

-  Agility
-  Speed
-  Balance
-  Coordination
-  Reaction Time

3.3.Composite components:

These are the components that are associated with both the efficiency of physiological organs and the efficiency of motor performance, and they are represented by one component as follows:

+Muscular capacity

4. Physical preparation departments:



Physical preparation is divided according to the nature of its impact on the level of performance of an individual athlete into two main sections:

- ❖ General physical preparation.
- ❖ Special physical preparation.

Although they are divided into general and special physical preparation, but they are closely related, neither of them can be dispensed with in the preparation of an individual athlete, neither can compensate for the other, and it is not permissible to prefer between them, since each of them has its role to achieve in sports training.

4.1.General physical preparation:

It is defined as the process by which the efficiency of the components of physical fitness is comprehensively and balanced in an individual athlete.

* Whatever the type of sport, physical preparation for it must first pass through the balanced comprehensive development of all physical elements, and below we summarize the most important characteristics of general preparation:

- +Comprehensiveness of fitness elements during the general preparation.
- +The components of the exercises used in the general preparation vary from sport to sport.
- +The length of time allocated for general preparation varies from sport to sport.
- +Gradation during the upgrading of fitness elements according to the type of sport.
- +The exercises used are non-specialized .
- +The transition from general physical preparation to special physical preparation should be carried out gradually.
- +There are no clear breaks between the period devoted to general physical preparation and special physical preparation.
- +The method of continuous training is used.

4.2.Special physical preparation:

It is intended to raise the efficiency of the basic and necessary fitness components (elements) of the specialized type of sport to the maximum possible degree.

* Each sport has a special natural motor performance and therefore it has fitness components that contribute to the output of this motor performance in the best possible way, so there is a difference in the fitness elements of each sport.



*A marathon runner needs physical fitness elements that are different from a diving player, a tennis player, and so on...

* The gradual transition from general physical preparation to special physical preparation during the annual training plan is an important process that must be planned well within the training program, that this is done after a suitable period of time has passed from the start of general physical preparation by reducing a percentage of the time allocated for general physical preparation to pave the way for special physical preparation, and over time, gradually, this percentage increases for special physical preparation, and it is clear that it is at the expense of the time allocated for general physical preparation, and by continuing to increase this percentage gradually, there comes a time during the training program, we find that the time allocated for special physical preparation has increased Time has become devoted to special physical preparation, this step is important and necessary for the success of physical preparation, whether public or private.

* Below we summarize the most important characteristics of your physical preparation:

- Special physical preparation is concerned with the necessary and important elements of physical fitness in the type of sports practice.
- The time allocated for special physical preparation is longer than for general physical preparation.
- The loads used are characterized by higher degrees than those used in the period of general physical preparation.
- All the exercises used are of a specialized nature that corresponds to what happens in sports competition for the type of sport practiced.
- Interval training and repetitive training methods are used.

The balance between general physical preparation and special physical preparation:

* Some people believe that it is necessary not to increase the time allocated for special physical preparation at the expense of those allocated for general physical preparation, especially for young people, because of the harmful impact on their Sports future.

* Some coaches plan training programs for young people that rely heavily on special physical preparation, neglecting general physical preparation, hoping to raise their level very quickly and reach a high level at an early age and achieve sports championships.

* Young people who receive appropriate portions of general physical preparation may reach high levels at a later age, but the rate of growth of their athletic level is more regular and at constant rates in addition



to their lower rates of injury if compared with their peers who used specialized exercises neglecting general physical preparation exercises.

* Paying attention to general physical preparation in the early stages of the tooth achieves advantages, including the following:

+ The degrees of loads provided through general physical preparation correspond to the growth rates of organic organs, which achieves regularity and constancy in the development of the performance level.

+ Improve the efficiency of neuromuscular compatibility as a result of learning and training, which positively affects the skill and planning performance.

+Distribute efforts to all muscles, joints and bones of the body without concentration, which results in a balanced natural growth.

*It is indispensable to continue paying attention to general physical preparation even as the level of the individual athlete continues to progress, as the physiological changes that occur in the internal organs of his body as a result of sports training decrease over time, which requires the establishment of stronger functional bases to achieve specialized physical development.

Lecture six: skill preparation in football

1.The concept of skill preparation:

The skill and technical preparation is intended to provide players with basic skills through training, work on mastering them, and then use them with control and accuracy during playing situations and during the match.these skills are defined in foot kicks, hitting the ball with the head, running with the ball, controlling it, dribbling and attacking to extract it, performing a seam throw and goalkeeper skills.

2.Training guidelines on professional and technical performance in football:

* It is necessary to plan and program the content of the game skills throughout the training season.

* The need to use the measurement and evaluation process to plan and program skill preparation .

* Takes into account the preparation of playgrounds, equipment and tools before starting the training unit.

* Using the principles of the science of sports training when preparing programs and training units commensurate with the specified goal.

* Focus on building the exercises in a way that includes the mental, cognitive and intellectual side.

* Review individual differences between players.

* Focus on individual training modules within the skills preparation program.

Skill preparation of players is aimed at teaching, developing, honing, mastering and fixing sports motor



skills that can be used in sports competitions to achieve the highest sports achievements.

There is no doubt that reaching the top of World Sports levels comes only by mastering and stabilizing motor skills sportsmanship.

No matter how high the level of physical fitness of an individual athlete, no matter how he is characterized by congenital and volitional features, he will not achieve the desired results unless it is all related to the full mastery of sports motor skills in the type of specialized activity he practices.

3.Stages of skill preparation:

The process of skill preparation for sports movements goes through three basic learning stages that cannot be separated, as each of them affects and is influenced by each other, we summarize them as follows :

- 1 - the stage of acquiring the first compatibility of the sports motor skill.
- 2 - the stage of acquiring good compatibility of sports motor skill.
- 3 - the stage of mastering and installing the sports motor skill.

The division of the stages of teaching motor skill in the previous way depends on the nature of the neural processes, as seen by Pavlov, that is, on the influence of the nervous system on learning movement, where the nervous system affects the learning process according to the following three stages:

- A - the stage of propagation (irradiation) of nervous processes.
- B - the stage of concentration of nervous processes through operations (palmistry).
- C-the stability and initial (automatic) stage.

- The stage of propagation of nervous processes

When we trace the stages of teaching any sports motor skill in any kind of sports activities, let it be weighted from axillary support on the apparatus of the parallel bars (Gymnastics).It is found that when a player performs a movement at first glance, although he tries to implement the coach's technical instructions for performing the movement, he cannot perform the movement in a proper way, as the performance of the movement is mixed with numerous errors as a result of the participation of some muscle groups in the performance of the movement, which has nothing to do with performance, and this is due to the fact that nervous excitation processes excel at first, which leads to their spread in multiple nerve centers, and this results in the excitation of a large number of muscles that have nothing to do with working next to The muscles assigned to the work to perform the movement are therefore given alerts of activity and motor response to each of them, as this leads to the performance of the movement is tainted with many excessive movements and is the reason why the player is unable to



control his body parts during the performance, so the performance of the movement at first glance seems prosaic far from smooth and perfect.

- The stage of good (competent) compatibility:

If we follow the weighted education of axillary centralization on the parallelepiped apparatus, we find as a result of the constant repetition of the player's performance of movement that he began to control the organs of his body to sense the requirements of movement and focus on the involvement of the muscles for movement performance and deactivate nerve stimuli that are not related to the performance of movement, where this leads to the performance of good compatibility of performance, it is noted that the process of neutralizing nerve excitations that are not related to enemies is called The (Palm) process.

- The stage of persistence and mechanism:

As a result of the previous two stages of learning the skill under study, the player reaches the stage of complete balance between the processes of nervous activity in the sense of balance between the processes of (excitation) and (cessation), where movement becomes the voluntary command of the player, which entails fixing and mastering good skill performance and distinguishing it by Mechanism, and one of the most important means:

A-hearing aids.

B-visual aids.

C-practical means.

The first stage of gaining compatibility of the movement:

The importance of this stage is evidenced by the following points:

A-it forms the first basis for learning and mastering movement.

B-it aims to acquire various meanings and perceptions, such as auditory, visual and motor perception of movement, so that the player's ability to perform and practice can be guaranteed.

C-consult the player's motivation to learn the movement and try to train on it to master it.

D-various specific means can be used, and it is imperative for the trainer to take into account the following important considerations that are associated with the use of certain means during the initial acquisition of compatibility of movement.

For auditory means:

1-the verbal presentation and explanation must be clear and commensurate with the level of understanding of the players so that they can absorb it, which ensures their ability to correct auditory perception of the movement.



2-the correct terms should be used, as this helps to speed understanding, perception and discrimination.
3-improves the connection of explanation and description with the emotional character of the beloved to the soul.

4-it must be ensured that all players can listen to the explanation.

5-the process of education should begin with verbal progress, which deals with the goal of the movement and its aesthetic description in a brief form.

6-when the player grasps the movement, he can further deepen the explanation and direct attention to some important points.

- For optical means:

Presenting a model at this stage is one of the most important means used, especially in technical sports, whose skill is characterized by structure and complexity, and it must be known that the wrong model will be imprinted in the imagination of the players when learning to perform the movement, as the wrong model descends from the enthusiasm and inclination of the player to imitate, and the coach when performing the model must be in a position to allow all players a clear vision of the model.

The importance of the model procedure for movement :

The process of giving a model of movement with the natural need of a player who is eager to see if he can perform the movement he is watching and how to facilitate it

The player is always eager to see every new movement that the coach shows him in order to learn it, no matter how accurate the description or explanation is, in no case can the player be deprived of seeing the model of the movement, as the learning process is closely related to the real visual image, because learning, as it is said, passes through the eyes, we learn from people who the player to mobilize his inner forces Therefore, the player's willingness to learn is recommended by a good model of movement and shows the importance of the motor model in its holographic form during the process of repeating the performance of the movement and training on it, as this leads to an increase in the depth and comprehension of the player of the stages of movement and contributes to the work on refining the performance of the movement as a whole.

- For practical means:

One of the most important means that enables the player to acquire movement learning is the experimental practical application of movement performance.by trying the player to perform the movement, even if this is at first glance, and if the performance is characterized by slackness or a mixture of errors, the player, despite all this, can and feels for the first time the sense of movement and its



requirements, although he did not initially reconcile these requirements so that the movement leads him to gain some experience for real motor work in the sense of feeling the muscular load and sense of control over the body in its various positions during the performance.

The characteristic properties of the initial consonance of Motion are given by:

This stage of movement learning is characterized by the following characteristics:

A-lack of control over body parts and inconsistent performance.

B-the player feels the motor sensation of performing the movement for the first time regardless of the state of the level of performance and errors.

C-the performance of the movement is characterized by a volatile character in the sense that the player may succeed in performing the movement in any way or how and what immediately fails in another attempt to perform it.

D-excessive increase in exertion, which entails the rapid occurrence of fatigue.

