



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

jaafferabualther@gmail.com

Abstract

The significance of this study emerged from the use of compound exercises (technical-tactical) aimed at developing the effectiveness of offensive tactical performance of attacking players in the final third of the football field. Additionally, these exercises help improve the overall capabilities of players during competition and enable them to make correct decisions during tactical performance, which enhances teamwork and cohesion when the attack is collective. The study aimed to design compound exercises for youth football players and to examine their impact on the effectiveness of offensive tactical performance.

The researcher hypothesized that 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. The compound exercises significantly improved the post-test performance of the experimental group compared to the control group in terms of offensive tactical effectiveness.

The research methodology followed an experimental design, utilizing both experimental and control groups to suit the research problem and achieve its objectives. The study 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 across 8 clubs (as shown in Table 3). The research sample was purposively selected, consisting solely of attacking players: Wasit Club as the experimental group with 8 players, and Al-Shohada Club as the control group with 8 players.

After conducting the pre-test, applying the compound exercises, and performing the post-test, the data were analyzed statistically using the SPSS statistical package. Following the discussion of the results, the researcher concluded that the designed compound exercises produced positive outcomes in offensive tactical performance due to their high similarity to competitive football matches. The integration of all football skills—including passing, shooting, dribbling, receiving, rolling, and the interconnection of these skills—contributed to enhancing the effectiveness of offensive tactical performance in the experimental group.

Keywords: Compound Exercises, Tactical Performance, Football

1 -Research Definition:

1-1 Introduction and Significance of the Study:

Football, like other sports, fundamentally relies on physical and technical abilities, which form the basis enabling players to demonstrate their technical and tactical skills, whether defensive or offensive, in accordance with the specific nature of the game. These abilities serve as the foundation upon which all other requirements for success in the game are built, ultimately achieving the objectives sought by coaches and players.

Historically, football began primarily as an offensive game rather than a defensive one. Over time, defensive strategies became more prominent. Initially, all players would attack toward the opponent's goal, indicating the offensive nature of football. 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. Consequently, they conducted a survey study based on analyzing matches in the youth league, in collaboration with coaches, specialists, and football experts.

The survey revealed that most matches ended with very low scoring levels, often resulting in goalless draws. Youth players exhibited a scoring deficiency, and when goals were scored, they were often random, irregular, or accidental, sometimes resulting from defensive errors or from set pieces such as corner kicks, throw-ins, or free kicks near the goal.

This weakness is attributed to the players' insufficient repeated execution of tactical tasks and their inability to perform the tactical sequences assigned by the coach fully, in terms of speed of execution and skill accuracy. Additionally, some players showed weaknesses in certain physical and technical abilities, which are essential for proper tactical performance. It is well-known that tactical performance cannot be optimal without adequate physical and technical quality.

Thus, this problem hinders effective tactical execution, limiting the translation of knowledge and instructions into practical performance on the field, including proper movement, positioning in critical areas, timing, execution speed, and sound decision-making.

Since this weakness primarily affects the offensive aspect, the researcher believes that the solution lies in conducting repeated offensive tactical exercises, enabling players to perform them as a structured motor program without delays in decision-making.

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.

Research Methodology and Field Procedures:

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.
- Fish Dart application for analysis.

- Soccer Sketch application for designing tactical tests and exercises.
- Laptop (SONY) – 1 unit.
- Electronic device for measuring height and weight (made in China).
- Standard footballs – 8 units.
- Cones – 20 units.
- Training shirts – 20 units.
- Whistle – 1 unit.
- Stopwatch – 2 units.
- Whiteboard.
- Chalk.
- Colored adhesive tape.
- Office supplies (papers and pens).
- Measuring tape – 40 meters.

2-5 Field Research Procedures:

2-5-1 Identification of Research Variables:

The researchers identified the research variables based on the actual problem and through reviewing numerous scientific sources and previous studies related to sports training and football. The dependent variable was the tactical variable, represented by the effectiveness of offensive tactical performance.

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

To measure the tactical variable, the researcher organized a single-round league tournament involving six clubs, after coordinating with the Sub-Football Federation in Wasit. The researchers oversaw all aspects necessary for the organization and success of the tournament, which included the following clubs: Wasit (experimental), Al-Shohada (control), Al-Nahrain, Al-Kut, Al-Izza, and Al-Falahia.

