



The Effect of Compound Exercises on the Effectiveness of Offensive Tactical Performance of Youth Football Players

Jaafar AbdAbu Al-Thar Abd
General Directorate of Education – Wasit

jaaferabualther@gmail.com

Abstract

The study was significant because it improved the offensive tactical performance of attacking players in the final third of the football field through compound workouts (technical-tactical). Additionally, these workouts assist players become more competitive overall and enable them to make the right choices during tactical performance, which improves cohesiveness and teamwork when the attack is communal. The purpose of the study was to create compound exercises for young football players and assess how they affected their offensive tactical performance. In order to match the study topic and accomplish its goals, the research approach used an experimental design with both experimental and control groups. The study group comprised 167 young athletes from 8 clubs in the Wasit Governorate's core who were competing in the provincial league for the 2023–2024 season (Table 3). Wasit Club, the experimental group with eight players, and Al-Shohada Club, the control group with eight players, made up the purposively chosen research sample, which was exclusively made up of attacking players. The SPSS statistical tool was used to statistically examine the data following the pre-test, complex workouts, and post-test. After discussing the findings, the researcher came to the conclusion that because the compound workouts were so comparable to competitive football games, they improved attacking tactical performance. The experimental group's attacking tactical performance was improved by integrating all football talents, including passing, shooting, dribbling, receiving, rolling, and the connections between these abilities.

Keywords: Compound Exercises, Tactical Performance, Football.

1 -Research Definition:

1-1 Introduction and Significance of the Study:

Like other sports, football depends mainly on players' physical and technical talents, which serve as the foundation for them to showcase their tactical and technical ability, whether offensive or defensive, in line with the particulars of the game. These skills serve as the cornerstone around which all other prerequisites for game success are constructed, ultimately accomplishing the goals that coaches and players have in mind.

In previous times, football was more of an offensive game than a defensive one. Defensive tactics gained prominence over time. As a sign of football's attacking nature, all players would first attack in the direction of the opposition's goal. The game remains largely offensive, as winning or losing primarily depends on scoring more goals than the opponent. Achieving the objective of the game requires constructing a team-specific offensive tactical style, which serves as the true foundation shaping the outcome of the match, whether victory or defeat. Effective offensive play increases the likelihood of winning, while the defensive aspect, starting from the forward to the goalkeeper, complements the attack. Thus, every player on the field has both defensive and offensive responsibilities, depending on ball possession.

Modern football training emphasizes time efficiency and the effective utilization of tactical exercises to develop physical and technical aspects. As(Mulla, Al-Kaabi, and Abdul-Maleh:2019) stated, “Tactical exercises are not only aimed at adding tactical knowledge and developing tactical skills but also aim to enhance the player’s technical and physical performance, making them functionally and psychologically closer to real matches”.

Therefore, the significance of this study lies in the use of compound exercises (technical-tactical) to develop the effectiveness of offensive tactical performance of attacking players in the final third of the field at positions 13–18, which are the tactical positions targeted in this study based on the division of the field. Moreover, these exercises aim to enhance overall player abilities during competition and enable correct decision-making during tactical performance, thereby making the attacking team more coordinated and cohesive during collective attacks. Altogether, this contributes to improving the effectiveness of offensive tactical performance among youth football players.

1-2 Research Problem:

Through monitoring the youth league over multiple seasons, the researchers observed a low effectiveness in actual offensive tactical performance and a limited scoring level among youth players. As a result, they worked with coaches, specialists, and football experts to perform a survey study based on the analysis of youth league games.

According to the poll, the majority of games finished in goalless draws due to extremely low scoring levels. Young players struggled to score goals, and when they did, they were frequently haphazard, erratic, or unintentional, sometimes the consequence of defensive mistakes or set pieces like corner kicks, throw-ins, or free kicks close to the goal.

This weakness is ascribed to the players' incapacity to complete the tactical sequences given by the coach in terms of skill accuracy and speed of execution, as well as their inadequate repetition of tactical chores. Furthermore, some players had deficiencies in specific technical as well as physical skills that are necessary for effective tactical performance. It is common knowledge that without sufficient technical and physical quality, tactical performance cannot be at its best.

Efficient tactical execution is thus hampered by this issue, which limits the conversion of information and instructions into real-world performance on the field, including appropriate movement, location in crucial areas, timing, execution speed, and wise decision-making.

