

THE EFFECT OF A GUIDANCE PROGRAM IN DEVELOPING THE TACTICAL PERFORMANCE OF PLAYERS BAHRI SPORTS FOOTBALL CLUB

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Abstract

The tactical aspect is considered one of the most important factors and principles of sports training, through which the abilities and capabilities of coaches and players alike become clear, given that the game of football is largely directed towards the tactical aspect, as it is the aspect that achieves a positive difference in the training process, due to the importance of the topic and our ambition in Solve this existing problem by preparing and designing a psychological counseling program and then applying it to the players of the Bahri Sports Club in football to develop and improve tactical performance, out of our belief in the ability of the psychological program to raise the players' efficiency in implementing game plans.

The main objective: - Preparing and implementing a program and applying it to Bahri Sports Club football players The sample for applying the guidance program to Bahri Sports Club players, numbering (20) players, was selected from the total sample

The outcomes- For the guidance program based on developing tactical performance, there are statistically significant differences in favor of the experimental group between the pre- and post-tests of the Bahri Football Club team. Recommendation: - Work to circulate the guidance program used to all Iraqi football clubs for the first, excellent and professional divisions.

Keywords: Guidance programme: Tactical performance: Psychological programme.

Introduction

Counseling psychological programs are a constructive practical tool that aims to help the athlete understand himself and his personality by drawing scientific methods to identify his psychological and mental capabilities so that he can organize his positive thoughts that reflect positively on his general and sporting behavior and be more capable of adapting to different sporting situations during the course of football giving. He goes through it and this helps to raise his psychological and athletic abilities to achieve good performance and achieve the best levels in sports tournaments

Psychological programs are also of great importance in guiding and directing athletes on how to organize positive thoughts during match times and their ability to get along with others. This contributes to raising the players' abilities (physical and psychological) to achieve good performance and reach the best results in sports tournaments and competitions.

The tactical aspect is also considered one of the most important factors and principles of sports training, through which the capabilities and capabilities of coaches and players alike become clear, given that the game of football is largely directed towards the tactical aspect, as it is the aspect that achieves a positive difference in the training process and the repercussions of that difference on Rival football teams

This requires the coach to be familiar with the different training methods and to have a wide knowledge of the most important modern training plans. On the other hand, the player must be able to implement the plans set by the coach in a way that is consistent with the effort exerted by the coach, and this puts the player under repeated match pressure. And the psychological pressure it generates on the player throughout the match, knowing that every player on the football team masters the basic principles and plans drawn up for a specific side (the line of play) in this game more than other aspects. The attacking player has mastered the art of scoring more than he has mastered the art of cutting the ball. The opposite is true for the defending player

Here lies the coach's ability to develop various plans for each line of play in order to optimally employ the ability and potential of the players in order to achieve his sporting goals with complete confidence and excellence.

The importance of the research lies in the manifestation of the researcher's feelings in studying the psychological counseling program that aims to develop the tactical performance of the Bahri Sports Club football players.

Through field follow-up and informing the researcher of the conditions of the Iraqi League, specifically the Al-Bahri Football Club, and his knowledge of the negative and poor results to which he was exposed and his career faltered in most of the Premier League football matches, which can be attributed to several factors, the first of which is the poor level of players in implementing game plans. set by the coach, which had a negative impact on the club's results, due to the importance of the issue and our ambition to solve this existing problem by preparing and designing a psychological counseling program and then applying it to the players of the Bahri Sports Club in football to develop and improve tactical performance, out of our belief in the ability of the psychological program to raise the players' efficiency in Implement game plans

The objective of the study :

Preparing and implementing a program and applying it to Bahri Sports Club football players .
Identify the impact of the guidance program on developing and improving the tactical performance of Bahri Sports Club football players

Methods and structure of the study

Epermental approach to the problem

The researcher used the experimental method: The experimental method is the best method in research that attempts to develop appropriate solutions to educational problems. In this type of research, one or more factors related to the subject of the study are modified in an organized manner in order to determine the effect resulting from this modification on the dependent

variable. The researcher here is not determined by the boundaries of reality, but rather tries to reconstruct it in an experimental situation in a deliberate manner. This includes modifying this reality, usually controlling all the variables that can affect the dependent variable, with the exception of one specific variable whose effect is being studied in these circumstances, which is the independent variable (1: 119) Therefore, with God's help, an integrated psychological counseling program will be prepared consisting of (14) sessions prepared by the researcher to be applied to the main research sample.