E-increased speed and suddenness of movement that does not apply to the goal of movement.

The stage of gaining good compatibility:

The importance of this stage of learning the movement lies in the following:

A-the various means assigned to the above-mentioned education can be used in proportion to the degree of the level reached by the player.

B-scientific means occupy an important place at this stage, by means of which it is possible to practice and perform movement and training on it as a whole and as parts.

C-the error correction process plays an important role during the movement training process.

Learn the movements as a whole:

Proponents of the school of (clairvoyant learning)believe that the right way to learn is to teach the movement as a whole and train on it as a whole as well, where they see the need to organize the material to be learned(the movement to be learned) as a single unit and attribute this to the fact that learning the movement as a whole helps to realize the relationships between the elements of the movement, which contributes to the speed of learning and mastery.

One of the most important advantages of this method, which is based on its supporters, is that it greatly helps to work on creating the foundations of motor memorization of movement, since the player prepares and retrieves the movement as a single unit in the sense of linking it to its various parts without fragmentation, and in fact, in some sports activities, such as gymnastics and diving, skills can be learned in this way, and sometimes it is difficult because most of the movements of these activities are of a



complex type, which is characterized by difficulty and danger, in addition to including compound movements of some complex parts and some easy parts, since performing the movement as a whole requires excessive effort to repeat the parts the ease of movement gained by the player, on the other hand We see that the player can often not focus permanently on all the parts of the compound movement, as he focuses on a certain part of it, and it must be present in the mind of the coach that the type of movement determines the method that can be used, and in general, it is preferable to use the holistic method in teaching movements that represent an integrated unit.

Then the coach explains the movement, giving a correct model of it as a whole, and then the player performs it as a whole as well. slow timing can be used, which helps the motor sensation sometimes, taking into account that this does not lead to loss of movement unity and compatibility, learn the motor skill as parts:

This method eliminates the fragmentation of the movement into small educational units, each of which the player performs separately, and then moves on to the next parts after mastering the first part, and so on until he finishes learning all the parts of the skill, and then performs them all as one unit as a result of learning the various constituent parts and training on them . Although this method is suitable for some skills in some activities such as gymnastics and diving, which are characterized by difficulty and complexity, it is not suitable for simple easy movement or that cannot be fragmented.

The disadvantages of this method lies in the fact that the movement often loses the correct interconnection parts with other parts, which delays the mastering of the desired alignment of the movement and the emergence of some wrong motor habits as a result of connecting the separate parts from each other, and the following must be followed when using this method in the process of learning:

- 1-the need for the player to train on those parts that are in total one.
- 2-it takes a short time to learn and train each part of the movement.

Learning the mathematical motor skill by the partial macro method:

Since both the macro and micro method have advantages and disadvantages .It has been taken into account to combine the benefits of both methods and avoid their disadvantages and come out in another way known as the method (total - partial) and practical evidence has shown that using this method in most sports activities achieves better results.

And the coach should note what comes up when using this method:

A-teaching the movement as a whole in a simplified way at first.

B-teaching the difficult parts separately, with this being related to the overall performance of the



movement.

Fixing errors:

The first compatibility stage, as we mentioned, is associated with the appearance of some errors, and in order for the coach and the players to reach the stage of good compatibility, he must be familiar with sufficient information to fix these errors, the most important of which is to identify the causes of errors and then ways to fix them

Causes of errors:

1-the difficulty of movement in relation to the stage that the player is going through in the sense that it does not correspond to the age of the player.

2-misunderstanding or incorrect perception of the movement.

3-the player lacks some physical qualities such as flexibility, muscle strength or speed that help to perform the movement successfully.

4 - feeling tired and exhausted or fear and lack of self-confidence.

5-negative transfer of the learning effect in the sense of the negative impact of a previously learned and mastered movement on the new movement to be learned because of the difference in the method of performance, for example.

6-inappropriate devices and tools used in teaching movement.

Ways to fix errors:

The coach must be sufficiently familiar with all the parts of the movement that he teaches the player at all stages, especially the technical aspects of performance, so that he can contribute to the correction of errors in an effective way, and the coach must have a high ability to observe the player during the performance of the movement, the coach's expert gaze can find the whole error in performance so that it can be fixed, and the coach must choose the right place from the player from which he can perform well.

The most important rules on which the error repair process is based are as follows:

1-speed up the correction of errors immediately after the performance so as not to prove mistakes and become a habit.

2-gradual correction of errors according to their importance so that it is better to start by fixing common basic errors related to the technique of performing the movement, followed by correcting minor minor errors (performance form).

3-confronting the wrong performance with the correct performance by re-presenting the correct model of movement, and some visual aids can be used for education, such as the use of paintings, wooden



models, motion pictures or video ...Etc.

4-trying to shape the movement in a certain way so that it does not leave room for error leakage, such as running according to a straight line drawn on the ground in the case of approaching a jumping horse, for example (in gymnastics).

5-Repeat the training on the part of the movement that is performed incorrectly with the need to link it after a short period with the training on the movement as a whole.

-6it is better to start the process of fixing errors by trying to improve body posture, regardless of whether the exercise is performed from a standing, hanging or lying position ...Etc.

7-sometimes it becomes advisable to use some introductory exercises for movement to be able to correct the particular error.

8-directing attention to the place of error using the appropriate guidance words while the player is performing the movement.

9-it should be noted that mistakes should not be fixed while taking difficult situations, and the coach should choose the appropriate words and words of encouragement that motivate the player to make an effort to quickly fix the mistake.criticism and defamation of The Sinner should be avoided because of the negative psychological effects on the player, and should not be required to repeat the performance of the movement continuously only after making sure that the basic mistakes are fixed so that it does not become a habit for the player.

Stability stage and mechanism (automatic):

This stage comes after the previous stages, during which the movement performance can be stabilized by continuing training and fixing errors under multiple and varied conditions.the following stages must be used during the training process to try to master the player's movement and stabilize it.

Mastering movement under constant simplified conditions:

The player can achieve rapid success at the beginning of performing the movement when he continues training under constant conditions as much as possible, noting the continuation of the repetition of the movement as a whole and as parts, and taking into account the use of an average load commensurate with the skill level of the player, since an exaggerated increase in the training load, exerting effort and rapid repetition in the performance of the movement entails the risk of fixing motor errors, in addition, the fatigue factor contributes to the player's inability to adjust the timing of the movement and works on the involvement of redundant muscle groups during performance.

Stabilization of movement by gradually increasing the timing of performance and the use of force:



It should be taken into account that training under fixed simplified conditions should not be extended for a long time and be to the extent that allows the player to master the movement under the range of conditions mentioned above and the need to gradually accelerate the timing of movement with the use of force that is commensurate or almost close to the real performance in which movements are performed during competitions.

Stabilization of the movement with the change in subscriptions and external factors:

Changes that address the external environment often affect movement performance. sometimes a change in the type of device and its related special vibration, which the player is not used to, leads to some negative impact on movement performance, and therefore the player must try to master the movement under the scope of such conditions or distinguish it from external contributions or factors Which you can face.

Stabilization of movement in conditions characterized by difficulty :

It is necessary to ensure the mastery of the movement and work on fixing it during the competition that the player from time to time performs the movement under various conditions that are characterized by an increased difficulty factor than the player encounters during the competitions and through this the player can gain the ability to perform good skill in the event of an extreme increase in physical or psychological fatigue during various competitions that are characterized by their strength.

The choice of movement in training competitions:

It is known that the high degree of player's mastery of movement does not depend only on the continuation of training on it, but this feeds the player's ability to concentrate, attention and the ability to consciously contribute to the player in controlling movement whenever some mistakes occur repeatedly during competitions. this also requires work on the player's conscious contribution in trying to avoid and fix these mistakes, and of course, the player cannot work to avoid and fix these Mistakes During official competitions, because all the player's attention is focused on the competition and trying to win, so the coach must direct attention to the important point of movement in the player's mind completely during training competitions, and the player makes maximum effort Therefore, attention should be paid to ensuring that the movement performance is not characterized by the slightest error, and as long as we talked about how to learn motor skills in sports activities, we should be exposed by giving even a simplified idea of the learning laws that a coach can benefit from:

The law of impact:

It means that the reward resulting from the success of a particular response serves to confirm that



response and repeat it by repeating the situation or exciting, the player accepts to learn the movement if this learning is associated with pleasant experiences that are endearing to himself, such as success in performance or gaining the appreciation of the coach or encouraging him. punishment varies in effect may lead to a weakening of the bond between the stimulus and the response and reduce the likelihood of repeating the response or lead to that.

For example, when learning a movement, the coach, with his tact and courtesy, can make the player feel the greatness of the effort he is making to perform the movement and feel that he is about to reach the goal of the movement, so the player feels joy and pride of victory for his success in performing the movement, which strengthens the bond between the stimulus and the response, and the repetition of the movement (response) becomes endearing to the player's psyche. The trainer can also take advantage of the effect of punishment on the weakening of the bond between the stimulus and the response when The player makes a mistake and repeats the mistake, and we must bear in mind that the effect of reward is stronger and greater than the punishment and its direct effect, while the effect of punishment is unusual.

The law of readiness:

It weakens the physiological basis of the law of effect and readiness means the general state of preparedness of the player, as the player's readiness as a result of the readiness of the appropriate neural connections to do an action and actually doing it, which gives satisfaction and satisfaction, and this leads to distress in the case of the player's disability from work, that is, the player's completion of the movement for example, a seven-year-old child can not perform a cross-bracing movement on the throat from the back swing in gymnastics Due to his actual immaturity with a high degree on the one hand and his physical unpreparedness that qualifies him to perform the movement on the other hand.

Of course, this law confirms what has already been said that it is necessary to make sure that the movements to be learned are appropriate for the players' skill and physical level.

Training law:

It boils down to the fact that training leads to strengthening the bond between the stimulus and the response, with this being associated with excitement and positive results in the sense that mere training in the motor skill does not lead to learning skills, but must be associated with that feeling, satisfaction and satisfaction that results from the deletion of errors related to performance and the sense of progress of the level, thus giving the opportunity for learned responses without other responses to appear to be followed by a reward that contributes to increasing its strength. on the contrary, stopping practice or



abstaining from training leads to weakening the bond between the stimulus and the response and thus stops learning and lack of progress.

Lecture seven: psychological preparation in football

Psychological preparation in football:

1.The concept of psychological preparation:

* Psychological preparation is those processes that will show the best behavior that positively supports both the physical, skill and planning performance of the player and the team and bring it to the top levels.

* Psychological preparation processes can be summarized in the search for the reasons that affect the player's behavior and then reach a scheme implemented through specific mechanisms that contribute to adapting and modifying behavior in a way that contributes positively to reaching the top performance levels, whether at the short-term or long-term level.

*Psychological preparation is an integral and inseparable process from the integrated preparation of the player, which includes both physical, skill, planning, cognitive and moral preparation, and it is also necessary to plan for it in the long and short term.

