

## **Summary**

### **The Effect of Training Program to Particular Physical Preparation upon Skilful Performance Standard and Matches Score of Football Players Under 18 age**

#### **The Problem :**

Physical fitness is considered as one of the most important and essential principles in which determine the player's ability of practising his basic skills during the game in which depend on his physical fitness.

The thesist noticed that some of the players can not practise the basic skills. Specially, at the end of the game. This matter is due to the lake of their physical fitness. So, the thesist insisted on preparing a program to develop the player's physical properties to evaluate the results of the program concerning the skilful level and the results of games concerning soccer under 18 years.

#### **The aims :**

- 1) Preparing a training course to develop the special physical fitness for football players under 18 years.
- 2) Showing the result of the open training course concerning the skilful level and results of games football players under 18 years.

### **The hypotheses :**

Throughout the statistics of the training course, the thesist found that :

- 1) There were many differences between the pre-measurements and after measurements in which are related to the physical properties. The results were very essential for the after measurements.
- 2) There are many differences between the after measurements and pre-measurements concerning the skilful variables in which are related to the thesis, the results were very essential for the pre-measurements.
- 3) It was a good improving concerning the results of the team in which is related to the training course, more than the previous results before the training course.

### **Arrangements :**

#### **1) The research method :**

The researcher used the experimental method in his study to design the same group.

#### **2) The research sample :**

The research sample increased to a number of forty five players of the arising players of Al-Masry club under the age of eighteen.

#### **3) Methods of collecting information (instructions) :**

The researcher used many methods for collecting information (instructions) such as (a) Analyzing resorts.

**(b) demonstration**

**(c) Tests and measurements.**

**The research results :**

- (1) There are statistic, indicating differences between the two before and after measures of the persons of the research sample in the changes of the physical characteristics at the advantage of the after measure.**
- (2) There statistic, indicating differences between the two before and after measures of the persons of the research sample in the changes of the main skills at the advantage of the after measure.**
- (3) The research results showed that the research sample team has got the top results at the matches played after passing the training program rather than the results of the last seasons.**

**Recommendations :**

- (1) The researcher recommends using the training programme of the physical preparations arranged by the researcher for the footballer's physical preparation.**
- (2) The researcher recommends trainers of choosing exercises used during training in order to be similar to what happens in matches.**
- (3) Training programmes used in training different ages should be built on good educational and scientific methods,**

## **Abstract**

### **The Effect of Training Program to Particular Physical Preparation upon Skilful Performance Standard and Matches Score of Football Players Under 18 age**

**This research aims at setting up a training course for players well-prepared physically. Added to that, it shows the effect of this programme on the skills of the players and their performance besides the results of the matches for players under eighteen years old.**

**The researcher uses the pragmatic trend that works as one unit.**

**This research was applied to forty five players under eighteen years old. The results have proved that it is an effective programme as it helps to elevate the level of the physical performance and improve the results of the matches.**

**The researcher has come to the following recommendations :**

- 1) To use the training course for physical preparation to prepare the footballers physically.**
- 2) The coach should develop the different skills and abilities of the players as a whole and not to focus on one and ignore the other.**
- 3) Tests and measurements should be done before carrying out any programme.**
- 4) The exercises which are practised during the training time should be similar to those which are used in the match.**
- 5) The programmes that are used in the training for all ages should be built on proper scientific basis.**

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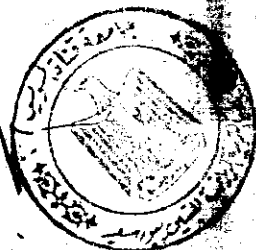
**The Effect of Training Program to Particular Physical  
Preparation upon Skilful Performance Standard and  
Matches Score of Football Players Under 18 age**

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