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The Effect Of A Proposed Training Program Using The Repetitive Training Method In Developing The Strength Characteristic Of Speed Among Football Players Under 19 Years Old (U19)

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Abstract

Summary The study aimed to identify the effectiveness of the proposed training program by the method of repetitive training in developing the characteristic strength of speed among the football players (U19), where the study was conducted on an intentional sample represented in a team) of the city of Boushkouf of the First Regional Football League Annaba Out of the 26 players were divided into two control and experimental groups, the researcher used the experimental method of the system of two equal groups in order to suit the nature of the study and its objectives, and rely on the tests before and after this to determine the effectiveness of the exercises used. Finally, the results of the study showed that repetitive training had a positive role in the development of the distinctive force at the speed of (the test of the broad jump Lorfit and test the maximum partridge 10 seconds). Positive effect on the development of some physical characteristics of young players. -The necessity of conducting studies aimed at developing an iterative training program in an individual way for players to achieve the principle of individual privacy.

Keywords: Training program- repetitive training method - the characteristic force of speed - football.

1-Introduction and Research Problem:

Choosing the optimal methods of sports training positively contributes to improving and raising sports performance. Therefore, the coach must be familiar with the training methods, the factors included in each method, and the ability to use them effectively and appropriately according to the training goals. Among the most important and effective training methods that the coach focuses on is the repetitive training method. In this method, training is performed with high endurance intensity that may reach the athlete's maximum capacity, after which the athlete takes a full rest period that allows for complete recovery.

Training methods are fundamental in developing the physical fitness components in football, where the repetitive training method is characterized by maximum intensity during performance, reaching about 80-100% of the player's maximum intensity, with relatively long rest periods. This method aims to develop physical abilities such as maximal strength, speed-strength, explosive strength, and

strength endurance. (Youssef Lazem Kamash, Saleh Bashir Saad, 2006, p.318).

Bastawisi Ahmed Bastawisi (2000) points out that the quality of strength characterized by speed, which is a combination of strength and speed, is an important attribute in training certain sports that require strength characterized by speed for extended periods. The importance of this quality becomes particularly evident during prolonged performance. He also cites Zeghfert, noting that the significance of this attribute lies in the extent to which players need it during matches due to the frequent jumping and shooting. Researchers believe that football matches are among the games where both teams exert significant effort, as players continuously perform various skillful actions. This requires the quality of strength characterized by speed, along with the repeated execution of such actions. Players thus have a critical need to develop this attribute, which aims to maintain the level of strength characterized by speed for the longest possible duration without a drop in performance or effectiveness.

Speed-strength is considered one of the specific physical abilities in football, which includes many characteristics in defense, attack, team play, and enjoyable skills, as speed-strength plays an important role as one of the fundamental components of physical preparation that distinguishes sports activities such as running, vertical jumping, and football shooting. (Adel Abdel Basir, 1999, p.98). It was defined by (Hara, 1973, p.164) as "the ability of the neuromuscular system to overcome resistance with a high contraction speed," and (Johannes et al., 1994, p.2) pointed out that speed-strength is "the athlete's ability to overcome resistances through rapid muscle contractions," and it is "the ability to overcome submaximal resistance in the shortest possible time" (Ali Fahmy El-Bek, 1992, p.117).

One of the most important studies that addressed the subject of our research is the study by (M.M. Hawkar Salar Ahmed, 2011, Iraq), which aimed to identify the effect of a repetitive training method on developing the power attribute characterized by leg speed in futsal players. The researcher used an experimental method suitable to the nature of the study. The research population was deliberately selected from first-division futsal players in the northern region, totaling (112) players. The research sample was represented by Norooz Sports Club for futsal in Sulaymaniyah Governorate, consisting of 17 players, of whom (12) were randomly selected in a non-systematic way and divided into two groups: one experimental group consisting of (6) players and one control group also consisting of (6) players. The first group, to which the proposed training method was applied, was deliberately chosen by lottery, while the second group became the control group, which followed the curriculum prepared by the coach. Goalkeepers were excluded by the researcher. The training curriculum for the experimental group included (16) training units distributed over (8) weeks, with two training units per week; Among the research tools was the test of strength distinguished by speed with a 30-meter single-leg hop. The main results indicated that there were statistically significant differences in favor of the post-tests for both groups and in favor of the experimental group in the attribute of strength distinguished by speed for both legs. The researcher concluded that using the repetitive training method has an impact on developing the attribute of strength distinguished by speed for both legs in futsal players. No significant differences appeared in the test results under study for the control group as a result of implementing the method followed by the control group.