2.The importance of preparation for myself:

* The psychological state of the player may be positive, reinforcing the performance, and it may be negative, hindering it, so psychological preparation based on scientific foundations and principles contributes directly to the player's best physical, skill and planning level.

* Psychological preparation protects the athlete from the negative impact of psychological problems that he may experience.

* Psychological preparation reduces the effort and time spent on training, and also reduces the likelihood of a drop in the level of performance.

* Psychological preparation is a basic pillar in the preparation of the athlete, as well as physical, skill and planning preparation, and even has the decisive role in his exit in a way that reflects the efficiency of planning and implementation.

Planning and applied processes of psychological preparation in sports training:

It is important to plan psychological preparation carefully, as well as other types of preparation, namely physical, skill, planning, cognitive and moral preparation.

*All different preparations should go together at the same time, if the methods and doses differ, and complement each other.



* The applied processes of long-term psychological preparation carried out by a sports coach or psychologist are divided into two main types::

+Long-term psychological preparation.

+Short-term psychological preparation.

Planning and applied processes of long-term psychological preparation in sports training:

Planning for long-term psychological preparation begins as soon as the athlete engages in sports training, at an early age and lasts for periods of up to 10 years or more and may continue until retirement.

* Long-term psychological preparation is considered as the base preparation on which the short-term psychological preparation is based.

* Applied processes of long-term psychological preparation mainly depend on the following two aspects:

+Build and develop the character traits of the player.

+Build and develop motivation.

Building and developing personality as an applied process in long-term psychological preparation:

/ Definition of personality:

Personality is defined as that dynamic organization within an individual of psycho-somatic systems that determine his unique interactions and behavior with the environment.

* The previous definition of personality highlights the emphasis that physical and psychological factors do not affect independently of each other, but the effect is through their interaction together as a single unit, that is, as a united whole that affects and is influenced by the field in which they exist.

*Personality can also be defined as what grows and integrates through the interaction of all the physical, functional and psychological characteristics of an individual with his evolving and interacting environment.

3.The importance of personality as an aspect of psychological preparation:

* Personality influences and is influenced by competitive sports performance.

* Achieving high levels in the sports field requires certain degrees in specific personality traits due to the characteristics of the competitive environment that differ from the rest of the other environments with which the player coexists.

/ The most important personality traits in long-term psychological preparation:



The most important personality traits in long-term sports psychological preparation are those called volitional traits because they help the player to resist the obstacles that meet him during training and competition, and these traits are as follows:

Perseverance, independence, purposefulness, self-control, determination.

* Characteristic of perseverance:

Perseverance means continuing for a long time to retain the vitality of sports performance, which enables to achieve the goal even under difficult conditions, and one of the symptoms of the weakness of perseverance trait is inaction to address performance obstacles early without justification, and lack of spirit to continue to struggle. One of the most important applications of psychological preparation for the trait of perseverance:

- Develop long-term plans characterized by proportionality and gradualness in increasing difficulties and obstacles.
- Planning to link the models of global sports achievements in specialized sports to the attribute of perseverance.
- Planning with the coach to accustom the player to set a level for the perseverance challenge in agreement with the coach.

* Characteristic of independence:

It is intended to work on achieving the goal through oneself in a manner dyed with creativity, awareness, initiative and not being influenced by the behavior of others.

* One of the symptoms of the weakness of the independence trait is the constant need for guidance and guidance from others and the unconscious imitation of their behavior, and one of the most important applications of psychological preparation for the independence trait:

- Planning for the players to participate in the decision-making of the annual training plans.
- Planning for the players to participate in the RAI performance in analyzing performance levels and proposing appropriate solutions through which these levels can be developed.
- Highlighting the importance of players ' management of individual assignments, their completion and decision-making related to them.
- Accurate analysis of the positions of the initiative during training and competition and highlighting its advantages.

* Purposeful characteristic:

Purposefulness means striving towards the achievement of specific goals.



* One of the symptoms of the weakness of the purposeful trait is the conviction of wishing without assigning oneself the hardship of work and the struggle to achieve a specific goal.

One of the applications of psychological preparation for the purposeful trait:

- Working on the involvement of the coach for the player in the planning of training programs becomes commonplace, through setting goals.

- Planning to accustom the player to the processes of evaluating the achievement of goals related to the timeline of the annual training plan and its various courses.

* Self-adjusting feature:

It refers to the player's ability to control behavior through high arousal situations such as fatigue, injury, overload, defeat and failure to achieve certain goals.

+One of the symptoms of poor self-control trait is confusion, failure and fear, and one of its symptoms is also stress, anger, aggression, sadness, depression and distress, and one of the most important applications of long-term psychological preparation for self-control trait:

- The coach should plan to be an example in behavior in front of players.

- Planning the player's participation in experimental competitions that produce situations through which they can be used to guide behavior.

-Exploiting situations during which inappropriate behavior appears on the part of players, whether they are in the team or competitors.

* Design feature:

It refers to the player's ability to make specific decisions and make maximum efforts to achieve them.

+One of the symptoms of weakness of the design trait is hesitation and making certain decisions at inappropriate times to make them, and the most important applications of long-term psychological preparation for the design trait are the following:

- Planning to encourage the player to make correct conscious decisions in life in general and in the sports field in particular.

- Creating situations that are graded in difficulty, which are characterized by the presence of obstacles during training and competitions and direct and indirect motivation to exert maximum effort in overcoming them.

-Encouraging players to evaluate the suitability of the decisions they make with the situations and the extent of the effort exerted in achieving them.



4.Stages of planning for the construction and development of personality in long-term psychological preparation:

4.1.The first stage: the practice stage

Through it, the emphasis is placed on consolidating the general positive trends in the player's personality while setting General goals.

4.2.The second stage, the comprehensive preparation stage:

In it, efforts to consolidate the general positive trends of the personality continue, focusing on building the trait of perseverance at the beginning of this stage and focusing on building the Traits of independence and determination and developing the trait of perseverance.

4.3.The third stage is the stage of specialized preparation:

Continuation of the construction and development of the attributes of the second stage .

The fourth stage: the stage of the highest sports level: during which the focus is increased on certain personality traits according to individual differences.

The fifth stage is the stage of maintaining the highest level of creativity in increasing the focus on personality traits.

Stages of planning for the construction and development of motivation in long-term psychological preparation:

The first stage is the stage of practice and polarization: through which the motives of enjoying sports, physical and motor activities are developed.

The second stage is the comprehensive preparation stage : the development of motivation for learning new skills.

The third stage is the specialized preparation stage: building the motivation of success, avoiding failure and achievement motives.

The fourth stage is the peak stage of the sports level: reaching balance and harmony in the development of various aspects of motivation.

The fifth stage: the preservation stage, the top-level bug: dealing with motives according to the unique characters according to the conditions of the stage.

▪ Planning and applied processes of short-term psychological preparation in sports training:

Short-term psychological preparation in sports training means those processes that begin to be carried out before the competition with periods ranging from several days to a number of minutes before the



competition and will have a positive impact on the behavior and interaction of the player in the competition.

*The applied processes of short-term psychological preparation carried out by a sports coach or psychologist can be enumerated into the following:

- Anxiety :
- Psychic energy
- Mental visualization
- Directing aggressive behavior.

* Anxiety.

Concept: anxiety is defined as a violent experience of fear and apprehension that an individual perceives as something emanating from within.

* Anxiety is one of the most important psychological conditions that affect the level of athletic performance.

* Anxiety may have a positive or negative impact on sports performance, depending on the degree of the player.

* Anxiety responses are characterized by tension, instability, rapid pulse, heart palpitations, increased sweat rate.

/ Types of anxiety:

Characteristic of competition anxiety: it is defined as a tendency or tendency for the player to perceive competitive situations in general as threatening situations, and then the response to these sensations is tension and anticipation.

Competition anxiety: it is defined as the anxiety response that appears as a result of facing a specific competitive situation.

The role of the coach in dealing with anxiety:

The coach has an important role in dealing with competition anxiety that may affect the player, we summarize as follows:

- + Identify in advance the nature of the player's response to various competitive situations causing this.
- +Using appropriate methods to modify the degree of anxiety in players, including the use of warm-up, massage, imaginary and self-relaxation, etc.
- +There are a number of ways to adjust the degree of anxiety in advance, such as those used during training modules .



* Psychic energy:

Its concept: psychological energy is defined as the amount of the result of both arousal and mental activation, motivation and incentives generated by the player during sports performance.

* Regulation of mental energy and physical energy complement each other's role in producing the best performance on the part of the player.

* Increasing psychological energy beyond the optimal energy levels of the player negatively affects performance.

The role of the coach in reaching the optimal psychological energy for the player:

- Identify the psychological energy levels of players by studying their cases and using special tests for this.

-Linking the planning of training loads with the planning of psychological preparation to provide the best psychological energy during competitions.

- Taking into account that the low level of psychological energy is compatible with complex motor performance, as well as which requires accuracy, compatibility, agility and endurance.

* Mental perception:

Concept: mental perception is defined as the embodiment of previous or never before occurring situations and experiences in the mind.

* It is intended to use mental visualization as one of the short-term psychological preparation processes with linking this situation with feelings and emotions that can occur.

The role of the trainer in the processes of mental perception:

- It is important for the coach to explain to the player the importance and usefulness of using mental visualization processes and the extent of their positive impact on competition or raising the efficiency of learning.

- The trainer should create the appropriate surrounding conditions for the implementation of mental visualization processes.

- The coach teaches the player some relaxation exercises that pave the way for mental visualization processes.

- The trainer plans to execute the mental visualization at the appropriate speed, so that it is not fast or slow to degrees that lead to failure to achieve his goals.

* Directing aggressive behavior:.

The role of the coach in directing aggressive behavior:



- +The need to study the player's susceptibility to arousal and conduct aggressive behavior and identify their grades through the use of special scales.
- +The coach should take advantage of the relationship of aggressive behavior with winning, defeat, the place of competition, the ranking of teams and the duration of the competition.
- +The trainer should take into account that good integrated preparation reduces the likelihood of the appearance of aggressive behavior.
- +The need to work on the dissemination of educational values towards dealing with competitors, colleagues, the public and referees in general.
- +The coach should always set an example in behavior, and work to control his emotions.

5.Psychological preparation in the annual training plan:

5.1.Psychological preparation in the daily training unit:

- * It takes into account that psychological preparation at the level of the training unit is carried out either before or during it after completion.
- * Psychological preparation is carried out either in the meeting room or the rooms allocated for this .
- * The applied processes of psychological preparation may take place in the form of sessions that may be individual or group and implemented in the form of guidance and guidance.
- * About 50% to 60% of psychological preparation is done before the start of the training unit, about 20% to 30% is done during the training and 10% to 20% of it is done after the training.
- *Special attention is paid to the psychological preparation of the injured and those with special problems

5.2.Psychological preparation in the minor weekly pregnancy cycle:

- * It is preferable to plan psychological preparation between 3 to 4 times a week.
- * It is preferable that psychological preparation operations are not carried out on the day immediately after the competition.
- * There is no objection to carrying out psychological preparation operations before the training units with the maximum load in the weekly pregnancy cycle.
- * The need to link the psychological preparation processes to the competitions within the framework of the weekly pregnancy courses and take into account their proportionality to the level of competition.
- *Long-term psychological preparation should preferably be carried out at the beginning of the small weekly pregnancy cycle.