Participants

The sample is the model on which the researcher conducts his work, so when the researcher studies individuals and societies, he cannot take all the individuals or society to study, as it is very difficult, so he chooses a specific sample from this society to study it (60:5).

The sample for applying the guidance program to Bahri Sports Club players, numbering (20) players, was selected from the total sample.

The researcher used (28) football players as an exploratory sample, represented by (Masafi Al Janoub Club) football club

Procedure

The researcher found homogeneity for the sample members through variables that could affect the experimental variable and thus might affect the results of the research in the individual differences existing among the players and reaching a single and equal level for the sample. These variables are (training age, chronological age, academic achievement), This is to avoid the influence of factors on the results of the experiment, which represent the specifications of the sample and for the purpose of ensuring its homogeneity in those variables that are considered influential in the experiment and which must be controlled. Homogeneity was found using the (skewness coefficient) test, and therefore the sample is considered normally distributed, as it is " Whenever the values of the torsion coefficient are limited to (± 3), the sample is homogeneous (10:128), and as Table (1) shows that

Table (1) It shows the homogeneity in the two groups of players in the research sample in the variables of age, height, and mass

Experimental group			Control group			Variables	
Torsion coefficient	stand	man	Torsion coefficient	stand	man		
0.231	2.751	6.700	0.623	2.658	5.800	Training age	1
-706	3.659	23.500	0.467	1.838	22.400	Age (years)	2
-004	1.595	2.900	-227	1.287	3.100	Academic achievement	3

Through Table (1), it was shown that the value of the (skewness coefficient) for the experimental group for each of (training age, age, and academic achievement) was (0.623, 0.467, -227), respectively, while the value of the (skewness coefficient) for the control group was for each of the variables. (Training age, age, academic achievement) were (0.231, -706, -004), respectively, and are ranged between (± 1), which indicates that the members of the two groups are homogeneous in these variables.

Measures

First major experience

Pretests

The assistant work team conducted pre-tests on the research sample for the experimental and control groups in tests of tactical performance in football (handling, receiving and scoring in football, linking and scoring in football, changing the direction of play and scoring in football, covering in defense, dribbling, then passing, then running and scoring), under the supervision of the researcher. This will be on Saturday, September 16, 2023, at Al-Bahri Sports Club Stadium, at two o'clock in the afternoon.

Plan performance tests

Tests were conducted on the application sample

Guidance programme

The main goal of the research is to identify the impact of a psychological counseling program using tactical performance, which requires preparing the program to suit the objectives and nature of the research. To achieve this, the researcher took the following procedures:

1- Access to many scientific sources that dealt with how to build psychological and counseling programs.

2- The researcher was informed of many scientific sources and previous studies that dealt with positive behavior and tactical performance

3- The guidance program was prepared and presented to a number of experts and specialists in the field of sports psychology, educational psychology and field training science, to ensure the suitability of the goals, activities used and number of sessions, as well as the time period and their suitability for the members of the research sample.

4- In planning to prepare the guidance program, the researcher relied on the following steps:

- Identifying needs. - Choosing priorities. -Setting goals. - Creating programs and activities to achieve goals. - Evaluating the program. (2:84) These steps are explained below

• Identify needs

After reviewing the researcher's scientific sources and studies that dealt with positive behavior and tactical performance, the researcher identified a set of needs, namely:

- Positive behavior. - Tactical performance.