We also find the study by (Aqnini Marwan, Misio R. Rezki, 2021), which aimed to examine the effect of a training program using the High-Intensity Interval Training (HIIT) method on speed-strength in midfield football players of the Widad Tissemsilt Club, totaling 12 players. The researchers used the experimental method due to its suitability for this type of study. The pre-test and post-test were applied to a single sample in a three-trial maximum distance test on one leg, alongside the training program using HIIT. The results showed statistically significant differences among the participants in favor of the post-test, indicating the positive effect of the training program on developing speed-strength.

Researchers have observed a weakness in the level of accuracy in performing some skillful actions, whether offensive or defensive, among players in matches, especially at the beginning of the second half. The level gradually decreases due to weak shots on goal, as well as an increase in errors and the loss of easy balls during passing. This is due to the players' inability to sustain performance because of weak speed-strength endurance, which led the researchers to conduct this study as an attempt to develop a proposed training program to enhance and develop speed-strength by following the repetitive training method.

This general question encompasses several specific questions, which are as follows:

- Are there statistically significant differences in the pre-test between the control group and the experimental group in developing speed-strength for football players?
- Are there statistically significant differences between the pre-test and post-test of the experimental group in developing speed-strength for football players?
- Are there statistically significant differences in the post-test between the control group and the experimental group in developing speed-strength for football players?

The general hypothesis of the study was that the proposed training program, using the repetitive training method, plays a fundamental and effective role in developing speed-strength in football players under 19 years old. To elaborate on the general hypothesis of the study, we have presented the following specific hypotheses:

- There are no statistically significant differences in the pre-test between the control group and the experimental group in developing speed-specific strength for football players.
- There are statistically significant differences between the pre-test and post-test of the experimental group in developing speed-specific strength for football players.
- There are statistically significant differences in the post-test between the control group and the experimental group in developing speed-specific strength for football players.

The study also aimed to:

- Prepare a training curriculum using repetitive training methods to develop speed-specific strength in football players under 19 years old.
- Identify the effect of the training program using repetitive training methods in developing speed-specific strength in football players under 19 years old.
- Identify the statistical significance of the differences between the control and experimental groups in speed-specific strength in football players under 19 years old.
- Clarifying the effect of repetitive training methods on the attribute of speed-strength.
- Introducing the attribute of speed-strength and its importance in football.
- Raising coaches' awareness of the importance of speed-strength in physical preparation during training.
- Attempting to solve some problems related to the lack of physical abilities in football players.

The study terms were represented as follows:

Training program: It refers to the processes that need to be carried out, taking into account the start and end times of these processes according to a specific schedule and a clear goal. It consists of organized training units systematically documented according to a sports training methodology, considering a clear objective (Hossam Ezz El-Ragel, Ibrahim El-Helmy, 2002, p.62).

-Repetitive Training Method: This is a method in which the intensity of exercise increases following the high-intensity training method, reaching maximum intensity while the volume decreases. During this, positive long rest periods also increase. It aims to develop muscular strength, maximum strength, and speed-strength, and contributes to enhancing the energy production efficiency of the anaerobic system, as well as affecting the nervous system, since performance is at maximum intensity, which causes fatigue. (Amr Allah Ahmed Al-Bassati, 1998, p. 13).

-Speed-Strength: It has been defined by Matveyev as the ability of the neuromuscular system to overcome resistances that require a high degree of speed in muscular contractions. It is necessary in certain sports activities, such as shooting movements. Speed-strength is performed with a load intensity of 40 to 60% at maximum speed, and the speed of these exercises increases as long as it aligns with improving the athlete's strength.