5.3.Psychological preparation in the major period pregnancy cycle:



It is necessary to plan to link the increase in the rate of long-term psychological preparation with low-intensity training loads in the major period load cycle, and to link short-term psychological preparation with high-intensity training loads.

Lecture eight: schematic sentences in football

1.The concept of plans: plans is the collection of a plan, and the term plan in football means those conscious moves that are made during the game, whether those moves with or without the ball are offensive or defensive. One of the characteristics of the plan is that its implementers are trying to use all their skill, physical, psychological and mental advantages to accomplish it according to the situation through which they implement it.

2.Types of plans:

The plans are divided into two types, namely offensive and defensive:

▪ **The offensive plans: offensive plans can be enumerated as follows:**

- Take offensive depth during possession of the ball.
- Take an offensive amplitude during the possession of the ball.
- Execution of an offensive Bond for one or more fellow players who have possession of the ball.
- Execution of free running.
- The playing group keeps the ball for a suitable period by passing, receiving the ball and occupying a suitable place.
- Stacking a playset in numerical increment.
- Create free spaces and exploit them individually by controlling the ball .
- Create free spaces and exploit them individually by shuffling.
- Creating free spaces and exploiting them individually by running in the direction of the colleague who has the ball or to the side, then turning around to quickly return and exploit the vacated space.
- Creating empty spaces and exploiting them collectively by pulling a defender away from them and exploiting them by another colleague.
- Creating free spaces and exploiting them collectively with the help of the" crossing from behind the colleague"lab.
- Creating free spaces and exploiting them collectively by spreading the players longitudinally and transversely.
- Wall pass 1-2.
- Triple pass 1-2-3.



-Short pass, short pass, long pass.

▪ **The defensive plans:**

- Plan the pressure of a group of defenders on a group of attackers.
- Plan the collective pressure of the team in the three parts of the stadium.
- Man-to-man Control Plan.
- Area control plan.
- Plan an infiltration trap.

3.Schematic rules:

○ **Form the concept of a schematic rule:**

It is a technical behavior of the player that helps him to implement a plan, whether this rule is implemented during the attack or implemented during the defense.

So the planning rules may be offensive planning rules or defensive planning rules.

3.1.Offensive planning rules: we mention the following:

- The first rule: the attacker, if the ball comes to him, should observe the situation around him by taking a quick look around.
- The second rule:the attacker must show his colleague who has the ball.
- The third rule: the attacker, in the event that an opposing defender pressures his colleague to take possession of the ball, must support him according to the priority of support.
- The fourth rule: the attacker must move by running at the appropriate speed to receive the ball from his colleague.
- The fifth rule: occupying a good place by the attacker in order to be passed to him by his colleague who has the ball.
- The sixth rule: the attacker to whom the ball comes from his teammate must do deception with the ball or dribble before acting with the ball.
- The seventh rule: the attacker should not hide behind the opponent's player so that his colleague who has the ball can pass it to him.
- The eighth rule: when the attacker shoots the ball into the opponent's goal, he must follow it to complete the attack.

3.2.Defensive planning rules: we mention the following:

- The first rule: when a team's attack is over, the defender must take the correct defensive position.



-The second rule: at the end of the attack, the defender must take the motivation position while observing the space or the size of an opponent

- The third rule: the defender must block the path of the ball to his goal.

- The fourth rule: when carrying out an attack with his colleagues, the defender must return to his area to carry out his defensive duties .

- The fifth rule: the defender must work to expel the opposing attacker who has the ball outside.

Rule Six: the defender must work to reduce the free spaces between his teammates in dangerous areas with his half of the court.

-The seventh rule: the defender must prevent the opponent's attacker from acting on the ball.

○ **Technical points for the development of schematic rules and plans:**

+Motivate the players to do everything in their power to implement the planned duties assigned to them and show them.

+Motivating players to modify and develop game plans according to the conditions of the performance environment surrounding them through personal behavior based on abilities, skills and self-planning rules.

+The player should always strive for innovation and creativity in his performance and always be ambitious.

+The player should stay away from selfishness, appearance and individualism, but must have a team game.

+The execution of the players is according to the instructions issued by the team coach or his representative during the match.

+Remind players to commit to positive performance within the framework of the law of football.

4.Steps of teaching and developing schematic rules and plans:

* View the plan through video or form. Etc.

* Players execute the plan without an opponent through slow performance.

* Players execute the plan without an opponent through fast performance.

* Implementation of the plan by competitors with a gradual number of increments.

+Execute the plan in match-like situations.

+Execution of the plan in trial matches.

5.Types of schematic sentences:



- * Planned sentences that start in the wing area and the attack is built and developed in the wing area as well, and then it is completed through a cross ball.
- * Plan sentences that start in the wing area and the attack is built in the center of the field, then it is developed in the same wing area and then it is finished through a cross ball.
- * Linear sentences that start in the center, and the attack is built in the center area, then it is developed in the wing, and then it ends with a cross ball.
- * Linear sentences that start from the middle area, and the attack is built in the same middle area, then developed and finished in the same area as well.

Stages of training on schematic sentences:

The application of linear sentences gradually and according to specific stages provides both the factors of concentration and absorption for the players during the performance, which enables the implementation of mental motor programs in the best possible way. the following are the most important main stages of the development of linear sentences:

- * Start the stage of finishing the attack in the planned sentence.
- * The stage of attack Development associated with the stage of development and completion of the planned sentence.
- * The stage of constructing the attack associated with the stage of development and completion of the planned sentence.
- *The stage of starting the attack associated with the stage of development and completion of the planned sentence.

The ninth lecture: endurance and power production systems

Endurance and power output systems:

1.The concept of endurance:

Endurance is defined as the ability of an individual athlete to continue to perform effectively without a decrease in his efficiency or the ability of an athlete to resist fatigue.

The importance of endurance:

- Endurance is important for many athletes.
- Endurance contributes to the acquisition of other elements of physical fitness.

2.Types of tolerances:

Endurance is divided as follows:

- General endurance



➤ The special endurance:

- + Aerobic
- + Anaerobic

➤ **General endurance:**

It is defined as the ability of a player to effectively maintain general physical performance, which has to do with special performance in specialized sports.

* The previous definition reflects that general endurance is associated with general physical performance related to the physical performance that specializes in the individual athlete.

* General endurance can be considered a base for special endurance in specialized sports, as it contributes to the individual athlete gaining special endurance.

* General endurance is associated with special endurance in specialized sports, regardless of the time of continuity of performance.

➤ The special endurance:

* It is defined as the player's ability to continue to perform specialized physical loads effectively and without the appearance of a decrease in the level of performance.

* Special endurance is divided into several types according to the requirements of physical and motor effort in each of the sports, which differ from one sport to another, the difference in physical effort is represented by the difference in the rate of effort in some sports while it is constant in others, and also differs according to the motor requirements, which is the variation of motor skills from skills with a single movement to skills with repetitive movement and others.

Special tolerances are divided by their types as follows:

- Endurance performance:

It is defined as the ability to continue to repeat motor skills efficiently and effectively for long periods without decreasing the level of performance efficiency, an example of which is the repetition of skills performance in all sports.

- Speed tolerance:

It is defined as the ability to continuously perform symmetrical or asymmetric movements and repeat them efficiently and effectively for long periods at high speeds.

-Speed tolerance can be divided into maximum speed tolerance, less than maximum speed tolerance and medium speed tolerance.



3. Bearing power output system:

* Aerobic endurance:

It is defined as the ability to continue to perform effectively without decreasing the level of performance in specialized sports using oxygen.

* Anaerobic endurance:

-It is defined as the ability to continue to perform effectively without dropping the level of performance in specialized sports without the use of oxygen.

Endurance and power output system:

1. Fitness power output systems:

* The fitness of the energy production system is defined as "the ability of the player's body to store and use fuel effectively to produce the muscle contractions required in a particular type of sport".

* The previous definition of fitness "energy production system" also means the important and necessary adaptation of the circulatory, respiratory, hormonal and parental systems that contribute to the supply of body muscles with energy and the removal of carbon dioxide and waste products from them.

* Each of the sports has its own energy requirements that differ from the energy requirements of other sports, and energy is used in each of them in a different way, so the coach must fully identify how the muscles use the energy available to them.

* In order for players to meet the requirements of specialized sports efficiently and effectively, training must be organized to be performed through a specialized energy production system..

2. Energy (Energy:)

* Energy is defined as (the ability to perform work or accomplish a job).

There are six forms of energy : chemical, mechanical, thermal, photovoltaic, electrical and nuclear.

* Energy is not perishable, but it can be transformed from one form to another, and based on this, chemical energy is transformed into mechanical energy inside the human body, and this energy is considered the source of human movement, which is originally the result of the transformation of food into chemical energy.

* From 60% to 70% of human energy is converted into heat, and the rest of it is used in mechanical work and cell activities.

* Table No. (07): shows the stock in the body of energy production materials.



Table No. (07)

The body's stock of energy substances for an average body weight of 65 kg with 12% body fat

The stock in the body of energy substances	Gram	Kcal
Carbohydrates		Carbohydrates
Liver Glycogen	110	451
Muscle Glycogen	250	1025
Glucose in Body fluids	15	62
Total	375	1538
greasiness		
Subcutaneus	7800	70980
Interamusclar	161	1465
Total	7961	72445

* The energy used by muscle fibers in carrying out their contractions is of that chemical type, where all the carbohydrate, fatty and protein substances found in food are dissolved into simple compounds in the form of chemical compounds that store energy inside, when energy is released from these chemical compounds, it works to form a chemical compound called triadinosine phosphate, and it is abbreviated by its initial letter (ATP). this is done after using the stock of it already in the contracting muscle cells.