• Choose priorities

In this step, the aforementioned needs were arranged according to their importance and priority based on the opinions of the experts and specialists:

• Setting goals: The researcher determined the general and specific goals of the psychological counseling program in a manner consistent with the needs that were diagnosed, as follows:

General objectives: They included providing members of the experimental group with some psychological characteristics that help him adapt and achieve compatibility between himself and the environment to which he belongs on the one hand, and between himself and himself on the other hand in order to distinguish their potentials and work to develop them to reach a state of physical and psychological stability. This was determined in light of the aforementioned needs.

Special objectives: These are the objectives that were derived from the general objectives of the psychological counseling program, which included a set of theoretical and practical procedures that the movement researcher used to achieve the goal of the program, which is to reveal the effect of the psychological counseling program on positive behavior.

Creating activities and programs to achieve goals

5- Lecture and discussion: This is one of the counseling methods in which a lecture is given by the researcher to members of the experimental group, followed by a group discussion with them. This method creates a positive psychological and social atmosphere in which the players can express what is on their minds.

6- Feedback: The researcher provides feedback on the methods and behaviors used by the players within the experimental group, works to correct negatives and unwanted behaviors, and supports and confirms positive thoughts and desired behaviors.

7- Social reinforcement: Reinforcement is one of the most commonly used techniques, and its method is summed up by providing a reward, symbolic reinforcements, or moral reinforcements in order to strengthen the behavior of the guide.(4:170)

8- Relaxation training: Stress hinders players' thinking, and using relaxation methods works to reduce their stress and think in a more positive way.

9- Modeling: This technique is also known as observational learning, as it is considered one of the counseling and psychological methods that belong to the social learning theory, which was introduced by Albert Bandura. In the current research, the researcher adopted the modeling technique in some counseling sessions through live modeling such as films of many... Local and international athletes, as well as photo modeling.

10- Homework: It is also in home training, which consists of activities that the lecturer gives to the members of the experimental group at the end of each session, and this is followed up in the next session to achieve progress and continuity, during the course of the psychological program.

• Program evaluation

It means judging the results of the psychological counseling program, and the program evaluation is obtained by comparing the results of the pre- and post-tests for the experimental and control groups.

Apply the ultimate search experience

After completing the preparation of the guidance program in its final form, the guidance program was implemented on members of the experimental research sample, players of the Bahri Sports Club, in football, according to the following procedures to achieve the objectives of the research.

1. Limit the number of program sessions to (14) sessions, one or two sessions per week.

2. All program sessions were carried out in the Bahri Sports Club hall within the club's headquarters at exactly (2:15) in the afternoon and according to the specified days of each week.
3. Introducing the experimental group members to the nature of our joint work while maintaining the confidentiality of what goes on during the counseling session.
4. Determine the steps to implement the program and arrange the sessions after taking into account the opinions of the experts and specialists, and Table (13) shows this.
5. Determine the date of the first session of the program, which was Sunday, 9/17/2023.
6. Determine the date of the program's closing session, which was Monday, 11/27/2023, during which the guidance program was completed and concluded.

Application of psychological program

After the researcher prepared the conditions for implementing the psychological program, he began applying the program, in cooperation with the assistant team, to the experimental group. The application of the guidance program took approximately (70) days, starting from Sunday, 9/17/2023, until Monday, 11/27. /2023 During this period, the indicative program was applied based on the actual performance method and the application of exercises for some game plans as prepared in the program. The indicative program unit was applied and the unit time was (45) minutes, and the total number of units was (14)

Posttest

After completing the application of the guidance program (positive behavior), the researcher on 12/30/2023, which was exactly two o'clock in the afternoon on Saturday, and on the main research sample of (20) players, applied the post-test on the application sample of (20) players, which was divided (10) female control players and (10) experimental players from the Bahri Sports Club football players, using the same previous variables, in the same way, at the same time, and according to their arrangement. They are the experimental and control group, and under the same conditions in which the pre-test was conducted on the two research groups

Analyses

The statistical program (spss) version 22 was used and extracted

Results

Table No. (2) Arithmetic means, standard deviations, and t-value calculated for the pre- and post-tests of the experimental group