It is a combination of speed and strength, and is defined as the ability of the neuromuscular system to overcome resistance through rapid muscle contraction. In another definition, it is "the ability to exert maximum force in the shortest possible time." (Zahran Abdullah, 2015, p.77).

-Football: It is a game played between two teams, each consisting of eleven players, using an inflated ball on a rectangular field, with a goal at each end. Each team tries to get the ball into the goalkeeper's goal to score a point (goal) and to surpass the opponent in scoring points. (Mamour bin Hassan Al-Salman, 1998, p.9).

2-Field procedures for the study

2-1-Exploratory Study: The exploratory study is a preliminary survey study conducted by the researcher on a sample before carrying out the main research, aimed at testing research methods and tools. The two researchers conducted it from the period (15-02-2019 to 30-02-2019), and it included several steps, summarized as follows:

- Contacting the team management to facilitate conditions and assist us in implementing the study.
- Identifying the appropriate tests to measure the trait of strength characterized by speed. We selected the sample for the exploratory study from the research population but outside the main study sample. We chose 8 players from the Boushquf Under-19 team active in the Annaba First Regional Division, with the aim of:
- Ensuring the ease of applying the tests and their suitability for the sample level.
- Determining the time required to carry out the tests.
- Identifying obstacles that may be encountered during the main study.
- Assessing the validity and reliability of the tests.

2-2-Study Tools: In our study, we relied on using appropriate and suitable methods to achieve the hypotheses we proposed, including the testing method represented by the selection of the "Maximum Step Test" and the "Long Jump Test" (Levert) conducted on the sample in the form of pre-test and post-test. A training program in the form of training sessions was also used to help develop speed-related strength in intermediate football players.

2-3-Tests Used: Definition of the test: Wajih Mahjoub defined it as "measuring an

individual's ability to perform a specific task according to precise scientific rules and formulas." Wajih Mahjoub also cites Intisar Younis: "It is observing an individual's response in a situation that includes organized stimuli to record and measure this response accurately." (Mohamed Sobhi Hassanein, 1987, p. 212).

2-3-1-Physical Tests: These are among the most commonly used methods in the field of training, especially in experimental research. These physical tests in sports allow us to assess the current condition of individuals so that we can build and plan training programs properly, taking into account factors of effort and cost.

- **Standing Long Jump Test by Eurofit:**

-Purpose of the test: To measure the explosive strength of the legs.

-Required equipment: Measuring tape، a flat surface on which a take-off line is marked.

-Performance description: The subject stands behind the starting line with the toes of the feet touching the line from the outside. The subject begins by swinging the arms back, bending the knees slightly, leaning forward a little, and pushing off the ground with the feet, attempting three consecutive long jumps with both feet together.

Recording: Measure the distance from the take-off point to the end of the third jump at the heels of the feet. Each subject has three attempts, and the best attempt is recorded. (Mohamed Sobhy Hassanein, 1987, p. 215).

- **Ten-Second Maximum Hopping Test:**

-Purpose of the test: To measure the explosive strength of the legs.

-Required equipment: Stopwatch, whistle, measuring tape, recording form.

-Test procedure: The subject stands behind a marked line on the ground. After hearing the whistle, the subject hops in a straight line as fast as possible. The subject is allowed to continue hopping if they fall.

- **The Proposed Training Program:** The researchers designed a proposed training program according to the characteristics and abilities of youth football players, after reviewing the scientific references related to the study and examining studies associated with the topic, then formulating the program as shown in the appendices. The training program includes several physical and skill exercises aimed at developing the strength attribute distinguished by speed. Based on some of the previously mentioned studies in this field and after reviewing references, studies, and research in modern sports training, the researchers concluded the necessity of designing a training program consisting of a set of physical and skill exercises to develop the strength attribute distinguished by speed through repetitive training.