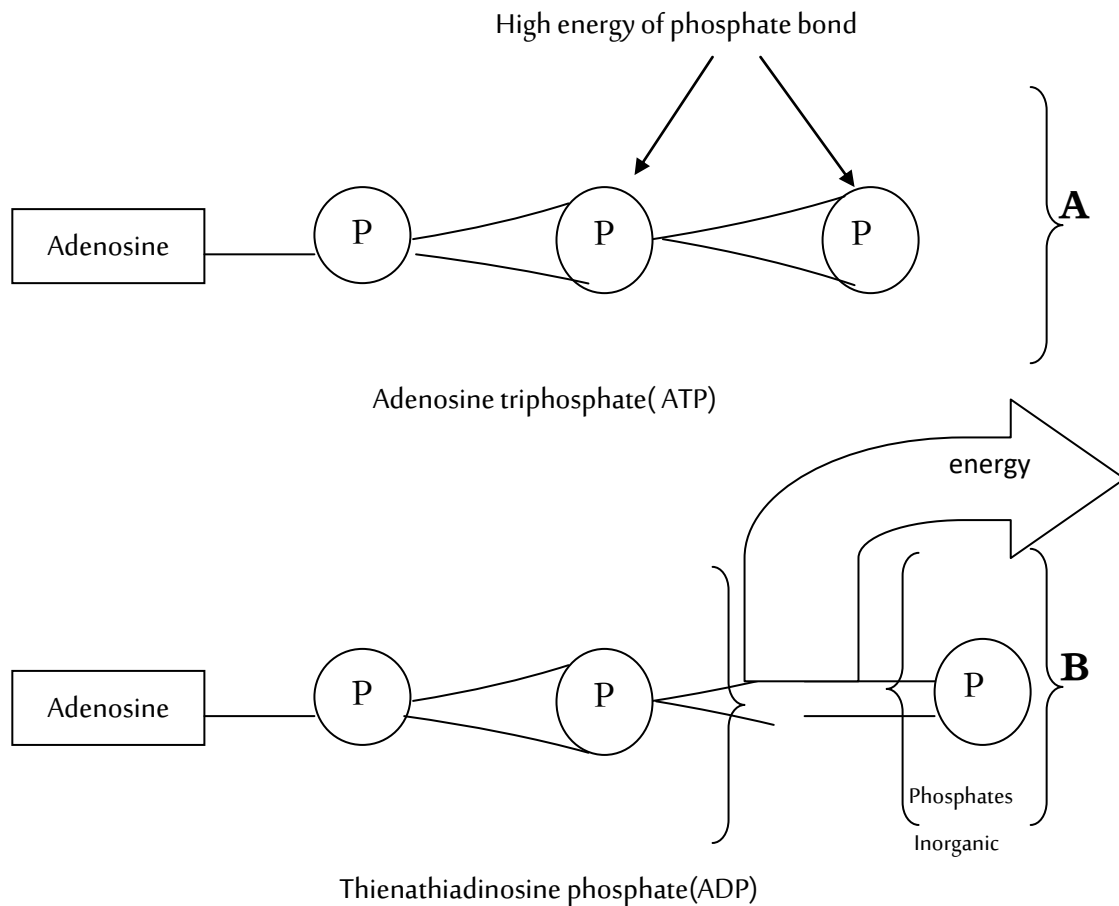
* Triadinosine phosphate (ATP) is stored in all cells of the body, and through the energy released from its breakdown, muscle cells can contract.

*The chemical energy released from the chemical compounds resulting from the decomposition of the food eaten is not used directly in the events of muscle contraction and therefore not directly used in any motor performance, but this energy contributes to the formation of the compound triadinosine phosphate (ATP), which is considered the diamond compound in the process of muscle contraction and is sometimes called the "main fuel for muscle contraction."

3.Triadinosine phosphate (ATP) diamond fuel for muscle contraction:

* Adenosine triphosphate (ATP) is an extremely complex compound, it is synthesized from adenosine in addition to the phosphate group, and it is stored in muscle cells in very small quantities, this is due to the fact that they cannot absorb large amounts of it, note that the terminal bonds of phosphate store high energy.

*The motor energy of the muscles is produced from the compound triadinosine phosphate(ATP) during a chemical reaction that takes place in the muscle, where one of the phosphate bonds is released and this results in high energy, which is used by the muscles in their movement to produce the work or work required in the face of it, and in the same reaction also produces a compound diadinosine phosphate, abbreviated(ADP) in addition to inorganic phosphate, coded (Pi).



A. Simplified form of construction of the triadinosine phosphate compound (ATP)

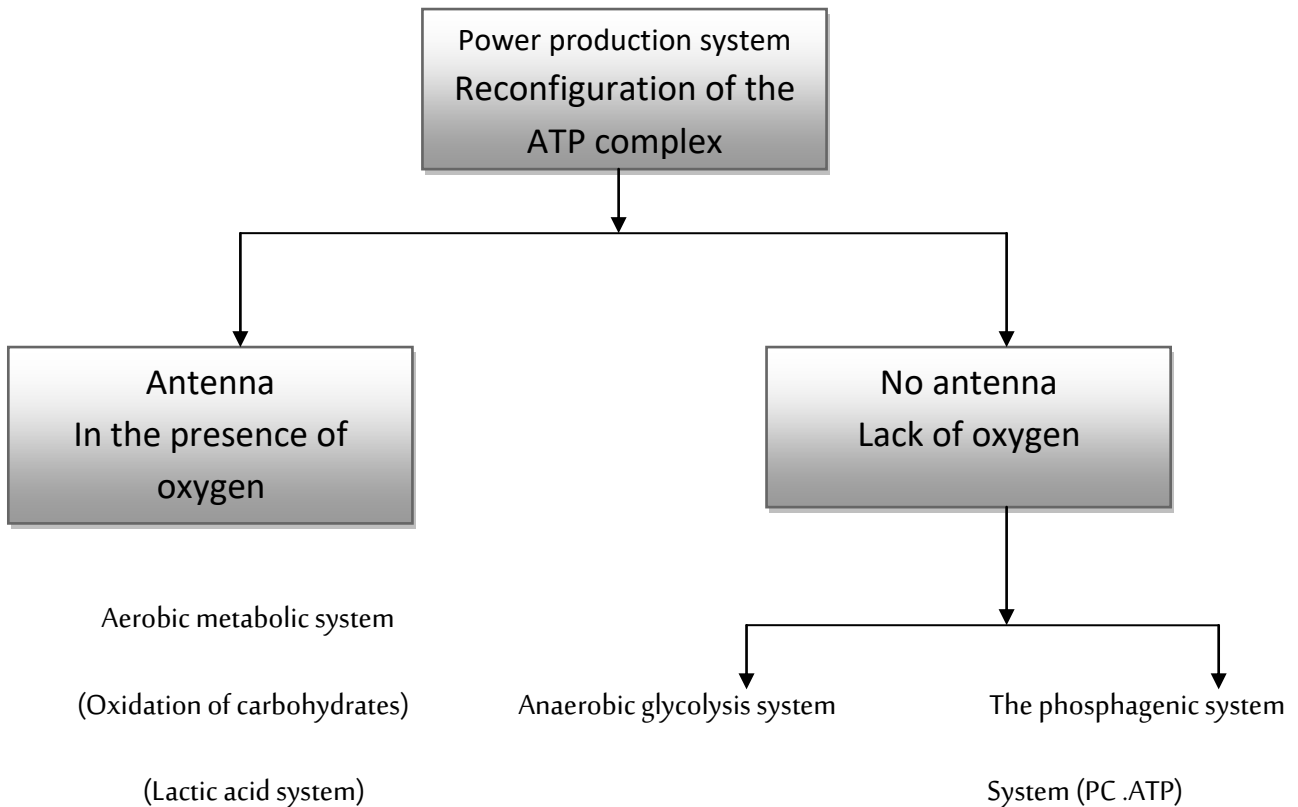
P. The decomposition of the triphosphate compound (ATP) into adenosine phosphate (ADP) and inorganic phosphate Pi in addition to releasing useful energy for muscle contraction.



4. Power output system as a source of triadinosine phosphate compound (ATP):

*The two basic systems for producing the energy necessary for the recombination of triadinosine phosphate in muscle cells are the "aerobic system", which means in the presence of oxygen, and the "anaerobic system" without the presence of oxygen.

*The anaerobic system is carried out through two subsystems, the phosphagenic system, and is abbreviated (ATP. PC) and the anaerobic glycation system or the lactic Acid-acid system.



A figure showing energy production systems

4.1.The phosphagenic system:

It is carried out in the absence of oxygen

* The energy necessary for energy recombination is obtained from one more compound called creatine phosphate, abbreviated PC, which is also stored in muscle cells in trace amounts where the effect of the enzyme creatine phosphokinase is degraded.

* The phosphagenic system represents the rapid source of ATP energy production.

*The phosphagenic system does not rely on a long complex chain of chemical reactions to achieve the production of triadenosine phosphate.

4.2.Anaerobic glycation system (lactic acid):

It is carried out in the absence of oxygen



- * It is the second system by which ATP energy can be formed in the muscle in the absence of oxygen.
- * It depends on the incomplete decomposition of one of the food substances, namely carbohydrates (sugar), by converting it to lactic acid, and this results in energy that converts diadenosine phosphate to triadenosine phosphate energy.
- * When the player performs a physical performance that requires the maximum rate of performance and this performance lasts for a period of more than 30 seconds and less than 90 Seconds, Then the anaerobic glycation system begins to work to meet the muscle's needs of energy compounds so that it can continue muscle contraction.

4.3.Pneumatic system:

- * If there are two anaerobic methods to produce the energy needed for muscle contraction, there is only one aerobic system to produce it, the so-called metabolic system or carbohydrate oxidation system. It is a system that works and is automated in the presence of oxygen.
- * The mechanism of this system is through the transformation of glycogen in the presence of oxygen into carbon dioxide and water, and energy is released during this to build the amount of energy, because this generated energy requires many chemical reactions in the presence of more complex enzymes than those used in the previous two systems.
- * The pneumatic system has three sequential sub-mechanisms: the pneumatic clutch, the Krebs circuit and the electronic transmission system.
- * There are two other types of food that can be used to produce the energy needed to form a compound in the aerobic system, namely fat and protein, but fat oxidation requires a greater amount of oxygen.
- * The ATP energy complex is produced after a period of physical performance exceeding 3D and may extend for two hours, such as long-distance swimming and long running competitions, and this system does not lead to the accumulation of lactic acid in the muscle, and therefore not to reach a state of fatigue.
- * If players continue physical exertion for a long time, the anaerobically produced energy, which is already insufficient, depletes and depletes muscle glycogen and supplies it with acidic products, then the player stops continuing performance in order to re-store energy-producing substances in the muscle and work to remove acidic products from it.

5.Adapting the body's metabolism to aerobic endurance training:

- Impact on slow muscle fibers.
- Increase the number of capillaries that supply each muscle fiber.



- Increase both the number and size of mitochondria, which are nutrient-carrying cells.
- Improves the efficiency of many oxidative enzymes.
- An improvement in the efficiency of oxygen delivery systems, which leads to an improvement in the oxidation system and tolerance.

6.Adapting the body's metabolism to anaerobic endurance training:

- Anaerobic training increases the phosphagenic energy production system, or the lactic system.
- Anaerobic endurance training improves the capacity of muscle organizations, but aerobic training improves the muscle capacity to withstand sports activities that are characterized by launching in their movements.
- Anaerobic training improves performance
- Anaerobic training improves the efficiency of movements and better movement efficiency requires less energy.
- The capacity of muscle organizations is increased by increasing anaerobic training, which allows for high levels of muscle efficiency and better levels of lactic acid, which allows oxygen to be freed from lactic acid and to be electronic, which reduces fatigue.