The researcher suggests that repeated offensive tactical exercises, which allow players to execute them as a structured motor program without delays in decision-making, are the solution because this deficit mainly affects the offensive side.

1-3 Research Objectives:

- 1- Design compound exercises for youth football players.
- 2- Examine the effect of compound exercises on the effectiveness of offensive tactical performance of youth football players.

1-4 Research Hypotheses:

- 1- Compound exercises have a positive effect on the offensive tactical performance of the experimental group, as evidenced by the comparison between pre-test and post-test results.
- 2- Compound exercises significantly enhanced the post-test performance of the experimental group compared to the control group in terms of the effectiveness of offensive tactical performance among youth football players.

1-5 Scope of the Study:

- 1- Human Scope: Youth football players of clubs in Wasit Governorate for the 2023–2024 season.
- 2- Temporal Scope: From 15/3/2023 to 1/7/2024.
- 3- Spatial Scope: Football fields of clubs in Al-Kut city.

1-6 Definition of Terms:

The researchers define effectiveness of offensive tactical performance as the ability to perform a collective or individual action in the final third of the field, relying on the players' technical and mental quality, and achieving performance characterized by precision, excellence, and high

coordination among players to achieve the desired objective, namely, scoring a higher number of goals.

2-1 Research Method:

The researchers followed the experimental method using a pre-test and post-test design with two equivalent groups, experimental and control, to suit the research problem.

2-2 Research Population and Sample:

The research population consisted of youth players from clubs in the center of Wasit Governorate, participating in the provincial league for the 2023–2024 season, totaling 167 players distributed across 8 clubs (as shown in Table 3). The research sample was purposively selected, consisting solely of attacking third players. The experimental group included Wasit Club with 8 players, and the control group included Al-Shohada Club with 8 players. Additionally, the exploratory group consisted of Al-Na'maniya Club with 16 players, while the experimental group from Wasit Club included 8 attacking third players.

2-3 Homogeneity of the Research Sample:

The researcher conducted a homogeneity check for the sample members regarding confounding variables, which included height, body mass, chronological age, and training age, as these were criteria for selecting the study sample. Additionally, homogeneity was tested for the study variables, as shown in Table (1).

Table (1):
Shows the homogeneity of the research sample members.

Variables	Unit of Measurement	Mean	Standard Deviation	Median	Skewness	Coefficient of Variation	Significance Type
Body Mass	kg	62.87	5.37	62.5	0.20	8.54%	Homogeneous
Training Age	months	45.5	8.09	48	-0.84	17.7%	Homogeneous
Chronological Age	years	18.36	0.63	18.55	-0.90	3.48%	Homogeneous
Height	cm	171.16	4.41	170.5	0.44	2.57%	Homogeneous

2-4-2 Tools and Equipment Used:

- Standard football field.
- Device for measuring leg movement speed.
- iPhone 12 Pro Max – 2 units.
- Apply the Fish Dart program for analysis.

- To create tactical assessments and workouts, use the Soccer Sketch tool.
- One Sony laptop.
- A Chinese-made electronic instrument for measuring weight and height. Eight standard footballs.
- Twenty training shirts.
- Cones – 20 units.
- Training shirts – 20 units.
- Whistle – 1 unit.
- Stopwatch – 2 units.
- Whiteboard.
- Chalk.
- sticky tape with a color.
- Pens and papers for the office.
- 40-meter measuring tape.

2-5 Field Research Procedures:

2-5-1 Identification of Research Variables:

The researchers determined the research variables by looking at a variety of scientific sources and earlier research on football and sports training, as well as by considering the real problem. The efficacy of offensive tactical performance served as the tactical variable, which was the dependent variable.

2-5-2 Measuring the Effectiveness of Offensive Tactical Performance:

After consulting with the Wasit Sub-Football Federation, the researcher set up a single-round league competition with six clubs to gauge the tactical variable. Al-Shohada (control), Wasit (experimental), Al-Nahrain, Al-Kut, Al-Izza, and Al-Falahia were among the clubs that the researchers watched in order to ensure the tournament's success.

To preserve the integrity of the experimental variables and prevent bias towards any club within the research population, the researcher used a draw to choose the two clubs taking part in the arranged tournament. To guarantee that the research sample participated in every league game, the whole game was recorded, concentrating primarily on the offensive third.