2-4-Scientific Foundations of the Study Tools:

-Test Reliability: To measure the validity of the tests, the researcher conducted preliminary tests in order to calculate the reliability coefficient for each test using the test-retest method. The tests were administered to a sample of players selected randomly, and the researcher used the Pearson correlation coefficient to determine the consistency of the results, as shown in the following table

:

Table (1): Shows the reliability of the tests used

Activity	Statistical Processing / Tests	Sample size	Significance level	Test reliability coefficient	r-value Table value
Football	Standing long jump test	08	0.05	0.946	0.444
	10 second maximum squat test	08	0.05	0.825	0.444

Source: Prepared by the researchers, 2025

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Test Validity: To ensure the validity of the tests for the players, the researcher used self-validity, considering it the truest of the experimental scores in relation to the true scores that have been cleared of measurement errors. This is measured by calculating the square root of the test reliability coefficient. Based on this type of validity, we reached the results shown in Table (02) at a significance level of 0.05 and degrees of freedom (n-1).

Table (02): Shows the validity of the tests used

Statistical Processing / Tests	Sample size	Significance level	Reliability coefficient (C.R.)	r-value Table value
Standing long jump test	08	0.05	0.96	0.444
10 second maximum squat test	08	0.05	0.90	0.444

Source: Prepared by the researchers, 2025

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-5-Study Methodology: The experimental method with the two equivalent groups system was used, as it suits the nature of the study and helps to determine the effectiveness of the proposed program through repetitive training and its impact on developing the attribute of speed-related strength among football players under 19 years old (mid-level).

2-6-Study Population: The study population consisted of football players under 19 years old (mid-level team) from the city of Boushquf, belonging to the First Regional Football

League of Annaba, which includes 25 players under 19 years old, i.e., the mid-level category.

2-7-Study Sample: We deliberately selected the research sample (the non-random purposive sample) because it allows conducting the experiment under suitable conditions. The research sample consisted of the football players of Boushkouf Sports Club, which competes in the First Regional Division of the Annaba Regional Football League. The sample was divided into the experimental group and the control group.

-**Experimental Group**: This is the group exposed to the experimental variable or independent variable to determine its effect. It includes 8 players under 19 years old (Boushkouf U19 team).

-**Control Group**: This is the group not exposed to the experimental variable or independent variable and remains under normal conditions. This group provides significant value to the researcher as it helps in identifying the differences between the experimental and control groups. It also includes 8 players under 19 years old (Boushkouf U19 team).

2-8-Homogeneity of the study sample:

Table (3): Represents the homogeneity of the study sample

Variables	Experimental Group (Mean)	Standard Deviation	Control Group (Mean)	Standard Deviation	T-value	Significance	Statistical Significance
Height	1.725	0.063	1.720	0.077	0.141	0.890	Not significant
Weight	61.25	6.840	51.50	20.695	1.265	0.226	Not significant
Age	18.00	0.535	18.13	0.641	0.424	0.678	Not significant

Source: Prepared by the researchers, 2025

Through Table (3), we observe that the significance level for the (T) values in order (0.890-0.226-0.687) is greater than 0.05, which indicates that there are no statistically significant differences between the control and experimental samples in the variables of height, weight, and age. From this, we conclude that the control and experimental samples are homogeneous with respect to the variables of height, weight, and age.

2-9-Study Fields:

-Spatial Field: The study and training were conducted at the municipal stadium of Boushquf.

-Human Field: The study was conducted on youth football players (under 19 years), dividing the team into an experim.

-Time Frame: The time frame was divided into two parts: the first part was theoretical, where we began preparations at the beginning of January 2019, while the practical aspect was as follows:

-Pilot sample test: 12/2/2019 _ Retest: 25/2/2019. As for the field implementation procedures of the study, the pre-tests were conducted on 28/2/2019, and the post-tests on 09/5/2019.

2-10-Steps in preparing the training program: This program was prepared after

reviewing a large number of references specializing in training programs for developing physical attributes in football players، as well as a set of studies and research on various training methods and techniques in football، with the aim of benefiting from what was outlined in planning and constructing this program.

-Program Timeline: The program was divided into 16 training units, each with a duration based on the objectives of the training unit. Accordingly, the implementation of the training units took eight weeks, with two training units per week. Therefore, the researcher conducted the training units from 01/03/2019 to 07/05/2019.