Level of significance	Sig	Calculated t value	Posttest		Pretest		Variables
			stand	Man	stand	Man	
moral	0.005	3.737	0.516	2.600	1.287	1.100	Handling, receiving and scoring in football
Insignificant	0.051	2.248	0.843	2.400	1.287	1.100	Linking and scoring in football
moral	0.013	3.074	0.994	2.100	1.033	0.800	Measuring the accuracy and speed of changing the direction of play and scoring in football
moral	0.029	2.585	0.949	2.300	1.101	0.900	Dribbling, passing, running and scoring in football
moral	0.008	3.403	2.394	3.800	1.265	0.600	Defense coverage

Tables (2) show the difference between the values of the pre- and post-tests in the positive behavior of the main research sample, which reflects the extent of development in the research variable (plan performance) between the two tests and the qualitative addition to the psychological counseling program that was applied to this group, which the researcher took care to prepare and design. According to the scientific foundations of preparing and designing psychological counseling programs and believing in the inevitability of reaching these programs because the sample to which the counseling program is applied is at a chronological and training age that qualifies it to respond quickly to such programs that harmonize the human soul, which is full of desires, which is to reach the legitimate ambition. In fact, the members of the research sample of the experimental group were accepting He attended the counseling sessions with great motivation and eagerness that was not in the researcher's own imagination The suspense factor used in the counseling sessions of the psychological program and the proximity of the mentor (researcher) to the players of sports specialization and age may have a significant impact in moving the motivations of these players towards benefiting from the psychological program with positive behavior, which in its sessions stays away from negative and undesirable behaviors in the sports field. This leads to players' self-esteem.

When a person in general and an athlete in particular changes behaviorally from a negative state to a positive state, this achieves complete relief, happiness and psychological comfort for him, which makes him more generous in the training arena at the level of implementing game plans and at the level of exerting effort.

This is one of the most important goals of applying psychological programs that develop the spirit of courage, perseverance, and willpower in the football player to overcome the various

difficulties that he will face in the football league, which can be overcome through the aforementioned data and characteristics, which contribute to enhancing positive behavior among the players, represented by willpower and perseverance they contribute. In improving the quality of skill, tactical, and even physical performance among players, as Amer Saeed confirms, saying, "The success of cultivating the quality of perseverance and determination during training is necessary for the players to understand the importance of their abilities to perform the skill and tactical aspects in a correct manner with the required strength, speed, and accuracy, and for the player to realize the importance of Knowing the different methods in order to develop and improve the level of their tasks and persevere in them.(5:130)

The researcher also attributes the positive behavior of the development and growth in the level of tactical skills to the fact that the players of the Bahri Sports Club football club have good abilities in terms of their possession of high physical, skill and psychological abilities. This is a natural result and clear evidence of their commitment to attending the training units prepared by the coach, in addition to the commitment of the sample. The research and their keenness to be present in all sessions of the guidance program, with the support and support of the training staff, which resulted in the players realizing with all their feelings and conscience the truth of the importance of attending the guidance sessions as a means of achieving their sporting goals related to improving their level by applying game plans.

Considering that success in applying football facilitates the process of winning the football competition for the opposing team, because game plans are the most important factor and aspect in actual performance, and they translate the ideas and beliefs of the sports coach and his vision about the match.

The presence of differences with statistical evidence in the aforementioned tables between the pre- and post-tests of the experimental research group and in favor of the post-test fulfills our research hypothesis. This means the success and effectiveness of the guidance program used and applied to the experimental group that received the guidance sessions collectively based on studied scientific foundations with in-depth guidance discussions.

Which provided the opportunity for the players to interact with the guide and ask questions and inquiries in those discussions and sessions, and because of the presence of familiarity and love between the players and the guide, and giving the players the freedom to express their opinion and express what is on their minds regarding the two main variables of the research (to enhance positive behavior, tactical performance) and the method of treatment by changing the direction of behavior. From negative to positive behavior, there has become a significant interaction between the players in all sessions of the guidance program due to the players' acceptance of the guide (researcher).