A football match analysis specialist then used the Fish Dart analytical application to examine the recorded games. By running the footage of every game through the program and performing stop or slow-motion analysis for every instance of penetration, attack completion, goal scoring, crosses, dribbles, wall passes, and other actions, the expert generates data on offensive effectiveness. The application also tracks how long the ball is in possession and how attacking players rotate it. Both the pre-test and the post-test used this method in the same way, with no modifications made to the circumstances.

2-5-3 Exploratory Experiment:

The exploratory experiment was conducted on the research sample at the Wasit Club sports field. Its purpose was to avoid potential difficulties and negative factors that the researcher might encounter during the pre-test, post-test, or while applying the compound exercises to the experimental group.

2-5-4 Pre-Test:

The researchers and the assisting team conducted the pre-test for both the experimental and control groups. The test for offensive effectiveness in football was performed by organizing trial matches among six teams: Wasit (experimental), Al-Shohada (control), Al-Izza, Al-Nahrain, Al-Kut, and Al-Falahia. The researcher applied a single-round league system, as shown in Table (2).

Table (2):

Shows the match schedule for measuring the effectiveness of offensive tactical performance in football.

No.	Match	Day	Date	Venue
1	Al-Shohada vs Al-Nahrain	Sunday	22/8/2023	Al-Shohada
2	Wasit vs Al-Izza	Sunday	22/8/2023	Wasit
3	Al-Shohada vs Wasit	Wednesday	26/8/2023	Al-Shohada
4	Al-Shohada vs Al-Izza	Sunday	29/8/2023	Al-Izza
5	Wasit vs Al-Kut	Sunday	29/8/2023	Wasit
6	Al-Shohada vs Al-Falahia	Wednesday	1/9/2023	Al-Shohada
7	Wasit vs Al-Nahrain	Wednesday	1/9/2023	Wasit
8	Wasit vs Al-Falahia	Monday	6/9/2023	Wasit
9	Al-Shohada vs Al-Kut	Tuesday	7/9/2023	Al-Shohada

2-5-5 Equivalence of Research Groups:

The equivalence of the research variables between the experimental and control groups was conducted to ensure that both groups started from the same baseline, as shown in Tables (3).

Table (3):

Shows the statistical parameters and research variables used to establish the equivalence of the experimental and control groups in terms of the effectiveness of offensive tactical performance in football.

No.	Variables	Unit of Measurement	Experimental Group (Mean \pm SD)	Control Group (Mean \pm SD)	t-Value	Sig. value	Significance
1	Attack Completion	Count	11.00 \pm 1.225	9.40 \pm 1.140	1.104	0.302	Not Significant
2	Number of Goals	Count	1.20 \pm 0.447	0.60 \pm 0.548	0.632	0.545	Not Significant
3	Depth Expansion	Count	6.20 \pm 0.837	7.20 \pm 1.304	1.443	0.187	Not Significant

No.	Variables	Unit of Measurement	Experimental Group (Mean ± SD)	Control Group (Mean ± SD)	t-Value	Sig. value	Significance
4	Position Rotation	Count	6.80 ± 1.643	6.20 ± 1.095	0.679	0.516	Not Significant
5	Ball Possession Time	Seconds	15.20 ± 1.789	13.20 ± 1.924	1.703	0.127	Not Significant
6	Offside Avoidance	Count	2.20 ± 1.789	3.60 ± 1.140	1.476	0.178	Not Significant
7	Space Creation	Count	4.60 ± 0.548	3.60 ± 1.342	1.543	0.161	Not Significant
8	Dribbling	Count	3.60 ± 0.548	4.00 ± 0.707	1.000	0.347	Not Significant
9	Penetration	Count	5.40 ± 1.140	4.80 ± 1.095	0.849	0.421	Not Significant
10	Number of Attacks	Count	18.20 ± 1.304	17.20 ± 1.643	1.066	0.318	Not Significant
11	Wall Passes	Count	10.00 ± 1.581	10.20 ± 2.588	-0.147	0.886	Not Significant
12	Inter-Passes	Count	3.80 ± 0.447	3.60 ± 0.894	0.447	0.667	Not Significant

Significant when the Sig value > 0.05, with degrees of freedom = 10 matches – 2 = 8.