The training program included 16 training units, which were implemented over eight weeks, with the units distributed at a rate of two units per week, conducted on Mondays and Thursdays from 17:30 to 19:00.

- Pre-test: The pre-test was conducted for the study sample before starting the implementation of the training program on 28/02/2019.

- **Post-test**: The post-test was conducted for the study sample after completing the implementation of the training program on 09/05/2019.

3-Presentation, Analysis, and Discussion of Results:

3-1-Long Jump Test for Yurvit:

A- Control and Experimental Group: (Pretest)

Table (4): Shows a comparison of the pretest results between the control and experimental groups

Group	Mean	Standard Deviation	T-value	Significance (SIG)	Degrees of Freedom
Experimental	6.140	0.360	1.362	0.706	14
Control	5.948	0.167			

Source: Prepared by the researchers, 2025

Through Table (4), we noticed that the calculated value of (t) was estimated at 1.362 at a significance level of 0.706, which is greater than 0.05, indicating that there are no statistically significant differences

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B- Experimental Group: (Pre – Post)

Table (5): Comparison of the pre and post results for the experimental group

Test	Mean	Standard Deviation	T-value	Significance (SIG)	Degrees of Freedom
Pre-test	6.140	0.360	3.412	0.011	7
Post-test	6.611	0.398			

Source: Prepared by the researchers, 2025

Through Table (5) and in Test (T), we recorded a value of 3.412 at a significance level of 0.011, which is less than 0.05. Therefore, the group achieved results with statistically significant differences between the pre-test and post-test, in favor of the post-test in the broad jump test. Thus, we can say that the experimental group showed improvement in their results and demonstrated proficiency in the test.

D- Control-Experimental Group: (Post-test)

Table (6): Shows a comparison of the post-test results between the control and experimental groups

Group	Mean	Standard Deviation	T-value	Significance (SIG)	Degrees of Freedom
Experimental	6.611	0.398	4.000	0.001	14
Control	5.866	0.644			

Source: Prepared by the researchers, 2025

Through Table No. (6) and in the T-test for significance of differences, we notice that the calculated (T) value equals 4.000 at a significance level of 0.001, which is less than 0.05. This indicates the presence of statistically significant differences.

3-2-Maximum Hesitation Test 10 seconds:

A- Control Group – Experimental Group: (Pre-test)

Table (7): Shows a comparison of the pre-test results between the control and experimental groups

Group	Mean	Standard Deviation	T-value	Significance (SIG)	Degrees of Freedom
Experimental	25.341	2.208	0.311	0.237	14
Control	25.621	1.274			

Source: Prepared by the researchers, 2025

Through Table (7), we observe that the calculated value (t) was estimated at 0.311 with a significance level of 0.237, which is greater than 0.05. Therefore, this indicates that there are no statistically significant differences.

B- Experimental Group: (Pre-test – Post-test)

Table (8): Shows the comparison of pre-test and post-test results for the experimental group

Test	Mean	Standard Deviation	T-value	Significance (SIG)	Degrees of Freedom
Pre-test	25.341	2.208	1.133	0.0295	7
Post-test	26.481	3.709			

Source: Prepared by the researchers, 2025

From Table (8), we notice that the calculated value of (t) is 1.133 at a significance level of 0.0295, which is less than 0.05. Therefore, the group achieved results with statistically significant differences between the pre-test and post-test for the maximum speed of 10 seconds, in favor of the post-test. Thus, we can say that the experimental group showed improvement in their results and demonstrated the ability to be tested.

C- The control group: (pre-test – post-test)

Table (9): shows the comparison of pre-test and post-test results for the control group

Test	Mean	Standard Deviation	T-value	Significance (SIG)	Degrees of Freedom
Pre-test	25.380	1.437	0.768	0.378	7
Post-test	25.621	1.274			

Source: Prepared by the researchers, 2025

Through Table (9) and in the t-test for significance of differences, we observed that the calculated t-value was 0.768 with a significance level of 0.378, which is greater

than 0.05. Therefore, the control group did not achieve results showing statistically significant differences between the pre-test and post-test.