The researcher conducted a draw to select the two clubs participating in the prepared tournament to avoid bias toward any club within the research population and to ensure the integrity of the experimental variables. The entire match was recorded (focusing only on the attacking third) to ensure the participation of the research sample in all league matches.

The recorded matches were then analyzed by a football match analysis expert, who used the Fish Dart analytical program. This program provides data on offensive effectiveness, as the expert runs the video of each match within the program and performs pause or slow-motion analysis for each instance of penetration, attack completion, goal scoring, crosses, dribbles, wall passes, and other actions. Additionally, the program measures ball possession time and its rotation among attacking players.

This procedure was applied consistently in both the pre-test and post-test, without any changes in conditions.

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 the 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	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
4	Position Rotation	Count	6.80 \pm 1.643	6.20 \pm 1.095	0.679	0.516	Not

No.	Variables	Unit of Measurement	Experimental Group (Mean \pm SD)	Control Group (Mean \pm SD)	t-Value	Sig	Significance
							Significant
5	Ball Possession Time	Seconds	15.20 \pm 1.789	13.20 \pm 1.924	1.703	0.127	Not Significant
6	Offside Avoidance	Count	2.20 \pm 1.789	3.60 \pm 1.140	1.476	0.178	Not Significant
7	Space Creation	Count	4.60 \pm 0.548	3.60 \pm 1.342	1.543	0.161	Not Significant
8	Dribbling	Count	3.60 \pm 0.548	4.00 \pm 0.707	1.000	0.347	Not Significant
9	Penetration	Count	5.40 \pm 1.140	4.80 \pm 1.095	0.849	0.421	Not Significant
10	Number of Attacks	Count	18.20 \pm 1.304	17.20 \pm 1.643	1.066	0.318	Not Significant
11	Wall Passes	Count	10.00 \pm 1.581	10.20 \pm 2.588	-0.147	0.886	Not Significant
12	Inter-Passes	Count	3.80 \pm 0.447	3.60 \pm 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	Significance
1	Attack Completion	Count	11.00	1.225	16.00	2.236	5.000	0.949	5.270	0.006	Significant
2	Number of Goals	Count	1.20	0.447	3.20	0.837	2.000	0.447	4.472	0.011	Significant
3	Depth Expansion	Count	6.20	0.837	11.60	1.817	5.400	0.980	5.511	0.005	Significant
4	Position Rotation	Count	6.80	1.643	13.60	1.817	6.800	0.970	7.014	0.002	Significant
5	Ball Possession Time	Seconds	15.20	1.789	21.00	2.000	5.800	1.068	5.432	0.006	Significant
6	Offside Avoidance	Count	2.20	1.789	5.80	1.643	3.600	0.812	4.431	0.011	Significant
7	Space Creation	Count	4.60	0.548	7.20	1.095	2.600	0.400	6.500	0.003	Significant
8	Dribbling	Count	3.60	0.548	9.40	1.140	5.800	0.583	9.947	0.001	Significant
9	Penetration	Count	5.40	1.140	11.20	1.924	5.800	0.970	5.982	0.004	Significant
10	Number of Attacks	Count	18.20	1.304	25.40	2.191	7.200	0.800	9.000	0.001	Significant
11	Wall Passes	Count	10.00	1.581	16.20	3.033	6.200	1.020	6.080	0.004	Significant
12	Inter-Passes	Count	3.80	0.447	10.00	1.000	6.200	0.583	10.633	0.000	Significant

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	Significance
1	Attack Completion	Count	9.400	1.140	13.200	1.924	3.800	0.860	4.417	0.012	Significant
2	Number of Goals	Count	0.600	0.548	1.600	0.548	1.000	0.447	2.236	0.089	Not Significant
3	Depth Expansion	Count	7.200	1.304	8.800	1.304	1.600	0.400	4.000	0.016	Significant
4	Position Rotation	Count	6.200	1.095	9.400	1.140	3.200	0.860	3.720	0.020	Significant
5	Ball Possession Time	Seconds	13.200	1.924	16.800	2.168	3.600	0.927	3.882	0.018	Significant
6	Offside Avoidance	Count	3.600	1.140	5.200	1.304	1.600	0.400	4.000	0.016	Significant
7	Space Creation	Count	3.600	1.342	5.200	1.095	1.600	0.510	3.138	0.035	Significant
8	Dribbling	Count	4.000	0.707	6.600	1.517	2.600	0.980	2.654	0.057	Not Significant
9	Penetration	Count	4.800	1.095	7.200	1.095	2.400	0.748	3.207	0.033	Significant
10	Number of Attacks	Count	17.200	1.643	19.200	1.483	2.000	0.894	2.236	0.089	Not Significant
11	Wall Passes	Count	10.200	2.588	13.400	1.949	3.200	0.583	5.488	0.005	Significant
12	Inter-Passes	Count	3.600	0.894	5.200	1.095	1.600	0.748	2.138	0.099	Not Significant