2-5-5 Compound Exercises:

The application of the exercises began on Sunday, 26/9/2023, and continued until Wednesday, 17/11/2023. The researcher prepared compound exercises (technical–tactical) for the experimental group, while the control group performed the exercises prescribed by their coach.

The researcher implemented the exercises during the special preparation period and the pre-competition phase (trial matches). The exercises were conducted over 24 training units within eight weeks, at a rate of three training units per week, on Sundays, Tuesdays, and Wednesdays for the experimental group. Each training unit included three exercises, using the repetitive training method, executed at maximum intensity (100%).

The researcher reduced the training volume during the last three training units, as (Zaki Darwish and Wael Fawzi :2020) note: "This phase ensures that the player reaches peak performance, as one of the factors leading to peak performance is reducing training volume before competition." The emphasis was placed on increasing the speed and accuracy of executing the compound exercises.

For each compound exercise, the researcher ensured that the rest periods between repetitions allowed for full recovery of the functional body systems, enabling the players to achieve maximum speed in tactical execution for youth football players.

2-5-6 Post-Test:

After completing the application of the researcher-designed exercises to the experimental group, they conducted the post-test for offensive effectiveness, following the same schedule as Table (8) to ensure experimental control.

2-6 Statistical Methods:

The Statistical Package for the Social Sciences (SPSS) was used to analyze the research data and obtain.

3. Presentation and Discussion of Results

3-1. Presentation of Pre-Test and Post-Test Results for Offensive Tactical Performance in Football for the Experimental and Control Groups and Their Discussion

3-1-1. Presentation of Pre-Test and Post-Test Results for Offensive Tactical Performance in Football for the Experimental Group

Table (4):

Shows the arithmetic means, standard deviations, differences between means, differences between standard deviations, t-values, error percentage, and type of significance for the pre-test and post-test of offensive tactical performance in football for the

No.	Variables	Unit	Pre-Test Mean	Pre-Test SD	Post-Test Mean	Post-Test SD	Difference in Means	Difference in SD	t-Value	Sig. value	Sig.
1	Attack Completion	Count	11.00	1.225	16.00	2.236	5.000	0.949	5.270	0.006	Sig.
2	Number of Goals	Count	1.20	0.447	3.20	0.837	2.000	0.447	4.472	0.011	Sig.
3	Depth Expansion	Count	6.20	0.837	11.60	1.817	5.400	0.980	5.511	0.005	Sig.
4	Position Rotation	Count	6.80	1.643	13.60	1.817	6.800	0.970	7.014	0.002	Sig.
5	Ball Possession Time	Seconds	15.20	1.789	21.00	2.000	5.800	1.068	5.432	0.006	Sig.
6	Offside Avoidance	Count	2.20	1.789	5.80	1.643	3.600	0.812	4.431	0.011	Sig.
7	Space Creation	Count	4.60	0.548	7.20	1.095	2.600	0.400	6.500	0.003	Sig.
8	Dribbling	Count	3.60	0.548	9.40	1.140	5.800	0.583	9.947	0.001	Sig.
9	Penetration	Count	5.40	1.140	11.20	1.924	5.800	0.970	5.982	0.004	Sig.
10	Number of Attacks	Count	18.20	1.304	25.40	2.191	7.200	0.800	9.000	0.001	Sig.
11	Wall Passes	Count	10.00	1.581	16.20	3.033	6.200	1.020	6.080	0.004	Sig.

No.	Variables	Unit	Pre-Test Mean	Pre-Test SD	Post-Test Mean	Post-Test SD	Difference in Means	Difference in SD	t-Value	Sig. value	Sig.
12	Inter-Passes	Count	3.80	0.447	10.00	1.000	6.200	0.583	10.633	0.000	Sig.

Significant when the Sig value > 0.05 and the degrees of freedom = 5 - 1 = 4.

3-1-2. Presentation of Pre-Test and Post-Test Results for Offensive Tactical Performance in Football for the Control Group

Table (5):

Shows the arithmetic means, standard deviations, differences between means, differences between standard deviations, t-values, error percentage, and type of significance for the pre-test and post-test of offensive tactical performance in football for the control group.