Conditions for the development of anaerobic endurance:

+To develop anaerobic tolerance, several conditions must be met as follows:

- * Use exercises of high intensity.
- * Access to overload status.
- * Continued exercise for a short time.

+Anaerobic training improves by gradually increasing the speed, while the distance also gradually decreases.

+Anaerobic training has a good effect on skill performance, which requires concerted efforts of the muscles and nervous system, as well as mechanical efficiency.

Development of endurance in general:

The development of endurance in general depends on the following elements:

- * High level of maximum oxygen consumption
- *High anaerobic threshold
- * A high degree of economy in effort or a decrease in oxygen volume for the same rate of performance.
- *High content of slow-contracting muscle fibers.



Lecture Ten: selection in the sports field

1. Pick and choose rookies:

We can divide the selection into three stages as follows:

The first stage:

This stage aims to determine the general health condition of the young person, through medical examinations, and exclude those whose fitness does not qualify their medical examinations to practice sports. It also aims to reveal the initial level of physical qualities, morphological and functional characteristics and personality traits of the gifted person, the extent of the development of physical qualities and motor abilities in the child, and how close or far from the standards and requirements necessary to practice the sports activity expected to be directed by The Gifted or emerging to practice it.

The second stage:

This stage takes place after the talented newcomer has passed a relatively long training period according to the type of sports activity, and often the work during this stage is the organized observation and objective tests to measure the growth of morphological and functional characteristics, the speed of development of physical and psychological qualities, the extent of mastering motor skills, the harmony of physical abilities with his progress in the activity, these observations all indicate a talent. The possibility of reaching the highest levels of sports.

The third stage:

It is the final qualifying selection stage that determines the accuracy of the characteristics of the talented junior and his abilities after the end of the second stage of training and the selection of the most qualified juniors. Sufficiency and the possibility of achieving high sports results. Attention at this stage is focused on measuring the level of growth of morphological and functional characteristics, as well as responses and preparations for the type of physical activity and the speed of recovery processes. Quality of recovery after exertion. Also taken into account the measurement of psychological trends and features



such as self-confidence, courage in decision-making and the requirements of sports activity to achieve higher levels.

2.The most important methods of selection:

When starting the selection process, the trainer should take into account the following things:

- * The number of children taking the test.
- * How to choose, time and type of tools used.
- *Methods of selection, namely:
 - +The level of physical qualities (strength - speed - endurance - motor compatibility).
 - + Physiological and biological characteristics(maximum oxygen consumption - lung capacity - the amount of blood pumped by the heart per minute - the percentage of erythrocytes)
 - +The speed of the child's growth and transition from one stage to another, and there are those who are delayed and those who react with rapid growth spurts.
 - +The speed of development of sports results and their constancy in the first and last stages of sports training.
- *Self-esteem.
- * Belonging to a sports family.
- *Proximity of the residence to the hall or playground of training and education.

Selection methods for talented junior athletes:

- The method of natural selection:

Rational natural selection can be defined as a slow process of the habitual development of an athlete's talents from infancy until recognition as an athlete.

- Industrial selection:

This selection is based on the natural selection of a certain stage, but it consists of recording some valuable results in a relatively short period of time with intensive effort, and artificial selection leads to the nomination of some athletes who do not have the typical features of the individual athlete in question and who have other qualities that will help them prove to be superior athletes, and thus these athletes will be subjected to artificial training or training in the laboratory, as we call it.

- Accidental selection:

This selection is an unstructured or organized work to discover talents in sports education, and random selection is not applied in all sports branches, as there are some branches where records are recorded and more, and it is a long-term process based on natural selection.



3.Determinants of selection in the sports field:

The possibilities of a talented young athlete to reach the higher Sports levels are united by several factors that must be available, and some of these factors affect the level of the young athlete in a direct way, and others affect indirectly.

Good nutrition, adequate sleep, proper use of free time and a balanced relationship between work effort, training effort and the organization of rest times, and these factors all have an impact on the possibilities of the emerging athlete to achieve high sports results, and provides a good training program based on limited scientific bases and the possibility of good training and advanced sports equipment, which are all essential factors for the development of the trainee, and there are many other factors that are essential determinants in the selection processes and different stages, and in light of these factors, the determinants of the selection process can theoretically be divided into three main types:

* Biological determinants:

The biological factors and variables on which a good prediction is based include the selection process at its various stages.

* Psychological determinants:

It includes psychological factors and variables, on which a good prediction is based in the selection process at different stages.

* Special preparations:

It includes preparations for different types of sports activities, as each sports activity has its own requirements that may differ from the requirements of another activity, and these preparations may be biological or psychological.

Selection factors when training senior levels:

- Anthropometric (morphological) measurements:

These measurements are represented by height and body weights, and the relationship of each to each other, and through this information it is possible to predict very important information, the height to which an individual can reach the completion of maturity is worthy of attention, which is crucial in the selection process, and the results of scientific research in the field of biomechanics are proof of this, as they indicate that there are high correlations between anthropometric measurements and performance levels in various activities, for example, scientists have come up with an equation that can be worked out, which has a high degree of stability:

+ Height for the boy-((height of the mother+ height of the father) multiplied by 1.08) divided by 2



+ Height for the daughter –((father's height multiplied by 0.923+mother's height)) divided by 2.

As for determining the degree of obesity or body type, there is a " kettle's guide " .".

$$\text{Body weight} = \frac{\text{Degree of obesity}}{\text{Body length/in centimeters}}$$

According to Keitel, " each one should correspond to a height of 400 grams of weight, and the level of obesity is considered good, ranging from

400-350g / CM, for men, for women from 325-375 g / cm.

- Physiological measures and biological age:

Physiological measurements refer to the level of work of the respiratory circulatory system through some measurements that can be used, such as pulse, number of breaths, oxygen absorption capacity, air capacity, as these measurements give to a large extent a predictive indication of the level of functional abilities in the future, and the values of these measurements are determined in light of the optimal limits for each age stage, physiological measurements can be obtained and can be predicted with a high degree of accuracy in the future, and be during the age stage (10-12 years), as for biological age, it is one of the factors the child will reach higher levels in the future It is certain that there is a proportionality between functional abilities, the external shape of the body and the chronological age throughout the stages of growth, as it proceeds

Physical development or growth is a known dynamic until full maturity.

- Physical abilities and kinesthetic sense:

Physical abilities represent the level of physical fitness elements, including oxygen and non-oxygen endurance, muscle strength, speed, flexibility, agility, etc., as already mentioned, the child follows the dynamics of the development of physical abilities up to the stage of full maturity, and the level of the child's abilities indicates the extent of his deviation from the path of development, and this is an important guide in the selection process, taking into account the abilities that are affected by the process of heredity in determining their level, as well as physical abilities, which must determine the level of ability to sense distance, time, space and motor performance as important bases in the selection process when training higher levels.

- Mental abilities and social aspects:

The level of intelligence and cognition is an important criterion for predicting the level in the future, and in the selection process can be guided by the results of tests or measurement and evaluation of intelligence and cognition as well as the observation process of the trainer for juniors during the



implementation of some planning duties and the extent of response to situation variables, the general mental

It is represented by (attention-cognitive speed-perception-motor perception), and cognition includes multiple abilities revealed by researchers and these abilities are classified into three main groups:

+Visual perception abilities. +Auditory perception abilities. +Motor perception abilities.

- Readiness for sports performance:

The level of readiness is a very important role in the level of sports achievements in general, and therefore it is a good criterion in the selection process from the beginning of sports activity, as it indicates the ability to resist frustration, the desire to learn and train, perseverance and effort, as well as achieving an appropriate level of self-stability and sports achievement.

- The right age to choose:

Determining the appropriate age for selection is an extremely important process, and opinions differed on determining a suitable age for practicing sports activity, as each activity requires a different age from other activities due to the requirements specific to each activity, and opinions were agreed to take into account two main factors in determining the appropriate age for selection, namely:

+The first factor: determining the age of childhood for each activity, which is the length of time during which the athlete reaches the best possible level. It is possible to determine the number of years of training to qualify an athlete for championship levels.

+The second factor: knowing the appropriate level to which physical standards and physical abilities reach to withstand the training requirements commensurate with the requirements of the activity, and the selection process begins based on the level of children in sports activity, in general through physical education classes and free activity, through which children can be directed to various activities based on readiness and desire and undergo a training program in the specified activity for a period of time under the implemented program.

Lecture eleven: development of physical fitness qualities in football

The concept of physical fitness for an athlete differs from that of an ordinary individual. an athlete must have the ability to withstand long-term muscle effort and endurance to perform the sports activity required of him. in general, physical fitness is considered a broad base that can serve as the backbone of all sports activities and at all stages and it is of great



importance to build on it the sports result during competition. physical preparation is a type of motor activity that works to provide the individual with physical fitness elements that enable him to perform sports depending on the body systems.

1.Physical requirements for a football player:

Modern football requires the development of physical qualities, and since these qualities are related to each other require their development together faster and stronger than trying to develop one quality at a time separately, the availability of minimum physical qualities as basic requirements for skill performance is considered the main goal of planning any training program, that physical qualities have a vast concept, widely used in the field of sports research, and several definitions have been given to them (physical fitness, physical ability, physical efficiency, etc.)...Football Fitness has been defined as " the availability of basic physical elements that drive the player's ability to perform his motor duties at a high level of efficiency.

1.1.Endurance:

- **his concept:** Abbas Abu Zeid, quoting Muhammad, defines it as": the ability to perform automated work without a decrease in the level of performance for a long period of time.
- **types of tolerances:**

Fink says that endurance is divided into several types, and according to the points of view, it can be divided into general endurance and special endurance, but according to the duration, as follows:

According to the duration, it is divided into:

+short-term endurance (45s2d)

+Medium range endurance (2D to 8D)

+Long range bearing (ACR of 8D)

In the field of football, the most commonly used types of endurance are two types, general endurance and special endurance, general endurance is that the player is able to play during the specified legal period of the match without physical difficulties, and therefore he must be able to run at an average speed throughout the game, and attention is paid to general endurance at the beginning of the first preparatory period, and general endurance is considered the basis of special endurance, and the latter, i.e. special endurance, is meant to continue performing with high physical qualities, skill abilities, and.



➤ **Principles and methods of endurance development:**

Some trainers may think that the length of training develops endurance, so they increase the number of training hours to three hours, for example, and this belief is fundamentally wrong, because increasing training hours without metered planning increases the percentage of injuries, loads ligaments, muscles and joints more than their capacities and negatively affects the functional organs, so it is better to follow the so-called economic method in:

- In the period of general preparation, which consists in the balanced and integrated development of various elements of physical fitness, and the adaptation of the player's vital organs to cope with the burden of physical exertion on his shoulders, endurance training can be done by running long and varied distances and distances increase by repeating running with the difficulty of contraindications.
- At the stage of special preparation aimed at developing the qualities and abilities specific to the type of activity practiced, and providing the athlete with the necessary technique and tactics, running distances with the ball are performed with the performance of some other various skills.
- With regard to the preparation of the matches stage, the emphasis is on performance tolerance and speed tolerance through the requirements of skill and planned performance of football.