And the solid scientific and sporting principles and values that he discusses in the guidance sessions about the future of visual football in that club, all of that took into account the feelings of the players towards directing them towards positive behavior, and this is what was confirmed by (Hamid Suleiman Hamad) ((Acceptance means that there is agreement and mutual acceptance between the players and the psychologist. The athlete and vice versa when the players do not accept the sports psychologist may lead to their aversion to guidance, so the

sports psychologist must take this into account and reach the appropriate convergence of ideas between him and the players.(4:437)

Displaying the results of the arithmetic means, standard deviations, and the calculated (t) value for the pre- and post-tests for the control group

Table (3) Arithmetic means, standard deviations, and (t) value calculated for the pre- and post-tests of the control group

Level of significance	Sig	Calculated t value	Posttest		Pretest		Variables
			stand	Man	stand	Man	
moral	0.005	3.737	0.516	2.600	1.287	1.100	Handling, receiving and scoring in football
Insignificant	0.051	2.248	0.843	2.400	1.287	1.100	Linking and scoring in football
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moral	0.008	3.403	2.394	3.800	1.265	0.600	Defense coverage

Table (3) shows us the arithmetic means, standard deviations, and (t) value calculated for the two tests (pre- and post-tests) for the control group, the research sample, which show slight changes at the level of arithmetic means and a lack of significance between the two tests (pre- and post-tests) in the skill variables for offensive game plans, except for one variable. Defensive coverage, and this confirms that there has been no development in the variables mentioned under research, because the respected training staff relied purely on the elements of sports training without paying attention to the psychological and suspenseful factors, and not introducing the sample into the atmosphere of lectures, guidance, and competition, and not involving the players in discussions regarding the team's conditions and presenting their intellectual and sports opinions regarding training. The club.

Increasing the repetition of the routine in any sports practice makes the player feel bored and monotonous, which drags the player into a corner, not wanting to perform and exerting full effort, and then spending psychological and physical energy in an elaborate manner, targeting the good productivity element in order to bring about development in the physical, tactical and psychological aspects, so the coaches must realize that training is not a process of developing the physical, skill, and even tactical aspects in isolation from the psychological and emotional aspects. Psychological factors have dominance over other aspects of training.

We can bring about tremendous development in the tactical aspects by developing psychological factors, revealing the identity of each player in the football club, knowing what he likes and what he hates, and what requirements he needs in order to sustain the training process, listening to him about what he wants and what he proposes, and dealing with him in a positive way. The reason for this may be due to The desires of the players themselves and their adherence to this type of sport on the grounds that it fulfills their future ambitions, which are represented by a decent living and social advancement. In addition to what is more important and greater than that, they believe in building themselves through football practices. This makes them more committed to it and more disciplined in coming to the training arena, to implement and perform the training units, but unfortunately most of these training units take place far from the full interaction required in the training process.

The game of football is one of the most exciting and exciting sports games, as it embraces large groups of people, such as fans in regular stadiums or behind television screens, and this requires great responses from the players, meaning that the player needs continuous excitement throughout the matches. The reason for this is that this excitement makes the player feel the importance of the goals. The sport he seeks to achieve

At the forefront of which is improving the tactical level that can be reached, and this pushes him naturally and in accordance with his personal convictions towards practicing football and training in it with determination and optimism because he has good motivation towards practicing sports activity, and this is what was confirmed by (Amer Saeed and others) ((that goals have a major role during the process Self-influence: Motivation is based on setting goals, through which a self-conviction is set, not a goal, which will determine the effort required and the time it takes to achieve the goal. The best results and gains are achieved through the athlete's achievement of personal goals, which contributes to strengthening motivation. (6:71)

CONCLUSIONS

For the guidance program based on developing tactical performance, there are statistically significant differences in favor of the experimental group between the pre- and post-tests of the Al-Bahri Football Club team.

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