No.	Variables	Unit	Pre-Test Mean	Pre-Test SD	Post-Test Mean	Post-Test SD	Difference in Means	Difference in SD	t-Value	Sig. value	Sig.
1	Attack Completion	Count	9.400	1.140	13.200	1.924	3.800	0.860	4.417	0.012	Sig.
2	Number of Goals	Count	0.600	0.548	1.600	0.548	1.000	0.447	2.236	0.089	Insig.
3	Depth Expansion	Count	7.200	1.304	8.800	1.304	1.600	0.400	4.000	0.016	Sig.
4	Position Rotation	Count	6.200	1.095	9.400	1.140	3.200	0.860	3.720	0.020	Sig.
5	Ball Possession Time	Seconds	13.200	1.924	16.800	2.168	3.600	0.927	3.882	0.018	Sig.
6	Offside Avoidance	Count	3.600	1.140	5.200	1.304	1.600	0.400	4.000	0.016	Sig.
7	Space Creation	Count	3.600	1.342	5.200	1.095	1.600	0.510	3.138	0.035	Sig.
8	Dribbling	Count	4.000	0.707	6.600	1.517	2.600	0.980	2.654	0.057	Insig.
9	Penetration	Count	4.800	1.095	7.200	1.095	2.400	0.748	3.207	0.033	Sig.
10	Number of Attacks	Count	17.200	1.643	19.200	1.483	2.000	0.894	2.236	0.089	Insig.
11	Wall Passes	Count	10.200	2.588	13.400	1.949	3.200	0.583	5.488	0.005	Sig.
12	Inter-Passes	Count	3.600	0.894	5.200	1.095	1.600	0.748	2.138	0.099	Insig.

Significant when the Sig value > 0.05 and the degrees of freedom = 5 - 1 = 4.

3-1-3 Discussion of the Pre- and Post-Test Results of Offensive Tactical Performance in Football for the Experimental and Control Groups

The researcher observed significant differences between the pre- and post-tests for the offensive tactical performance test, as shown in Table (4). These variations are explained by

the researcher's composite training exercises, which improved the players' technical and physical skills and, as a result, improved their tactical performance. The training procedure was applied progressively, and the exercises were created by the researcher using scientific training methods. This method helped the players become more physically fit, complete actions faster with or without the ball, and improve their technical skills, which allowed them to accomplish intricate technical movements at the fastest possible pace. Their tactical performance and tactical awareness improved as a result, allowing them to transfer play on the field efficiently and use their technical and physical prowess for offensive penetration, goal scoring, and unexpected onslaught.

According to Youssef Lazem Kamash (1999), "Daily training units work to bring players to a level of proficiency in motor and tactical skills despite their abundance and variety, which requires dedicating a significant portion of the training unit to these skills." Based on the idea that quick tactical preparation and accurate, exact application of fundamental skills during performance are essential to football, tactical execution makes up a significant portion of the daily training unit. Without acquiring fundamental skills, a player cannot carry out prescribed tactical tasks. Consequently, raising players' level of readiness is one of the main training goals.

The composite exercises, which varied in distance, player movement, and execution speed and were repeated several times, produced the advantages that were seen. The several tactical scenarios that players might face during games were enhanced by these repetitions. Additionally, these workouts improved the players' cognitive abilities because they required them to see the entire field and other players' locations clearly, time passes correctly, avoid offside traps, and swiftly assess the opponent's area prior to ball reception and play. During the structured tactical exercises, players were able to carry out tactical sequences without stopping to think thanks to these brain processes.

It was difficult to perform and memorize even if the execution was limited. The researcher observed that the research activities, which replicated match situations, particularly when facing defenders, led to greater speed and precision in the post-test of offensive performance. As a result, high-stress tactical situations that closely mirrored actual game conditions were produced, leading to goal scoring. Through this method, players were able to enhance their overall tactical performance, including quick first-touch passing, one-on-one dribbling, and the creation of scoring possibilities or numerical dominance.

According to Mufti Ibrahim Hammad (1998), "High levels of particular physical attributes are necessary to achieve the best and most accurate levels of technical and tactical performance in specialized sports (like football)." Exercises must be performed fast, precisely, repeatedly, and in situations that replicate the challenge of real games in order to improve both tactical and physical performance.

Table (5) demonstrates gains in all offensive tactical performance measures for the control group in the post-test.