➤ **The importance of endurance for a football player:**

Endurance plays an important role in various sports events and is the basis in sports preparation, it is important to the following:

- * Develops the respiratory system
- * Increases the size of the heart
- * Regulates the circulatory system
- * Increases the maximum oxygen consumption
- * Increases the enzymatic activity.
- *Increases the power supply.

1.2.Power:

Strength is one of the basic components of physical fitness and is defined as the ability to overcome external resistance or the opposite action that stands against the player, while in the field of football, strength is defined as the ability of muscles to overcome various resistances.

➤ **The importance of strength for football players:**



Muscular strength plays a very important role in achieving the performance of a football player during the match, and it is clear that the player needs it in many situations, especially when jumping to hit the ball with the head, aiming at the goal or long passes of various kinds, and when performing various tasks with the appropriate strength and speed, its importance also appears as the match requires constant struggle and friction with the opponent to take possession of the ball or tight control while overcoming body weight during the match.

1.3.The speed:

The speed element is one of the elements of physical fitness that is difficult to develop compared to the rest of the other fitness elements, this trait is a genetic trait, and therefore it is difficult to develop athletic speed significantly and noticeably if this sport has a high percentage of slow-contraction and diastolic muscle fibers, but there are some methods used to develop speed, namely:

* The usual method of developing speed: it is a method that is used to increase the transitional speed such as running and motor speed such as exercise and dribbling, and the reasons that are usually used in its development are:

+Jumping drills.

+Weight training.

* Resistance method:

It is the projection of external forces on the various working muscle groups in moving to develop transitional or kinetic speed, and the methods that are usually used in their development are:

+Fast jogging by pulling a tool tied with a rope fixed in a waist-length belt.

+Fast jogging up the bug ramp.

* Method of assistance:

It is called auxiliary exercises for the development of speed, which is the extent of taking advantage of some external influences to increase the speed of the athlete above the usual maximum speed and from the methods that are usually used in its development, namely:

+ Withdrawal method

+Take advantage of the wind speed.

+Jogging down a slope.

➤ speed components:

Simple and complex reaction speed.

Objective speed.



Transitional speed.

Therefore, speed is considered one of the most difficult physical elements that develop in the development process, it needs a period of time for its development and has certain characteristics, and it depends on the following factors:

- +The ability of the nervous system to send fast nerve signals.
- +Physical measures height, height of legs, leads to increased speed.
- + The functional processes of the respiratory organs depend on the air capacity, the maximum oxygen consumption.
- + Climatic conditions such as air temperature that affect body temperature, if running in conditions below 15 degrees it is difficult to achieve perfect performance..
- + Genetic factors, so that the element of speed is the most dependent on genetic processes, as some researchers believe that 65% of sports achievement (speed) depends on the genetic factor, and 30% depends on previous factors and unknown factors.

The best ways to develop explosive power:

Jump to a box and go down and then jump to another box up, it is not preferable to use weights in running.

➤ **the force characteristic of velocity:**

- +It is the muscular effort that is exerted in a short time.
- + Explosive force is part of the force characterized by speed, but the muscular effort is in the maximum amount and time in the shortest time.
- +Explosive power: all types of throwing measurement is the distance, the higher it is, the player has explosive power in football, such as penalty shot, direct hit, rapid ejection of the goal.

1.4.Flexibility:

Defined by "anarino": it is the range of motion of the joint.

Defined by " Clark": the range of motion in a joint or a series of joints.

Stretching exercises are exercises and movements that positively affect the muscles or short muscle group to increase the degree of their flexibility, which leads to the ability to perform various movements for a wide range.

Stretching exercises are mainly aimed at developing the quality of flexibility, which largely depends on the ability of tendons, ligaments and muscles to elongate and stretch, as many joints of the body allow the individual a certain amount of flexibility through the ligaments and tendons that connect between



the joints, and stretching exercises are divided into general exercises aimed at developing the general flexibility of all joints it is necessary to take into account the Association of stretching exercises with strength exercises to ensure the balanced development of the motor and muscular system and avoid the development of only one side, after taking into account the preparation and preparation of the body (warm-up or heating) before stretching exercises.

➤ **The most important methods of developing flexibility:**

- * Static flexibility exercises: performed by careful holding of the body or any other object, such as stairs or Swedish benches, according to the typical degree for a specific period of time.
- * Moving flexibility exercises: are exercises that lead to moving one or several parts of the body in the form of movements or vibrations, without touching any other part.
- * Static flexibility exercises: performed by the movement of the part that carries the weight to the maximum extent of movement towards the Earth's gravity with no flexion of the middle joint, which are exercises in which tools and devices are used such as weights, medical balls and Swedish benches ...Etc.

Factors to consider when developing flexibility:

- * Pay attention to warm-up before performing exercises.
- * The need for performance in each exercise to reach the maximum extent allowed by the joint on which the movement is working.
- * The individual stops performing in case of feeling pain in the joints in general or feeling tired and exhausted.
- * Gradually increase the range of motion to the appropriate extent so that the muscles and ligaments of the joints are not injured by tearing.

Flexibility sections:

- + Positive flexibility is the ability to perform a wide motor range without external assistance or the use of devices.
- + Passive flexibility is the performance of a wide range of motion depending on the help, usually more passive flexibility than positive flexibility, and the greater the difference between them, the more it is possible to develop and develop positive flexibility, called flexibility Reserve.

The development of flexibility usually begins at an early age and the reason for this is that flexibility depends on anatomical and physiological characteristics.

Means used in the development of flexibility:



* Stretching exercises: they are the main means of developing flexibility, which are repetitive body exercises performed for sets for a period of at least 10 weeks and are daily at a rate of 45d, from each training unit.

* Using devices, but with reciprocating movement: there are some devices aimed at developing flexibility, such as the pelvic joint development device.

*The modern methods used (the method of electrical impact) are responsible for stretching the muscles

1.5.Agility:

The ability to quickly, accurately and with proper timing to change body positions or direction, be it with the whole body or part of it, on the ground or in the air, means for the development of agility there are fundamental foundations that serve to increase it:

* Set the fitness exercises separately as a single training unit at the beginning of the training program if it contains a program other than fitness.

* High level of fitness elements, because the development of agility is associated with the development of fitness elements .

*Training at an early age on various modern skills.

➤ The most important ways to develop agility:

* Methods for developing general agility:

For the development of general agility is recommended the following:

- Training on various devices develops compatibility and is very important for the development of agility.

* Methods of developing special agility:

- Training in unusual conditions .

- Training with different conditions, such as jogging towards the wind.

- Training on an open field.

-Training on close movements within the performance, such as lateral jogging.

1.6.Balance:

For the development of the balance element it is necessary to follow the following:

- Development of a static balance element.

-Development of the moving balance element.

* **Static balance:** for the development of this element the following must be followed:

+Development of resistance to the constant force of the parts on which the movement is based.

+Develop the flexibility of the joints that are the fulcrum of balanced movement.



+Development of reverse muscle flexibility of the general muscles in the movement of equilibration.

* **Moving balance:** for the development of this element it is necessary to follow the following:

+Use low devices or put them on the floor.

+Use of auxiliary devices for security.

* **Static-moving balance:** to develop this element, the following must be followed:

+Practice movements that bring the body into different states of balance.

+Rotation training similar to the required movement views.

+Fall training within a certain height.

+Balance on one foot.

➤ **developing a compatibility element:**

To develop the compatibility element requires the following:

- Repeat the performance of movements followed by integration in order to deepen the motor pathway in the nervous system.

- Use voice speech alarm as well as motor alarm for motor adjustment.

- Performing small games that aim to achieve neuromuscular compatibility through the development of reaction speed, because there is an associative relationship between compatibility and reaction speed.

-Gradualness in connecting parts with each other when learning them.

1.7.Accuracy: the development of the element of motor accuracy should be linked to the development of other elements of physical fitness in addition to following the following: +the use of certain tools and devices to reach the required accuracy.

+Use devices and tools of different sizes and weights to adjust the desired movement.

+Perform movements at different speeds.

+ Distinguish the preposition and then connect them with each other

+Training on similar exercises.

+Fine tuning of skill movements.

+Give Motor accuracy exercises at the beginning of the training unit.



Lecture twelve: planning and programming in the sports training of the game

1. Good sports planning:

- _ Setting goals to be achieved.
 - Identify the duties arising from the objectives to be achieved and determine the priority of each of them
 - _ Identification of various ways, views and means that lead to the achievement of the most important duties.
 - _ Determine the chronological timing of the different stages.
 - _ Determine the most appropriate types of organization.
- Determine the necessary budgets.

2. Planning sports training:

The training process to reach international sports levels requires preparation for many years, and preparation for many years does not come haphazardly, but through planning based on sound scientific foundations to ensure that the training process reaches the best results and the highest levels.

This does not mean that planning is always associated with long periods, but it is imperative to plan for short periods that contain setting detailed goals and duties for each stage, and in order for planning to become good, the following are taken into account

- 1-it should include determining the goal to be reached .
- 2-to include the identification of duties arising from the goals to be achieved and the priority of each of them.
- 3-identify the various methods and theories that lead to the achievement of the most important duties .
- 4_ determining the time timing of the different stages.
- 5-Choose the most suitable types of organization.
- _6determine the necessary budget.

3. Types of mathematical planning:

- A-long-term planning.
- B-short-term planning.
- C-ongoing planning.

A-long-term planning:

This type of planning is done for many years, but in terms of the quality of practitioners and the duration, this period may be 4 years ,which are the periods between the Olympic Games or World Championships in many games, or it may be two years, like the period between the European Championships



For example, or it may be for one year, which is the period between the world championships in some games, and long-term planning should be taken into account in connection with the process of distributing the training plan to one large training session, this course lasts several months and must include the three periods, preparatory and transitional competitions(which follow the end of the competition season and are considered as active or positive rest.)

B-short-term planning:

In the process of sports training, short-term planning is carried out for one training period, and short-term planning is based on the principle of specificity and realism, therefore it needs to be appropriate for practitioners from all sides.

C-ongoing planning:

The ongoing planning is mainly based on long-term planning and is characterized by a clear definition of the goal being implemented at the current stage, as well as determines the ways and Means Necessary for action.

Planning is generally influenced by two key factors, namely realism and accuracy of follow-up.

Allawi distinguishes between the types of planning for sports training, where he sees that the types of sports planning are:

1-long-term sports development plans.

2-the annual plan.

3-the phased or partial plan.