D- The control-experimental group: (post-test)

Table (10): Shows the comparison of post-test results between the control and experimental groups

Test	Mean	Standard Deviation	T-value	Significance (SIG)	Degrees of Freedom
Experimental	26.481	3.709	5.572	0.033	14
Control	25.380	1.437			

Source: Prepared by the researchers, 2025

Through Table (10) and in Test (T) of significance of differences, we observed that the calculated (T) value was estimated at -5.572 at a significance level of 0.033, which is less than 0.05. This indicates the presence of statistically significant differences in the 10-second maximum squat test in favor of the experimental group.

4-Discussion of results in light of the hypotheses:

4-1-Discussion of results in light of the first hypothesis: In light of the results obtained by the researchers, and through the tests of the first hypothesis, it appears from Tables 4 and 5 that there are no statistically significant differences in the pre-test between the control and experimental groups in developing strength characterized by speed for football players. Therefore, the first hypothesis was verified, which is attributed to the fact that the training program was not applied to both samples.

4-2-Discussion of the Results in Light of the Second Hypothesis: In light of the results obtained by the researchers and through the tests of the second hypothesis, it appears from Tables 5 and 8 that there are statistically significant differences between the pre-test and post-test of the experimental sample in developing speed-specific strength for football players in favor of the post-tests in the broad jump test and the maximum shuttle run test. Therefore, we can say that the experimental group showed improvement in their results and demonstrated the ability in the test. This indicates that the second hypothesis has been confirmed, which is attributed to the implementation of the training program on the experimental sample. This is consistent with the study by (Ahmed Saleh, 2011) and the study by (M.M. Hawkar Salar Ahmed, 2011), where they noted that the proposed training program using the repetitive training method led to the enhancement and development of speed-specific strength for football players.

4-3-Discussion of the results in light of the third hypothesis: In light of the results obtained by the researchers and through the tests of the third hypothesis, tables 9 and 10 show that there are statistically significant differences in the post-test between the control group and the experimental group in developing speed-related strength in football players. Therefore, the third hypothesis has been confirmed, which is attributed to the application of the training program to the experimental group and its non-application to the control group. This aligns with the study by (Wajih Ahmed Shindi, 1993), the study by (M.M. Hawkar Salar Ahmed, 2011), and the study by (Aqnini Marwan, Missouri Rizqi, 2021), which concluded that the proposed training program showed a significant improvement in favor of the experimental group compared to the control group after implementing the program. These results demonstrate the effectiveness of the repetitive training method in developing speed-related

strength for football players under 19 years old. Hence, it can be concluded that the repetitive training method is indeed effective in developing speed-related strength in football players under 19 years old.

5-General Conclusion:

In light of the study's objectives and through presenting and discussing the results, the following conclusions were drawn:

- Using the proposed training program in a repetitive manner led to the development of speed-strength in football players under 19 years old.
- There were no statistically significant differences between the pre-test and post-test results of the control sample in the broad jump test and the maximum 9-second hopping test.
- There were statistically significant differences between the pre-test and post-test results of the experimental sample in favor of the post-test in both the broad jump and the maximum 9-second hopping tests.
- The set of exercises used in the proposed training program contributed to the development of speed-strength in football players under 19 years old.

6-Suggestions and Recommendations:

In light of the results obtained from our study, we can put forward the following suggestions:

- Give significant importance to the quality of strength characterized by speed.
- Pay more attention to the method of repetitive training and use it in all other sports. When using repetitive training, exercises that are suitable for improving and developing the desired attribute should be selected.
- It is necessary to rely on repetitive training in performing exercises.
- It is essential to focus on integrating exercises and developmental programs aimed at improving physical attributes in general, and the strength characteristic of speed in particular.
- Allocate theoretical sessions to train and clarify the stages in which the strength characteristic of speed is trained or developed.
- It is necessary to outline remedial programs by researchers and specialists in this field in order to address the significant deficiency in physical attributes among players at this age stage.
- Providing these players with various equipment and practice tools suitable for their age, which work to develop and enhance their physical abilities.
- Enrolling coaches in training courses so they can benefit from modern training methods that align with sports development.
- Working on using repetitive training methods to develop other physical attributes in football players.

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