Table (5) demonstrates gains in all offensive tactical performance measures for the control group in the post-test. The researcher attributes these improvements to the players following proper training based on scientific principles, which enhanced their physical and technical capabilities, facilitating their tactical performance. As previously noted, tactical performance

fundamentally relies on the availability of physical and technical abilities. Additionally, the application of some tactical exercises during training sessions, which constituted approximately 30% of the special preparation units, contributed to these improvements. Moula, Al-Kaabi, & Abed Malah (2019) confirm:

"The proportion of tactical preparation during the special preparation phase is 30% of the training unit duration."

3-2 Presentation of Post-Test Results for Tactical Offensive Performance for the Experimental and Control Groups and Their Discussion

3-2-1 Presentation of Post-Test Results of Tactical Offensive Performance for the Experimental and Control Groups

Table (6)

shows the means, standard deviations, differences in means and standard deviations, t-values, error rates, and significance levels for both the experimental and control groups in the post-tests of tactical offensive performance in football.

Variable	Unit	Experimental Group Mean	Experimental Group SD	Control Group Mean	Control Group SD	t-value	Sig. value	Sig.
Finishing the Attack	No.	16.000	2.236	13.200	1.924	2.856	0.048	Sig.
Number of Goals	No.	3.200	0.837	1.600	0.548	3.578	0.007	Sig.
Depth Expansion	No.	11.600	1.817	8.800	1.304	2.800	0.023	Sig.
Position Exchanges	No.	13.600	1.817	9.400	1.140	4.379	0.002	Sig.
Ball Possession Time	Sec.	21.000	2.000	16.800	2.168	3.184	0.013	Sig.
Offside Avoidance	No.	5.800	1.643	5.200	1.304	0.640	0.540	Insig.
Creating Spaces	No.	7.200	1.095	5.200	1.095	2.887	0.020	Sig.
Dribbling	No.	9.400	1.140	6.600	1.517	3.300	0.011	Sig.
Penetration	No.	11.200	1.924	7.200	1.095	4.041	0.004	Sig.
Number of Attacks	No.	25.400	2.191	19.200	1.483	5.240	0.001	Sig.
Wall Passes	No.	16.200	3.033	13.400	1.949	2.365	0.037	Sig.
Inter-Pass	No.	10.000	1.000	5.200	1.095	7.236	0.000	Sig.

"A result is considered significant when the Sig. value > 0.05 , with degrees of freedom calculated as $10 - 2 = 8$."

3-2-2 Discussion of the Offensive Tactical Performance Results for the Experimental and Control Groups in the Post-Tests

From Table (6), it is evident that all variables of offensive effectiveness were superior in the post-test for the experimental group compared to the post-test for the control group. Even in the variable of offside avoidance, the experimental group performed better, although this result was not statistically significant according to the Sig. value. However, a comparison of the post-test means between the experimental and control groups shows that the experimental group was superior, indicating clear improvement in offside avoidance. The researcher attributes the improvement in the experimental group during the post-test to the compound training exercises applied, which simulated real match situations, especially regarding the speed of attack execution. The players' ability to perceive their teammates' positions in the attacking third and identify crucial areas for swift movement toward the goal was improved by repetition of the exercises in completing offensive tasks as rapidly as possible, which increased offensive effectiveness. According to Mufti Ibrahim (1998), "the closer the training conditions are to competition conditions, the more beneficial the exercise for the player, achieving the goal of reaching match-level performance."

In order to perform offensive tactical skills like passing, depth expansion, positional rotations, and player overlaps to disrupt defenders' positioning, the researcher used a variety of compound exercises that mirrored real-world game scenarios and were customized to the players' physical and cognitive abilities. These tactical exercises were repeated several times, which helped to speed up the recollection of crucial components in successful tactical scenarios and reduce decision-making and response times after previous movements. The application of offensive tactical effectiveness was positively impacted by players' ability to think dynamically about the variables in each tactical drill. This allowed players to operate with functional automaticity and achieve optimal cohesion when executing tactical sequences that resulted in goal scoring. With the aim to increase players' cognitive capacity for a variety of offensive moves on the opponent's field, the researcher also made sure that the exercises improved players' ability to complete tactical tests in a short amount of time. This explains why the experimental group's offensive efficacy improved in the posttests as compared to the control group. "Repetition of tactical exercises that simulate actual play can shorten a player's situational perception time and improve rapid, accurate tactical performance," according to Mohammed Abdou Abu Al-thar, quoting Abdel Sattar Al-Damad (2000).