We must note that all the above-mentioned types of planning are based on interrelated foundations of work.long-term Sports Development Planning is the one that draws the plans and milestones for sports training operations that should be guided by all other types of planning processes, so this type of planning should be started, in addition, it should be taken into account that the less time the plan takes, the more it requires the need for comprehensive identification of its contents.

Long-term Sports Development Plan:

A long-term sports development plan is one of the most important foundations for the regularity of the development of an individual athlete over specific years. It includes, besides the player, both the coach and the duties and methods of work necessary for the development of achievement and personality.

Therefore, the long-term plan should include the necessary educational and constructive duties with the definition of the achievement goal for a period of two to four years or more-for example, planning to participate in the Olympic Games - with the duties to be organized on the years separately with an



estimate of the level required to be reached in training - setting the technical and physical rate for each training period separately (tests, adjusting achievements in competitions).

The long-term plan also includes the fixation of duties for scientific research and observation by the trainer and the doctor, addresses the following aspects:

- The health and functional state of the player (medical examination).
- Report on the degree to which the contents of the training load and its module have reached.
- Determine the degree of development of the level and the results recorded in various competitions.
- The level of each of the physical characteristics such as strength, flexibility, speed and skin.

As well as the skill level in terms of skills.

- The level of mental rehabilitation.
- Trends and behavior of the player in relation to training and competitions.
- The relationship associated with the aspects of home, work, study and the expected future of each of them.

The Olympic plan is considered a model of long-term planning and this plan is developed for four years, as it changes with the change of the Olympic cycle, and this plan includes plans that work within the framework of the Sports Federation for a particular activity, and also includes individual plans based on personality analysis and various aspects of certain abilities and skills so that an honest image of the player's personality is reflected, besides the need to contain annual plans, each of which aims to achieve certain goals to ensure reaching the overall goal.

Individual Olympic preparation plan:

This plan contains :

- 1-the names of the players.
- 2-the results of the player's level analysis (all aspects of the training situation).
- 3-the results of the analysis of the player's character (abilities and skills, characteristics, certain traits).
- 4-the goals to be achieved (the final goal and partial goals for each stage).
- 5-the most important training duties for each stage (speed, flexibility, strength, endurance ...Etc. Motor skills)
- 6-clarifying the aspects of training and the progress of the training load.

2. annual plan:

The annual training plan is one of the most important planning bases for sports training, since the year is a closed time cycle that takes place during competitions at certain and specific times.



The training plan works to try to prepare the player and reach the highest peak of his level (the highest sports formula) at the specified times for those competitions, and this plan contains :

A-planning the annual training periods and determining the most important duties of sports training.

B-develop special plans for the development of the most basic duties.

C-developing a sports competition plan.

A-planning of annual training periods:

Annual planning of the sports training process requires dividing the months of the year into several periods that vary and differ in relation to the goals and duties that you seek to achieve, and therefore their components and contents differ.

The annual training plan is mainly divided into periods to bring the player to his maximum level in certain and specific periods of the year, by planning duties and various means to achieve this.

The training periods within the annual plan are divided into three periods:

1-preparatory period . 2 - competition period. 3-transition period

Of course, these periods are determined in the light of knowledge of the specific period of competitions, which is different for each of the different types of activities.

In very brief, I would like to draw attention to the fact that each of the stages or periods covered by the annual training plan has purposes to achieve.the preparatory stage or period works to try to reach the individual to his highest athletic level, while the competition period works to stabilize the maximum level of the individual (maintaining high athletic strength) during the various competitions. the transition period or the positive rest period works to try to find the opportunity to ensure the proper transition of the individual to a new planning stage.

Double division of training periods during the annual plan :

For multiple considerations the types of sports activities differ in their divisions of training periods during the annual plan, Matveev has managedIt has been proven that the regular division of training periods (26) contributes significantly to improving the level of individuals who practice sports activities that require the characteristic of the skin, so another division is called the double division of training periods, as in Figure (27), since the length of the preparatory period and its continuation affects the increase in the volume of the training load to ensure the stabilization of the training situation and ensure its development, on the other hand, Matveev advises using the double division of training periods (preparatory period Competition Period _ transition period) for Sports activities that require speed and super strength and in which the volume of training does not play the main role



B-planning the development of the most important basic duties:

For the planning of the annual training process, it is necessary to develop plans for the development and development of the most important basic duties in each of the annual training periods, for example, the following:

-Special plans for the development and development of the most basic and necessary physical qualities, including plans for the development of muscle strength, speed and skin...Etc .

(General and special physical preparation plans)

- Special plans for mastering motor skills (skill preparation plans).

- Special plans for mastering planning abilities (planning preparation plan).

- Special plans for the acquisition of necessary knowledge and information (psycho-pedagogical preparation plans).

- Special plans for the development of congenital and volitional traits (plans of Psycho-pedagogical preparation).

The above-mentioned plans take into account the need to determine the training method used, the number of training hours required and the degree of load used.

C-planning of sports competitions:

Changing sports competitions is a necessary and important part for absolutely all colors of sports activity and no sports activity can be written to live without it .

Sports competitions are the ultimate goal pursued by sports training, on the other hand, sports competitions are an effective way to speed up the development and development of the individual's sports level.

Sports competitions are distinguished from sports training processes in that they force the individual to exert all his energies in order to be able to adapt and adapt to the competition burden, which is characterized by its intensity and height.

Types of sports competitions:

We must distinguish between two types of sports competitions, namely :

A-the main sports competitions.

B-experimental sports competitions.

Sports competitions are those important competitions in which it is imperative to record the best possible results (such as the competition of various championships, such as the championships of the Republic or the Olympic Games ...Etc .



As for the experimental competitions, they aim at the well-organized preparation of important competitions, and it must be taken into account that each experimental competition has a clear distinctive goal that it works to achieve to plan the contents of sports training operations during the period in which it takes place

Experimental competitions.

The most important duties that the trial competitions are working on can be summarized as follows:

1-getting used to the different situations that occur during sports competitions.

2-fulfillment of certain planning duties assigned.

3-choose different motor skills.

4-upgrading some specific motor qualities.

5-get used to a certain place of competition.

6-strengthen self-confidence and raise the level of ambition.

It should be borne in mind that in cases where experimental competitions are aimed at testing and mastering motor and written skills and abilities, this should be associated with the physical qualities necessary for success in achieving the intended goal.

It is necessary to take care of the proper planning of experimental competitions during the preparatory period of the annual plan to ensure an orderly progression of the individual's level and the need to choose competitions that lead to an attempt to achieve this goal.

Planning direct preparation for important competitions:

Direct preparation for important competitions aims to fully prepare the individual in all respects (skill, planning, physical, psychological) and work to raise the sports level to the maximum or try to stabilize it, in addition to trying to work on the individual's contribution with all his nervous and physical strength to that competition.

The direct preparation of important competitions also includes preparing the individual for the possibility of good anticipation and facing all the possibilities of competition, and the most important points related to this can be mentioned the following:

1-it is necessary to know the distinctive characteristics, strengths and weaknesses of competitors and try to train with some competitors who are characterized by those characteristics, and try to apply some specific skill and planning aspects.

2-an attempt to train under conditions similar to the conditions of competitions in terms of time, place, and the length of the period that experimental competitions take under the scope of those factors and



different circumstances.

3-practicing training and competitions and their distinctive characteristics, such as the use of start signals in swimming and athletics, as well as aspects of calculating errors in basketball, volleyball, football and others.

-4the use of various tools and devices that will be used in competitions such as balls, clothes and various tools that the individual will use during the competition.

5-training in the places where the competition will take place or in places similar to it.

6-taking into account the Daily division that the individual should be in the best state of readiness on the scheduled date of the competition within one day, and this must be taken into account within the division of daily time in the preparation period for those important competitions.

7-getting used to the various climatic aspects in which competitions are likely to be held, such as training during rains or on days characterized by extreme cold, heat or wind severity ...Etc.

Partial plan (periodic or phased)

Partial plans are only plans for short training periods or phases, which often include a period ranging from one to four weeks (a month), and are of great importance for the organization of the work of the sports coach.

This type of planning contains various materials for training in the specified period of the plan, as well as methods of organization and degree of pregnancy (weekly pregnancy cycle, period pregnancy cycle)and, of course, partial (period) plans derive their various resources from the annual plan.

In some cases, this type of planning can be used for a certain period of different training periods, such as the preparatory period or the transition period, for example, for easy evaluation and follow-up.

To ensure the exact organized daily work of the trainer, it is necessary to use daily plans recorded from the reality of partial or annual plans.

The training unit(training hour) is considered the basis of the daily planning process, it is perceived as the smallest unit in the organizational ladder of the sports training planning process.

The training module should include the following:

- Determination of the means and dosage of the initialization and preparation process (warm-up).
- The order and sequence of exercises of the main part.
- Determination of the training load (such as intensity, duration, number of repetitions and rest periods ...Etc.).
- Identification of the most important educational points for motor or planar skills.



)Selected exercises, common error correction methods, and the number of exercise repetitions are mentioned ...In the training of a large number of individuals, in addition, the method of organization, the distribution of groups, the tools used, their organization and the amount of time for each group are required ... Etc.

4.Components of the training module:

The training module usually consists of three parts, namely :

1-preparatory part (preparation and warm-up).

2-the main part.

3-the concluding part.

1-preparatory part :

The most important duties to which the preparatory part of the module is aimed can be summarized as follows :

A-relaxation:

Work on gaining the necessary muscles, relaxation, flexibility and elasticity.

B-warm-up:

- Work to increase the speed of the heartbeat and increase the amount of blood that is pushed in each stroke.

- Work on the expansion of blood vessels.

- Working to increase the speed of ventilation by increasing the amount of air inhaled so that breathing becomes faster and deeper.

- Work on raising body temperature.

C-motor regulation:

- Preparation and configuration of special motor skills.

- Try to reach the maximum reaction response capacity.

D-psychological aspect :

- Positive emotional counseling for training practice.

_ Trying to create maximum psychological readiness for training.

The preparatory part is divided into a general preparation and a special preparation, the most important of which is the special preparation, which is aimed directly at preparing the individual for the duty that he will practice first at the beginning of the main part of the training unit, and special exercises and competition exercises are used in this part. A gradual increase in the load should be observed to ensure



the transition to the main part of the training modules .

The duration of the preparatory part is significantly correlated with the nature of the main part of the training module, as well as with the climatic situation and the nature of the individual.

Some prefer that the preparatory part takes about 5/1 of the total time allocated for the training module.

2. the main part:

The main part of the training module contains those duties that contribute to the development of the individual's training status, and those duties are determined according to the purpose to which the training module is aimed.

The duration of the main part in normal training consisting of 90-120 minutes ranges from 2/3 or 3/4 the total time of the training module.

3. the final part :

The final part of the training module aims to try to return the individual athlete to his normal state or as close to it as possible after the effort exerted .

In this part of the training module, the amount of training load on the individual's shoulders is gradually reduced, noting that the individual is not assigned those duties that are characterized by difficulty or demanding concentration of attention.


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