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 differences are attributed to the composite training exercises prepared by the researcher, which positively impacted the players' technical and physical aspects, and consequently enhanced their tactical performance. The researcher designed the exercises based on scientific training principles, and the training process was implemented gradually. This approach improved the players' physical fitness, increased their speed in performing actions with or without the ball, and enhanced their technical skills, enabling them to execute complex technical actions at optimal speed. This improvement reflected positively on their tactical performance and increased their tactical knowledge, enabling them to transfer play effectively on the field, exploit their physical and technical capabilities for sudden attacks, offensive penetration, and goal scoring.

As confirmed by 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. Tactical execution in football constitutes an important part of the daily training unit, based on the principle that rapid tactical preparation and correct, precise application of basic skills during performance are fundamental to football. A player cannot execute assigned tactical duties without mastering basic skills. Therefore, one of the primary training objectives is to elevate players to the highest level of preparedness."

The benefits observed resulted from the composite exercises, which varied in distance, player movement, and speed of execution, and were repeated multiple times. These repetitions improved various tactical situations that players might encounter in matches. Moreover, these exercises enhanced the players' cognitive abilities, as they required clear vision of other players' positions and the entire field, correct timing in receiving and delivering passes, avoiding offside traps, and assessing the opponent's area quickly before ball reception and play. These mental processes enabled players to execute tactical sequences without pausing to think, which was the case during the structured tactical exercises.

Although the execution was constrained, it was challenging to perform and memorize. The researcher noted that increased speed and precision in the post-test of offensive performance resulted from the research exercises, which simulated match conditions, especially when facing defenders. This created high-pressure tactical scenarios that closely resembled real-game conditions, culminating in goal scoring. This process allowed players to improve their offensive effectiveness, execution speed, and precision, thus enhancing overall tactical

performance, including rapid first-touch passing, one-on-one dribbling, and creating numerical superiority or scoring opportunities.

As noted by Mufti Ibrahim Hammad (1998): "In specialized sports (such as football), the best and most accurate levels of technical and tactical performance cannot be achieved without high levels of specific physical attributes. To develop physical and tactical performance, exercises must be executed quickly, accurately, repeatedly, and under conditions that mimic real-game difficulty."

For the control group, Table (5) shows improvements in all variables of offensive tactical performance 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.

no	Statistical Indicators	Variable	Unit	Experimental Group Mean	Experimental Group SD	Control Group Mean	Control Group SD	t-value	Sig	Significance
1	Finishing the Attack	Number	عدد	16.000	2.236	13.200	1.924	2.856	0.048	Significant
2	Number of Goals	Number	عدد	3.200	0.837	1.600	0.548	3.578	0.007	Significant
3	Depth Expansion	Number	عدد	11.600	1.817	8.800	1.304	2.800	0.023	Significant
4	Position Exchanges	Number	عدد	13.600	1.817	9.400	1.140	4.379	0.002	Significant
5	Ball Possession Time	Seconds	ثانية	21.000	2.000	16.800	2.168	3.184	0.013	Significant

no	Statistical Indicators	Variable	Unit	Experimental Group Mean	Experimental Group SD	Control Group Mean	Control Group SD	t-value	Sig	Significance
6	Offside Avoidance	Number	عدد	5.800	1.643	5.200	1.304	0.640	0.540	Not Significant
7	Creating Spaces	Number	عدد	7.200	1.095	5.200	1.095	2.887	0.020	Significant
8	Dribbling	Number	عدد	9.400	1.140	6.600	1.517	3.300	0.011	Significant
9	Penetration	Number	عدد	11.200	1.924	7.200	1.095	4.041	0.004	Significant
10	Number of Attacks	Number	عدد	25.400	2.191	19.200	1.483	5.240	0.001	Significant
11	Wall Passes	Number	عدد	16.200	3.033	13.400	1.949	2.365	0.037	Significant
12	Inter-Pass	Number	عدد	10.000	1.000	5.200	1.095	7.236	0.000	Significant

“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. Repetition of the exercises in performing offensive tasks as quickly as possible helped develop the players' ability to perceive the positioning of their teammates in the attacking third and identify key spaces for rapid movement toward the goal, thereby enhancing offensive effectiveness. This is supported by (Mufti Ibrahim, 1998), who stated: “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.”