The researcher also credits the experimental group's post-test variations to the intended enhancement of finishing skills, which are thought to be the most crucial tactical action since they impact match results. The attacker's placement within or outside the penalty area, ball possession, ball anticipation, the goalie, defenders, and teammates all affect how well they finish. These elements were included in the exercises to help build tactical skills, especially finishing. According to Kazem Abdul-Rabie (2015), "finishing is the primary inspiration for victory; a player with effective finishing holds the key to winning, relying on the ability to shoot accurately from different distances and anticipate situations."

Exercises with finishing opportunities from a variety of positions—inside and outside the penalty area, using the head or feet, and in multiple directions—formed a comprehensive motor program for the player and improved knowledge about positioning and timing in finishing, integrating physical capacities and ball control during skill execution, which also contributed

to the increase in goals scored. The physical skills acquired from these various offensive tactical exercises promoted training unit continuity and produced favorable results in skill performance, leveraging technical and physical capabilities to improve tactical effectiveness. According to Mohammed Abd Saleh and Mufti Ibrahim Hamad (2011), "A football player's physical attributes largely determine the efficiency of skillful and tactical performance in a match."

Given that (Kazem Abdul-Rabie, 2015) states: "Tactical performance requires a good level of fundamental skills and motor abilities," the researcher argues that incorporating fundamental football skills into tactical exercises and combining them with compound skills performed at maximum speed and precision with an emphasis on optimal performance resulted in increased tactical effectiveness, maximizing the number of offensive actions per match. Along with the study's favorable findings, the researcher's field notes corroborated this observation.

4. Conclusions and Recommendations

4-1 Conclusions:

1. Considering that the researcher's compound workouts were so similar to competitive football games, they improved attacking tactical performance.
2. The variety and thoroughness of the exercises increased offensive tactical efficacy, which in turn increased players' enthusiasm to practice regularly and decreased boredom.
3. The experimental group's attacking tactical performance significantly improved as a result of integrating all football skills, including passing, shooting, dribbling, receiving, rolling, and connecting these talents.

4-2 Recommendations:

1. Coaches should use the researcher's compound workouts for young players and various age groups, modifying the training load based on player skill levels and team needs.
2. The researcher emphasizes the importance of giving young players' tactical development top priority since it increases their will to exercise, improves their mental and cognitive skills, and fortifies their technical and physical talents.
3. Coaches and athletes should work with seasoned experts to observe and evaluate games, either directly or indirectly. This methodology aids in the identification of real-field problems and the development of suitable approaches and plans to address them, so enhancing both the overall quality of the game and the performance of individual players.
4. Set up training programs to help young coaches hone their scientific and personal skills in football match analysis.

References:

1. Abdel Sattar Al-Damd. Physiology of Mental Processes in Sports, Amman: Dar Al-Fikr for Printing and Publishing, 2000.
2. Abdullah Hussein Al-Lami. Sport Performance Skills and Their Practical Applications, Baghdad: Dar Al-Fikr Al-Arabi, 2010.
3. Kazem Abdel-Rabeei. Modern Methods in Developing Football Skills, Baghdad: Dar Al-Fikr Al-Arabi, 2015.
4. Mohamed Abdeh Saleh, Mufti Ibrahim Hamad. Physical and Skill Capacities of the Football Player, Baghdad: Dar Al-Kutub wal-Watha'iq, 2011.
5. Mowafaq Majid Mulla, Jabbar Rahima Al-Kaabi, Fatima Abd Malah. The Modern Methodology in Planning and Training in Football, Baghdad: Dar Al-Kutub wal-Watha'iq, p. 31, 2019.
6. Mufti Ibrahim Hamad. Modern Sports Training: Planning, Implementation, and Leadership, Cairo: Dar Al-Fikr Al-Arabi, 1998.
7. Youssef Lazem Kamash. Football Skills and Training Planning, Baghdad: Dar Al-Kutub wal-Watha'iq, 1999.
8. Zaki Darwish, Wael Fawzi. Encyclopedia of Theories and Facts in Sports Training Sciences (2), Alexandria: Maktabat Al-Bara', p. 259, 2020.