The researcher relied on diverse compound exercises resembling actual game scenarios, tailored to the players' physical and cognitive capacities, and aimed at performing offensive tactical skills such as passing, depth expansion, positional rotations, and player overlaps to disrupt defenders' positioning. The numerous repetitions of these tactical exercises contributed to reducing the decision-making and response time following prior movements, as well as facilitating rapid recall of key elements in successful tactical situations. Players were able to think dynamically about the variables in each tactical drill, which positively affected the application of offensive tactical effectiveness, allowing players to operate with functional automaticity and achieve optimal cohesion in executing tactical sequences that resulted in goal scoring. The researcher also ensured that the exercises enhanced players' abilities to perform tactical tests in minimal time, thereby increasing cognitive capacity for varied offensive actions on the opponent's field. This explains the observed improvement in

offensive effectiveness in the experimental group compared to the control group in the post-tests. As noted by (Mohammed Abdou Abu Al-thar, citing (Abdel Sattar Al-Damad, 2000): “Repetition of tactical exercises that simulate actual play can shorten a player’s situational perception time and improve rapid, accurate tactical performance.”

The researcher also attributes the post-test differences in the experimental group to the targeted improvement of finishing skills, considered the most critical among tactical actions as it determines match outcomes. Effective finishing depends on the attacker’s positioning within or outside the penalty area, ball control, anticipation of the ball, the goalkeeper, defenders, and teammates. These factors were incorporated into the exercises, contributing to tactical skill development, particularly finishing. As highlighted by (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.”

The increase in goals scored was also due to exercises designed with finishing opportunities from varied positions—inside and outside the penalty area, using head or feet, and in multiple directions—forming a comprehensive motor program for the player and enhancing knowledge about positioning and timing in finishing, integrating physical capacities and ball control during skill execution. The physical abilities developed through these diverse offensive tactical exercises supported continuity in training units and yielded positive outcomes in skill performance, utilizing physical and technical capacities to enhance tactical effectiveness. Both (Mohammed Abd Saleh and Mufti Ibrahim Hamad, 2011) emphasized: “A football player’s physical attributes largely determine the efficiency of skillful and tactical performance in a match.”

Given that (Kazem Abdul-Rabie, 2015) asserts: “Tactical performance requires a good level of fundamental skills and motor abilities,” the researcher contends that the inclusion of basic football skills within tactical exercises, combined into compound skills executed at maximum speed and precision, with a focus on optimal performance, led to enhanced tactical effectiveness, maximizing the number of offensive actions per match. This observation was supported by the researcher’s field notes, in addition to the positive results reflected in the study.

4. Conclusions and Recommendations

4-1 Conclusions:

1. The compound exercises prepared by the researcher yielded positive results in improving offensive tactical performance, due to their high similarity to competitive football matches.
2. The exercises used were diverse and comprehensive, contributing to an increase in offensive tactical effectiveness, which in turn enhanced players’ motivation to consistently train while reducing boredom.

3. The integration of all football skills—passing, shooting, dribbling, receiving, rolling, and linking these skills together—led to a significant improvement in the offensive tactical performance of the experimental group.

4-2 Recommendations:

1. Adopt the compound exercises designed by the researcher and implement them by coaches for young players and other age groups, adjusting the training load according to team requirements and players' skill levels.
2. The researcher emphasizes the need to prioritize tactical development for young players, as it enhances their motivation to train, boosts cognitive and mental abilities, and additionally strengthens physical and technical capacities.
3. Coaches and players should watch and analyze matches, either directly or indirectly, in collaboration with experienced professionals. This approach helps identify real-field issues and develop appropriate methods and strategies to resolve them, thereby improving individual player performance and the overall level of the game.
4. Organize training courses for youth coaches to develop or refine their personal and scientific expertise 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.